

Kashmir Valley To Welcome First Direct Train From Jammu In January Udhampur-Baramulla Rail Link Project Aims To Reduce Travel Time To 3.5 Hours Between Srinagar & Jammu

Auqib Javed

Srinagar: The Indian railways is all set to achieve a remarkable feat by connecting Kashmir Valley with the rest of the country, as the work on the ambitious Udhampur-Baramulla rail link project is nearing completion, paving way for the first ever train to chug between the two regions of the Union Territory.

the work on the 272-kilometer Udhampur-Srinagar-Baramulla rail link project (USBRL) is in advanced stage and over 95 percent of the work has been completed so far. Once completed, the direct train service will bring much sought relief to the commuters by reducing the travel time to 3.5 hours from six hours between Srinagar and Jammu.

The project is also expected to boost the economy as



the goods will be delivered through the train. It will be easier to transport horticulture items like apples besides other agricultural products from Jammu and Kashmir.

THE WORK IS GOING ON ACCORDING TO THE DEADLINE. If everything goes fine, we will inaugurate the project on the set schedule.

The alignment of the USBRL necessitates the construction of numerous tunnels and bridges across extremely challenging and mountainous terrain, characterized by intricate and demanding Himalayan geological conditions. Vinod Kumar, Public Relations Officer (PRO) of the Northern Railways told Kashmir Observer that the project will be completed on the scheduled | **More on P10**

UGC Set To Revise NET Syllabus

Press Trust Of India

New Delhi: The University Grants Commission (UGC) is set to revise the syllabus for the National Eligibility Test (NET) and will form an expert panel for the exercise, its chairman Jagadesh Kumar said on Tuesday.

The National Testing Agency (NTA) conducts the UGC-National Eligibility Test (UGC-NET) for Junior Research Fellowship (JRF) and as an eligibility test for the appointment of assistant professors in the subjects of Humanities and Social Sciences, including Indian and some foreign languages, as well as in certain science subjects.

The UGC-NET is held twice every year, usually in June and December, in 83 subjects.

The UGC last initiated the process to update the syllabi of UGC-NET subjects in 2017.

"However, after | **More on P10**

Dense Fog Disrupts Flight Ops In Srinagar



Press Trust Of India

Srinagar: Cold wave intensified in Kashmir as the minimum temperature dipped below freezing point even as dense fog disrupted flight operations at the Srinagar international airport early Tuesday.

Shopian in south Kashmir was the coldest recorded place in the

valley as the minimum settled at minus 3.9 degrees Celsius, while Srinagar city recorded a low of minus 1.2 degrees Celsius on Monday night, an official of the Meteorological Department said.

It was the coldest night at most places in the valley, including Srinagar city, the official said.

Qazigund, recorded a low of minus 0.8 degrees | **More on P10**

Weatherman Advises Children To Wear Face Masks

Majid Nabi

As the cold wave intensified in Kashmir with minimum temperatures falling below freezing point amid dry and foggy conditions, the weatherman on Tuesday cautioned children and elderly people against stepping outside without face masks especially during the morning and evening hours. The night temperatures plunged further in | **More on P10**

LG Invites Country's Industry Leaders To Invest In J&K 'If You Are Looking At The Big Picture And Ready To Capture New Segment, Then Jammu Kashmir Is Your New Destination'

Observer News Service

New Delhi: Continuing his efforts to bring in more investments into the Union Territory, Lieutenant Governor Manoj Sinha on Tuesday invited country's industry leaders to invest in Jammu and Kashmir, asserting that the erstwhile state is offering investors endless possibilities and a partnership in a strong profitable growth.

"I invite the industry captains to experience the urban transformation happening in our cities like Jammu and Srinagar and invest in the UT of J&K. This will also be your contribution to strengthen the nation's unity. I assure every support and assistance from the



UT administration," Sinha said. He was addressing the Engineering Export Promotion Council of India (EEPC India) National Export Awards function here on Tuesday. He also felicitated the recipients of the prestigious Awards for fiscal

years 2019-20 and 2020-21. "Now, we have a favorable environment, connectivity, young talent, an improved security scenario and all the infrastructure for industrial growth," he said.

At the award ceremony, the



LG shared the efforts of his administration to optimize the immense potential of the business and industry sector in Jammu Kashmir.

"Jammu Kashmir is offering the investors endless possibility and a | **More on P10**

India Donates \$2.5 Mn For Palestinian Refugees

Press Trust Of India

Jerusalem: India has donated USD 2.5 million to the UN agency for Palestinian refugees, prompting the UNRWA on Tuesday to welcome the generous contribution at a "difficult time", particularly in Gaza.

The United Nations Relief and Works Agency for Palestinian Refugees (UNRWA), functional since 1950, carries out direct relief and work programmes for registered Palestine refugees. It is funded almost entirely by voluntary contributions from UN



Member States.

India on Monday gave UNRWA USD 2.5 million as part of its annual contribution of

USD 5 million for the year 2023-24 to support the agency's core programmes and services, including education, | **More on P10**

Youth Held In Drone Dropping Arms Case

Press Trust Of India

Jammu: The National Investigation Agency has arrested an accused in a Pakistan-backed terrorism case involving the delivery of weapons through drones to militants active in Jammu and Kashmir, an official said on Tuesday.

Zakir Hussain (22), a resident of Kathua district in the Jammu region, is the eighth accused to be arrested in the case, a spokesperson of the federal probe agency said.

The case was taken over by the federal agency on July 30 last year.

The local police registered the case on May 29 last year following the interception of a drone and seizure of several rounds of Under Barrel Grenade Launcher (UBGL) along with magnetic bombs near the Dhalli area in Kathua.

The spokesperson said Hussain was arrested by an NIA team in Jammu on Monday. He was allegedly involved in collecting, | **More on P10**

J&K Facing 'Lot Of Problems' Of Drug Trafficking: Court

Rejects Bail Plea Of Two Drug Peddlers

M Ahmad

Srinagar: Observing that J&K is facing problems of trafficking in illicit drugs, causing a lot of problems of addiction particularly among youth, a court here on Tuesday rejected bail application of two persons arrested by police earlier this month with heroin-like substance near Narbal in outskirts of Srinagar.

"No doubt that this court has jurisdiction with regard to grant of bail for small quantity of Contraband (heroin) for personal consumption, which provides for lesser punishment. However, in recent years, our Union Territory has been facing problems of trafficking in illicit

drugs which has caused a lot of problems of addiction particularly among youth," Ms. Fozia Paul, City Magistrate Srinagar said and rejected bail application filed by the two persons—Mohammad Rafiq Malik (25) of Sumbal Bandipora at present Khawaja Bagh Srinagar and Mohammad Iqbal Khanday (26) of Maloora HMT Srinagar.

The court said that in the instant FIR, the accused persons have been booked under section 8/21 of NDPS Act as well as under section 29 of NDPS Act. "Perusal of the police report reveals that contraband (heroin) like substance weighing 04 grams was seized from the accused persons," the court | **More on P10**








<https://www.youtube.com/watch?v=smlAZqDJptU&t=3s>





STORIES OF LOVE, LONGING & FRIENDSHIP

Catch prominent poet, writer and actor, **Bashir Dada** on 'The Other Side' Show', a popular show on Kashmir Observer TV.

Major Fire Breaks Out In Wazir Bagh, F&ES On Job

Majid Nabi

Srinagar: A guest house and a restaurant were damaged in a massive blaze at Wazir Bagh locality in Srinagar's Civil Lines this evening, officials said.

Fire, officials said, broke out in a guest house situated opposite the Lal Ded Maternity Hospital, that quickly engulfed a restaurant next to it.

A team of fire and emergency service was immediately rushed to the spot to douse the flames as soon as the information about the tragic fire incident was received.

Firefighting operation, officials said, was on while senior's officers of the district administration also rushed to the spot. They said the cause of the fire may be ascertained as soon as the fire is brought under control.

"A team of the F & ES department is busy dousing the flames at the moment, the fire has yet not been brought under control and engulfed a nearby restaurant as well," an F&ES official told Kashmir Observer.

Fire Guts Departmental Store In Srinagar's Gojwara

Srinagar: A departmental store was damaged in a fire incident in Gojwara area in the old city here this morning, officials said.

An official said the fire broke out in the departmental store "Pick N Save" this morning, resulting in massive damage to it.

However, no report of any injury or loss of life in the incident was reported. "The cause of the fire is under investigation. The store was completely gutted while some adjacent shops also suffered partial damage," the official said.

The firefighting operation was on when the reports last came in.



Man pushing vegetables laden handcart in city center Lal Chowk on a cold, foggy Tuesday morning. KO Photo, Abid Bhat

KU Convocation Complex Staff Transferred For Defacing Auditorium

Observer News Service

Srinagar: The Kashmir University Vice-Chancellor Professor Neelofer Khan on Tuesday ordered the transfer of staff at the Convocation Complex after photos and videos of defacement of the auditorium went viral, triggering an outrage among the faculty.

PRO of the Convocation Complex, Lubna Bhat according to an order was transferred along with Supervisor Convocation Complex after the VC took a serious note of defacement of the auditorium.

During a surprise inspection of the state-of-the-art auditorium, the VC observed massive defacement of the main hall under the nose of officials concerned and ordered im-

mediate transfer of the PRO for dereliction of duty.

"The staff was initially ordered to be suspended but action was put on hold pending inquiry into the whole issue," sources said.

The VC took serious note of the matter saying the Convocation Complex was recently renovated at a huge cost for the annual Convocation function held on October 11.

Two special officials have been posted at the Convocation Complex including Deputy Chief Proctor, Riyaz Qureshi and Placement Officer, Mohammad Ayoub, to oversee arrangements for the talent hunt event being organized by an outside-University agency/department for next 10 days.

"KU department is not allowed to deface the Convocation

Complex. Here, an outside agency was allowed to do it, which has caused loss to the University's exchequer," the sources said, adding that a committee is being constituted by the VC to inquire into the whole issue and fix the responsibility for the lapses.

It may be noted that KU has a strict policy for permission to hold events at Convocation Complex, which is frequented by LG and other VVIPs for national and international events.

"This is a public property and cannot be allowed to be vandalized in this manner, that too when full time officials are tasked with overseeing its arrangements," the insiders said, demanding strict action in the matter.

Mehbooba Condoles Demise Of Party Leader's Aunt

Observer News Service

Srinagar: Peoples Democratic Party (PDP) President, Mehbooba Mufti today visited the residence of Abdul Rehman Rah to condole the demise of his wife and maternal aunt of party's Additional Spokesperson Abdul Rouf Bhat.

Mehbooba was accompanied by Abdul Qayoom Bhat, Waheed parra, Arif Lagroo, Aman Zargar, Fayaz Reshi and others. The PDP president ex-

pressed sympathies with the bereaved family and prayed for peace to the departed soul.

Mehbooba in her condolence message said the deceased was a noble human being, polite and has always helped the community and society in general.

Mufti prayed that may Almighty Allah grant solace and peace to the departed soul and give patience to the members of the bereaved family to bear the loss.

J&K Labor Dep't Rescues 8 Juveniles In Srinagar Since Monday

Observer News Service

Srinagar: The J&K labor department under child rescue drive has rescued at least eight juveniles in two days from several parts of Srinagar.

An official from the labor department said the child rescue drive was planned by the department in Lal Chowk and adjacent areas of Srinagar in order to check child labor in Srinagar City.

Assistant Labor Commissioner Srinagar, Arshid Qadir said that a team of labor department officials raided various shops in Lal Chowk in the past two days and found the two juveniles

working at Shakti Sweet Shop at Residency Road.

"The officials immediately rescued the juveniles and asked the shop owner to submit age proof within two days, failing which they would face legal consequences," he said.

Qadir said that a total of eight children have been rescued since yesterday (Monday).

Qadir said as per the honorable Supreme Court, an Aadhar Card is not a valid age proof and that a school certificate or a medical report will be considered as valid age proof.

"The child labor needs to be properly checked whether the in-

dividual is working with family on his own, or with someone else. The drive will continue till December," Qadir said, adding they are focusing on the drive in concentrated areas.

He also sought people's cooperation in the fight against the child labor menace in Srinagar.

Asked about beggars in Srinagar, Qadir said that they first have to investigate the matter.

"There is a need for a full-fledged team from the Labor department and anti-trafficking unit to nail the child begging nexus. We are working on a plan to check the child-begging menace also," he said.

Two Days CBPP Oilseeds Promotion Program Inaugurated At Harwan

Observer News Service

Srinagar: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated two days Capacity Building Program (CBP) on promotion of Oilseeds crops at Harwan Srinagar.

In his address to the participants, Director Agriculture highlighted the importance of Oilseed (mustard) crops in the rural economy of the region. He said that from the last few years the department is working on a comprehensive plan to bring newer areas under the cultivation of oilseed (Mustard). He said that under the Holistic Agriculture Development Program (HADP) a special project has been approved for the promotion of Oilseeds (Mustard).

Director Agriculture asked the farmers to adopt an organic way of cultivation for more and more Agriculture crops. He impressed upon the concerned officers to increase awareness among the farmers regarding the adverse impact of chemical fertilizers on the soil health.

Iqbal underscored the importance of the Skilled farming community and said that in coming times the skilled farming community would play a pivotal role in the success story of the agriculture sector. He reiterated the department's commitment to the Capacity building of the farmers. He said that it is a continuous process and will go on.

Besides a large number of participants, Chief Agriculture Officer Srinagar, senior officers of the department were present on the occasion.

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

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311 ✈

RAILWAYS

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

HIGHWAY STATUS

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

HIJRI CALENDAR
07 Jumada al-Awwal 1445

PRAYERS

FAJR	5: 41
ZUHR	12:14
ASR	3: 50
Magrib	5:30
ISHA	6: 50

This Day In History

- 498 - St Symmachus begins his reign as Pope replacing Anastasius II
- 845 - First King of all Brittany, Nominos defeats Frankish King Charles the Bald at the Battle of Ballon, near Redon
- 1220 - Frederick II crowned Holy Roman Emperor in Rome by Pope Honorius III
- 1346 - Street fights in Utrecht, Hollandsgezinde Gunterlingen statements
- 1497 - Portuguese navigator Vasco da Gama rounds Cape of Good Hope on way to first voyage from Europe to reach India
- 1683 - Purcell's "Welcome to All the Pleasures" premieres in London
- 1699 - Treaty of Prebrasjensku Denmark, Russia, Saksen and Poland divide Sweden
- 1707 - Prince Johan Willem Friso sworn in as viceroy of Friesland
- 1714 - King Karel XII leaves Turkish captivity to return to Sweden
- 1794 - Strasbourg Alsace-Lorraine, prohibits circumcision and wearing of beards
- 1809 - Peregrine Williamson of Baltimore patents a steel pen
- 1830 - Charles Grey, 2nd Earl Grey, becomes Prime Minister of the United Kingdom
- Charles Grey
- 1864 - American Civil War Battle at Griswoldville, Georgia, ends after 650 casualties
- 1864 - Union General O Howard orders plunderers be shot to death
- 1872 - Franz Grillparzer's "Die Judin von Toledo" premieres in Prague
- 1884 - T Thomas Fortune starts NY Freeman (NY Age) newspaper
- 1886 Victoria Street Cable Tram route begins in Melbourne, Australia
- 1899 - Battle at Willow Grange, Natal (British vs Boer army)

From KO Archives

Pir Baba Makes Hostile Soldiers Freeze Their Enmity

Observer News Service

Srinagar: The inhabitants of Tangdhar and the adjoining villages heave a sigh of relief as the booming guns have all of a sudden fallen silent. Call it charisma of the Pir Baba whose shrine falls just across the Line of Control or sanity that prevailed over the minds of the ever hostile soldiers facing each other on this Line, that the hapless people of the area have got a breather.

The soldiers on both the sides have entered in to a truce to facilitate locals to celebrate the Urs of Pir Baba. The Shrine of the revered Pir Baba Sai Mitha, is located in the Pakistani controlled part of Kashmir and the devotees from this side of the line have been deprived to pay a visit to the shrine ever since the turmoil began in Kashmir.

The Pir Baba is held in high esteem by one and all irrespective of the religious beliefs. Locals believe that all incurable diseases like deafness, dumbness, paralysis and contagious diseases like leprosy get cured by the blessing of the Pir, but consequent to the outbreak of turmoil in Kashmir people have been craving for a visit.

The army in Tangdhar started organising the Urs in its own side last year. Seeing enthusiasm and response of the local populace it was decided to proceed in a big way to celebrate the event this year. There was tremendous response noticed from the local population from the very first day, wherein close to 600 devotees from all villages of Tangdhar turned up to offer their prayers. People were seen walking from distant villages and offering prayers to fulfillment of their wishes.

(Kashmir Observer, 22 November, 1998)

PUBLIC NOTICE

It is to be informed to the general public that my Car Alto VXi(Granite Grey) under bearing No: JK01AS-6096, engine number FBDN6767472, chassis number MA3EUA61S00L29224 model 2022, has been stolen from Aram Pora, Chatabal, Srinagar on 17 March 2023. The owner of the said vehicle is Tariq Ahmad Dar S/o: Haji Ali Mohammad Dar R/o:- Ganderpora Eidgah Srinagar. Any information regarding the said vehicle they can contact at 9906681257 or to any nearest police station.

nj

NORTHERN RAILWAY

E-Tender Notice

Tender Notice No. 315.316-2023-24-JAT-DRM-FZR Date: 18.11.2023
Sr. DEN-III/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.ireps.gov.in with closing date 11.12.2023 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on www.ireps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.ireps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
18.11.2023	27.11.2023	11.12.2023/ 15:00 Hrs

S.N	Tender No	Details of Tender
1	315-2023-24-JAT-DRM-FZR	Replacement of existing RPF barrack accommodation complex with 50 bedded barrack for RPF with the facilities of Large kitchen with Dining Hall & store, Entertainment Hall, gymnasium, Garage, On office for Barrack with attached Bathroom/Toilets, Parking area for scooter/Motorcycle and Bathroom & Toilet facilities for male/female separately at Jammu Tawi under ADEN/JAT.
		Advertised Value Earnest Money Validity of Offer Period of Completion
		2,46,97,092.94/- 2,73,500/- 60 Days 08 Months
Similar nature of work:- "Any civil work other than track work"		
2	316-2023-24-JAT-DRM-FZR	TRR(P) 25.712 Tkm on BHRL-JAT section i.e. 22.495 Tkm at Km 38.817 to 42.8 DN, 46.8 to 52.934 DN Km 32.112 to 33.879 UP, Km 35.756 to 37.755 UP, Km 42.85 to 47.048 UP, Km 52.897 to 59.57 UP, Km 63.798 to 64.799 UP and 5.217 Tkm at Km 20.178 to 21.133 DN, Km 37.522 to 38.817 DN and Km 21.033 to 22.00 UP under ADEN/JAT on BHRL-JAT section in jurisdiction of Sr. DEN-III/FZR
		Advertised Value Earnest Money Validity of Offer Period of Completion
		3,77,66,010.11/- 3,38,800/- 60 Days 10 Months
Similar nature of work:- "CTR/TRR/TFR/TRR including raising of track/ screening distressing of track/pre & post works for track maintenance machine like tamping machine/ballast screening/regulating machines & TTR by T-28"		

Note 1. Before bidding, bidders to check for any corrigendum issued against tender.

SERVING CUSTOMERS WITH A SMILE 3638/23

GOVERNMENT OF JAMMU AND KASHMIR

Jammu and Kashmir Power Transmission Corporation Ltd

Office of the Executive Engineer
Transmission Line Maintenance Division-I (TLMD-I), Bemina, Srinagar
Ph. No. 0194-2492427, 9419181913 E-mail: tlm1tech@gmail.com

Tender Extension Notice-I

Subject: Tender Extension Notice for e-NIT mentioned below:

e-NIT No	Tender Ref ID	Work Description
20/JKPTCL/TLMD-I/SGR/2023-24; Dated: 30.10.2023	2023_PDD_235230_1	Upgradation of Staff Quarters including Supply, Fabrication, Erection of Main Gate with Pillars at Grid Substation Habbak

Due to poor response, the last dates for submission of e-bid and opening of Techno Commercial bids for e-NIT No: 20/JKPTCL/TLMD-I/SGR/2023-24; Dated: 30.10.2023 are hereby extended as under:

Sl. No.	Last date for submission of e-Bid	Time
1.	Last date for submission of e-Bid	30.11.2023 (02:00 PM)
2.	Last date for submission of Hard Copy of e-Bid in the office of the Executive Engineer TLMD-I, Bemina, Srinagar	01.12.2023 (04:00 PM)
3.	Date for online opening of Techno-Commercial e-Bid	02.12.2023 (02:00 PM)

All other terms and conditions remain same.

Sd/-
Executive Engineer,
TLMD-1st Bemina Sgr
Transmission (Kashmir), JKPTCL, Bemina

No.: TLMD-I/TS/20A/23-24/2506-10
DIPK-NB-4343/23
dated: 21-11-2023

KASHMIR OBSERVER[™]

Wednesday | 22-11-2023

Surge In Tourism

Like last year, tourism in Jammu and Kashmir has continued to flourish this year. According to the government data, there has been a massive 350% increase in foreign tourists following the G20 meeting held earlier this year. Lieutenant Governor Manoj Sinha earlier revealed that 1.70 crore tourists visited the union territory by September this year. This speaks volumes about the turnaround in the situation. This follows last year's record-breaking 1.88 crore tourist footfall. This also means that the number of tourist arrivals this year will go past the previous year by far.

The G20 meeting hosted in Srinagar, particularly the third tourism working group meeting, seems to have acted as a catalyst, increasing foreign tourist interest in the region. The growing tourism has gone a long way to shore up the Kashmir economy and bring back employment lost to the successive security and Covid-19 lockdown in recent years. The boom in tourism, which forms 6.8 percent of Kashmir's GDP and employs over two million people, is also having a positive spillover effect on other sectors.

As we head deeper into winter, the tourist inflow is only going to further increase. The Valley's upper reaches have already received snowfall. Affarwat in Gulmarg and Pir Panjal range of mountains have been draped in white blanket of snow for some time now. Snowfall in the Valley has traditionally been a great attraction for the people in mainland India, since it is a novelty for most of them.

That said, the UT administration has done everything to bring more tourists to the region over the last two years. Once the successive Covid lockdowns were over, the administration did everything to facilitate tourism. And ever since, there has been a steady increase in the flow of visitors to the Valley. The government this year earmarked another 75 tourist destinations to enhance religious tourism in the region. The tourism department has actively participated in International Trade Marts to engage international tourists. The homestay facilities have attracted tourists to far-off areas once considered a no-go zone due to security concerns. The facility was introduced by the government last year, and it has boosted border and rural tourism.

The thriving tourism has brought back jobs lost during the pandemic. Going forward, the situation looks optimistic on this front. With peace holding, tourism can once again emerge as the mainstay of the local economy.

OTHER OPINION

End of a dream run: On the World Cup final

Two decades apart, India again ran into Australia in a World Cup final and the result was the same. In the 2003 edition's climax at Johannesburg, Ricky Ponting's men were an overwhelming opposition. The latest summit clash at Ahmedabad's Narendra Modi Stadium proved no different as Pat Cummins and his men remained equally indomitable. In both championships, the force seemed to be with India until the final hurdle. Sourav Ganguly then, Rohit Sharma now, are the anguished captains. The men in Blue were in terrific form all through this World Cup, the batters and bowlers had this aura of invincibility, 10 matches were won on the trot and even Australia was vanquished in the early part of the campaign. To defeat all rivals in a round-robin league phase reflected India's consistency but as Australia showed yet again, finals of multi-team ICC events throw up unique challenges. The men from Down Under have now won six World Cups and Cummins, their current skipper, has grown in stature. Sunday's final on a sluggish pitch with dry spots affected India's free-flowing batters. Even if Rohit, Virat Kohli and K.L. Rahul scored, the others found their timings going awry. A total of 240 was not enough to test the Australians later at night especially with the dew kicking in.

Reducing Australia to 47 for three, India had a window of opportunity but Travis Head shut that door, with one of the finest tons in the history of World Cup finals. The southpaw's 137 will be spoken about for long. But perhaps the game's turning point was when he took a diving catch to end Rohit's belligerent knock: India froze. Australia's great win leaned heavily on its incredible fielding. When Allan Border lifted the World Cup at Kolkata's Eden Gardens in 1987, it signalled a new phase of Australian dominance. With Cummins doing the same, it just reiterated his nation's leading position in cricket. Meanwhile, Kohli found no consolation in winning the Player of the Tournament award and coach Rahul Dravid spoke about emotions running high in the Indian dressing room. Playing that 2003 final, and having now observed how his wards ran into the Aussies all over again, Dravid was full of empathy. This World Cup could be the last for a golden generation of Indian stars as Rohit, Kohli, Ravindra Jadeja, R. Ashwin and a few others are unlikely to be around for the 2027 edition at South Africa, Zimbabwe and Namibia. India's ICC title drought since 2013 continues but there was no shame in the latest defeat as the better team won.

The Hindu

The Notes of Woe

The Shame Due to Childhood Sexual Abuse

Aamina Hamid

The increasing trend in registered POCSO (Protection of Children from Sexual Offences) cases in Jammu and Kashmir, as reported by the NCRB (National Crime Records Bureau), is both sad and alarming. The numbers have risen significantly over the years, with 32 cases in 2018, 109 in 2019, 200 in 2020, and a concerning 295 cases in 2021. This trend highlights the urgent need for measures to protect children from sexual offences and to address the underlying issues contributing to this rise in cases.

As survivors come forth with their stories, we realise how Childhood Sexual Abuse (CSA) is a profound mental health challenge that continues to haunt them throughout their lives, manifesting in various forms. CSA has been linked to numerous mental health issues, including higher levels of depression, guilt, shame, self-blame, eating disorders, somatic concerns, anxiety, dissociative patterns, repression, denial, sexual problems, and relationship problems. Among these, depression stands out as one of the most prevalent long-term symptoms experienced by survivors. There has been a significant surge in psychiatric morbidity, particularly depression, with a prevalence rate of 55.72%. The highest prevalence is observed in the 15 to 25 years age group at 66.67%, followed closely by the 26 to 35 years age group at 65.33%.

Depression in CSA survivors of Kashmir often presents as persistent feelings of sadness, frequent thoughts of suicide, disrupted sleep patterns, and disordered eating habits. Feelings of guilt, shame, and self-reproach which are common among them are really difficult to deal with. They tend to place blame on themselves for the abuse they endured. This self-blame can be particularly challenging to overcome, especially when the perpetrator is a trusted adult figure.

Mental well-being can be affected by displacement due to armed conflict, family stress, and economic hardship, with many people in Kashmir experiencing post-traumatic stress disorder. The situation in Kashmir can be summarized as a "low-intensity conflict," marked by a cycle of events involving torture, disappearances, displacement, killings, and ballistic trauma, alongside a prevailing state of emotional distress characterized by grief, insecurity, oppression, poverty, and uncertainties in career and relationships. The stress experienced by parents in these tumultuous situations can sometimes lead to child abuse in various forms, as noted by Dar and Deb (2020a, 2020b). A pioneering study conducted in Kashmir, the first of its kind in the region, examines the prevalence of Adverse Childhood Experiences (ACEs) at the community level, based on young adults' childhood experiences across all ten Kashmir districts. On average, young adults reported 4.72 adverse events during childhood (5.28 for males and 3.56 for females) in Kashmir. The study by Dar and Deb found that 19.5% of the respondents experienced sexual abuse. These results could be because of high social contact in males compared to females. For instance, males tend to socialize more with peers from an early age, making them more susceptible to contact sexual abuse compared to females, who typically stay within their homes. Additionally, females often choose to keep instances of abuse, especially sexual abuse, hidden, as it can tarnish their reputation and hinder their prospects of marriage in the future. The lower disclosure rate of sexual abuse in females may be due to the taboo and honour of females in Kashmiri societies, where the expression of such experiences is considered immoral. There is a hush-hush culture in Kashmir regarding sex and even more so, sexual abuse. Due to this, the figures we get to see on paper are just the tip of the iceberg.

Sexually abused Kashmiri women may face an elevated risk of experiencing loneliness and are less inclined to seek assistance from their

social support networks, aligning with reports that suggest survivors of sexual abuse often withdraw from social interactions. Through an inquisitive enquiry and research into the accounts of survivors, we have been able to see that the survivors of CSA often face significant hurdles in forming and maintaining interpersonal relationships. Due to this, many victims are unable to stay in healthy marriages or even get married in the first place. The psychological, as well as the physio-sexual implications of CSA trauma can be seen as one of the main reasons for the increasing divorce rate in Kashmir. Successful marital relationships hinge on proficient communication and conflict resolution abilities. Regrettably, the absence of these competencies significantly contributes to the deterioration of relationships within the Kashmiri context. The incapacity to articulate one's needs, persistent unresolved disputes, and an overall breakdown in communication channels progressively erode the fundamental pillars of trust and comprehension,

Was It Me?

These factors collectively erode their self-worth and can even push them toward self-destructive or suicidal tendencies. In my understanding, it's very crucial to recognize the nuanced differences between shame and guilt. Guilt typically emerges when we violate our values or behaviours, leading us to feel remorseful about something we've done or failed to do. On the other hand, shame goes deeper, making us feel inherently bad about who we are. Guilt-prone individuals often fear punishment for their actions, while those grappling with shame tend to fear abandonment. Individuals bound by shame tend to internalize it, resulting in a cycle of constant self-criticism, self-blame, and heightened sensitivity to criticism from others. After experiencing childhood abuse, survivors often grapple with trauma-bound shame. This form of shame can hinder healing and recovery, keeping them frozen and unable to forgive themselves or acknowledge their role in the abuse.



“Regrettably, the absence of these competencies significantly contributes to the deterioration of relationships within the Kashmiri context. The incapacity to articulate one's needs, persistent unresolved disputes, and an overall breakdown in communication channels progressively erode the fundamental pillars of trust and comprehension, thereby rendering reconciliation a formidable challenge. The symptoms associated with CSA, such as trust issues, fear of intimacy, concerns about being perceived as different or abnormal, and difficulties in establishing personal boundaries, can hinder the development of healthy connections. The trauma thus, finds its way into the personal lives of CSA victims, and their happiness, without any of it being their fault”

thereby rendering reconciliation a formidable challenge. The symptoms associated with CSA, such as trust issues, fear of intimacy, concerns about being perceived as different or abnormal, and difficulties in establishing personal boundaries, can hinder the development of healthy connections. The trauma thus, finds its way into the personal lives of CSA victims, and their happiness, without any of it being their fault. It's actually disturbing to see the obvious significant connection between CSA in women and subsequent victimization in adulthood. Kashmiri women encounter heightened challenges in coping and dealing with CSA due to the complex sociocultural dynamics of the region, which often stigmatize survivors and inhibit open discourse about such sensitive issues. The limited access to mental health resources and support exacerbates their difficulties in seeking help and recovery. To make it even more difficult, the protracted conflict in Kashmir further compounds these challenges by contributing to an environment of heightened stress and insecurity.

The emotional struggle is compounded by feelings of humiliation, powerlessness, shame, self-blame and guilt, often leading to cruelty, violence, destructive relationships, and addiction. A study done on CSA indicates that it is significantly associated with mood, substance use, and anxiety disorders in both genders. CSA was linked to a heightened likelihood of becoming a heavy polysubstance user among girls, even after accounting for various factors like age, race/ethnicity, parental substance use, peer influence, psychopathology, and other forms of childhood maltreatment, including physical abuse and neglect. These findings underscore the elevated risk of multiple-substance use in adolescence for female CSA survivors engaged with public service systems.

Unfortunately, this shame complicates the psychological and spiritual healing process, alters their relationship with a higher power, and may deter them from seeking help due to the fear of exposure. Overcoming the debilitating grip of shame is pivotal in healing from childhood abuse. It can provide the necessary motivation, strength, and energy needed to confront other challenges along the path to recovery.

All is Not Lost

Shame, like a poison, has an antidote—compassion. Compassion is the remedy for shame, as all abuse is seen as a failure of compassion for oneself and others. It enables a survivor to understand their past behaviour and forgive themselves for any negative actions stemming from the abuse, whether it be substance abuse, self-harm, harming others, or breaking the law. When liberated from shame, the world becomes clearer. Instead of feeling isolated and inferior, survivors feel connected and equal as life seems to embrace them. The essence of self-compassion lies in treating ourselves with the same love, kindness, and support that we would expect from the most compassionate person in our lives. This approach to self-compassion has been extensively studied, revealing its positive impact on resilience. It can reduce post-traumatic symptoms such as self-criticism, depression, thought suppression, anxiety, and rumination. Self-compassion provides the vital nurturance, understanding, and validation necessary for victims to feel deserving of care. Without it, individuals tend to subject themselves to harsh self-judgment and acknowledging the pain of past abuse becomes even more challenging, hindering the healing process.

Another powerful tool for healing is mindfulness, which encourages individuals to grieve and cope

with their experiences. It's about consciously being aware and simply observing the current experiences without attempting to change or control them. It fosters a less reactive relationship with our inner experiences. Importantly, acceptance in this context isn't synonymous with resignation or powerlessness; rather, it's a deliberate choice to embrace our sensations, feelings, and thoughts as they are. This practice of acceptance opens the door to natural change, without trying to manipulate or evade our experiences and helps survivors steer clear of becoming ensnared in hopes, fears, or regrets about what's already transpired or what lies ahead. When combined, mindfulness and self-compassion can be transformative, altering the relationship with the painful thoughts and emotions stemming from abuse. Instead of fighting or evading these feelings, survivors can courageously "lean in" to them with open eyes and a compassionate heart. This approach can help us confront these emotions and reshape our connection with them, ultimately fostering healing and growth.

In Kashmir, cultural aspects likely contribute to the positive association between social support and mental health. Additionally, participants with hopefulness showed better mental health, suggesting it helps them cope with stress and pursue personal growth. This positivity in Kashmiri youth may stem from personal resources and a community environment that encourages optimism.

To improve the mental health of Kashmiri youth exposed to childhood and conflict trauma, enhancing social support and nurturing hope are crucial. Community and institution-based programs can bolster protective factors and reduce the impact of risk factors in this challenging environment. ACEs and conflict exposure were identified as mental health risk factors, while social support and hope emerged as protective factors, highlighting the importance of these elements in mental health promotion and disorder prevention. Mental health professionals can use this knowledge to provide resources, knowledge, and skills to promote mental well-being among Kashmiri youth.

Survivors of all kinds of abuse, including CSA can cope better through unapologetic self-expression like that achieved from writing poems, whether figurative (indirect) or literal (direct) about the otherwise hushed experiences. Even reading poems that feel relatable and representative of the clusters of negative feelings that come with CSA, can be helpful as victims won't feel different isolated. The use of poetry in the treatment of sexually abused children has gained attention in literature lately. Research by Mazza, Magaz, and Scaturro (1987) suggests that poetry can be a valuable tool in both individual and group therapy for abused children. Their findings indicate that using poetry in therapy shows promise as an ego-supportive technique that enables self-expression and promotes feelings of validation and control. In group therapy settings, poetry can contribute to cohesion among participants, create a sense of universality in their experiences, and facilitate self-expression. Poetry serves as a unique window into the world of the abused child, allowing therapists to track their recovery progress. Moreover, it empowers abused children to find their voice, transforming their world and enabling them to express their experiences in a meaningful way through their poetry. This creative outlet allows children to describe certain aspects of child abuse and neglect, providing a means of catharsis and healing.

A poem titled 'Memories' by Brynn Rose gives us an inside view into the existence of a CSA victim, striving to become a survivor. The path is strewn with obstacles but there is so much hope and will to expend, for us all to keep walking with our heads held high.

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

NEP's Multidisciplinary Approach to Education

Rajkumar Singh

Multidisciplinary education is an academic approach that integrates content and teaching methods from multiple disciplines or fields of study. In a multidisciplinary education program, students are exposed to knowledge, perspectives, and methodologies from various subject areas rather than focusing on a single discipline. The key features of multidisciplinary education include:

a. **Integration of Disciplines:** Multidisciplinary programs bring together knowledge from different academic disciplines to provide a more comprehensive understanding of a topic or problem.

b. **Interconnected Learning:** Students engage with diverse perspectives and methodologies, fostering a more holistic and interconnected view of the subject matter.

c. **Collaborative Learning:** Multidisciplinary education often encourages collaboration among students and faculty from different disciplines. This collaborative environment promotes the exchange of ideas and the development of a broader skill set.

d. **Real-world Problem Solving:** By drawing on insights from various disciplines, multidisciplinary education aims to equip students with the skills to tackle complex, real-world problems that may require a multifaceted approach.

e. **Flexibility:** Multidisciplinary programs are often flexible, allowing students to tailor their education to their interests and career goals by selecting courses from different disciplines.

Examples of multidisciplinary fields of study include environmental science, bioinformatics, and neuroscience, where knowledge from biology, chemistry, physics, mathematics, and other disciplines are integrated to address complex issues. This approach is contrasted with interdisciplinary and transdisciplinary education. In interdisciplinary education, different disciplines are brought together, but they may retain their distinct methodologies and perspectives. Transdisciplinary education goes a step further by creating a unified framework that transcends traditional disciplinary boundaries.

Aims and objects

The aims and objectives of multidisciplinary education encompass a broad range of goals designed to provide students with a comprehensive and well-rounded learning experience. Its key aims and objectives include:

a. **Problem-Solving Skills:** To cultivate effective problem-solving skills by exposing students to diverse approaches and methods, preparing them to tackle real-world



challenges that often require multifaceted solutions.

b. **Communication and Collaboration:** To enhance communication and collaboration skills by providing opportunities for students to work in multidisciplinary teams, fostering effective interaction with individuals from various backgrounds. c. **Personalized Learning Paths:** To offer students the flexibility to tailor their education to their individual interests and career goals, allowing for a more personalized and meaningful learning experience.

d. **Innovation and Creativity:** To stimulate innovation and creativity by exposing students to a diversity of ideas and perspectives, encouraging them to think creatively and contribute to advancements in their chosen fields. d. **Preparation for Emerging Fields:** To prepare students for careers in emerging and interdisciplinary fields where a combination of knowledge and skills from different disciplines is increasingly valuable.

e. **Global Perspectives:** To develop a global perspective by integrating cultural, social, and economic considerations from various parts of the world, fostering an understanding of the interconnectedness of global is-

sues.

f. **Ethical Awareness:** To promote ethical awareness and responsible decision-making by considering the ethical implications of knowledge and actions from different disciplinary perspectives.

Benefits of multidisciplinary education

Multidisciplinary education offers several benefits to students, educators, and the broader academic community:

a. **Communication and Collaboration:** Students in multidisciplinary programs often work in teams with individuals from various backgrounds. This fosters effective communication and collaboration skills, preparing them for a professional environment where interdisciplinary teamwork is common.

b. **Interdisciplinary Thinking:** Exposure to diverse disciplines encourages interdisciplinary thinking, enabling students to bridge gaps between fields and apply insights from one area to another. This skill is valuable in addressing complex, multifaceted issues.

c. **Preparation for Emerging Fields:** Many contemporary challenges and emerging fields require a combination of knowledge

from different disciplines. Multidisciplinary education equips students with the interdisciplinary skills needed in fields such as data science, environmental sustainability, and biotechnology.

d. **Increased Engagement:** Learning experiences that integrate multiple perspectives and methodologies can enhance student engagement. The variety and richness of multidisciplinary content can make the educational experience more interesting and relevant to students.

e. **Personalized Learning Paths:** Multidisciplinary programs often offer flexibility, allowing students to tailor their education to their interests and career goals. This personalized approach can lead to greater satisfaction and motivation.

f. **Innovation and Creativity:** Exposure to diverse disciplines fosters a culture of innovation and creativity. By bringing together ideas from different fields, students may be more likely to generate novel solutions and contribute to advancements in various areas. In conclusion, multidisciplinary education provides a well-rounded learning experience that prepares students for the complexities of the modern world and en-

courages them to become adaptable, critical thinkers and problem solvers.

Multidisciplinary education and NEP-2020

The National Education Policy (NEP) 2020 in India is a comprehensive document that outlines the vision and goals for the country's education system. It emphasizes several principles, including flexibility, multidisciplinary, and a holistic approach to learning. Regarding multidisciplinary education, the NEP 2020 encourages a shift away from rigid subject boundaries and promotes a more flexible and integrated approach to learning. Some key points related to multidisciplinary in the NEP 2020 include:

a. **Multidisciplinary Education:** The policy advocates for multidisciplinary education at both the school and higher education levels. It encourages the integration of subjects and the adoption of a more holistic and well-rounded curriculum.

b. **Flexible Undergraduate Education:** The NEP 2020 proposes a flexible undergraduate education structure, allowing students to choose a major and minor from different academic domains. This flexibility is intended to promote a multidisciplinary approach to higher education.

c. **Interdisciplinary Research:** The policy emphasizes the importance of promoting interdisciplinary research and collaboration across disciplines to address complex challenges and contribute to knowledge creation.

d. **Vocational Education:** The NEP 2020 recognizes the importance of integrating vocational education into mainstream education. This includes providing students with opportunities to acquire skills from various disciplines, enhancing their employability in diverse fields.

e. **Critical Thinking and Inquiry-Based Learning:** The policy emphasizes the development of critical thinking and analytical skills, encouraging an inquiry-based approach to learning. This aligns with the multidisciplinary approach, as students learn to analyse problems from various perspectives. It's important to implement strategies related to multidisciplinary education in India. The successful implementation of the NEP 2020 depends on various factors, including the commitment of educational institutions, the training of teachers, and the allocation of resources.

Dr. Rajkumar Singh is a Youth Motivator, presently Professor of Political Science along with Dean, Student's Welfare (DSW), at B.N. Mandal University, Madhepura (Bihar), India. His 25 books published in addition to about 1000 articles in national and international journals and daily newspapers from 25 foreign countries

Anxiety and the Enduring Self

Samir Chopra

In my last post, I had promised to "examine how our fundamental conceptions of ourselves—our granting to ourselves the possession of an enduring self—contribute to our anxiety." The time has come to make good on that promise.

The first, and indeed, the primary, concept to unpack above is that of an "enduring self." What are we speaking of here? It is what we refer to when we point to a photograph of a smiling child and say something like, "Wow, I used to be such a cute kid." The "I" being referred to here is the enduring self. Something has endured in the passage of time; it has remained identical with itself. Even though, as we would acknowledge, everything else has changed.

After all, while we do resemble that child in some ways, we have changed in shape, in form, in physical constitution, and in psychological disposition. We don't look, act, or behave like that smiling child; we aren't even made up of the same stuff. But these, according to our ways and manner of speaking, are attributes or properties of some underlying unity or identity: the "I," the "self," the "ego," or the "soul."

Something bears these external attributes; while these attributes may change, the underlying self does not. It remains the same; it endures through time and maintains its identity as the entity to which these attributes may be assigned. Our manner of speaking reflects our commitment to the existence of this entity. After all, I did refer to myself above in the opening sentence of this post, did I not? And you, the reader, are you not similarly committed?

Are you and I not committed to the



existence of this entity when we speak of our fortunes, our fame, our losses, our pains, our possessions, and, ultimately, our birth, growth, illness, and death? And so are our social and political systems, our systems of morals, our notions of responsibility and guilt. Our notions of personal identity and responsibility are dependent on the coherence of this concept: a young, slender, beardless man commits a heinous crime at the tender age of 19; 65 years later, we track down an old, grizzled, feeble man confined to a nursing home in a distant land and bring "him," the "person who committed that crime more than six decades ago," to justice.

Everything, as in my example above, has changed. But it is the same person, the same self, so we act and dispense justice accordingly. (Even though, naggingly, we find little to connect the personalities of the younger and older versions of this person.) In acting thus, we

claim to have solved the problem of the reidentification of persons—what makes this person at time t1 the same person at time t2?—by deploying the notion of a self that endures through time.

It should be immediately apparent that our commitment to this notion of the enduring self brings anxiety in its wake. When I am anxious, I am anxious about my fortunes, my mistakes, my loss of love, my regrets, and my guilt, whether in the past or the future. As I note in my forthcoming book on anxiety:

We are anxious because we are worried about the fate of a particular thing or object, our self, the precious "I" (the one to whom our body belongs when we say "my body"). It is this self's losses, its misfortunes, its apprehension of the nothingness that ensues after death that causes our anxiety; it is this self's fortunes, its gains and fame, that we seek and strive for.

Glibly, if there was no such self, why would we worry about our futures? They will happen to someone or rather something else!

Anxiety is future-directed; as Kierkegaard (with whom we will spend some time in future posts) memorably claimed, "Anxiety is the next day." But we can only be worried or anxious about our future fortunes if, at some fundamental level, we believe they will happen to us, the same self as we are today. Realizing this was a key component of the Buddha's eventual journey to enlightenment; he considered it to be among the most important of the lessons he sought to impart. It was an illusion, an enduring and persistent one (as my language in this post and its title shows), but one we had to free ourselves from if we were to break loose of the suffering that was otherwise our inevitable lot during this short existence.

How could we do so? By following the

Eight-Fold Path that the Buddha taught, which includes practices geared toward improving our conduct toward ourselves and others, and by attaining the right kinds of knowledge that dispel our ignorance about what we are. The Eight-Fold Path deserves detailed study (and rigorous adherence) in its own right; for now, I will briefly make a note of two notions that are related to it and which we may commence thinking about and acting on.

First, as the Buddha recommended, we must engage in mindfulness and meditation, in a first-person study of our consciousness, to come to understand how our mind works and how it creates the illusion of an enduring self. The higher-order relationship we attain with our thoughts in this fashion turns us into managers of our emotions and not their hostages. Among them, of course, is anxiety.

Second, we must engage in practices of unselfing: this terminology is due to Iris Murdoch in her *The Sovereignty of God*, where she says, "The self, the place where we live, is a place of illusion," and urges us to turn our selfish and self-directed gaze away from ourselves toward the contemplation of, and engagement with, nature, works of art, and, I would argue, to the care of others. As we pay attention to other things and beings, we pay less attention to ourselves, finding in this outward-bound attention deliverance from our anxiety.

Most fundamentally, then, to deliver ourselves from "selfish anxiety," we engage in practices that either help us understand ourselves and our natures or that direct our attention outwards, away from ourselves.

The article was originally published by Psychology Today

Researchers Develop Ultrasound Patch To Measure How Full Bladder Is

ANI

MIT researchers have developed a patch-like wearable ultrasound monitor that can inspect organs within the body without the necessity of an ultrasound operator or the application of the gel.

In a new study, the researchers revealed that their patch can precisely scan the bladder and determine how full it is. According to the researchers, this could make it easier for those suffering from bladder or kidney disorders to evaluate whether their organs are working properly.

This method might also be used to monitor different organs within the body by relocating the ultrasonic array and adjusting the frequency of the signal. Such gadgets may be able to detect tumours that originate deep within the body, such as ovarian cancer, early.

"This technology is versatile and can be used not only on the bladder but any deep tissue of the body. It's a novel platform that can do identification and characterization of many of the diseases that we carry in our body," says Canan Dagdeviren, an associate professor

in MIT's Media Lab and the senior author of the study.

Lin Zhang, an MIT research scientist; Colin Marcus, an MIT graduate student in electrical engineering and computer science; and Dabin Lin, a professor at Xi'an Technological University, are the lead authors of a paper describing the work, which appears today in Nature Electronics.

Dagdeviren's lab, which specializes in designing flexible, wearable electronic devices, recently developed an ultrasound monitor that can be incorporated into a bra and used to screen for breast cancer. In the new study, the team used a similar approach to develop a wearable patch that can adhere to the skin and take ultrasound images of organs located within the body.

For their first demonstration, the researchers decided to focus on the bladder, partly inspired by Dagdeviren's younger brother, who was diagnosed with kidney cancer a few years ago. After having one of his kidneys surgically removed, he had difficulty fully emptying his bladder. Dagdeviren wondered if an ultrasound monitor that reveals how full the bladder is might help patients similar to her brother, or people with other types of bladder or kidney problems.



"Millions of people are suffering from bladder dysfunction and related diseases, and not surprisingly, bladder volume monitoring is an effective way to assess your kidney health and wellness," she said.

Currently, the only way to measure bladder volume is using a traditional, bulky ultrasound probe, which requires going to a medical facility. Dagdeviren and her colleagues wanted to develop a wearable alternative that patients could

use at home.

To achieve that, they created a flexible patch made of silicone rubber, embedded with five ultrasound arrays made from a new piezoelectric material that the researchers developed for this device. The arrays are positioned in the shape of a cross, which allows the patch to image the entire bladder, which is about 12 by 8 centimetres when full.

The polymer that makes up the patch is naturally sticky and

adheres gently to the skin, making it easy to attach and detach. Once placed on the skin, underwear or leggings can help hold it in place.

In a study performed with collaborators at the Center for Ultrasound Research and Translation and Department of Radiology at Massachusetts General Hospital, the researchers showed that the new patch could capture images comparable to those taken with a traditional ultrasound probe, and these images could be used to track changes in bladder volume.

For the study, the researchers recruited 20 patients with a range of body mass indexes. Subjects were first imaged with a full bladder, then with a partially empty bladder, and then with a completely empty bladder. The images obtained from the new patch were similar in quality to those taken with traditional ultrasound, and the ultrasound arrays worked on all subjects regardless of their body mass index.

Using this patch, no ultrasound gel is needed, and no pressure needs to be applied, as with a regular ultrasound probe, because the field of view is large enough to encompass the entire bladder.

To see the images, the researchers connected their ultrasound arrays to the same kind of ultrasound

machine used in medical imaging centers. However, the MIT team is now working on a portable device, about the size of a smartphone, that could be used to view the images.

"In this work, we have further developed a path toward clinical translation of conformable ultrasonic biosensors that yield valuable information about vital physiologic parameters. Our group hopes to build on this and develop a suite of devices that will ultimately bridge the information gap between clinicians and patients," said Anthony E. Samir, director of the MGH Center for Ultrasound Research and Translation and Associate Chair of Imaging Sciences at MGH Radiology, who is also an author of the study.

The MIT team also hopes to develop ultrasound devices that could be used to image other organs within the body, such as the pancreas, liver, or ovaries. Based on the location and depth of each organ, the researchers need to alter the frequency of the ultrasound signal, which requires designing new piezoelectric materials. For some of these organs, located deep within the body, the device may work better as an implant rather than a wearable patch.

New Glaucoma Treatment Strategy To Guide Stem Cells To Retina

IAN5

Researchers have identified a promising new strategy for glaucoma cell replacement therapy.

Glaucoma is one of the leading causes of blindness worldwide, and vision loss, due to the loss of retinal ganglion cells (RGCs), cannot currently be reversed with any treatment.

In the new study researchers at the Schepens Eye Research Institute of Mass Eye and Ear changed the micro-environment in the eye in a way that enabled them to take stem cells from blood and turn them into retinal ganglion cells that were capable of

migrating and surviving into the eye's retina.

They conducted their study on the adult mouse retina, but the work's implications could one day be applied to human retina.

One limitation that prevents the success of current stem cell transplantation strategies in retina studies is that the majority of donor cells remain at the site of injection and do not migrate where they are most needed.

To identify an improved solution, the researchers created RGCs out of stem cells, then tested the ability of various signaling molecules known as chemokines to guide these new neurons to their correct positions within the retina.

The research team utilised a "big data" approach and examined hundreds of such molecules and receptors to find 12 unique to RGCs. They found stromal derived factor 1 was the best performing molecule for both migration and transplantation.

"This method of using chemokines to guide donor cell movement and integration represents a promising approach to restoring vision in glaucoma patients," said Petr Baranov, from Mass Eye and Ear, who is also an assistant professor of Ophthalmology at Harvard Medical School.

The research was published in Proceedings of the National Academy of Sciences (PNAS).

Srinagar Municipal Corporation Office Of The Executive Engineer Right River Works Division

Regal lane Lal Chowk Srinagar
Email:- eerrwsmc@gmail.com

SHORT TERM
NOTICE INVITING E- TENDER No. 32of 2023-2024
Dated: 17.11.2023

For and on behalf of the Commissioner, Srinagar Municipal Commissioner, e-tenders are invited on a percentage basis (as per the J&K PWD Engineering Manual 2020) from approved registered eligible Civil Contractors/ Self Help Groups for the below mentioned works.

S. No.	Name of the Work	Adv. cost in lacs	Cost of T/ Doc. in Rs.	Earnest Money (In Rs.)	Time of Completion	Head of Account	Class of contractor	AA order No	T.S. Order No. dated
1.	Paving , plantation and installation of fountains on road side from sonwar to shivpora	196.38	2600	392760	12 months	NCAP (National Clean Air programme	AAY	1080 of 2023 dated: 29.08.2023	Order No. 30 of 2023-24 dated: 11.11.2023 (CE UUED)

Position of AAA: Accorded, Technical Sanction: Accorded
The NieT consists of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q) set of terms and conditions of contract other details can be seen/ downloaded from the departmental website www.jktenders.gov.in as per the date schedule given below:-

S. No.	Particulars	Date from to
1.	Date of publication of e-portal	17.11.2023
2.	Date of Downloading of bid documents for said NieT	17.11.2023from 03:00 PM
3.	Date of uploading of bid document / bid submission starts	17.11.2023from 04:00 PM
4.	Date of uploading of bid document/ bid submission Ends	30.11.2023 at 06:00 PM
5.	Date of Bid opening	01.12.2023 at 11:00 AM
6.	Date of Submission of Uploaded documents (Hard Copies) by Successful Bidder including Bid Security (CDR/FDR), Tender document fee.	02.12.2023 up to 04:00 PM

Note: - (The Date of EMD/Challan must be from the date of start of bid upto Bid Submission End date,

TERMS AND CONDITIONS

1. The intending tenders should attach a call deposit receipt equivalent to 2% of the advertised cost / total cost of the work shown against each work pledged to the Executive Engineer Right River Works Division, SMC, drawn from any scheduled Bank without which no tender will be entertained.
2. Bids must be accompanied with cost of tender document in the shape of Bank Receipt / challan as a tender fee paid in the Municipal Account No. 021601020000007 payable at J&K Bank Branch Dood Ganga Balgarden, Srinagar payable at Srinagar (with NIT No and Serial No of work mentioned) and Earnest Money/ bid security in the shape of CDR/FDR (The date of Bank Receipt/ Challan and earned money/ bid security should be between the date of start of bid and Bid Submission End date). The tender fees is non-refundable and can also be paid through online mode via NEFT/RTGS in favour of F./A/ Chief Accounts officer, Srinagar Municipal Corporation with Bank Details as given below:-

Name of the Bank: - Jammu and Kashmir Bank Ltd.
Branch: - Balgarden, Srinagar
Bank Account No: - 021601020000007
IFSC code: - JAKA0GARDEN
MICR CODE: - 190051008

For one particular work, only one bank Receipt / challan (not more than one) of the exact amount of tender fees (neither lesser nor greater) as shown against that particular work must be paid and uploaded with the tenders. The same tender fees paid and uploaded for a particular work should not be again used/ uploaded for any other work in the NieT (i.e. one Bank Receipt / Bank Challan for one work only)

Tender Fee and other relevant documents including Bid security (CDR/FDR) duly filled up, if found uploaded, with any ambiguity or un-attended correction/over writing for any work such tender /bid shall be considered as invalid bid and shall be out rightly rejected and action under rules shall be initiated.

Further use of pencil in writing (NIT No and S. No) on tender fees and EMD must be avoided.
The participating agencies/ contractors are advised in their own interest not to resort to any cheating while submitting and uploading the tender document Fees or any other document.

The bidders are requested to upload following documents:

- o Tender fees.
- o EMD in the shape of CDR and FDR.
- o Registration card and its latest renewal.
- o Verification of Registration Card from competent Authority
- o Latest GST clearance.
- o PAN Card.
- o Correspondence Address of the Agency with active Mobile No.
- o Bank Account details (16-digit Bank Account No, Branch office, IFSC code)
- o Any other document required to be uploaded as per the NieT.

3. The date and time of opening of bids shall be notified on website www.jktenders.gov.in and conveyed to the bidders automatically through an E-mail message on their email address. The bids of responsive bidders shall be opened online on the same website in the office of the Executive Engineer, Right River Works Division, SMC, (Regal Lane, Lal Chowk, Srinagar) or in the office of the informatics officer, SMC (Karan Nagar Srinagar). In case of holidays/offices happens to be closed on the date of opening of the bids, or there is any Net problem the same will be opened on the next working day at the same time and venue.

4. The bids for the work shall remain valid for a period of 120 days from the date of opening of technical bids.
5. The lowest successful bidder has to furnish 5% of the contract value/ allotted cost cost as performance security in the shape of CDR/FDR. The performance security required as per NIT conditions shall be released after DLP is successfully over. Earnest money in the shape of CDR/FDR shall be released after performance security is received. The earnest money in favour of the unsuccessful bidder shall be released only after submission of Bank Receipts/challans.

- 6. The earnest money shall be forfeited, if:-
 - a) Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any Modifications to the terms and conditions of the bid.
 - b) Failure of Successful bidder to furnish the required performance security within the specified time limit.
 - c) Failure of successful bidder to execute the agreement within 28 days after fixation of contract.

Instruction to bidders regarding e-tendering process

Sd/-
Executive Engineer
Right River Works Division
Srinagar Municipal Corporation

No: SMC/EERRWD/1857-65
DIPK-NB-4350/23
Dated: -21/11/2023.



WHY TO USE CRITICAL CARE AMBULANCE

Early Intervention

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

Timely Transportation

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

Reduced Complications

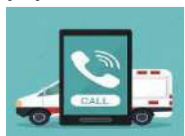
- Patients who receive critical care ambulance services are less likely to experience complications during transit or upon arrival at the hospital. This can result in shorter hospital stays, reduced healthcare costs, and improved patient outcomes.

Better Coordination

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

Improved Accessibility:

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



9484100200/ 01942310018

ICC Introduces Stop Clock In ODI & T20Is

Press Trust of India

DUBAI: Bowling teams in men's ODI and T20Is will be imposed a five-run penalty if the bowler exceeds the 60 second limit of bowling the next over for the third time in an innings, the sport's governing body ICC said on Tuesday.

It will be used on a trial basis initially.

The decision was taken at the International Cricket Council (ICC) Board meeting here.

"The CEC agreed to introduce a stop clock on a trial basis in men's ODI and T20I cricket from December 2023 to April 2024. The clock will be used to regulate the amount of time taken between overs.

"If the bowling team is not ready to bowl the next over within 60 seconds of the previous over being completed, a 5-run penalty will be imposed the third time it happens in an innings," said the ICC in a statement.

The ICC also made a change to its process of banning a pitch from international cricket.



"Changes to the pitch and outfield monitoring regulations were also approved, including a simplification of the criteria against which a pitch is assessed and increasing the threshold for when a venue could have its international status removed from five demerit points to six demerit points over a five-year period," the ICC added.

TRANSGENDER PLAYERS BANNED FROM INTERNATIONAL WOMEN'S CRICKET BY ICC

In a major policy decision, the ICC on Tuesday barred cricketers, who have been through any form of male puberty, from competing in international women's game regardless of whether or not

they have undergone surgery or gender reassignment treatment.

The ICC said it was taking the decision to protect the integrity of international women's game and the safety of players.

In a statement, the ICC said, "The ICC Board approved new gender eligibility regulations for the international game following a nine-month consultation process with the sport's stakeholders."

"The new policy is based on the following principles (in order of priority), protection of the integrity of the women's game, safety, fairness and inclusion, and this means any Male to Female participants who have been through any form of male puberty will not be eligible to participate in the international women's game regardless of any surgery or gender reassignment treatment they may have undertaken." Gender reassignment and treatment have been a hotly-debated topic in world athletics for years.

ICC arrived at the decision at its Board meeting in Ahmedabad on Tuesday.

Record 1.25 Million Fans Attended ODI World Cup In India: ICC



Agencies

NEW DELHI: A record 1.25 million fans attended matches during the 13th edition of the World Cup, which concluded on Sunday with Australia beating hosts India for their sixth title, global body the International Cricket Council (ICC) said on Tuesday. A total of 1,250,307 fans watched the Oct. 5-Nov. 19 showpiece event from the stands, surpassing the previous mark of 1.016 million set at the 2015 edition in Australia and New Zealand.

While the early matches not involving runners-up

India had plenty of empty seats in venues, overall spectator figures had already surpassed the one million mark with six games to go. ICC Head of Events Chris Tetley said the one-day international (ODI) tournament had been a "great success."

"The staggering attendance demonstrates the enduring appeal of cricket and excitement the ODI format continues to offer," Tetley said in a statement, adding that the tournament also broke multiple broadcast and digital viewership records. "It has been an event that has not only entertained but also united

cricket fans globally in a celebration of the sport."

The India attendance figures surpass the earlier marks of the 2015 World Cup held in Australia and New Zealand, which attracted 10,16,420 spectators and the 2019 edition in England and Wales, which had 7,52,000 fans.

The 10-team tournament in India saw each team play the others once to advance to the semi-finals. There were 48 matches played overall for a total average attendance of about 26,000.

It was the 13th edition of the World Cup, with the first being held in 1975.

Provincial Level Fencing Host Anantnag Wins 5 Of 6 Events



Observer News Service

ANANTNAG: The Department Of Youth Services & Sports and District Youth Services & Sports Office Anantnag on Tuesday hosted Provincial Level Fencing Tournament for Boys under the age group of 14 and 17 years at Indoor Sports Stadium Bhijbehra.

The championship was inaugurated by District Youth Services & Sports Officer Anantnag along with Senior Officials of the Department. While interacting with the participating

students DYSS Officer congratulated the students for being the part of this sports event and also assured them all support from the department.

During the competitions in the age group of U-17 Boys, in the Epee event, Anantnag defeated Pulwama, in Foil Event, Anantnag defeated Srinagar, while as Ganderbal won Sabre event by defeating Pulwama. In the age group of U-14 Boys, host Anantnag lifted Epee, Foil and Sabre events by defeating Ganderbal and Pulwama in thrilling bouts.

Winners Of 3rd National Judo League Felicitated

Observer News Service

SRINAGAR: Chairperson Jammu & Kashmir Waqf Board, Syed Darakhshan Andrabi, on Tuesday awarded the winners of 3rd Khelo India National Judo League for Northern Zone held under Khelo India at SK Indoor Sports Stadium here.

Teams of three different age categories from nine Northern States and Union Territories of the country participated in the event. The league was held by the Sports Authority of India under Khelo India

Sports Authority of India also graced the occasion.

Dr Andrabi felicitated the winners and runners up teams and individual players in different categories with medals and certificates.

Dr Darakhshan said that Modi-ji's Khelo India mission has revolutionized the sports sector in India and now like other important sectors of life, India is fast becoming a global sports power.

Chairperson Waqf Board said that this League was held in J&K



initiative of the Union Ministry of Sports.

Technical Director of League, Deepak Gupta besides Sushma Avasthi and Yogesh K from the

after a gap of 42 years. She hailed the LG administration for creating a remarkable sports infrastructure and sports environment in J&K during the past few years.

Country Stands With Indian Team Today & Always: PM Modi



Press Trust of India

AHMEDABAD: Prime Minister Narendra Modi lauded the Indian men's cricket team for their 10 consecutive wins in the World Cup and asked them to motivate each other as he met them after their loss to Australia in the final.

"India stands with them today and always," the prime minister said, sharing a brief video on social media on Tuesday of his meeting with the squad soon after the final at Ahmedabad's Narendra Modi Stadium.

"You reached here after winning 10 matches. These things happen," the prime minister is seen telling captain Rohit Sharma and champion batter Virat Kohli, holding their hands, in the video.

"Smile, the country is watching you," he said. Modi hugged Mohammed

Shami, India's most impressive bowler in the tournament, and said he performed very well.

He also interacted with other players and the team's coach Rahul Dravid. He invited them to meet him whenever they come to Delhi.

Seen as the favourite to win the World Cup after they brushed aside all their rivals, including Australia, in the league matches without much difficulty, India lost in the final to the Pat Cummins-led side on Sunday by six wickets.

BJP leaders lauded Modi's gesture while the Congress derided him as "master of drama".

"This is what leadership is all about... Standing with the team when the chips are down. The warmth and assurance must have been uplifting for the team, which had just lost the final despite winning ev-

ery game in the run up. There is so much to learn from Prime Minister Modi," BJP's IT department head Amit Malviya said.

"A true leader is one who stands by you not during the best of the times but the most difficult of situations. Prime Minister Narendra Modi meets Team India in their dressing room after the ICC World Cup Finals," BJP spokesperson Shehzad Poonawalla said.

Congress general secretary Jairam Ramesh said the youth of India will not be fooled by such "desperate tactics".

"The video of the self-imposed, choreographed consolation by the 'Master Of Drama in India' has completely exposed the insincerity behind the photographs released yesterday. The face-saving exercise has backfired. The youth of India will not be fooled by these desperate antics," Ramesh said in a post on X.

What Is The Future Of ODI Despite Most Watched WC?

Press Trust of India

AHMEDABAD: World Cup winning skipper Pat Cummins, by his own admission, has fallen in love with 50-over cricket all over again but the jury remains out on the future of the ODI format, whose relevance in modern-day cricket is being debated for some time now.

India is the heartbeat of world cricket and near-packed stadiums for majority of World Cup games over the course of 45-day long event was expected at the spiritual home of the game. It was not a surprise that India has delivered the most attended ODI World Cup ever.

More than a record 1.25 million people thronged the stadiums but the same buzz and fanfare will most likely be missing when there is a bilateral series happening anywhere in the world including India.

The players and the purists love Test cricket while T20 is the format that enjoys unmatched popularity and is being used as a tool to spread the game globally.

The attention spans are shorter than ever in the digital age and not all have the time and zeal to spend eight hours for an ODI game.



The ICC event in India has shown that the format has plenty of takers if it is a world event but the bilateral ODIs don't inspire the same confidence going ahead.

That begs the question: Should ODIs only be played in a World Cup year? If not, then should the format be tweaked on the advice of legends like Wasim Akram and Sachin Tendulkar.

The format is not high on priority for most teams with India featuring only in six ODIs next year and Pakistan don't have any match scheduled till November 2024 even though they host the Champions Trophy the following year.

During the World Cup, Akram opined that the format should be reduced to a 40 overs a side while

Tendulkar wants to break the ODIs to four innings of 25 overs each to break the "monotony".

"I have a problem with ODI cricket right now. Very rarely do you see nowadays in One-day cricket something interesting happen in those (middle) 30 overs. Just go to 40 overs, you'll have more action during that period."

"I don't know if it's going to happen, but I think 40 overs would be more interesting, especially for bilateral series. Nowadays the audience, we do know their (attention) span is lesser than the nineties, because of T20 format and because of social media. We have to adapt," Akram told Fox Sports.

His menacing bowling partner Waqar Younis also expressed his views on the subject in the middle of the World Cup he was commenting on.

"ODI cricket is too friendly for batters. Suggestion @ICC 2 new balls to start, take away 1 ball after 30 overs, continue with the other. At the end that ball will only be 35 overs old. We'll see some reverse at the end. Save the art of #ReverseSwing," he posted on social media.

However, the comments of Cummins after the World Cup triumph on Sunday night were a good advert for the ODI format. Unlike the slam bang T20 format, ODI cricket is played in gears and does challenge the cricketers more.

It is a challenge Cummins and his team enjoyed in a global event but the same can't be said about a bilateral contest.

PCB Appoints Gul, Ajmal As Bowling Coaches



Agencies

Former Pakistan bowlers, Umar Gul and Saeed Ajmal have been appointed as the fast bowling and spin bowling coaches of the national squad for the upcoming tour of Australia and New Zealand.

Umar, a member of the 2009 World T20 winning squad, has worked before with the Pakistan team as bowling coach, while this is the first time Saeed has been given an assignment with the national side.

The Pakistan cricket board said that initial assignments for both former stalwarts would include the Test series against Australia scheduled from 14 December 14 to January 7 and the T20I series against New Zealand from January 12 to 21 next year.

The board has already named Muhammad Hafeez as the Director and head coach of the Pakistan squad and fast bowler Wahab Riaz as the new chief selector in a spate of changes after the national team's poor World Cup campaign. The induction of Umar and Saeed and Hafeez's assignment basically means that the foreign coaches, including Mickey Arthur, Grant Bradburn will no longer be working with the national side.

Parliamentary Panel Approves Hindi Names For Proposed Criminal Laws

Agencies

New Delhi: A parliamentary panel has held that the Hindi names given to the three proposed criminal laws is not unconstitutional, dismissing criticism against the move by some political parties and their leaders. The Parliamentary Standing Committee on Home Affairs headed by BJP MP Brijlal has taken note of the wording of Article 348 of the Constitution, which says that the language to be used in the Supreme Court and in the high courts, as well as for Acts, Bills and other legal documents shall be in English language.

"The committee finds that as the text of the Sanhita is in English, it does not violate the provisions of Article 348 of the Constitution. The committee is satisfied with the response of the Ministry of Home Affairs and holds that the name given to the proposed legislation is not in violation of Article 348 of the Constitution of India," the panel said in its report submitted to Rajya Sabha.

The Bharatiya Nyaya Sanhita (BNS-2023), Bharatiya Nagarik Suraksha Sanhita (BNSS-2023) and the Bharatiya Sakshya Adhinyam (BSA-2023) were introduced in the Lok Sabha on August 11.

The proposed laws will replace the Indian Penal Code, 1860, Criminal Procedure Act, 1898, and the Indian Evidence Act, 1872 respectively. Senior Congress leader P Chidambaram had questioned the rationale behind the central government giving Hindi names to the bills.

"I am not saying Hindi names must not be given (to bills). When English is used, it can be given an English name. If Hindi is used, it can be given a Hindi name. When laws are drafted, it is done in English and later it is translated to Hindi. But they have drafted the laws and provisions of the bill in English and given it a Hindi name. It is difficult to even pronounce," he had said.

Tamil Nadu's ruling Dravida Munnetra Kazhagam (DMK) had also voiced strong objections against the use of Hindi names for

the proposed criminal laws.

Tamil Nadu Chief Minister MK Stalin had said the Centre's move "reeks of linguistic imperialism" and that it was an attempt to carry out "recolonisation in the name of decolonisation".

The Madras Bar Association has dubbed the Centre's move to name the three bills in Hindi as against the Constitution. The association has also passed a resolution in this connection.

DMK MP

Dayanidhi Maran had sent a letter to the panel chairman Brijlal, objecting to the Hindi titles of the bills, saying they violate the unitary nature of the country where the citizens speak a variety of languages other than Hindi.

However, Union Education Minister Dharmendra Pradhan had termed Mr Stalin's statement as "petty politics".

Mr Pradhan said such "petty politics" may serve the Tamil Nadu chief minister's political ambitions well but "it weakens the spirit of India".

During the course of the panel's deliberations, Union Home Secretary Ajay Bhalla had also tried to address the objections of some Opposition MPs, including DMK's N R Elango, Dayanidhi Maran and

Congress's Digvijaya Singh, against the Hindi titles of the bills.

Mr Bhalla had reportedly maintained there is no violation of any constitutional provision since the bills and their texts are written in English.

He conveyed to the MPs that as Article 348 provided for the use of English language in the texts of all bills, acts and ordinances, there was no breach if the bills were written in English.

Found No Proof Of Covid Vaccine Causing Sudden Death, Says Top Medical Body

Agencies

New Delhi: Indian researchers found no evidence that COVID-19 vaccination was behind "unexplained sudden deaths", a medical organisation said on Tuesday, instead pointing to the disease itself, binge drinking and intense exercise as risk factors.

The Indian Council of Medical Research (ICMR) conducted a study following what it called "anecdotal



reports about sudden unexplained deaths among apparently healthy adults" aged 18 to 45 between October 2021 and March 2023.

"We found no evidence of a positive association of COVID-19

vaccination with unexplained sudden death among young adults," the research group said in a study published in the Indian Journal of Medical Research.

"At the same time, family history of sudden death, hospitalisation for COVID-19 and lifestyle behaviours such as recent binge drinking and vigorous-intensity physical activity were risk factors for unexplained sudden death." ICMR researchers identified

29,171 sudden deaths and scrutinised the records of 729 of the cases as well as 2,916 "control" subjects as part of their investigation, the group said.

Government data shows India suffered 45 million COVID infections and 533,295 related deaths but experts say the actual numbers are several times higher. Many hospitals ran out of beds during the peak of the COVID crisis and many people died at home.







KUSA VANI

بلاک لیول اورینٹیشن پروگرام "نوجوانوں کو زراعت کی طرف راغب کرنا"

یہ پروگرام 15 نومبر کو شروع ہوگا۔

مزید تفصیلات کے لیے اپنے قریبی زراعت/باغبانی/پشو پالن/بھیڑ پالن/مچھلی پالن کے دفتر پر جائیں

محکمہ زراعت
حکومت جموں و کشمیر




Visit:  Agriculture Production Department J&K



 @agriprodjnk



 @agricultureproductiondeptjnk



Dated: 22-11-2023
DIPK-12587/23

MAZBOOTI SE BANI HAR

— DEEWAR SE JHALAKTE HAI —

DIL KE EHSAAAS


KHYBER CEMENT
Dil se banao



Spectrum Adv | 969700698