

LeT's Trained Sniper Killed In Rajouri

Press Trust Of India

Jammu: Two terrorists, including a top Lashkar-e-Taiba (LeT) commander trained in Afghanistan, were killed in a gunfight with security forces on Thursday in Jammu and Kashmir's Rajouri district, officials said.

On Wednesday, four army personnel, including two captains, were killed and two others injured in the operation against the terrorists in the Dharmal belt's Bajimaal area.

The officials said firing was halted in the night and the area was put under cordon. Firing resumed on Thursday morning, and two terrorists were killed, they said and added that the operation is in its final phase.

Earlier in the day, a defence spokesman said in the firing, a Pakistani terrorist has been killed. Later, officials said another terrorist has been eliminated.

The area was cordoned off and more security personnel were deployed in the night to ensure the terrorists do not escape from the thickly forested area, the officials said.

On the Pakistani terrorist killed, the defence spokesman said he has been identified as Quari, a Pakistan national and hardcore terrorist. "He has been trained on the Pakistan and Afghanistan front. He is a highly ranked terrorist **More on P6**"

LG Tells PDD To Strictly Comply With Curtailment Plans

Orders Uninterrupted Power In 100% Smart Metered Feeders, Timely Replacement Of Damaged Transformers



Observer News Service

Jammu: The Union Territory Lieutenant Governor, Manoj Sinha on Thursday directed Power Development Department (PDD) to strictly comply with curtailment plans, provide uninterrupted and quality power in 100% smart metered feeders and timely replace damaged transformers to avoid any inconvenience to the people in Jammu and Kashmir.

These directions were passed by LG while chairing a review meeting on the overall power supply situation in Jammu and Kashmir.

Chief Secretary Dr Arun Kumar Mehta, Principal Secretary PDD H. Rajesh Prasad, Principal Secretary Finance Department Santosh D Vaidya, Principal Secretary to LG Dr Mandep Kumar Bhandari and other senior officials attended the meeting.

Detailed discussions took place on various aspects to meet the high electricity demand in both Kashmir and Jammu Division, an official spokesperson said Thursday.

During the meeting, he said, Sinha asked the Principal Secretary, Power Development Department, H. Rajesh Prasad for strict compliance of curtailment plans, uninterrupted and quality power in 100% smart metered feeders **More on P6**

KPDCL Goes Tough Against Defaulters, Snaps 1000 Connections

Observer News Service

Intensifying its crackdown against defaulters, the Kashmir Power Distribution Corporation Limited (KPDCL) on Thursday recovered a whopping Rs 8 crore pending bills from consumers, besides disconnecting over 1000 electricity connections over non-payment of bills. The inspection drives have further been intensified across all the 10 districts of Kashmir Valley to curb incidents of hooking and power theft, which are primarily responsible for power outages and distress cuts. The massive crackdown against rampant power theft and defaulters comes at a time when the Union Territory administration is facing severe criticism over non-availability of electricity supply in nail biting cold.

As many as 566 drives were conducted across all 19 electric divisions and a penalty of Rs.7.84 lakh was imposed on those found hooking wires on bare conductor and bypassing the meters, a KPDCL spokesperson said Thursday. Besides it, over loading also damaged 64 domestic transformers (DTs) across the Valley on Wednesday. Giving more details about the inspections conducted, he said, that 183 drives were conducted in Circle II Srinagar, 60 in Circle I Srinagar, 123 in Circle Ganderbal, 71 in Circle Pulwama, 35 in Circle Bijbehara and 94 in Circle Sopore.

"1082 domestic, commercial and industrial connections were also disconnected for non-payment of energy dues for more than three months. This includes 371 domestic, 549 commercial and **More on P6**"

THE TEAM ON THE GROUND MUST CLOSELY monitor the situation and take proactive actions to meet the peak electricity demand. Sinha also took appraisal of the status of the installation of smart meters, manpower and power infrastructure.

Lal Singh Gets Interim Bail In Money Laundering Case

Press Trust Of India

Jammu: A special court here on Thursday granted interim bail to former minister Lal Singh who was arrested in a money laundering case by the Enforcement Directorate earlier this month.

Sinha, the chairman of the Dogra Swabhimhan Sangathan Party (DSSP), walked out of Jammu district jail to a warm welcome by his relatives and supporters this evening.

The former minister was arrested from a house here on November 7, within hours after special judge, Anti-corruption (CBI cases) Jammu Bala Jyoti dismissed his anticipatory bail application.

Sinha is under investigation by the ED in connection with the case against an educational trust run by his wife and former



legislator Kanta Andotra.

"petitioner has been able to carve out a strong prima facie case for enlargement on interim bail as such the petitioner is admitted to interim bail, subject to furnishing surety for an amount of Rs 2 lakh with a personal bond of the like amount, on the conditions that he shall remain present before the ED as and when called and shall render all possible assistance

Need Proactive Measures To Maintain Peace: IGP

Observer News Service

Srinagar: The Inspector General of Police (IGP) Kashmir, V. K. Birdi on Thursday emphasized the importance of close coordination and collaboration between security forces to effectively combat any potential security threats in the Union Territory.

Chairing a security review meeting at Anantnag on Thursday, the IGP also emphasized the importance of community engagement in preventing crime and ensuring the safety of the residents

During his visit, the IGP held meeting with police officers of the district and discussed strategies for maintaining Peace and

order in the district. His visit was aimed to assess the security situation in the district and to ensure that the necessary measures are in place to address any potential challenges, a police spokesperson said.

During the meeting, he said, Birdi emphasized the importance of close coordination and collaboration between the various security forces to effectively combat any potential security threats.

"He also stressed the need for proactive measures to maintain peace and stability in the district," he added

In discussions about investigations, the spokesperson said, IGP Kashmir urged prompt resolution of pending cases. Emphasizing **More on P6**



A gardener collects fallen leaves of majestic Chinar trees inside a public park in Srinagar on a cold and foggy Thursday morning. KO Photo, Abid Bhat

Airborne Diseases Surge As Cold Wave Grips Kashmir

Experts Advice Children, Elderly To Stay Indoors, Wear Warm Clothes

Majid Nabi

Srinagar: As cold wave conditions continue to sweep Kashmir Valley, bringing down mercury below the freezing point, the health experts on Thursday said that the number of airborne winter illnesses resulting from 'particulate matter' has surged, making children and the elderly vulnerable.

Exposure to particulate matter comprising dust, dirt, and soot found in the atmosphere, they said, is known to have a negative impact on health, particularly for elderly people with chronic heart and lung disease, children, and asthmatics.

The valley's major referral hospital, Sri Maharaja Hari Singh (SMHS) Hospital in Srinagar, sees over 300 patients a day, with an average of 35 to 40 patients being hospitalized.

The persistent dry and cold weather in the valley have caused a substantial rise in airborne diseases, with 35 to 40 people on an average being hospitalized, a senior resident doctor at SMHS Hospital told Kashmir Observer.

Particulate matter, he said, can infiltrate deeply into the respiratory system and reach the **More on P6**

Mercury Settles Below Freezing Point

The minimum temperature settled below freezing point at most places

in Kashmir valley where Shopian was the coldest place with a low of minus 3.3 degrees Celsius, officials said on Thursday. There was a slight rise in the minimum temperature on Wednesday night due to arrival of a western disturbance that is expected to affect the system later in the day.

The rise in temperature has resulted in reduction in early morning fog that had affected the valley for the past three days. Srinagar **More on P6**

Kashmir Not As Cold As It Seems: Dir Education

Says Atmosphere Is Lovely, Kids Enjoying; Clapping Inside Schools

Majid Nabi

Srinagar: A day after the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Budhuri said the administration was considering early winter vacation in the valley schools, Director School Education, Tassaduq Hussain Mir on Thursday claimed that it's not as cold in Kashmir as it seems and the temperature dips more at night than the day.

The Director Education also said the children would not be able to attend schools had the situation been really so bad. He said the kids attending schools are enjoying and clapping without complaining of shivering from the cold.

However, he said, the government is sensitive to the

circumstances and a formal decision regarding winter vacations for the primary classes in Kashmir will be made soon.

It is worth mentioning that Div Com Kashmir, Vijay Kumar Budhuri had a day earlier said the administration was considering phase-wise winter vacations in Kashmir schools in view of the change in weather conditions.

"As you can see, it's not too cold in Kashmir. Had the situation been really so, kids would not be able to go to school? Look at the beautiful atmosphere and the way these kids play and clap—could this be conceivable for them in the event of harsh weather? Hussain said.

He was replying to a media query as to when the administration is **More on P6**

Police Bust Marriage Scam, Two Brothers Arrested

Observer News Service

Srinagar: Two brothers involved in a marriage scam were arrested on Thursday by police in North Kashmir's Baramulla district.

Mohammad Qasim and his brother Nisar Ahmad Bhat, both residents of Pattan, were arrested by a team of cops from Police Post Mirgund on the basis of a complaint from Ghulam Mohammad Bhat, a resident of Doda, for allegedly cheating him on the pretext of marriage, a police spokesperson said. Qasim had taken an amount of t Rs 1, 50,000 from

the complainant for marriage.

Giving more details of the case, the spokesperson said that the complainant alleged that when he sought the recovery of the amount, the kingpin Mohd Qasim Bhat resorted to intimidation and threatened him of dire consequences.

Accordingly, he said, a case under relevant sections of law was registered in Police Station Pattan and investigation was set into motion.

"During the course of investigation, a police party of the Police Post Mirgund, through rigorous efforts, successfully tracked down **More on P6**"

SHORT TAKES

Arms, Explosives Found In Akhnoor

Security forces on Thursday recovered arms, ammunition and explosives, including nine grenades and an IED, dropped by a drone along the Line of Control (LoC) in Jammu's Akhnoor sector, police said. It was all packed in a box found during a joint search operation by the police and the Army in Palanwallah near the LoC early morning, officials said. The box raised suspicion and the bomb disposal squad was called. An improvised explosive device (IED), a pistol, two magazines, 38 rounds of ammunition and **More on P6**

Accidental Fire Kills Soldier



An Army jawan was killed after his service rifle accidentally went off along the Line of Control in Jammu and Kashmir's Poonch district on Thursday, officials said. The incident took place at Phagwari gate along border fencing. Inquest **More on P6**

'Ramayana The Eternal Journey' Out

The Union Territory Lieutenant Governor, Manoj Sinha on Thursday released a book 'Ramayana The Eternal Journey' authored by Jawahar Pandit, at Raj Bhawan here. The LG conveyed his best wishes to the author, an official spokesperson said. Meanwhile, Ms Tazeem Akhter, Chairperson District Development Council Poonch called on LG Sinha at Raj Bhawan. Beside it, Babu Jagjivan Lal, former Minister and Member District Development Council Reasi, also **More on P6**

Sonamarg All Set For Winter Tourism

With good tourist footfall during the summer season, the hoteliers and traders at the world-famous tourist destination Sonamarg anticipate increased arrivals during the winter months. The locals as well as tourism stakeholders have also hailed the government's decision to keep the place accessible during winter for tourists who are currently enjoying the scenic beauty of the resort. In previous years, Sonamarg would be closed for **More on P6**

Drug Peddler's Property Attached

In a relentless effort to curb the menace of drug peddling, Handwara Police continued its proactive actions against offenders and on the second day, it attached property of a notorious drug peddler. A police spokesman said that a land measuring 7 Marlas belonging to a notorious drug peddler namely Fayaz Ahmad Malla, son of Gh. Mohi-ud-Din Malla resident of Muqam Himwanpora Kralgund was attached under section 68-F of NDPS Act 1985. "The property was **More on P6**"

Mercury Settles At 9.2 Deg C In Delhi

Delhi's air quality was recorded in the "very poor" category on Thursday, while the maximum temperature settled at 26.7 degrees Celsius, normal for this time of the year. The minimum temperature was recorded at 9.2 degrees Celsius, two notches below the season's average. The weatherman has forecast a partially cloudy sky on Friday with shallow to moderate fog in the morning. The maximum and minimum temperatures would hover around 26 and 10 degrees Celsius respectively. **More on P6**



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Ozone Hole Largest On Record Over Past 3 Years, New Research Finds

Press Trust Of India

Contrary to public perception, the Antarctic ozone hole has been amongst the largest on record over the past three years, new research has found.

The ozone hole above Antarctica has been remarkably massive and long-lived over the past four years and chlorofluorocarbons (CFCs) are not the only things to blame, said researchers in their study published in the journal Nature Communications.

CFCs are greenhouse gases containing carbon, hydrogen, chlorine and fluorine and have been studied to contribute to ozone depletion. The ozone layer in the Earth's atmosphere blocks the harmful ultraviolet (UV) radiation from the sun to protect people from skin diseases.

According to the study's lead author Hannah Kessenich, PhD candidate at the University of Otago, New Zealand, the team

found much less ozone in the centre of the hole compared to 19 years ago.

"This means that the hole is not only larger in area, but also deeper throughout most of spring," said Kessenich.

The team analysed the monthly and daily ozone



changes, at different altitudes and latitudes within the Antarctic ozone hole, from 2004 to 2022.

"We made connections between this drop in ozone and changes in the air that is arriving into the polar vortex above Antarctica. This reveals the recent, large ozone holes may not be caused just by CFCs," said Kessenich.

The researchers believe that there are complex factors contributing to the ozone hole, even as the 1987 Montreal Protocol on Substances that Deplete the Ozone Layer regulates the production and consumption of man-made chemicals known to deplete the ozone.

Therefore, they are raising concerns about how major communications about the ozone layer over the last few years have given the public the impression that the 'ozone issue' has been solved.

"While the Montreal Protocol has vastly improved our situation with CFCs destroying ozone, the hole has been amongst the largest on record over the past three years, and in two of the five years prior to that.

"Our analysis ended with data from 2022, but as of today the 2023 ozone hole has already surpassed the size of the three years prior - late last month it was over 26 million square kilometres, nearly twice the area of Antarctica," said Kessenich.

Department of Information & Public Relations Office of Joint Director Information, Kashmir

REVISED QUOTATION FOR INVITATION OF RATES FOR COMMERCIAL LPG CYLINDERS

1. For and on behalf of the Hon'ble Lieutenant Governor of Union Territory of Jammu and Kashmir, due to the poor response revised quotations in sealed cover are invited from authorized Dealers/Suppliers for the supply of filled commercial LPG cylinders (19 Kg), The rates should be inclusive of all Taxes viz., SGST/CGST and other charges such as freight, loading/ unloading as applicable under rules on Government Approved Rates.

2. The Dealer/ Supplier will be selected based on the Lowest Cost Method (Highest Discount in percentage on approved company rates per cylinder).

3. The interested parties/firms are informed to quote their rates as %age discount to be given per cylinder in the sealed cover on devised format in the office of the Joint Director Information, Kashmir, Kothibagh Srinagar by or before 28.11.2023 till 1 p.m.

4. The Quotations so received will be opened on 28.11.2023 at 2 p.m. in the office of the undersigned in presence of the interested suppliers on the scheduled date.

5. The quotations must be accompanied with CDR amounting to Rs. 2000/= Rupees Two Thousand only pledged to the Joint Director Information Kashmir.

6. The supply is to be made immediately on placement of the supply order within the prescribed time period as per the requirement of the office.

7. The earnest money of the unsuccessful supplier/dealer will be released soon after the allotment of the contract to the successful dealer, whereas in case of the successful supplier, it will be treated as a part of security deposit and will be released after the full term supply of LPG for the winter season 2023-24.

(Sd/-) Joint Director Information Kashmir

No: INF/K-2213 /2023 DPK-12744/23 Dated: - 23-11-2023

Health & Medical Education Department Government Medical College, Anantnag

College Campus, Dialgam Anantnag J&K-192210

Email ID: admsection.gmca@gmail.com | gmcanantnag2018@gmail.com

Subject: Final Selection list of candidates for the engagement as Junior Staff Nurse on academic arrangement basis under S.O-364 of 2020 dated 27.11.2020

Ref: This office advertisement Notification No. 22 GMCof 2022 dated 09.12.2022

NOTIFICATION

Whereas, on the basis of marks obtained by the candidates in the written test held on 26.02.2023, the category wise shortlist of candidates for selection/engagement as Junior Staff Nurses on academic arrangement basis under S.O-364 of 2020 dated 27.11.2020, was issued vide this office Notification No. GMCA/Estt/Rec/2023/6248-51 dated 07-11-2023 for document verification; and

Whereas, the shortlisted candidates were called for document verification on 11-11-2023; and

Whereas, most of the candidates attended this office on the scheduled date alongwith all the original certificates/testimonials, which were scrutinized and found in conformity with the eligibility criteria laid down in the basic advertisement notification quoted above; and

Whereas, some shortlisted candidates did not report for the document verification on the scheduled date; and

Whereas, the shortfall caused due to non-appearance of some candidates for document verification has been made up from the candidates next in merit in the respective categories.

Now, therefore, on the basis of marks obtained by the candidates in the written held on 26.02.2023, physical scrutiny of the required documents and other facts and circumstances enumerated above, the category wise selection

list of the candidates for engagement as Junior Staff Nurse in GMC Anantnag on academic arrangement basis under S.O-364 of 2020 dated 27.11.2020 is hereby notified in Annexure-A to this notification.

The selected candidates are directed to report the office of Principal, Govt. Medical College Anantnag at Janglatmandi within three (03) days from the issuance of this notification for processing the verification of their Character and Antecedents through online mode.

ANNEXURE 'A'

Final Selection list of candidates for the engagement in GMC Anantnag as Junior Staff Nurse on Academic Arrangement basis under S.O-364 of 2020 dated 27.11.2020.

Table with columns: S. NO., ROLL NO., Form ID, Name, Cat., D. O. B, Marks obtained out of 50. Lists candidates for OPEN MERIT (06 Posts), RBA (02 Posts), ST (01 Post), ALC (01 Post), SC (01 Post), EWS (01 Post), and PSP (01 Post).

Post of SC, EWS & PSP category remained vacant due to non availability of candidate.

DIPK-12740/23 dated: 23-11-2023 Principal Govt. Medical College, Anantnag

PUBLIC NOTICE

I have applied for the issuance of DOB Certificate of my daughter Zehra Yousof in the office of the Block Development Officer Sherabad Khore. If anybody having any objection in this regard he/she may file his/her objection in the above mentioned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mohammad Yousof Dar F/O Zehra Yousof R/O Archanderhama BMG

PUBLIC NOTICE

I have lost the number plate of my auto bearing regd no: JK05H-0334. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the ARTO Sopore within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Riyaz Ahmad Shah S/o Abdul Khaliq Shah R/o Palhallan Pattan Shah Mohalla fko

NORTHERN RAILWAY E-Tender Notice. CPMI/GSU/FZR acting for and on behalf of the President of India invites E-Tenders (www.ireps.gov.in) against below titled Tenders Bidders will be able to submit their original/revised bids up to closing date and time only.

Government of Jammu & Kashmir UT Office Of The Zonal Education Officer Aishmuqam

Subject: Engagement/Hiring of Helpers/AAYAs under ECCE in 82 schools for the year 2023-24 and extension of last date for filling application forms.

Reference: This office advertisement Notification issued vide No. ZEO/A/SmS/1610-1693/23 dated 11.11.2023

Extension of Last Date

In view of the general public demand for extension of last date with regard to the submission of application forms for engagement/hiring of AAYAs/Helper in 82 approved schools of this zone, the last date for submission of Application Forms which was 20.11.2023 is now extended by seven (07) days and the last date shall now be 27/11/2023.

However, other terms and conditions as laid in above referred advertisement notification shall remain same.

Sd/- Zonal Education Officer, Aishmuqam

No. ZEO/A/SmS/ DIPK-12710/23 Dated: 23/11/2023

GOVERNMENT OF JAMMU AND KASHMIR Office Of the Executive Engineer JS-PHE Deptt. Rural Water Supply Division, Ganderbal/Sgr.

Reference: This Office Fresh e-NIT No: 46/JS-PHE/RWSD/Civil of 2023-24, issued Under No: JS-PHE/RWSD/Corrs/10086-11010, dated: 04.11.2023, Works figuring at S.No:01, 02, 03, 07 & 08, bearing Tender id. 2023_PHE_235876_1, 2, 3, 7 & 8.

-0-

EXTENSION NOTICE - II

Due to Nil response for the works advertised/ published vide this office above referred e-NIT No. & date bearing tender ID mentioned above, the bid submission end and bid opening (online) dates for the said works are hereby extended & re-fixed as under:-

- 1. Last date of submission of Bids online 28.11.2023 up to 02:00 p.m.
2. Date of opening of bids online 29.11.2023 at 03:30 p.m.

All other terms and conditions of the e- NIT shall remain unchanged

Sd/-(Er. Samiullah Beigh) Executive Engineer JS-PHE, RWS Division Ganderbal/Sgr.

No. JS-PHE/ RWSD/ Corrs. / 11691 - 11715 DIPK-12708/23 Dated:- 23.11.2023.

NORTHERN RAILWAY E-Tender Notice. Sr. DEE/GFZR acting for and on behalf of The President of India invites E-Tenders (www.ireps.gov.in) against below titled Tenders. Bidders will be able to submit their original/revised bids up to closing date and time only.

FESTIVAL SPECIAL TRAIN In order to clear extra rush of passengers, Railways have decided to run the following Festival Special Express Train as per details given below:-

PUBLIC NOTICE I have lost my 8th pass discharge certificate. Now I have applied for the duplicate of the same if anybody having any objection in this regard he/she may file his/her objection in the office of the Govt Higher Secondary School Aripanthan within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

انتقال پر ملال یہ خبر نہایت ہی دکھ کے ساتھ دی جاتی ہے کہ فاطمہ اہلیہ مرحوم محمد قاسم آخون ساکنہ چکسدرہ بل حضرت بل سربنگر محترمہ عیالات کے بعد اس دار فانی سے رخصت ہو گئی مرحومہ ایک نیک سیرت مسلمانہ خاتون تھی اللہ تعالیٰ مرحومہ کو جو رحمت میں جگہ عنایت فرمائیں اور سوگواران کو یہ عظیم صدمہ برداشت کرنے کی ہمت عطا فرمائے مرحومہ کی فاتحہ خوانی 7 نومبر 2023 بروز سوموار ان کے آبائی مقبرہ واقعہ چک صدر بل حضرت بل سربنگر میں صبح ساڑھے سات بجے انجام پذیر ہوگی بعد ازاں ان کے گھر پر چک صدرہ بل حضرت بل میں دن بھر مجلس و تعزیت پڑھی جاری رہے گی۔ صاحب تعزیت فرزند ان مرحومہ فون نمبر۔۔ 9906416880

از عدالت ایگزیکٹو مجسٹریٹ ڈیو ایڈول تحصیل ساوٹھ سربنگر عنوان: درخواست منجانب سابق ردف و دلروف احمد ساکنہ سورجاہا سربنگر سربنگر برادر عطائی پیدائش سرٹیفکیٹ بتدر 27/08/1995 اشتہار برادر گاہی ہرخاص وعام



CITY

Congress, PDP Hit Streets In Srinagar Against 'Unscheduled' Power Cuts

Observer News Service

Srinagar: Unprecedented power cuts in the Kashmir Valley on Thursday triggered protests in Srinagar, with political parties joining the chorus of discontent on Thursday.

For the past few weeks, residents have been braving the harsh winter without adequate electricity, leading to widespread frustration and anger.

Meanwhile, the Peoples Democratic Party (PDP) and the Jammu & Kashmir Pradesh Congress Committee (JKPCC) held separate protests against the prevailing power conditions in the valley.

Both parties demanded an immediate resolution to the power crisis, which has caused significant disruption to daily life.

PDP as well as JKPCC staged a protest at their respective party headquarters.

Protesters from both parties chanted slogans against the government, accusing it of failing to provide adequate electricity to the people of Kashmir.

"The power cuts have been attributed to a combination of factors, including increased demand during the winter months. There are a lot of patients in hospitals and homes, who rely on ventilators and need a continuous power supply. If the power supply issue is not fixed, we will hit the streets," said Imtiyaz Khan, District Srinagar President of JKPCC.

"There has always been a high demand for power supply in Kashmir, and the people of Jammu and Kashmir are struggling with the power crisis at present. The government should immediately address this issue and provide an adequate power supply to all," said Rouf Bhat, Additional Spokesperson of PDP.



A man collects dry chinar leaves from Municipal Park at Residency Road amid a dense fog and severe cold on Thursday morning. KO Photo, Abid Bhat

First FDI 'Mall Of Srinagar' To Provide Jobs To 7500 Youth

Observer News Service

Srinagar: The 'Mall of Srinagar', which is the first Foreign Direct Investment (FDI) in Jammu and Kashmir, is going to create employment opportunities for more than 7000 persons, documents reveal.

Earlier in March this year, Jammu and Kashmir (J&K) lieutenant governor Manoj Sinha laid the foundation stone for a 250-crore mega shopping mall at Srinagar's Sempora area.

The Mall of Srinagar is being constructed by Dubai-based Emaar Group, the builder of the world famous Burj Khalifa in the United Arab Emirates.

The foundation stone of the state-of-the-art mall was laid almost a year after CEOs from several Gulf countries visited the Valley to explore investment opportunities.

"Mall of Srinagar" as per the documents available, will create jobs for 7500 people, thereby becoming the first single mega job creating asset of Jammu and Kashmir.

Documents revealed that "Mall of Srinagar" is likely to be a state-of-the-art shopping and entertainment destination, with an investment of Rs 250 Cr.

"This will contribute to the region's economic growth by creating employment opportunities of 7500 for the local population," it said.

Launched by Emaar in collaboration with Magna Waves Buildtech, the mall is set to become operational by 2026.

Officials said the "Mall of Srinagar" will get due promotion by the government throughout its promotional programs.

"Given that the mall is being constructed on 10 lakh square feet of area,

500 shops," they said.

Officials said the "Mall of Srinagar", which is coming up in the outskirts of Srinagar, will get due promotion by the government throughout its promotional programs.

"Given that the mall is being constructed on 10 lakh square feet of area,

It will be like the Dubai mall, which is the largest mall in the world and equally famous for offering a unique experience to the visitors. The mall will be a one-stop shop for the people. It will be equipped with avenues of entertainment.

"Mall of Srinagar" will become one of the prime attractions for people and tourists visiting the valley from different corners of the world.

"It will be like the Dubai mall, which is the largest mall in the world and equally famous for offering a unique experience to the visitors. The mall will be a one-stop shop for the people. It will be equipped with avenues of entertainment. It will be one of the largest malls in the region with over

it will have a direct relevance with the tourism sector of Jammu and Kashmir.

While there are many investments coming in Kashmir, this particular mall will be a mega investment," they said.

Pertinently at the time of laying of foundation stone, Lieutenant Governor Manoj Sinha said Mall of Srinagar will have a transformative impact on UT and boost infrastructure, employment generation and ease of living.

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QAZIGUND: 01951-296153

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

 HIJRI CALENDAR 09 Jumada al-Awwal 1445	PRAYERS FAJR 5: 44 ZUHR 12:17 ASR 3: 47 Magrib 5:27 ISHA 6: 51
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This Day In History

- 380 - Theodosius I makes his adventus, or first formal entry, into Constantinople
- 1542 - Battle of Solway Moss: English beat Scottish King James V
- 1587 - Battle at Auneau: Henri de Guise wins
- 1639 - 1st observation of transit of Venus by Jeremiah Horrocks and William Crabtree - helped establish size of the Solar System
- 1643 - Battle of Tuttlingen: Beiers army under Gen Mercy beats France
- 1800 - Naturalists Alexander von Humboldt and Aimé Bonpland depart Caracas for Cuba where they met fellow botanist John Fraser
- 1859 - English naturalist Charles Darwin publishes "On the Origin of Species" radically changing the view of evolution and laying the foundation for evolutionary biology
- 1905 - Moshav Hertzia forms in Israel
- 1912 - Conflict in the Balkans grows into an acute international crisis with major powers supporting either Austria or Serbia.
- 1914 - Benito Mussolini leaves Italy's socialist party.
- 1916 - Mexican and US representatives sign a protocol at Atlantic City, under which Pershing's troops will withdraw and each nation's army will guard the border. President Carranza of Mexico will refuse to accept it.
- 1944 - US bombers based on Saipan begin 1st attack on Tokyo
- 1949 - British steel & iron industry nationalised.
- 1950 - UN troops begin an assault intending to end Korean War by Christmas.
- 1950 - US infantry division conquers Chonju Korea.
- 1951 - British auto manufacturers Austin and Morris Motors merge.
- 1954 - Air Force One, 1st US Presidential airplane, christened.
- 1954 - France sends 20,000 soldiers to Algeria.
- 1955 - 1st test flight of Fokker's F-27 Friendship.
- 1958 - Mali becomes an autonomous state within French Community.
- 1965 - Marshal Mobutu Sese Seko Kuku Ngbendu becomes President of Zaire.
- 1966 - 400 die of respiratory failure & heart attack in killer NYC smog.
- 1969 - Apollo 12 returns to Earth.
- 1974 - Gerald Ford and Leonid Brezhnev sign the SALT-2 treaty to reduce each side's number of nuclear weapons.
- 1977 - France performs nuclear test at Muruora Island.
- 1981 - 1st air-launched cruise missile tested.
- 1989 - Elias Hrawi elected president of Lebanon.
- 1991 - Rachmon Nabijev elected president of Tadjikistan.
- 1991 - US 75th manned space mission "STS 44" Atlantis 10 launched.
- 1992 - Boeing 734 crashes into mountain in China, kills 141.
- 1993 - End of world, according to Ukrainian sect White Brotherhood.
- 2015 - Tunisia declares state of emergency after an attack on a bus in Tunis carrying presidential guards kills at least 12.
- 2015 - Turkey shoots down a Russian fighter jet after claiming it had flown into Turkish airspace.
- 2016 - International research team publishes discovery of 1,500 new viruses found in invertebrates
- 2017 - Former First Vice President Emerson Mnangagwa is sworn in as President of Zimbabwe, replacing Robert Mugabe's 30-year tenure
- 2017 - Militant gunmen attack a Sufi mosque in Bir al-Abed on the Sinai Peninsula, Egypt, killing 305 people, government retaliates bombing the area
- 2018 - Cruise boat sinks on Lake Victoria near Kampala, Uganda, killing at least 29
- 2018 - ICC Women's Cricket T20 World Cup, Antigua: Ashleigh Gardner with 33 from 26 balls and 3 for 22 leads Australia (106/2) to 4th T20 WC; beat England (105)
- 2019 47th American Music Awards: Taylor Swift wins six awards, including Artist of the Year and Artist of the Decade

Noted Businessman Abrar Khawaja Passes Away

Observer News Service

Srinagar: Noted businessman and social activist Abrar Husain Khawaja passed away after a brief illness at a Srinagar hospital Thursday afternoon. He was in his early fifties.

Abrar Khawaja, son of Ghulam Muhammad Khawaja of Kamangarpora, in downtown Srinagar had contracted pneumonia at Delhi two weeks back and was on life support at Paras hospital in Srinagar for the last 12 days. He remained critical all these days and finally succumbed to the illness on Thursday afternoon, family sources said.

Abrar, brother-in-law of noted Kashmiri novelist Mirza Waheed, is survived by his wife, daughter and son.

Abrar's demise is being widely mourned and a large number of people joined his funeral prayers held at Imam Bargah Zadibal. He was later laid to rest at his ancestral graveyard situated near Islamia College, Hawal.

"Abrar was a pious, down to earth and staunch follower of Ahlulbait(a.s). His untimely death has shocked the whole community, family and friend circle." Syed Hamdani Abbas



wrote in a Facebook post.

Shia leader Imran Reza Ansari also condoled his demise. "Rest in peace my brother and friend. It's a personal loss to me but rest assured we stand by your family in this time of grief and for times to come. Until we meet again I am sure you will make heaven your home with your everlasting smile and brightness. Allah bless your soul" Ansari tweeted.

Former Mayor & Apni Party Leader Junaid Azim Mattu also condoled his death.

"After bravely fighting for life for days, our dear Abrar Khawaja took his last breath a short while back. A deeply personal loss. Have lost a very dear friend today. May Allah (SWT) grant you a place in Jannat Abrar. Inna lillahi wa inna ilayhi raji'un" Junaid tweeted.

SKIMS Organizes Health Care Management Update 2023

Observer News Service

Srinagar: Healthcare Management Update 2023 was organized by the Kashmir chapter of Academy of Hospital Administration (AHA) at SKIMS Auditorium today. The inaugural function was followed by daylong scientific sessions.

Director SKIMS and Ex-officio Secretary to Govt. Prof. Parvaiz A. Koul who was

chief guest on the occasion appreciated the organizers for conducting the event to train healthcare managers who he said have a critical role in healthcare facilities in hospital management. He stressed that technological advances and newer concepts need to be embraced and embedded in hospital management. He further added that the operational models in hospital management need to be locally relevant for efficient functioning.

NORTHERN RAILWAY
Corrigendum

Sr. Divisional Commercial Manager/FS, Northern Railways, Firozpur for and on behalf of President of India Invites Tenders (Two Packet System) for Development of GCT at Vijaypur Jammu, Railway Station, details as under:
Please refer to the Essential Eligibility Criteria i.e. Item no. 02 of 17.2 (Page no. 12 of Tender Document) where in several changes has been made and reflected as under:
• Audited balance sheet of FY 2022-23 duly certified from Chartered Accountant. OR Net worth Certificate of 2022-23 from Chartered Accountant.
*Note: • If not available, Audited balance sheets of FY 2021-22 alongwith declaration regarding non availability of balance sheet of 2022-23 duly certified by CA are applicable. OR
If not available, certificate of net worth of 2021-22 alongwith declaration of non-availability of certificate of 2022-23 duly certified by CA is applicable.
Pre-Bid meeting is on 11.12.2023 at DRM Office, Northern Railway, Firozpur Cantt. Punjab-152001. Fresh tender document has been uploaded on the Railway website ireps.gov.in. For further details please visit on Railway's website ireps.gov.in
No. 2-AC/Goods-GCT-VJPJ-FZR/23 Date: 23.11.2023

SERVING CUSTOMERS WITH A SMILE 3694/23

Department Of Soil & Water Conservation
Office of the District Soil Conservation Officer District Budgam

M/s Showkat Ahmad Najar
S/o Abdul Ahad Najar.
R/o Narkara
(Contractor)

Final Notice

No: SCB/Bud/e-NIT/2023-24/481-84 DATED: 22-11-2023

Subject: Notice for execution of work under e-NIT No: 04 of 2023-24 Dated: 05-06-2023 at Balpora, Khansahib

Whereas you offered the lowest bid for the work i.e. laying of crate wire structures at Khansahib as per the cooperative statement down loaded from the web site JK Tenders.

Whereas after issuance of letter of intent by this division in your favour vide no; SCB/E-TENDER/2023-24/253 Dated: 24-07-2023 to start the work by you failed to start the work till date despite of repeated reminders served by this office vide letter no: SCB/E-TENDER/2023-24/363 Dated: 08-09-2023, No: SCB/E-Tenders/2023-24/402-A Dated: 08-10-2023 & No; SCB/E-TENDER /2023-24/478-80 Dated: 16-11-2023

Accordingly this division is giving you last chance to start the work within 03 days and complete it without further loss of time failing which action as warranted under rules shall be taken against you.

DIPK-12722/23 DATED: 23-11-2022 Assistant controller forests soil and water conservation District Budgam

Govt. Of Jammu & Kashmir
Office Of The District Youth Services & Sports Officer Kupwara

Sub:- Conduct of Winter Cricket Championship in District Kupwara- Registration thereof

NOTICE

The Department of Youth Services & Sports, Kupwara is going to organize the Winter Cricket Championship at 4 Venues of the District. The Venues designated for the conduct of the said championship include Galizoo Stadium Kupwara, Sports Stadium Pandithpora, Cricket Stadium Haqaniabad Puzwa & Sports Stadium Chamkoot Tangdar. In this connection the desirous teams are hereby informed to register their teams at the respective Zonal Physical Education Offices latest by 27th of November 2023 after fulfillment of all codal formalities. No form/team shall be entertained after the expiry date (27th November 2023). The registration forms are available at all the Zonal Physical Education Offices of the District during working hours

Terms & Conditions

- The Tournament shall be conducted on Knock out basis.
- The Tournament shall be carried out on T 20 Pattern.
- The Team should comprise of the players belong to the respective Panchayat Halqa/Municipality wards.
- No team shall be allowed to participate without proper attire.
- The age of the participant should not exceed 30 Years as on 31-12-2023.
- Teams should have their own Sports Kit.
- Cricket Balls will be provided by the department.
- Umpires decision shall be considered as final.
- The winner & runners up teams shall be awarded cash prizes
- Best performers of the tournament shall be awarded.
- Man of the match of every competition shall also be felicitated.
- Semifinals & Finals shall be played at Galizoo Stadium Kupwara.
- Two Matches per day shall be played at the designated venues subject to favourable conditions.

No :- DYSOO/Kup/Estt/2997
DIPK-12718/23
Dated:- 23/11/2023

Sd/ District Youth Services & Sports Officer Kupwara

KASHMIR OBSERVERTM

Friday | 24-11-2023

Stray Dog Menace

In the past six months, over 350 cases of dog bites have been reported in the Valley, making people cautious while walking on their own streets. Hospitals are grappling with an influx of 30 to 40 dog-bite cases daily. Over the past year, the valley witnessed a staggering 6,800 animal bite cases, with a startling 80% attributed to stray dog incidents, marking the highest count in three years. The vulnerable segments of society, the elderly and school children have been most affected. People are blaming the Municipal Corporation for what many perceive as inadequate action.

We have witnessed a surge in the dog population across the Valley, estimated between 50,000 to 60,000 in the city alone. Each mohalla has over a dozen strays. Dogs are intruding into hospital premises, schools, parks, markets, and community spaces, disrupting the fabric of daily life. Official data from the Anti-Rabies Clinic at Government Medical College (GMC) reveals a troubling trend, with 4,912 cases treated solely in the city.

The alarming rise in dog bites raises questions about the delay in establishing crucial Animal Birth Control (ABC) centers in Srinagar city, the absence of which has contributed significantly to this crisis. The Srinagar Municipal Corporation (SMC) operates a lone functional center at Shuhama, capable of sterilizing a minimal number of dogs daily—far below the required rate. The delay in completing the second center in Tengpora, anticipated to perform 60 sterilizations daily with a capacity of 210 kennels, is a significant setback. Despite claims of being in the 'final stages' for months, the center remains unopened due to pending finishing tasks.

It is now clear that the Animal Birth Control program initiated in 2013 has failed to yield substantial results due to operational lethargy and insufficient infrastructure. Despite previous assurances, promised initiatives to sterilize and vaccinate 50,000 stray dogs within six months have not materialized on the ground.

True, the Municipal Corporation has joined forces with the Veterinary Department of Sher-e-Kashmir University of Agricultural Sciences and Technology to contain the growing dog menace. Their strategy revolves around the sterilization of stray dogs and administering anti-rabies injections—a concerted effort aimed at curbing their burgeoning population and mitigating the risks associated with rabies. But this will need to be expedited if streets have to be made safe for people. Government has a responsibility to do so.

OTHER OPINION

Alarming countdown

The title of the United Nations' latest report, Broken Record, is a clever pun. Not only does it suggest that previous warnings of the consequences of rising greenhouse gas emissions (GHG) are being ignored but also that new ceilings are being breached. The annual emissions report, usually timed close to the beginning of the climate talks, reiterates in sharper language that progress, since the Paris Agreement (PA) of 2015, has been tardy. The stated goal was to keep temperatures from rising over 2°C, and 'as far as possible' below 1.5°C, of pre-industrial levels. In the last few years, much of the consensus has been that we should be directing all our efforts towards keeping it below 1.5°C. The Broken Record report, however, suggests that accounting for all commitments made by countries, as per the PA, to minimise their economies' reliance on fossil fuel, temperatures would still result in an overshoot of 2.5°C-2.9°C by the end of the century. To keep temperature below 2°C, emissions by 2030 must be cut 28% and for 1.5°C, they need to be shaved by 42%. Despite many countries having promised to be 'net zero,' meaning no net carbon emissions, the report does not think these promises are 'credible' and even in the most optimistic scenarios, the likelihood of keeping emissions below 1.5°C are 14%.

However, it is not as if the PA has been infructuous. GHG emissions in 2030 based on policies in place were projected to increase by 16% at the time of the adoption of the PA. Today, the projected increase is 3%. To keep temperatures below 1.5°C, annual emissions must reduce every year, until 2030, by 8.7%. What the report says is that the world collectively emitted 57.4 billion tonnes in 2022, an increase of 1.2% over 2021. The pandemic saw 4.7% drop in emissions but the projections for 2023 suggest that the globe is nearly back to pre-pandemic emission levels. The consequences of the globe's tardiness are writ large. As of October this year, 86 days were recorded with temperatures over 1.5°C above pre-industrial levels. September was the hottest recorded month ever, with global average temperatures 1.8°C above pre-industrial levels. In terms of solutions, the report repeats sage advice that has been offered for years: the richest countries and those historically responsible for gobbling sparse atmospheric capacity for carbon must commit to greater and faster reductions. While legalese and nit-picking have been characteristic of climate summits, precious little time remains for the world to get its act together.

The Hindu

MINDFUL FRIDAYS

Islamic Insights

Is There a Spiritual Significance of Gratitude in Mental Well-being?

Wasim Kakroo

Gratitude, an emotion transcending politeness, possesses transformative power in shaping our mental terrain. Its profound impact extends beyond mere manners, unraveling a tapestry of well-being and dismantling the constricting threads of perfectionism. In this article, we will delve into the intricacies of gratitude's influence on mental health, uncovering its capacity to recalibrate perspectives and foster resilience. Beyond the secular lens, we venture into the Islamic viewpoint, where gratitude is not only a psychological tonic but a spiritual practice, weaving a connection between the earthly and the divine. In essence, this article unravels the threads that bind gratitude, mental health, and spiritual harmony.

Understanding Gratitude

Gratitude, a profound and multifaceted emotion, extends far beyond mere appreciation, transcending the surface of polite acknowledgment. It constitutes a state of mindfulness, requiring a deliberate recognition of the positive aspects woven into the fabric of our lives. This intricate process involves not only acknowledging grand gestures but also appreciating the subtleties and nuances of daily existence. It is the act of consciously reflecting on the blessings, both significant and seemingly insignificant, that populate our journey.

At its core, gratitude forms a foundational pillar in the architecture of our mental well-being. The intentional act of recognizing the good in our lives creates a ripple effect that resonates throughout our psyche. This positive resonance counteracts the often overwhelming currents of stress and negativity, fostering a mental environment conducive to resilience and emotional balance. By nurturing an attitude of gratitude, individuals cultivate a lens through which they can perceive and embrace the richness of their experiences, sowing the seeds for a more content and emotionally robust life.

Gratitude's Impact on Mental Health

As a transformative force, it is intricately intertwined with mental health, offering profound benefits that extend beyond mere appreciation. Scientific research consistently highlights the positive correlation between gratitude and mental well-being. One of the notable advantages is stress reduction; practicing gratitude enables individuals to recalibrate their responses to stressors. By cultivating an attitude of thankfulness, individuals can redirect their attention from what is lacking or stressful to the abundance of positive elements in their lives.

Moreover, the impact of gratitude extends to enhancing overall life satisfaction. When individuals consciously acknowledge and express gratitude for the blessings, both big and small, they create a mental shift. This shift involves a reevaluation of their perspective on life, focusing on the positive aspects rather than dwelling on shortcomings. In the face of life's challenges, this shift becomes a source of resilience, providing a psychological buffer against the adversities that may arise.

Embracing gratitude becomes a holistic approach to mental health, offering a powerful coping mechanism and fostering an enduring sense of contentment. By appreciating the present and recognizing the abundance in their lives, individuals empower themselves to navigate life's complexities with a positive and resilient mindset. Gratitude becomes a guiding light, illuminating the path to improved mental well-being and a more fulfilling life journey.

Dismantling Perfectionist Tendencies:

Perfectionism, a pervasive obstacle to mental well-being, often compels individuals to relentlessly pursue flawless outcomes, setting unrealistic standards that can lead to chronic stress and anxiety. However, the practice of gratitude serves as a powerful antidote to the detrimental effects of perfectionism. Rather than fixating on unattainable ideals, individuals can redirect their focus towards appreciating progress, no matter how small.

The essence of gratitude lies in acknowledging and valuing the journey rather than fixating solely on the destination. This shift in perspective enables individuals to cultivate a mindset that embraces imperfections as integral parts of personal growth. By recognizing and celebrating incremental achievements, individuals dismantle the self-imposed pressure to attain an elusive perfection.

Moreover, gratitude fosters self-compassion, allowing individuals to treat themselves with kindness and understanding. As gratitude becomes a daily practice, individuals learn to navigate setbacks with resilience, viewing challenges not as failures but as opportunities for learning and development. In this way, the practice of gratitude becomes a transformative force, breaking down the barriers erected by perfectionism and paving the way for a more balanced, resilient, and

mentally healthy mindset.

Cultivating an Abundance Mindset

Cultivating an abundance mindset through gratitude is a transformative process that reshapes the lens through which individuals perceive their lives. In a world often overshadowed by a scarcity mentality, where the focus tends to gravitate towards what is lacking, practicing gratitude becomes a potent antidote. By acknowledging the abundance present in our lives, individuals disrupt the cycle of chronic dissatisfaction and anxiety. Gratitude becomes a catalyst for a profound shift in perspective, urging individuals to recognize the richness of their experiences, relationships, and opportunities. This shift is not merely about positive thinking; it's a fundamental rewiring of the mind that redirects attention to the myriad blessings



“ In Islam, gratitude transcends the realm of virtue; it stands as a fundamental pillar of faith. The Quran, reverberates with teachings that underscore the paramount importance of expressing thanks to Allah for the manifold blessings bestowed upon believers. The act of offering thanks, referred to as "shukr," is not merely a courtesy; rather, it is a profound spiritual practice intricately woven into the fabric of the believer's connection with the divine

that surround us. This mental reorientation has profound implications for mental well-being. It cultivates a positive outlook that serves as a buffer against stress and anxiety. When individuals operate from a mindset of abundance, challenges are viewed as opportunities for growth, and setbacks are seen as temporary detours on the road to success. This resilience, born out of gratitude, empowers individuals to navigate life's uncertainties with grace and composure. Moreover, a mindset grounded in gratitude unleashes creativity, as individuals freed from the constraints of scarcity are more open to exploration and innovation. In essence, gratitude becomes the cornerstone for building a life rich in positivity, resilience, and creative potential.

Islamic Perspective on Gratitude

In Islam, gratitude transcends the realm of virtue; it stands as a fundamental pillar of faith. The Quran, reverberates with teachings that underscore the paramount importance of expressing thanks to Allah for the manifold blessings bestowed upon believers. The act of offering thanks, referred to as "shukr," is not merely a courtesy; rather, it is a profound spiritual practice intricately woven into the fabric of the believer's connection with the divine. "Shukr" becomes a transformative journey in the Islamic context, a sacred avenue through which individuals not only heighten their awareness of the countless blessings surrounding them but also foster their spiritual well-being. Gratitude is not a mere sentiment; it is a dynamic force that strengthens the bond between the believer and Allah, creating a channel for divine blessings to flow into their lives.

Islamic teachings prescribe various gratitude practices, emphasizing the importance of daily expressions of thanks (dua) and the acknowledgment of blessings during prayers. Gratitude, intimately intertwined with the concept of contentment (qana'a), encourages believers to seek satisfaction in the present rather than incessantly pursuing worldly desires. Through these practices, gratitude becomes a holistic and transformative journey, guiding believers toward a deeper connection with their faith and a profound sense of enriched spirituality.

Practical Steps to Embrace Gratitude:

a. Intentional Gratitude Amidst Daily Chaos:

In the midst of our hectic daily lives, fostering gratitude requires deliberate and consistent efforts. The fast-paced nature of modern existence often obscures the positive aspects of life. Intentionality is the first step towards cultivating a mindset that appreciates the richness of our experiences.

b. Journaling as a Pathway to Positivity:

A powerful method to instill gratitude is keeping a gratitude journal. Allocate a few moments daily to jot down expressions of thanks. This can range from major life accomplishments to the simplest of joys. The act of recording these moments not only creates a tangible record of positivity but also prompts reflective thinking, fostering an awareness of abundance amidst life's challenges.

c. Reflecting on Positivity:

Reflection on positive experiences serves as an amplifier for gratitude. Designate time to contemplate moments of joy, achievement, or growth. By revisiting these instances, individuals cultivate a positive perspective, anchoring themselves in the affirmative aspects of their journey.

d. Expressing Thanks to Cultivate Connection:

A vital dimension of gratitude lies in expressing thanks to others. Through simple gestures such as a heartfelt "thank you" or a thoughtful note, individuals create a ripple effect, fostering a culture of appreciation. This practice not only strengthens interpersonal relationships but also magnifies the reciprocal nature of gratitude—acknowledging the positive energy others bring into our lives.

e. Reshaping Thought Patterns:

Collectively, these habits gradually reshape thought patterns, moving away from a focus on challenges and shortcomings. Embracing gratitude becomes a transformative journey, weaving positivity into the fabric of daily existence.

f. Embarking on a Transformative Journey:

As gratitude becomes an integral part of daily life, individuals embark on a transformative journey. This journey unlocks the doors to mental well-being and a more fulfilling life, emphasizing the profound impact of intentional gratitude practices on overall happiness and contentment.

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

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a consultant child, adolescent and family therapist at Centre for Mental Health Services (CMHS) at Rambagh Srinagar. He can be reached at 8825067196

4 Ways to Weave Islamic Stories Into Your Child's Bedtime Routine

AZEEZAT OLATUNDE

The idea of bedtime stories first crossed my mind during one of my regular evening routines with my siblings. We would gather and chat about general topics before heading to bed. At that time, I had recently bought a book titled, Men and Women Around the Messenger by Sa'ad Yusuf Abu Aziz but had not yet read it.

On this night, my 13-year-old brother pleasantly surprised me as he narrated the 'cool stuff' the companions of the Prophet ﷺ had done in the book. I was amazed at his ability to recount the most intricate parts of the stories, to the extent of mentioning the smallest detail of each companion as related in the book. While we had discussed books from my library before, this was the first time he'd reviewed an Islamic book rather than watching Power Rangers. His thoughtful choice left me in awe.

Gradually, I began buying age-specific Islamic books for him that anchored our sporadic nightly book chat. This in turn positively influenced my youngest sibling, sparking his interest in reading Islamic books.

"It is Allah who has made the night for you to rest in." (Surah Al-Ghafir 40:61)

Ensuring a good night's rest involves creating a bedtime routine that is composed of healthy and calming activities to perform before sleeping. This routine is like a gradually slowing oscillating swing. While establishing this habit initially may seem challenging, I have discovered that maintaining consistency leads to a smoother bedtime experience.

What are the consistent activities that your children engage in before sleeping? Often, parents go to great lengths to ensure their children sleep at an appropriate time. Some lure their children with enticing practices that eventually make them get ready for bed. These rituals culminate in their bedtime routine, serving as a fantastic method to instill self-care in children, improve their sleeping patterns, and reinforce family bonds.

We frequently underestimate the benefits of a bedtime routine, viewing it as a series of boring repetitive actions. However, experts confirm that these consistent habits provide a sense of security, enhance cognitive skills, boost mood, reduce stress, and aid in behaviour regulation for children.



One of those relaxing activities is listening to bedtime stories. Children find delight in shared reading moments, whether you read together, read to them, or they read independently, as you snuggle up together in a comfy bed. Infusing reading into your bedtime ritual contributes to your children's literacy skills, language mastery, emotional intelligence, and vocabulary.

When you incorporate Islamic stories into your children's bedtime routine, you're not just putting them to sleep; you're awakening their hearts to the beauty of faith. Children are like sponges, absorbing knowledge, and values from their surroundings. Bedtime stories that convey Islamic principles can profoundly instill moral compasses that shape their character, and lead them to the path of righteousness.

In this article, we will dive into the various ways of incorporating Islamic stories into your children's

6 ENSURING A GOOD NIGHT'S REST INVOLVES CREATING A BEDTIME ROUTINE THAT IS COMPOSED OF HEALTHY AND CALMING ACTIVITIES TO PERFORM BEFORE SLEEPING. This routine is like a gradually slowing oscillating swing. While establishing this habit initially may seem challenging, I have discovered that maintaining consistency leads to a smoother bedtime experience

bedtime routine.

1. START EARLY

Aisha Harun, a relationship coach based in Nigeria, started the tradition of bedtime stories with her child when he was six months old.

"I started early and reduced screen time to the barest minimum such that he was more drawn to listening to bedtime stories than watching cartoons. Then, I bought colourful

illustrated books tailored to his age. I don't leave him to flip through the book alone, I engage him through a storytelling approach, and read some dialogues melodically to make it fun."

Parents tend to believe that it is too early to read to babies that can't talk yet. However, that is a myth. You can read to children anytime, irrespective of their age; the key is to select an age-appropriate book for

them to comprehend. This will motivate your children to love reading and facilitate their literacy level as they develop their language skills.

2. CHOICE OF BOOKS

It is important to choose interesting and engaging books for children. You can choose narrations of the prophets, sahabah (companions of the Prophet ﷺ), Angels, and other wondrous creations of Allah. Try exploring themes of adventures, fairy tales, fantasy, memoirs, self-help, and other suspenseful stories.

You will be surprised to discover that there are Islamic stories that fit each genre and it's more remarkable that they are non-fiction. The story of Prophet Sulaiman (AS) and the Ant could rival a fantasy story. You can replace magic with miracles by settling for historical tales of Prophet Musa (AS) and the parting of the Red Sea, Prophet Ibrahim (AS) remaining unburnt by the fire he was thrown into, and water gushing forth in a desert to satisfy Hajar and Ismail's thirst. The accounts of Ashabul Kahf (People of the Cave) would work as an adventure while pictorial books are a perfect fit for toddlers.

When our choice of books is according to the children's interests and age, it is easy to integrate bedtime stories into their lives.

3. MAKE IT FUN

Monsuroh Agboola has a six-year-old cousin who lives with her family. Monsuroh started reading to her

next experience.

Be a great storyteller. You can imitate the voices of the characters, make whimsical facial expressions, and conclude each night on a suspenseful note. That way, they will be enthusiastic to listen to it the following day.

Being dynamic and avoiding a monotonous reading style can help prevent boredom and loss of interest. Take intermittent pauses and ask questions – ask them to predict the reaction of a character or the climax of the story. For instance, you can say "What do you think will be Queen Bilqees's reaction to Prophet Sulaiman's (AS) letter?" Answer their questions too because kids will always have questions.

4. KEEP IT SHORT

Rasheedah Opere from Lagos, Nigeria, shares her experience of how her two kids extend their bedtime stories with their endless curiosity as they continue to ask more questions.

Aisha Harun recommends starting the kids' bedtime routine early to manage their inquisitiveness.

"Mothers should persuade their kids to save their questions for the following day. They can promise to answer the questions before starting their reading rituals the next day. Mothers can also ask their kids questions then encourage them to sleep on it and provide answers the next day."

You have to be careful because books can get children excited and might even make them lose interest in sleeping once they regain full activity. Therefore, avoid reading for too long and end with an element of suspense when you don't finish a book.

Moulding the habit of bedtime stories can be challenging initially. However, by taking small consistent steps, we can solidify a sustainable routine. Bedtime is an incredible time to share meaningful moments with our children. Incorporating these Islamic stories not only offers them a sense of comfort and security but also allows us to forge a deeper connection. It's an incredible opportunity to learn and nurture their faith, literacy, and emotional development.

The article was originally published by Amaliah

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

Young Americans Are Picking Up The Qur'an 'To Understand The Resilience Of Muslim Palestinians'

Alaina Demopoulos

Megan B Rice loves reading. She started a romance novel club on the instant messaging platform Discord and posts book reviews on TikTok. Last month Rice, who is 34 and lives in Chicago, used her social media accounts to speak out about the humanitarian crisis in Gaza.

"I wanted to talk about the faith of Palestinian people, how it's so strong, and they still find room to make it a priority to thank God, even when they have everything taken away from them," she said in an interview.

Some Muslim followers suggested she might be interested in reading the Qur'an, Islam's central religious text, for more context on the faith. So Rice, who did not grow up religious, organized a "World Religion Book Club" on Discord, where people of all backgrounds could study the Qur'an alongside her.

The more Rice read, the more the text's contents aligned with her own core belief system. She found the Qur'an to be anti-consumerist, anti-oppressive and feminist. Within a month, Rice took the shahada, Islam's official profession of faith, bought hijabs to wear, and became a Muslim.

Rice is not alone in wanting to experience the Qur'an. On TikTok, young people are reading the text to better understand a religion that's long been vilified by western media, and to show solidarity with the many Muslims in Gaza. Videos under the hashtag "quranbookclub" – which has a modest 1.9 million views on the app – show users holding up their newly purchased texts and read-

ing verses for the first time. Others are finding free versions online, or listening to someone sing the verses while they drive to work. Not all the people reading the Qur'an on TikTok are women, but interest overlaps with the #BookTok space, a subcommunity where mostly female users gather to discuss books.

Zareena Grewal is an associate professor at Yale who is working on a book about Islamic scripture and religious tolerance in American culture. She said that this TikTok interest wasn't entirely unprecedented.

After 9/11, the Qur'an became an instant bestseller, though at the time many Americans purchased it to confirm biases they held about Islam being an inherently violent religion. "The difference is that in this moment, people are not turning to the Qur'an to understand the October 7 attack by Hamas," Grewal said. "They are turning to the Qur'an to understand the incredible resilience, faith, moral strength and character they see in Muslim Palestinians."

That's what made Nefertari Moonn, a 35-year-old from Tampa, Florida, pick up her husband's Qur'an. Moonn considered herself spiritual, not religious, and described her husband as a non-practicing Muslim. "I wanted to see what it was that made people call out to Allah when they stared death in the face," she said. "Seeing passage after passage resonated with me. I began to have such an emotional attachment to it."

Because of this, Moonn also decided to take the shahada, becoming a Muslim revert (a term some Muslims prefer for joining the religion).



"I can't explain it, but there's a peace that comes with reading the Qur'an," she said. "I feel light, like I came back to something that was always there and waiting for me to return."

Misha Euceph, a Pakistani American writer and podcast host who studies progressive interpretations of the Qur'an, has held her own Qur'an Book Club Instagram series since 2020. She says certain themes in the text align with the values of young, left-leaning Americans.

"The Qur'an is full of nature metaphors and encourages you to be an environmentalist," Euceph said. "The Qur'an also has this anti-consumerist attitude, the sense that we're all stewards of the earth who shouldn't establish an exploitative

relationship with the world or fellow human beings."

In the Qur'an, men and women are equals in the eyes of God, and Rice and other TikTok converts say their interpretations of the text back up their feminist principles. It also engages with scientific explanations for creation, with verses in the Qur'an covering the big bang and other theories.

"Usually, we're so used to the religious community combating science," Rice said. "Now I'm seeing a religion embrace science and use its holy texts to back it up."

Sylvia Chan-Malik was in graduate school after 9/11 amid a surge in hate crimes against Muslims and xenophobic language used in the media. "I was very interested in what was going on, compar-

ing it to the history of Japanese Americans after Pearl Harbor," she said. "I started to look into it on my own, meeting actual Muslims, and I was floored when I did my homework on Islam."

Along the way, Chan-Malik converted to Islam. She's now an associate professor at Rutgers University whose research focuses on the history of Islam and Islamophobia in the US. "I had a very similar experience to what's happening on TikTok now," she said. "At the time, I wondered why the people I met who were Muslim were so different than what I heard in the news. I'd never experienced such a vast disconnect between popular perception and the truth."

Grewal, the Yale professor, believes that people often begin

reading texts hoping to back up the worldview they already have. "Just as racist people are looking for verses to confirm their racial biases, people on the left are looking to this book to confirm progressive messages," she said. "Every scripture is complex and invites multiple readings," and TikTokers "are coming to the text looking for what they hope to find."

Growing up in the shadow of 9/11, Rice said, she rejected Islamophobia and discrimination that made targets out of Muslim Americans. "As a Black woman, I'm used to the American government spreading harmful stereotypes that lead to misconceptions that people outside of my community have on me," she said. "I never believed the stereotypes that were spread about the Muslim community post-9/11, but it wasn't until I started reading the Qur'an that I realized I sort of internalized those misconceptions, because I believed that Islam was a very severe or strict religion."

Reading the Qur'an began as a way for Rice to show empathy for Palestinians trapped in Gaza. Now, it's become a major element of her life. It doesn't have to be that revelatory for everyone. "I would say that it doesn't matter what your religious background is," she said. "You can grow empathy for someone by learning the most intimate parts of them, which includes their faith."

The article was originally published by The Guardian

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

J&K Lose To Karnataka In Vijay Hazare Opener



Observer News Service

B in Ahmedabad, Gujarat, on Thursday.

SRINAGAR: Centuries from the opening pair of Mayank Agarwal and Samarth R helped Karnataka to a 222-run humiliation of J&K in the opening Group C match of the 2023-24 Vijay Hazare Trophy at the Narendra Modi Stadium Ground

The opening pair put on a 267-run partnership to propel Karnataka to 402/2 in 50 overs. Rasikh Salam and Sahil Lotra were the only wicket-takers.

In reply, J&K was bundled out for 180. Vivrant Sharma was the top scorer with 41 (46).

10 J&K Cricketers Listed In IPL 2024 Mini-Auction



Observer News Service

SRINAGAR: A total of 10 J&K cricketers have been short-listed for the IPL 2024 auction, which will be held in Dubai on December 19.

A total of 590 players will take part in the IPL auction this time. J&K cricketers include Mujtaba Yousuf, Rasikh Salam,

Parvez Rasool, Qamran Iqbal, Fazil Rashid, Henan Malik, Abid Mushtaq, Nasir Lone, Auqib Nabi, and Vivrant Sharma.

Parvez Rasool has a base price of Rs 50 lakh and was unsold in the previous three auctions.

Abdul Salad and Umran Malik are the only two J&K cricketers to be retained by Sunrisers Hyderabad for Rs 4 crore each.

Surya Shines As India Beat Australia In Thriller



Agencies

VISAKHAPATNAM: Josh Inglis smashed Australia's joint-fastest century in Twenty20 Internationals before Suryakumar Yadav powered India to a two-wicket victory in a thrilling series opener on Thursday. Suryakumar, captaining India for the first time, hit an assured knock of 80 as the hosts chased down 208 in Visakhapatnam and secured a small measure of

revenge for their painful defeat by Australia in the 50-overs World Cup final on Sunday.

Ishan Kishan (58) and Suryakumar shared a 112-run partnership, but India lost momentum after both players departed and the chase went down to the final ball of the match when Rinku Singh guided his team over the line.

Australia had racked up an impressive total after being put in to bat after Inglis hit 11

fours and eight sixes in his 110 from 50 balls.

The 28-year-old's century came from 47 balls, tying Aaron Finch's Australian record. Inglis was ably supported by Steve Smith (52), another of the seven players from Australia's World Cup-winning squad to remain in India for the T20 series, in a 130-run second-wicket partnership.

The second match in the five-game series is in Thiruvananthapuram on Sunday.

Bullet Point Previews Of Premier League Matches

Agencies

Match-by-match facts and statistics ahead of the next round of Premier League fixtures from Nov. 25-27 (all times GMT):

Saturday, Nov. 25 Manchester City v Liverpool (1230)

► Liverpool are one of the only two clubs City striker Erling Haaland has not scored against in the top flight.

► City's Kevin De Bruyne, John Stones, Nathan Ake, Sergio Gomez and Mateo Kovacic will likely remain on the sidelines due to injuries. Brazilian goalkeeper Ederson and Norway's Haaland, who missed

games on international duty, are expected to feature in the top-of-the-table clash.

► Liverpool forward Mohamed Salah has netted seven times in 12 league appearances against City, who have won their last 23 home games across all competitions.

Newcastle United v Chelsea (1500)

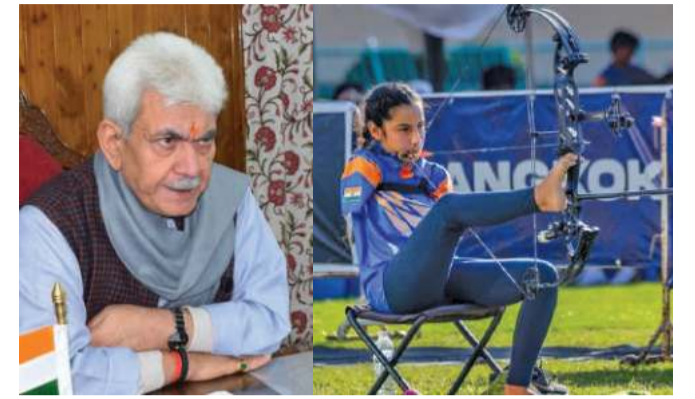
► Chelsea will look to carry on their momentum after victories over London rivals Tottenham Hotspur and drawing with City when they take on seventh-placed Newcastle, who lost their last two games

in all competitions.

► Callum Wilson, Newcastle's leading scorer for the past three seasons, joined a long list of injuries at St James' Park. Harvey Barnes, Sven Botman, Jacob Murphy, Dan Burn, Elliot Anderson and Matt Targett were already on the sidelines.

► Chelsea, 10th, received a boost with the return of captain Reece James, while Frenchman Christopher Nkunku and Romeo Lavia edge closer to making their debuts for the Stamford Bridge side following injury setbacks.

J&K LG Hails Para Archers For Asian Championship Performance



Press Trust of India

JAMMU: Jammu and Kashmir Lieutenant Governor Manoj Sinha on Thursday congratulated the para archers from the Union Territory for their "incredible achievement" at the Asian Para Archery Championships 2023 in Bangkok.

"What an incredible achievement! Para archers from Jammu and Kashmir scripted history and brought glory to India by winning six medals including four gold, one silver and one bronze at the Para Asian Archery Championships in Thailand. The consistent performances of our Archers reflect hard work & perseverance," Sinha wrote on X.

"The outstanding performances of Sheetal, Rakesh and Sarita after admirable achievement at the Asian Para Games, exemplify the true spirit of sportsmanship. This is just the beginning of a new sporting era. My best wishes to all the athletes for their future endeavours," he added.

Trained and groomed at Shri Mata Vaishno Devi Shrine Board Sports Complex, the para archers -- Rakesh Kumar, Sheetal Devi and Sarita -- have once again held the country's flag high as India topped the medals tally with nine medals at the Asian Para Archery Championships.

Rakesh Kumar led the In-

dian challenge with a hat-trick of gold by clinching the men's compound open crown with a win over Indonesia and partnered Suraj Singh to win the men's compound open doubles against the Chinese contestants besides winning the mixed team gold with Sheetal Devi defeating Indonesia. The fourth gold for Team India was contributed by Sheetal Devi along with Jyoti in the women's compound open team event against Korea. However, she had to settle for silver in the tie-breaker against Singapore. Sarita had won a bronze in the women's individual compound category.

Shri Mata Vaishno Devi Shrine Board Chief Executive Officer Anshul Garg expressed immense pride in the accomplishments of the para archers at the international arena and congratulated them for bringing laurels to the country, Jammu and Kashmir and the shrine board with the blessings of Shri Mata Vaishno Devi.

He underlined that the glory earned in the games would give new impetus to Shri Mata Vaishno Devi Sports Complex and budding sportspersons.

Garg said the shrine's para archers had been felicitated by the lieutenant governor, who is also the chairman of the shrine board at a ceremony held at the Raj Bhawan earlier on November 8.

MAZBOOTI SE BANI HAR
— DEEWAR SE JHALAKTE HAI —
DIL KE EHSAAAS

