

Shot In Kashmir With Local Actors, 'Country of Blind' In Race For Oscars Global Acclaim A Testament To Kashmir's Artistic Prowess: Ahmer Haider

Farzana Nisar

Filmed entirely in Kashmir, the movie 'Country of Blind', an adaptation of H.G. Wells' novel, has garnered international praise and earned a prestigious screening at the Cinelounge in Los Angeles. While the screenplay had already found a coveted spot in the Permanent Core Collection of the Oscar library in October this year, academy members are now passionately advocating for its Oscar nomination.

What makes this cinematic triumph even more resonant with Kashmir is its predominantly Kashmiri cast, featuring leading roles played by Hina Khan and Shoib Nikash Shah, both born in Kashmir, alongside local artists Ahmer Haider, Mir Sarwar, and Hussain Khan. The film is directed by Rahat Kazmi and co-produced by Tariq Khan, both raised in Surankote, Pooch.

In H.G. Wells' 1904 story, a character named Nunez



discovers a hidden Andean valley inhabited by a blind community, the Country of the Blind. While Nunez can see, he

realizes that his sight is considered a handicap by the blind residents. Despite expecting to lead, the community finds his descriptions of the world beyond their valley nonsensical.

Adding to the complexity, Nunez falls in love with Medina-Saroté, but her father rejects him, perceiving his sight as a curse. Nunez is torn between two worlds, contemplating whether to stay in the Country of the Blind, where he's an outsider, or venture back to the outside world. The

story leaves his ultimate decision and fate unresolved.

The narrative delves into the concepts of perception, diversity, and challenges the notion that a "disability" is universally defined. It prompts reflection on the nature of normalcy and how societal standards influence our perceptions. The story deliberately leaves Nunez's fate uncertain, presenting him with the dilemma of either accepting the distinct culture of this society or trying to reconnect with | More on P6

Pahalgam Coldest Place In Kashmir

Press Trust Of India

Srinagar: Minimum temperatures continued to decline in most parts of Kashmir for a second consecutive night even as dense fog disrupted daily life in the Valley early on Monday, officials said.

Srinagar recorded a low of minus 2.3 degrees Celsius, a slight decrease from the previous night's minus 2.1 degrees, they said.

Pahalgam in south Kashmir's Anantnag district recorded a minimum temperature of minus 4.3 degrees Celsius -- down from the previous night's minus 3.9 degrees Celsius.

According to the officials, Pahalgam was the coldest place in the Kashmir Valley.

Gulmarg, the famous ski resort in Baramulla district, recorded a low of minus 2.6 degrees Celsius, the officials said.

Qazigund recorded a low of minus 2.6 degrees Celsius while Kokernag witnessed the mercury settle at minus 1.6 degrees and Kupwara at minus 3.0 degrees.

The Met department said the weather is likely to remain mainly dry till the end of the month.

A dense layer of fog engulfed Srinagar early on Monday, affecting daily life.

The flow of traffic | More on P6

ARTICLE-370 ABROGATION

Unprecedented Progress In J&K's Development: President



Press Trust Of India

New Delhi: President Droupadi Murmu on Monday said there has been an "unprecedented" progress in the development of Jammu and Kashmir after the abrogation of Article 370.

Addressing a youth delegation from Jammu and Kashmir here, she said the Central government and the local administration are working together for the progress of people of the Union territory.

The president said that the youth of J-K want to fulfil their dreams by becoming a part of the mainstream of India.

"But even today, some elements do not want Kashmir to progress due to vested interests," Murmu said.

However, the way the government is investing in

infrastructure, technology and education for the progress of Jammu and Kashmir, the day is not far when Jammu and Kashmir will present the ideal of progress in India, she said while addressing the delegation.

The members of the delegation, who have been touring the country as part of the 'Watan ko Jano' programme, had called on the president at the Rashtrapati Bhavan here.

Addressing the members of the delegation, President Murmu said the purpose of the 'Watan ko Jano' programme is to make them aware of the country's art, culture, civilization and development work.

"They must have realised during the tour that we speak different languages, wear different clothes, adopt different lifestyles, but, | More on P6

POONCH ON EDGE

Army Chief Reviews Situation On Ground Zero Brigadier-Level Officer Shifted, Army Initiates Court Of Inquiry Over Civilian 'Killings'

Press Trust Of India

Jammu: Army Chief General Manoj Pande visited Jammu and Kashmir on Monday and exhorted commanders to conduct operations in the "most professional manner", amid an outrage over the killing of three civilians picked up by the force for questioning following a terrorist attack in Poonch last week that left four soldiers dead.

The Chief of Army Staff (CoAS), who visited the ground zero in Poonch-Rajouri sector where a massive anti-terrorism operation is underway, also asked the troops to remain resolute and steadfast against all challenges.



In a related development, the Army initiated a Court of Inquiry as police lodged a murder case against unknown persons over the death of the three civilians, while a brigadier-level officer was shifted, the officials said.

three were found dead on December 22.

"General Manoj Pande #COAS visited #Poonch sector and was given an update on the prevalent security situation. #COAS interacted with commanders on ground, exhorted them to conduct the operations in the most professional manner and remain resolute & steadfast against all challenges," the Additional Directorate General of Public Information (ADGPI) of the Indian Army posted on X.

Earlier, a defence spokesman in Jammu said the Army chief reached Jammu in the afternoon and immediately left for the Rajouri-Poonch sector to review the operational preparedness | More on P6

Our Priority Is To Empower Deprived Sections: PM

Press Trust Of India

Indore: Prime Minister Narendra Modi on Monday said his government's priority is to respect and empower the poor and deprived sections of the society.

He also said investments of thousands of crores have been made in Indore's vicinity during the BJP's "double-engine" government (at the Centre and in Madhya Pradesh).

This will give rise to thousands of employment



opportunities, Modi said addressing via video link a programme organised to distribute dues worth Rs 224 crore pertaining to workers of the Hukumchand | More on P6

President Okays 3 Bills To Replace British-Era Criminal Laws

Press Trust Of India

New Delhi: President Droupadi Murmu on Monday gave assent to the three new criminal justice bills which were cleared by Parliament last week.

The three new laws -- the Bharatiya Nyaya Sanhita, the Bharatiya Nagarik Suraksha Sanhita and the Bharatiya Sakshya Act -- will replace the colonial era Indian Penal Code, the Code of Criminal Procedure and the Indian

Evidence Act of 1872.

While replying to a debate on the three bills in Parliament, Union Home Minister Amit Shah had said the focus were on delivering justice rather than handing down punishment.

The legislation aim at completely overhauling the criminal justice system in the country by giving definition of various offences and their punishments. These have given a clear definition of terrorism, | More on P6

DM Likely To Visit Jammu On Dec 27

Observer News Service

Srinagar: Defence Minister Rajnath Singh is likely to visit Jammu division on December 27 to review the security situation in the backdrop of alleged custodial killings of three civilians in Poonch by army following a terror attack that left five soldiers dead last week.

Singh, according to reports, will arrive on a day-long visit to the winter capital, during which he is likely to conduct a security review meeting at Raj Bhawan where the top brass of the Army, intelligence agencies, Police, BSF, CRPF, etc., will participate.

The focal point of his visit will be a series of engagements with top-ranking Army officers at 16 Corps, emphasizing strategic discussions on national security, reports said.

Besides, the reports said that Rajnath might also visit Rajouri and Poonch with top Army brass and also interact with both troops and civilians. He is also expected to meet people in Surankote where | More on P6



File Photo: Abid Bhat

Christmas Celebrated With Religious Fervor In Kashmir

Press Trust Of India

The Christian community in Kashmir on Monday celebrated Christmas with special prayers held for the

resolution of the Israel-Palestine conflict. The biggest Mass was held at the Holy Family Catholic Church at Maulana Azad Road here, where dozens of Christians, including women and children, assembled to

celebrate the birth of Jesus Christ. The church wore a festive look as it was decorated with colourful bunting, lights and balloons. "We prayed for an end to the conflict in Palestine. | More on P6

Six-Fold Increase In Public Smoking Violations This Year

Agencies

Srinagar: Violations for smoking at public places have seen an increase by six times this year so far. As per the data, over 3,000 challans were produced and Rs 4,30,000 have been recovered as fine from the violators this year.

It said that 271 violations occurred in 2020-21 with Rs 18,290 realised as a fine. It was followed by 3240 challans next

year with Rs 20,250 recovered as fine. Similarly, 553 challans were produced in 2022 and Rs 25,280 was recovered as fine and this year 3,123 challans were produced and Rs 4,30,000 recovered as fine so far.

It showed that 4,231 persons were counselled and sanitised in the year 2020-21 followed by 7,7670 in the year 2021-22, 10,558 in 2022-23 and 17,457 in | More on P6

Minibus Falls Into Gorge, Two Dead

Jammu: Two people were killed and 12 injured on Monday when a minibus carrying a wedding party skidded off the road and plunged into a gorge in Jammu and Kashmir's Reasi district, police said.

The bus was travelling from Balmatkote to Badar village when the accident took place near Dhamini around 6 am, Chassana SHO Suman Singh said.

A rescue operation was launched immediately and one man -- identified as Mohd Ashraf (25) -- was found dead. Thirteen others, including nine girls aged between three and 19 years, | More on P6

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New Artificial Intelligence Model Could Help Prevent Sight Loss In Humans

Press Trust of India

Researchers have developed a new artificial intelligence (AI) model that can predict the risk of long-term visual impairment in patients with high myopia, one of the top three causes of irreversible blindness in many regions of the world. The team at the Tokyo Medical and Dental University (TMDU) said its machine-learning model works well for predicting—and visualising—the risk of visual impairment over the long term. Machine learning is a type of AI focused on building computer systems that learn from data, enabling software to improve its performance over time.



Algorithms work well on tasks such as identifying changes and complications in myopia but in this study, we wanted to investigate something different, namely how good these algorithms are at long-term predictions," said Yining Wang, lead author of the study. The study, recently published in the journal JAMA Ophthalmology, looked at the visual acuity of 967 Japanese patients at TMDU's Advanced Clinical Center for Myopia after 3

and 5 years had passed. The researchers formed a dataset from 34 variables that are commonly collected during ophthalmic examinations, such as age, current visual acuity, and the diameter of the cornea. They then tested several popular machine-learning models such as random forests and support vector machines. Of these models, the logistic regression-based model performed the best at predicting visual

impairment at 5 years. However, predicting outcomes is only part of the story, the researchers said. "It is also important to present the model's output in a way that is easy for patients to understand and convenient for making clinical decisions," said Kyoko Ohno-Matsui, senior author of the study. The researchers used a nomogram to visualise the classification model. Each variable is assigned a line with a length that indicates how important it is for predicting visual acuity. These lengths can be converted into points that can be added up to obtain a final score explaining the risk of visual impairment in future, they said. People who permanently lose their vision often suffer both financially and physically as a result of their loss of independence. The decrease in global productivity caused by severe visual impairment was estimated to be \$94.5 billion in 2019. Although the model still has to be evaluated on a wider population, this study has shown that machine-learning models have good potential to help address this increasingly important public health concern, which will benefit both individuals and society as a whole.

banner

People with extreme shortsightedness (called high myopia) can clearly see objects that are near to them but cannot focus on objects at a distance. Contacts, glasses, or surgery can be used to correct their vision, but having high myopia can lead to a condition called pathologic myopia, a leading cause of blindness. "We know that machine-learning algo-

Researchers Say New AI Model May Predict Human Lifespan

Press Trust Of India

Researchers have developed an artificial intelligence (AI) tool that uses sequences of life events — such as health history, education, job and income — to predict everything from an individual's personality to their lifespan. Built using transformer models, which power large language models (LLMs) like ChatGPT, the tool called life2vec is trained on a data set pulled from the entire population of Denmark. Life2vec is capable of predicting the future, including the lifespan of individuals, with an accuracy that exceeds state-of-the-art models, the researchers said. However, despite its predictive power, the research team said it is best used as the foundation for future work, not an end in itself. "Even though we're using prediction to evaluate how good these models are, the tool shouldn't be used for prediction on real people," says Tina Eliassi-Rad, a professor at Northeastern University, US. "It is a prediction model based on a specific data set of a specific population," Eliassi-Rad said. By involving social scientists in the process of building this tool, the team hopes it brings a human-centred approach to AI development that doesn't lose sight of the humans amid the massive data set their tool has been trained on. "This model offers a much more comprehensive reflection of the world as it is lived by human beings than many other models," said Sune Lehmann, author of the study published in the journal Nature Computational Science.

Less Social Media Use Found To Improve Mental Health, Job Satisfaction: Study

Press Trust of India

Reducing social media usage by 30 minutes improves mental health, job satisfaction while frequent users find it difficult to focus on their work, a study has found. Researchers found that the less social media use led to the individuals feeling less overworked and lower levels of "fear of missing out" — popularly known as FOMO — on important happenings in their network when they aren't online. Researchers at Ruhr University Bochum and the German Center for Mental Health, Germany, found that refraining from social media gave people more time to do their job and thus suffered less from divided attention. "Our brains can't cope well with constant distraction from a task," explained Julia Brailovskaia, author of the study published in the journal 'Behaviour and Information Technology'. "People who frequently stop what they're doing in order to catch up on their social media feed find it more difficult to focus on their work and they achieve poorer results," said Brailovskaia. For the study, the research team recruited 166 people, all of them employed and spending at least 35 minutes a day on non-work-related social media use. They were divided into two groups — one did not change their social media habits, while the other reduced the time spent on social networks by 30 minutes a day for seven days.



The participants were asked to respond to questionnaires before the start of the experiment, the day after it began and one week later, providing information about their workload, job satisfaction, commitment, mental health, stress levels, FOMO and behaviours indicating addictive social media use. "Even after this short period of time, we found that the group that spent 30 minutes less a day on social media significantly improved their job satisfaction and mental health," said Brailovskaia. The effects lasted for at least a week after the end of the experiment and in some cases even improved in the period, the

researchers said. "We suspect that people tend to use social networks to generate positive emotions that they're missing in their everyday working lives, especially when they are feeling overworked," said Brailovskaia. "In addition, some platforms such as LinkedIn also offer the opportunity to look for new jobs if you're unhappy with your current role," she said. The researchers said that while in the short-term, escaping from reality into the world of social networks may indeed improve one's mood, in the long-term, such habits can lead to addictive behaviour that has the opposite effect.

From The Office Of Adv Touseef Mohammad Khan & Associates District Court Complex Sgr.

In the case of: Mohammad Saleem Malla S/o Gh Mohammad R/o Noor bagh srinagar (Caveator) V/S Public at Large (Non-caveator)

In the matter of: Caveat petition in terms of Section 148A CPC.

That the caveator has reason to believe/apprehension that the non-caveator(s) may file a suit or other type of proceedings before the Hon'ble High Court, District Court or Special Tribunal, Srinagar on the ground of distorted facts/misrepresentation or cooked up story and may succeed in obtaining some relief/order at their back/ex-parte against the caveator(s) and in such eventuality the caveator(s) will be put to an irreparable loss & inconvenience. It would be proper that the caveator(s) is given an opportunity of being heard by this Hon'ble Court/Tribunal before passing any order.

NJ

NOTICE

I MOHAMMAD MUZZAFFAR RUBANI R/O Shah Hamdan Colony, Dulla Bagh, Soura, Srinagar F/O ANOOSH MUZZAFFAR Studying in Grade 7th R. P. School, Malla bagh, want to correct spelling of my name, & my daughter's name in her Birth Certificate From Mohammad Muzaffer Rubani to Mohammad Muzaffer Rubani & From Anosh Muzaffer to Anosh Muzaffer as per new Birth certificate. Regarding this, if anybody is having any objection, He/She may file the same to the office of the Principal within a week's time after that no objection will be accepted.

NOTICE

I MOHAMMAD MUZZAFFAR RUBANI R/O Shah Hamdan Colony, Dulla Bagh, Soura, Srinagar F/O Mohammad Ansh Muzaffer Rubani Studying in Grade 5th R.P. School, Alampur Colony, Lal Bazar want to correct my name & Address in his Birth Certificate From Mohammad Muzaffer Rubani Nargis Rashid To MOHAMMAD MUZZAFFAR RUBANI From Dulla Bagh, Soura, Srinagar to Shah Hamdan Colony, Dulla Bagh, Soura, Srinagar as per new Birth certificate. Regarding this, if anybody is having any objection, He/She may file the same to the office of the Principal within a week's time after that no objection will be accepted.

Subject: Grant of Registration of proposal Travel unit under the name and style "CADBURY TOUR AND TRAVELS situated at Kakapora Pulwama, 192304, Neer social welfare office kakapora

Whereas, I EHSAN UL HAQ S/O:- MOHD MAQBOOL BHAT R/O :- TRICH PULWAMA KASHMIR intend to apply in the department of tourism for Registration of my proposed travel unit under the name and style CADBURY TOUR AND TRAVELS situated at Kakapora Pulwama, 192304, Neer social welfare office kakapora under the tourist trade act 1978/82/2011-12. Whereas I will submit state subject/Domicile certificate, Qualification certificate, pan card, Experience certificate (Minimum 5 years), Character certificate (Police department), Bank Statement (Minimum balance Rs 10000), Site plan, Affidavit, Rent deed duly attested by sub-registrar, Printing material (Letter head/Visiting Card)/photo graph of the unit (Indoor and outdoor) and two passport size photographs to the department of tourism as per the prescribed checklist prior to registration of my unit as an excursion agency. Now as per J&K registration of tourist trade act of 1978/82/2011/12 before my case is processed for registration by the competent Authority, the matter is hereby notified for information of general public/financial institutions/bank/organisation etc for objection, If any, and the same should reach to the Deputy director Tourism registration (email id: ddtregl23@gmail.com) within a period of 7 days after the publication of this notice in leading newspaper of the valley. No, objection beyond a period of 7 days shall be entertained.

FKO

From The Office Of The Advocate Tasaduk Hussain Reshi Advocate J&K High Court Srinagar Dt: 23.12.2023

In the case of SNOW MOBILE ASSOCIATION (Caveator) Versus Public at Large (Non-caveator)

In the matter of:- CAVEAT PETITION The caveator has developed reasonable apprehension that the noncaveators may file WRIT PETITION or any other proceedings against the caveator before the Hon'ble court or any other court/s and may obtain order in ex-parte by concealing of material facts. It would be fair and just if the caveator is given opportunity of being heard by the aforesaid Hon'ble courts before passing any order.

Tasaduk Hussain Reshi Advocate J&K High Court Sgr nj_R

PUBLIC NOTICE

I, JC-594676F Sub Nazir Ahmad Lone presently residing at Vill: Chorwan PO Dawar teh Gurez Distt. Baramulla have changed the name of my minor daughter from Sumana Nazir to Sumeena Nazir and changed the dob of my minor daughter from 24-3-2009 to 25-03-2011 vide affidavit no 88AB008849 Dated 11 August 2023 before Court Alipurduar (WB)

NJ_R

ALI MUHAMMAD KHAN PASSES AWAY

With profound grief and sorrow we inform the sad demise of our beloved father Ali Muhammad Khan Son of late Ghulam Muhammad Khan of Madeen Sahib Hawal Srinagar who passed away on Sunday, 24th December, 2023 after a brief illness. His congregational Fateha Khawani would be held on Wednesday 27th December, 2023 at their ancestral graveyard Hassanabad Srinagar at 8:00 am. Thereafter a day long condolence meeting will be held their residence at Madeen Sahib Hawal, Srinagar



Thereafter a day long condolence meeting will be held their residence at Madeen Sahib Hawal, Srinagar

BEREAVED

Liyakat Ali Khan, Abid Hussain Khan (Sons) Fayaz Ahmad Khan, Nasir Hussain Khan (Son-in-Laws) Mirza Ali Muhammad Beigh (Brother-in-Law)

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Professor Javid Kakroo, Supporters Joins BJP in Srinagar.

Observer News Service

Srinagar: London-based Professor Javid Kakroo and his supporters joined the Bharatiya Janata Party (BJP) in Srinagar on Monday.

The event, held at S1-Church Lane, witnessed the presence of Ashok Koul, General Secretary (Org), who welcomed Professor Javid Kakroo and his supporters into the BJP fold.

Professor Kakroo, hailing from Baramulla and known for his contributions to the education sector in various London based colleges and universities, expressed his

support for the BJP.

Ashok Koul, in his address, acknowledged the increasing influx of individuals from diverse societal segments into the BJP, emphasizing the party's growing popularity in the Jammu and Kashmir Union Territory.

Among others present on the occasion was the former MLC Surinder Amardar, North and Central Kashmir Incharge Mudassir Wani, Media Incharge Kashmir Adv Sajid Yousuf Shah, Social Media Incharge Er Sahil Bashir, IT Incharge Sheikh Salman, District President Srinagar Ashok Bhat, Er Aijaz and Senior Leader Showkat Qayoor.

Lecture On Empowering India Organized At S.P College Srinagar

Observer News Service

Srinagar: Under the vision plan of Viksit Bharat @ 2047, the Department of English S. P College Srinagar today organised an online lecture on 'Empowering India: Decolonizing the Indian Education System'.

At the outset, Principal SP College, Prof (Dr.) Ghulam Jeelani Qurashi highlighted the importance of the Viksit Bharat @ 2047 initiative and formally threw the program open.

The program was chaired by the head of the department, Prof Rabia Ahmad and moderated by Prof Jon Mohammad Bhat.

A large number of students across different semesters and faculty from different departments participated in the program. Dr. Bilal Ahmad Shah, senior Assistant Professor took the participants through the background and context of the program and introduced the resource person.

Dr. Javaid Iqbal Bhat, the resource person from the department of English, South Campus, University of Kashmir while

talking on the topic, laid bare the different facets of colonial legacy that once crept into the Indian Education System and unquestionably perpetuated its hold over it. He highlighted that due to erroneous policies and governance, the native Indian system of education paled into insignificance.

The resource person emphasized that it is a high time to get rid of the colonial jargon, the specter of which still hovers over our minds. He reiterated that in order to regain the emotional content and sense of self-esteem, we need to create a new set of values which would bring a holistic transformation in us.

For this, he pointed out, the whole system of education demands an overhaul and the initiatives like NEP-2020 and agendas like Viksit Bharat @ 2047 are some steps in the right direction. Dr. Javaid concluded by saying that India is positively emerging in many dimensions and the world is looking up to it for solutions to different global problems that pressingly beset it.



A group of people warming themselves near a bonfire in Srinagar as the cold wave intensified across Kashmir with the onset of 'Chillal Kalan', 40 days period of harsh winter. KO Photo Abid Bhat

Local Master Chef Competition To See 200 Culinary Maestros Compete

Observer News Service

Srinagar: Inspired by the reality cookery show Master Chef India, a similar but local show is coming up in which 200 contestants will compete to win the prize money worth Rs 50,000.

In an effort to highlight Kashmir's culinary prowess, ConsortX Media and Dabur Homemade are collaborating to host the first social media-based cooking competition in the valley, called "Home Chef."

The registration for the show has already begun and the organizers expect that 200 chefs from the valley will tantalize taste buds of the jury to showcase local talent.

The show according to the organizers will be judged by the celebrated chef of Kashmir Yaseen

Rishi who will select the winner after accessing their creations in two phases.

Organizers said the show has two phases including a social media contest and then face-to-face cook-off in a commercial kitchen.

"Six finalists from this pool will advance to the much-anticipated cook-off, which is scheduled to take place in a commercial kitchen in Srinagar," show organizer, Junaid Hakim said.

He said more than 150 participants have already registered for the show. "The show's registration period opened on December 11. It's simple to reserve your position; just register online at www.Consortx.in/hckashmir right now. In addition to offering the possibility to win a sizable financial reward of Rs. 50,000, Home Chef-Kashmir

also guarantees media attention that may propel your culinary endeavors to unprecedented heights" Hakim added.

Regarding the first phase- the social media contest, he said the dishes will be judged based on the preparation and the presentation. "The jury will assess the preparation which includes ingredients and then the presentation of the culinary," he said.

He said this show however, is different from the format of Master Chef India, given that more contestants can opt for their registration.

"This is basically a democratized master chef in which more participants can participate. This show will help the aspiring chefs to make a career in the hospitality sector," added he.

Khansahib Residents Get First-Ever Water Reservoir

Observer News Service

Budgam: Much to the delight of the people living in one of the villages of Khansahib area of Central Kashmir's Budgam district as the Jal Jeevan Mission (JMM) scheme has finally put an end their woes as a new water reservoir has been set up in the area first time.

The residents of Bag-e-Shamas Kalshipora of Khansahib express joy after a new water reservoir

was provided to them under the JMM scheme. Residents said that this vital project promises to supply pure drinking water to every household in the area.

"We appreciate the Lieutenant Governor led administration for bringing our village under the Jal Jeevan Mission scheme. This marks a significant improvement in our lives as we will now have access to clean drinking water," a villager said.


Prior to this initiative, the villagers faced health issues due to

consuming contaminated water, which they were getting from the nearby villages. "Through this initiative, we will not get pure and safe drinking water directly through our tap water connections," he said.

Executive Engineer of Jal Shak-ti Department, Budgam, Shakeel-ur-Rehman while talking to KNO, said that "we are working tirelessly day and night on multiple projects. Once completed, every household in the district will have access to pure drinking water."

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- Ambulance: Kashmir EMS Service: +91 94841 00200

| | |
|-----------------------|--|
| AIRPORTS | SHIEK UL ALAM AIRPORT: 01942303311 ✈️ |
| RAILWAYS | <ul style="list-style-type: none"> SRINAGAR: 0194-2103259 ANANTNAG: 01932-228243 BARAMULLA: 0194-102029 BIBHERA: 01932-228243 PAMPORE: 01933-294132 PATTAN: 01954-293507 QAZIGUND: 01951-296153 |
| HIGHWAY STATUS | <ul style="list-style-type: none"> Sgr-Jammu highway - (Open) Mughal Road - (Open) Srinagar-Leh- (Open) |

| | |
|---|----------------|
|  HIJRI CALENDAR 12 Jumada al-Sani 1445 | PRAYERS |
| | FAJR 6:05 |
| | ZUHR 12:31 |
| | ASR 3:50 |
| | MAGRIB 5:32 |
| ISHA 6:57 | |

This Day In History

- 268 - Saint Dionysius, Roman Pope (259-260), dies
- 795 - Leo III is elected to serve as Pope on the day his predecessor was buried and is consecrated the following day
- 1198 - French bishop Odo van Sully condemns Zottenfest
- 1261 - John IV Lascaris of the restored Eastern Roman Empire is deposed and blinded by orders of his co-ruler Michael VIII Palaeologus.
- 1492 - Christopher Columbus' flagship the Santa Maria runs aground and sinks on the north coast of Hispaniola. The crew are left to found a colony as Columbus returns to Spain
- 1553 - Battle of Tucapel: Mapuche rebels under Lautaro defeats the Spanish conquistadors and executes the governor of Chile Pedro de Valdivia.
- 1741 - Astronomer Anders Celsius introduces Centigrade temperature scale
- 1745 - Prussia and Austria sign Treaty of Dresden giving much of Silesia to the Prussians
- 1758 - Return of Halley's comet 1st sighted by Johann Georg Palitzsch
- 1914 - US Government protests British interference with American merchant ships at sea, on the same day Germans announce they will treat food as contraband, subject to seizure; weakens America's protest
- 1916 - Joseph Joffre becomes marshal of France
- 1925 - The Communist Party of India is founded
- 1928 - World record 10th wicket stand 307 (Kippax / Hooker) NSW v Vic
- 1941 - Winston Churchill becomes first British Prime Minister to address a joint meeting of the US Congress, warning that Axis would "stop at nothing"
- 1943 - Earl Claus von Stauffenberg vain with bomb to Hitler's headquarter
- 1944 - Battle of Bastogne: US General Patton's 3rd Army repulses Germans
- 1966 - Maulana Karenga establishes Kwanzaa (1st fruits of harvest) holiday
- 1973 - 2 Skylab 3 astronauts walk in space for a record 7 hours
- 1973 - Soyuz-13 returns to Earth
- 1975 - 1st supersonic transport service (USSR-Tupolev-144)
- 1978 - India's former Prime Minister, Indira Gandhi is released from jail
- 1979 - Soviet Special forces take over presidential palace in Kabul, Afghanistan.
- 1982 - TIME's Man of the Year is a computer
- 1986 - Captured Iraqi Airways Boeing-737 in Saudi Arabia, about 60 killed
- 1991 - Militant Sikhs kill 55 & wound 70 in India
- 1993 - Antonov-26 crashes at Gyumri, Armenia, 36 killed
- 1995 - Paul Adams becomes South Africa's youngest Test Cricket player at 18 yrs 340 days/1996 - Start of the largest strike in South Korean history.
- 1998 - Iraq announces its intention to fire upon U.S. and British warplanes that patrol the northern and southern no-fly zones
- 1999 - Severe weather in France kills over 100 people and causes extensive damage to property, trees and the French national power grid (see Lothar).
- 2001 - Crude oil prices on the New York Mercantile Exchange (NYMEX) record one of their largest 1-day jumps of the year as traders become convinced that OPEC will follow through on production cuts
- 2004 - 9.3 magnitude earthquake creates a tsunami causing devastation in Sri Lanka, India, Indonesia, Thailand, Malaysia, the Maldives and edges of the Indian Ocean, killing 230,000 people
- 2006 - Spin bowling great Shane Warne becomes first bowler in Test cricket history to take 700 wickets; bowls England opener Andrew Strauss for 50 during Australia's 4th Test win in Melbourne
- 2012 - China opens the world's longest high speed rail route from Beijing to Guangzhou
- 2015 - Floods in Paraguay, Argentina, Brazil and

PUBLIC NOTICE

We have lost the RC of my vehicle bearing Regd NO: JK01P 7201 . 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 RTO Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
M/S Raja brothers
Address:Karanagar Srinagar mzko

PUBLIC NOTICE

I have applied for the Death Certificate of my Husband namely Ghulam Mohiuddin Khanday S/o Ghulam Mohammad Khanday R/o Wanigam Payeen Baramulla who died on 6-12-2023 at Govt S.M.H.S Hospital Srinagar. If anybody has anyobjection in this regard he/she may file the same if the concerned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Saja Begum
Wd/o Ghulam Mohiuddin Khanday
R/o Wanigam Payeen Baramulla fko

از نیابت گوم احمد پورہ
درخواست از جانب ریاض احمد اولد علی محمد ارسا کی بیماریا چیدرہ کنگمڈ ارہ تحصیل پن بارمول برادر
موصول D.O.B سر تقیٹ پن سر واد احمد ارہ
اشہار برادر آگانی خاص دعام
معامله مندرجہ عنوان الصدر کے نسبت رپورٹ پنچایت سکول می ڈیبردار وچو کیدار علاقہ وڈ شامیڈم
سے موصول ہوئی۔ مطابق رپورٹ مل فیڈ سے عیاں ہوتا ہے کہ سال کے پیرسرو واد احمد ارہ
پیداؤں مورخہ 05-03-2015 کو ہوئی ہے اور سال مذکور نے تاحال کوئی بھی سند D.O.B
حاصل نہیں کی ہے۔ سال مذکور سے پیر کے حق میں D.O.B حاصل کرنے کا خواہاں ہے۔
اس بارے میں بذریعہ اخبار اشہار کھڑ کیا جاتا ہے اگر کسی شخص کو کوئی اعتراض نسبت اجراء سر تقیٹ
ہو تو دفتر مذ میں اندر سات یوم پیش کریں۔ بعد گور نے میعاد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
نائب تحصیلدار FKO

D.L No. JK-SGR-108209/10





SHARIF MEDICAL HALL
SUPERSPECIALITY POLYCLINIC

DR AIJAZ HUSSAIN

MB, DTCD(NCCP) NEW DELHI
CHEST PHYSICIAN




9:00 AM - 12:30 PM

To Book Your Appointments call on: 9086928609

SHERI BHAT ALANGARI BAZAR
SRINAGAR NEAR HDFC BANK

KASHMIR OBSERVERTM

Tuesday | 26-12-2023

Militancy's Evolving Face

In the sleepy village of Gantmulla, a retired district police chief Mohammad Shafi Mir was shot dead by militants while he was giving azan, shattering once again the prevailing uneasy calm in the Valley. More so, as the incident happened at a village which hasn't witnessed violence even at the peak of militancy in the nineties. Mir's tragic demise echoes a disconcerting truth—militancy has evolved, extending its reach to regions previously untouched by its shadow. The stark reality is that this incident isn't an isolated event but rather a disturbing testament to a broader shift in militant tactics—one that demands immediate attention. Mir's killing took place soon after the killing of four jawans in an ambush at Poonch in Jammu followed by the death in custody of three civilians, sending violence spiking across the union territory.

The landscape of militancy in Jammu and Kashmir is transforming, presenting a dual threat marked by a hybrid nature. The diminishing local insurgency has been compensated by the infiltration of foreign militants, finding strongholds in unsuspecting corners like Poonch and Rajouri. This evolution underlines the adaptability of the militant forces, revealed in strategic strikes on both security personnel and innocent civilians.

The facelessness and hybrid nature of this new wave of militancy pose a formidable challenge. Gone are the conventional markers of militants, replaced by an elusive cloak that blurs the lines between civilian and combatant. The disturbing reality of civilians doubling as militants before seamlessly blending back into their daily lives complicates the security landscape, as once disclosed by the former DGP Dilbagh Singh. The recent surge of violence, coupled with the anonymity of perpetrators, highlights the urgent need for a multifaceted approach to counter the renewed rise of militancy.

Despite the efforts of security forces, the numbers speak volumes. Over 550 militants have been killed since the revocation of Article 370, yet the cycle persists. Lives lost, those of civilians, security personnel, and militants stand as haunting reminders of the persisting conflict - albeit, the situation has certainly changed a lot on the ground in terms of absence of stone throwing and protests. But the militancy has lingered.

The solution, however, lies beyond silencing guns. It necessitates a comprehensive approach that delves into the root causes fueling this cycle of violence. It demands a concerted effort, both in security measures and political engagement, to create a future where the specter of conflict wanes. The path toward lasting peace in the Valley requires addressing underlying grievances and fostering an environment conducive to progress and prosperity.

The time to acknowledge and confront this renewed challenge of militancy is now. Ignoring the signs will only jeopardize the hard-earned tranquility. It needs a synergy of security vigilance and socio-political initiatives, essential to chart a course where the situation is acknowledged for what it actually is and then sought to be addressed.

OTHER OPINION

Another opportunity

The Union Sports Ministry suspending the newly elected Wrestling Federation of India (WFI) on Sunday marks yet another twist in the nearly year-long saga afflicting Indian wrestling. In January 2023, Olympic medalists Sakshi Malik and Bajrang Punia, and World Championship medalist Vinesh Phogat, had accused the then WFI president Brij Bhushan Sharan Singh and the coaches of the Federation of sexual harassment. The Bharatiya Janata Party parliamentarian was subsequently forced to relinquish control and was charged by the Delhi police for offences including stalking and harassment. But last Thursday, his long-term loyalist, Sanjay Singh, was appointed the new president. Not only did Singh and his fellow Brij Bhushan confidants win 13 of 15 posts to which polls were held, not a single woman was chosen. The sight of Singh standing beside a heavily garlanded Brij Bhushan outside the latter's residence — which also doubled up as the WFI office — and the duo flashing the victory sign was enough indication of where the control lay. Such was the disappointment among the wrestlers that a tearful Sakshi announced her retirement while Vinesh warned that no woman will find wrestling safe in the current set-up. On Friday, Bajrang decided to return his Padma Shri award in protest.

Perhaps, it is this embarrassing turn of events that forced the government to finally act. The Ministry has also cited hasty and arbitrary decision-making on Singh's part, wherein he announced the revival of tournaments without taking into confidence the Secretary General (Prem Chand Lochab) as mandated by the WFI constitution. Lochab is one of two WFI office-bearers not considered close to Brij Bhushan. Another reason was the running of Federation affairs from "the premises controlled by former office-bearers, also the alleged premises wherein sexual harassment of players has been alleged". In a nutshell, the mess has laid bare everything that plagues sports administration in India. Even as the nation is diversifying its sporting excellence, the bureaucracy that runs sport still carries the unwelcome legacy of patronage politics. It also does not help that prominent athletes occupying positions of power are mostly deferential to the political masters who helped in their ascent. In the wrestlers' case, the Indian Olympic Association led by the legendary P.T. Usha dithered in its initial response and the athletes' commission comprising iconic sportspersons was tongue-tied. Such was Brij Bhushan's clout that a first information report was registered only after the intervention of the Chief Justice of India. There is still room to wipe the slate clean and usher in reforms. The authorities should go the whole hog.

The Hindu

Time to Scrutinize 'Influencers'

'You can bring the egg out of the hen, not the hen out of the egg'

Zia Darakshan

Promotion of products, services, events and brands has undergone a sea change. This change has made the traditional mode of advertising and promotion redundant and it is the social media which has been driving this change. The impact of social media does not need any endorsement and there is no soul which has not been influenced by this mass media.

Over a period of time, social media proved an effective platform for a breed of people who later came to be known as influencers. These are the people who create and share content on this platform, often focusing on specific genres or topics about which they have knowledge or expertise. These influencers have been attracting sponsorships and collaborations from companies in various sectors based on their audience and the content they produce. We have been seeing companies approaching influencers for partnerships depending on the influencer's niche, reach, and the demographic makeup of their followers. This collaboration has been allowing companies to leverage the influencer's audience for promotional purposes.

PAST

Let's journey back to the era of traditional promotion, devoid of the internet and influencers. TV, cinema, newspapers, and hoardings were the primary channels for brand promotion. Celebrities were the trusted ambassadors, and their endorsement carried significant weight. Consumers, influenced by their favorite stars, would rush to purchase products without hesitation, confident that celebrities wouldn't endorse fake or fraudulent items.

In those days, the bond between consumers and companies endured, shaped by the authentic association between celebrities and endorsed products. For instance, the iconic Saritaji ad, featuring the renowned actress from the popular DD serial 'Udaan,' portrayed her as a symbol of goodness. Surf Excel wisely capitalized on this connection, making her their brand ambassador, and the combination of Saritaji and the whiteness of Surf Excel remains exceptional.

PRESENT

Move on to the contemporary world, where customers remain loyal, but technology has undergone a changeover. TV gave way to the internet, and the internet steered in the era of social media. The shift in influence moved from beloved TV and Bollywood personalities to social media influencers, with an added emphasis on regional influencers. Social media became the new frontier due to its accessibility, available at the tap of a phone screen anywhere in the world.

In this evolving landscape, people view product endorsements by influencers as personal recommendations rather than sales pitches. Trust has transitioned from TV and Bollywood personalities to social media influencers. Consumers now place greater trust in the influencer, seeing them as relatable personalities rather than distant corporate entities.

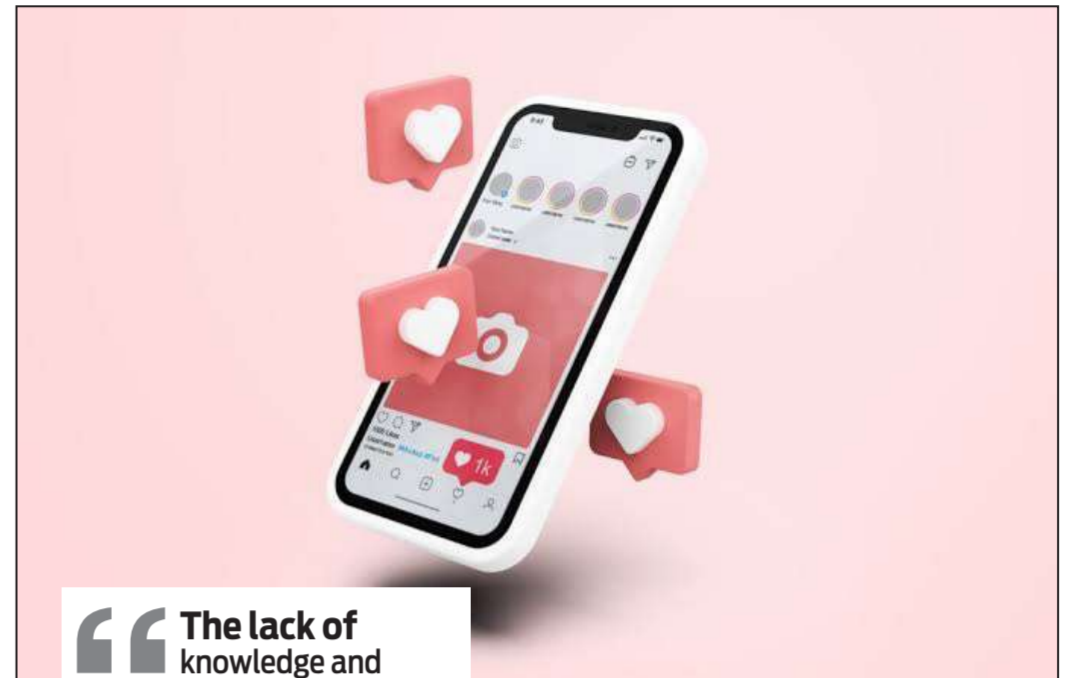
Precisely, the role of influencers has become pivotal. With their power to persuade, influencers bear a heightened responsibility.

KASHMIR STORY

In the era of social media dominance, Kashmiri influencers too have emerged as powerful voices, whose digital charisma and online presence have afforded them considerable sway over public opinion. They influence not only in their niche but also branching out as authorities in diverse fields.

Take the case of the recent financial fraud in Kashmir that shook the confidence of general masses. Actually, a Chennai based online investment firm, Curative Survey, operating under the guise of launching beauty products, conned thousands in Jammu and Kashmir. The firm had claimed doubling of money in 15 days, but allegedly robbed people of their hard earned money and vanished in thin air overnight leaving gullible people in lurch.

Local social media influencers played a double role in the scam. Two influencers, one from Jammu and another from Baramulla, reportedly played a pivotal role in convincing people to invest in the scheme. Their endorsement, targeting



The lack of knowledge and expertise among influencers raises concerns about their suitability to vouch for certain products or organizations. Why influencers choose to endorse entities without a comprehensive understanding becomes a critical question, especially when it comes to products or services that may have far-reaching consequences

GROWING INFLUENCE OF LOCAL INFLUENCERS

J&K is witnessing a breed of influencers lately who, beyond their original content, delve into various domains, positioning themselves as modern-day polymaths. From lifestyle and fashion to academia and entrepreneurship, these people have become go-to figures for advice and opinions.

Are these influencers genuinely experts in every field they touch, or does their influence sometimes blur the line between genuine expertise and endorsements for personal gains?

As influencers assume roles as authorities, their audiences are often swayed by their opinions and recommendations. The trust bestowed upon these figures can lead followers to invest not only their time but also their resources in endeavors endorsed by influencers.

Many questions arise regarding the authority granted to influencers to endorse products without conducting proper fact checks. Moreover, the credibility of influencers comes into question when considering their qualifications to endorse products, especially in critical areas like financial investments.

The lack of knowledge and expertise among influencers raises concerns about their suitability to vouch for certain products or organizations. Why influencers choose to endorse entities without a comprehensive understanding becomes a critical question, especially when it comes to products or services that may have far-reaching consequences.

The authenticity of influencers, in general, is brought into doubt, prompting the need for governmental intervention.

CONCLUSION

Governments play a crucial role in safeguarding public interests, and there is a pressing need for regulations that curtail influencers from indiscriminately endorsing products from unknown companies. A blanket ban on such practices could be a necessary step to protect consumers from potential harm caused by ill-informed endorsements.

As the influence of social media personalities continues to grow, ensuring responsible practices among influencers becomes foremost for maintaining trust and preventing potential harm to the public. Government regulations can play a pivotal role in shaping ethical standards within the influencer industry.

Financial literacy campaign could provide an additional layer of caution to safeguard gullible people from being carried away by the lucrative offers of those operating within our system.

To sum up, 'You can bring egg out of hen not hen out of egg', logic prevails and influencers must understand it.

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

mainly students and homemakers, lured people with promises of substantial returns.

Contrary to this, another group of local influencers exposed the doubtful operations of the company as a scam.

Here, to gain a clearer insight, it merits high priority to unknit the deceptive intricacies of the company's trap. Basically, it operated as a Ponzi scheme.

What is a Ponzi Scheme?

A Ponzi scheme, named after its originator Charles Ponzi in 1919, is a deceitful investment scam offering unrealistically high returns with little to no risk. The scheme relies on a continuous influx of new investors to pay returns to earlier ones, creating a chain that inevitably collapses when new investments cease.

The modus operandi of Ponzi scheme

To grasp the workings of a Ponzi Scheme, when someone is offering you remarkably high returns on an investment outside the formal financial system? Be watchful you might be stepping into a Ponzi trap.

The 'Curative Survey' Case:

In the 'Curative Survey' case, the Ponzi scheme preyed on people's greed and fear, drawing them into a web of deceit. What makes this case particularly appalling is the alleged involvement of local influencers who endorsed the scheme, leading their followers into a financial abyss.

We commonly find people falling prey to such frauds either for being greedy or succumbing to the fear created by fraudsters. Despite high alerts against cyber frauds, people continue to fall in the trap of fraudsters and are lured to invest money in financial schemes they do not understand. Ultimately, they end-up losing their hard-earned money to a variety of frauds.

Online financial frauds have become an organized sector which is only growing in size with its operators mostly remaining untraced. If reports about loss of money in such frauds are taken into account, billions of dollars across the globe are lost by the gullible investors every year.



OBSERVER
MAIL

All letters intended for publication must include the writer's name and address, even if a pseudonym is used. Letters are edited as clarity, space and accuracy of expression require. Our publishing a letter does not mean we agree with everything or even anything in it. -EDITOR

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Power of Words

Words carry a lot of power. They can build and lift, comfort and calm, and teach and inspire. Contrarily, words can destroy and demolish, incite and enrage, and embarrass and demean. Their meanings crystallize perceptions that shape our beliefs, drive our behaviour, and ultimately create our world. The power of words

arises from our emotional responses when we read, speak or hear them. The words we write or speak to others can leave a huge impact and create a lasting memory, either good or bad. It is therefore very important to choose them wisely and use them properly. Words are like music - when played well, they can enchant and delight the whole environment. And, words are

free. But, if used in a wrongful and harmful manner, they even cost you a mountain. Words hold incredible power to shape our lives. Positive communication, rooted in empathy and understanding, can transform relationships, boost our physical and mental well-being, and inspire personal growth. By choosing our words carefully, we can harness the power

of language to create a brighter, more fulfilling life. So, let us embrace the power of words and use them to uplift, inspire, and transform the world. Said Mother Teresa: "Kind words can be short and easy to speak, but their echoes are truly endless."

Ranaganathan Sivakumar

Beyond Borders Khalil Gibran's Global Influence

Aubaid Akhoun

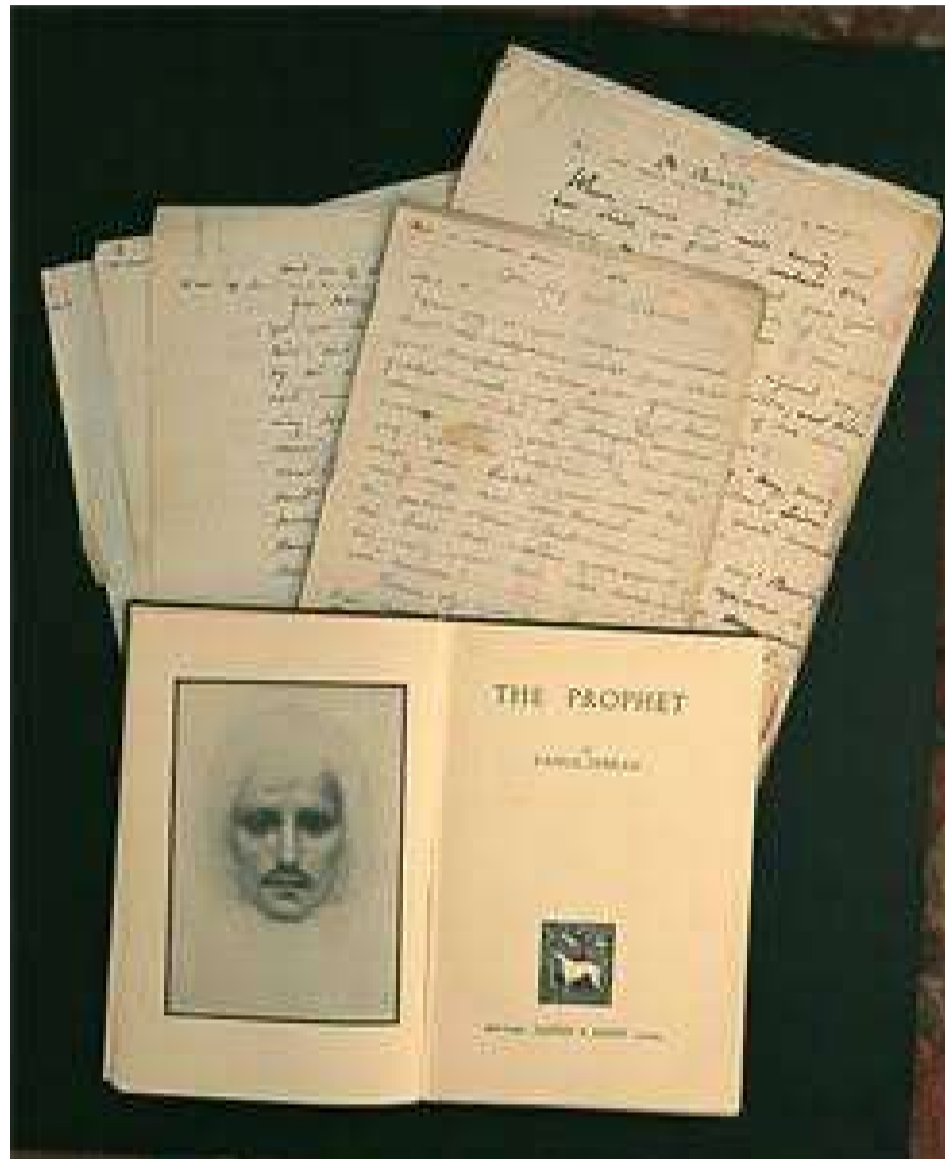
Khalil Gibran, born in Lebanon in 1883, stands as a celebrated figure, a luminary whose brilliance reverberates through the ages. His profound insights, poetic eloquence, and philosophical reflections have left an indelible mark on the literary landscape, transcending cultural and linguistic boundaries.

CONTRIBUTION TO THE WORLD OF LITERATURE

Gibran's literary legacy stands as a testament to his unparalleled ability to weave spirituality, human emotions, and universal themes into a tapestry of profound wisdom. Notable works such as "The Prophet" and "A Treasury of Wisdom" exemplify his gift for articulating intricate ideas with a simplicity that resonates profoundly, earning him global acclaim. "The Prophet," a timeless masterpiece that debuted in 1923, continues to captivate readers worldwide. Its enchanting wisdom, delivered in Gibran's eloquent prose, has transcended borders, embraced in over 100 languages. This best-selling gem invites readers on a global journey, inspiring hearts with its enduring messages. Alongside this masterpiece, Gibran penned other notable works like "The Madman," "Sand and Foam," and "The Forerunner," showcasing the breadth of his artistic prowess. Despite his artistic success, Gibran's life was tragically cut short by cirrhosis of the liver and tuberculosis, leaving behind a legacy that continues to shape the literary landscape. He departed on April 10, 1931, but his words remain alive, eternally resonating with those seeking profound insights and spiritual illumination.

GOD'S FOOL: KHALIL GIBRAN'S MASTERPIECE

Within the tapestry of Khalil Gibran's masterpiece, "God's Fool" emerges as a powerful poem, a poetic symphony within "The Forerunner." This profound piece delves into intricate themes and philosophical insights, inviting readers into an enriching experience that mirrors Gibran's unique perspective on spirituality and the tapestry of life. In the larger context of "The Forerunner," a collection of 25 poems and parables, Gibran intricately weaves threads of wisdom, exploring the depths of spirituality, love, and the vast



expanse of our greater selves.

Here, I present the enchanting narrative of "God's Fool," a poetic gem nestled within Khalil Gibran's magnum opus, "The Forerunner." Each verse unveils a profound story, a poetic odyssey that transcends the ordinary, offering readers a glimpse into Gibran's mas-

terful exploration of spirituality and the intricate tapestry of life.

In a bygone era, a man from a distant desert, dressed humbly, entered a magnificent city, marveling at its grand buildings and temples. Despite language barriers, he wandered into what he believed to be a place of

laughter from the onlookers. Khalil Gibran's "God's Fool" vividly captures the clash of cultures and the complexities that arise when simplicity encounters sophistication.

CRITICAL ANALYSIS: KHALIL GIBRAN'S MESSAGE IN "GOD'S FOOL"

Gibran, known for his philosophical insights, employs "God's Fool" as an allegory, challenging societal norms and perceptions. The central character, the "God's Fool," represents innocence and genuine intent, yet faces ridicule due to cultural misinterpretations. The language barrier symbolizes the challenges of communication, emphasizing the importance of embracing diversity beyond appearances.

LEGACY AND INFLUENCE

Gibran's impact extends far beyond his lifetime. His writings, including "God's Fool," inspire artists, thinkers, and spiritual seekers worldwide. The timeless wisdom prompts reflection on personal journeys and the quest for spiritual understanding.

EMBRACING GIBRAN'S WISDOM

As readers engage with "God's Fool," they are invited to embrace Gibran's wisdom and consider the transformative power of questioning societal norms. The work encourages a shift in perspective, urging individuals to look beyond the surface and seek a profound connection with the divine.

CONCLUSION: A LITERARY ODYSSEY

In conclusion, Khalil Gibran's "God's Fool" stands as a testament to his brilliance, merging spirituality with poetic expression. This captivating literary odyssey challenges readers to reevaluate notions of wisdom and folly, guiding them on a contemplative journey toward a deeper understanding of existence. Gibran's words are not merely read; they invite readers to embark on a spiritual adventure, crafted by a master wordsmith, where literature becomes a transformative experience.

worship—a yellow marble building—only to discover a lively scene of feasting and music.

Mistaking it for a generous feast hosted by the local prince, he indulged in hospitality, unaware of an impending misunderstanding. Confronted about an unpaid bill by a well-dressed doorkeeper, he faced four watchmen, thinking them to be the prince's servants. Escorted to a court, he found himself questioned by a judge in an unfamiliar language.

Advocates argued his case, leaving him thrilled at the prospect of a royal audience. However, the judge's perplexing verdict sentenced him to ride a naked horse through the city with a tablet around his neck. The procession, accompanied by trumpeters and drummers, turned into a spectacle that drew

laughter from the onlookers. Khalil Gibran's "God's Fool" vividly captures the clash of cultures and the complexities that arise when simplicity encounters sophistication.

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Aubaid Ahmad Akhoun is a Columnist & Motivational Speaker and an Associate Editor of the Weekly Publication 'Education Quill'.

Is Your Personal Battery Charged?

Elizabeth A. Grill

The holiday season is here, and – for many people – this time of year evokes feelings of warmth and joy with an emphasis on spending time with loved ones and taking time to rest and relax. Unfortunately, health care is one of the few industries exempt from this downtime, and it's not just patients who experience the holiday blues.

The reality of the holiday season for many health care workers doesn't feature meaningful time spent with families or a well-deserved week off. Instead, that reality consists of heightened stress, increased job demands, clashing cultural ideas of what holidays are "supposed" to be, and the exasperating expectation to be filled with holiday cheer. Stress experienced during the holiday season can lead to increased feelings of sadness, anxiety, disconnectedness, loneliness, and social isolation. According to a recent survey conducted by the American Psychiatric Association (APA) (2021), 40% of health care workers are anxious about working long hours during the holiday season and 54% say their stress level increases during the holiday season.

Many health care workers are already running on empty by the time the holidays roll around. Health care professionals need a consistent routine of well-being practices to stay charged, alleviate distress, avoid burnout, and remain connected to family, friends, colleagues and patients.

HEALTH-CARE BURNOUT

Even prior to the COVID-19 pandemic, pressure on health care teams was on the rise, and the prevalence of burnout among physicians in the United States was at an alarming level, with half experiencing symptoms (Shanafelt et al., 2012). During the height of the pandemic, physician burnout rates across all specialties reached an all-time high, with 62.8% of physicians reporting at least one experience of having burnout in 2021 (Shanafelt et al., 2022). In a report published recently in the Journal of General Internal Medicine, Rotenstein et al. (2023) found that clinical staff, and non-clinical support workers in health care, also experienced substantial levels of burnout; nurses had the highest reported rates of burnout at a whopping 56%. To add insult to injury, satisfaction with work-life balance, depression,

and professional fulfillment were also impacted. Many workers reported that they wanted to leave their jobs within two years – including nurses (41%), clinical and non-clinical staff (32%), and doctors (24%).

NEGATIVE IMPACT OF STRESS AND BURNOUT

Burnout is not conditional upon career stage, nor is it correlated with years in practice (Shanafelt, et al., 2003; Pentti et al., 2008). The risks associated with high stress and burnout are many and can lead to burnout syndrome (Fontán et al., 2001) and compassion fatigue (Bush, 2009), which

HOW TO KEEP YOUR WELL-BEING BATTERY CHARGED DURING THE HOLIDAYS

For many health care workers, stress goes unnoticed, building up over time when the focus is on providing excellent patient care – but not self-care. If your well-being battery is running low (or is completely dead), you won't have enough energy to give to your patients (or your colleagues or even your loved ones) – and you run the risk of burnout. Adding self-care to your personal routine and advocating for self-care to be a priority within your organization's culture is critical to making sure that your well-being battery stays charged during



can affect both physical and mental health, as well as compromise work productivity, performance, and quality of care (Adams et al., 2008; Balch et al., 2009; Oreskovich et al., 2012). Burnout can lead to emotional exhaustion, depersonalization (i.e., feeling detached toward patients), a low sense of accomplishment (Wallace et al., 2009), and an increased risk of suicidal thoughts (Shanafelt et al., 2016).

Stress and burnout in physicians can lead to behavioral and performance issues at work, conflict in the workplace and at home, and dissatisfaction with jobs and careers (Shanafelt et al., 2012; Dewa et al., 2014). Studies show that even small increases in stress and burnout scores can lead to more perceived medical errors (West et al., 2009; Shanafelt et al., 2010), reduced work hours (Shanafelt, et al., 2016), and decreased patient quality care and satisfaction (Krumholz et al., 2013).

the holidays and beyond. Here are 10 simple ways you can prioritize charging your well-being battery and take control of your mental and physical health:

- 1) Take Inventory.** Tune in to your body and mind and distinguish your symptoms of stress. That includes physical symptoms (e.g., headaches, stomach issues), psychological symptoms (e.g., irritability, sadness, worry) and behavioral symptoms (e.g., increased eating and drinking, trouble sleeping). Try to reduce your number of triggering activities and use the tips below to cope with the things you can't avoid.
- 2) Change Negative Thoughts.** Negative thinking can be hard to overcome during the holidays; for a lot of us, it's automatic and can lead to distress. Select the thought that causes the most negative emotions.

- 3) Move Your Body.** Exercise can be extremely effective at boosting your mood and alleviating symptoms of depression. Any amount of exercise is better than none. Try doing something active every day. Stretch each morning. Take a walk
- 4) Do Things That Bring Pleasure and Joy.** Prioritize activities that make you feel happy. Watch your favorite movie or listen to your favorite podcast or playlist. Get back to a loved hobby or order in from your favorite restaurant. Buy yourself flowers, light a scented candle, or put on flannel sheets. Make it a point to carve out some time each day to do at least one thing that brings you genuine joy.
- 5) Maintain a Balanced Diet.** Remember that mood is heavily impacted by what you eat, and during times of stress we tend to reach out for comfort foods (and there is plenty to choose from during the holiday season). Food can also be a source of pleasure and joy. So, be mindful about what you eat dur-

- 6) Stay Well-Rested.** Sleep may be difficult for many health care workers trying to balance pressure from work with time to celebrate the holidays. Practice good sleep hygiene (e.g., limit caffeine, wind down away from screens, use white noise, keep the room cool before bed).
- 7) Practice Self-Compassion.** You are not perfect, and it's okay to feel overwhelmed and to make mistakes. You are doing the best you can to take care of yourself and others. Practice patience and compassion not just with others but, most importantly, with yourself.
- 8) Consider Mindfulness and Meditation.** Mindfulness has been proven to be highly effective in reducing stress and decreasing burnout among health care workers. Practice relaxation strategies, such as mindfulness, deep breathing, progressive muscle relaxation, and visualization. Download a meditation app on your smartphone or just find a quiet, calm spot to close your eyes and take a few deep breaths several times a day. Build this into your daily routine to feel more relaxed throughout your day.
- 9) Express Yourself.** Chances are you are not the only one feeling the stress of the holidays. Try talking to a coworker or friend who understands your source of stress or, try journaling for 20 minutes a day a few days a week. If those things don't help, consider reaching out to a professional who can objectively listen to you and offer direction and support.
- 10) Stay Connected.** It can be easy to feel lonely or to isolate yourself when you're feeling overwhelmed by the holidays. Don't overextend and give yourself permission to say no. Set self-protective boundaries before you meet with family or friends and choose to be around people who will make you feel good and not add to your emotional burden.

The article was originally published by Psychology Today



Upbeat Rohit Wants To Break India's Winless Streak In SA

Press Trust of India

JOHANNESBURG: Rohit Sharma, as leader of the side, wants to achieve what past Indian teams have not in the past 31 years -- a series victory in South Africa -- but even that won't be able to heal the scars of World Cup final defeat.

The skipper wants his unit to be the first one to win a series in the Rainbow Nation in India's ninth attempt since 1992.

"These are very important matches in terms of where we stand as a team. Also to look back that we have never won a series here as well, it's a big opportunity for us to do well here," Rohit said on the eve of the opening Test.

"We came pretty close the last two times when we toured here but again we have come to this place



with lot of confidence to try and achieve what nobody (Indian) team has ever achieved in this part of the world," the skipper said, exuding confidence.

So will it act as a balm for World Cup final defeat and he was straight?

"I don't know whether a Test series win in South Africa can be a balm for a World Cup final defeat. I mean World Cup is World Cup. Itni mehnat ki haai, kuch toh result milein. (We

have been working so hard, it's time we get some big result). We all want that," Rohit answered typically in his own sweet style.

However, Mohammed Shami, who played a big role in the 2021 Test win at Centurion, will be missed due to his left heel injury.

"What he has done for our team over the years, obviously it's a big miss but someone will come in place of him, try and fill in that role and it will not be easy

but we have confidence," said Rohit.

"Prasidh (Krishna) extracts a lot of bounce due to his height and Mukesh can swing the ball. We were suppose to have a look at pitch today and decide whether we want someone to bowl up or back. We have 75 percent decided and rest 25 percent we would tomorrow," the skipper replied with a wry smile.

South Africa isn't exactly a dream destination for batters and in Shreyas Iyer, Shubman Gill and Yashasvi Jaiswal, the team has three top-order players, playing a Test here for the first time.

"That's a challenge. But at some point, we (him, Virat Kohli, KL Rahul) were also newcomers when we came to South Africa or Australia or England. And it's the same for these guys as well."

Khelo India Women's Rugby League Begins In Srinagar

Observer News Service

SRINAGAR: Khelo India Women's Rugby League in Jammu & Kashmir 2023 began Monday at Polo Ground West here. The league is being organised under the banner of Sports Authority of India and in collaboration with Rugby India and J&K Sports Council. The competition will be held from December 25 to 26.

More than 400 females athletes from across J&K are taking part in the mega tournament, which will have Sub Junior, Junior and Senior Girls categories.

Tausif Ahmed, co-ordinator of Khelo India J&K and SAI Badminton Coach, along with Zulfkar Ali Bhat, Water Sports Coach from SAI Water Sports Centre Nehru Park, and Prateek Kumar, Assistant Volleyball Coach from SAI STC Jammu, graced the event.

The winning team will be awarded with Rs. 50,000 cash award, while first runner-up gets Rs. 30,000 and the second runner-up are awarded Rs. 20,000.

All three age categories will be awarded with cash award and certificate medals, souvenirs, etc.

City Club Dalgate Clinch CRPF Football Cup Title



Observer News Service

SRINAGAR: City Club Dalgate emerged triumphant in the final of the CRPF Football Cup 2023 against Kashmir United FA on Monday at Synthetic Turf TRC here. The Dalgate boys won the game 4-3 on penalties.

The final game took place in the presence of Ajay Kumar Yadav, IPS, IG Srinagar Sector, V K Birdi IPS IGP

Kashmir Deputy Inspector Generals of CRPF, Ashish Mishra IPS Senior Superintendent of J&K Police Srinagar, Shri Ram IPS SP East City Srinagar, and senior officers of CRPF Srinagar Sector and J&K Police.

Officials of J&K Football Association as well as Sajid Yousuf Dar, International coach and Coach Educator, along with several other guests graced the occasion.

Subject: - Notice for inviting tenders for Anticancer Drugs and other related supportive drugs etc.

TENDER NOTICE

- Sealed tenders in two cover bid system affixed with Rs.10/- Revenue Stamps are invited for and on behalf of **Chairman Cancer Society of Kashmir** from Manufacturers/Firms/Companies/Stockists/Authorised distributors for one year W.e.f. date of approval of rate contract which must reach this office by or before **26-01-2024** for the following groups

| | |
|---|-------------------|
| 2. Group-A Anticancer Drugs | Annexure A |
| 3. Group-B Colostomy / Urostomy / ilosetomy Bags | Annexure B |
| 4. Group-C Surgical Items / Supportive Drugs | Annexure C |

2. The tenders should be accompanied with Earnest Money Deposit for Group "A" of Rs. 1.00 lac, for Group "B" Rs, 60,000/- & for Group "C" Rs, 10,000/- in shape of CDR/FDR to be drawn on any Nationalized/Scheduled Bank pledged to the Cancer Society of Kashmir. Without which tenders shall not be entertained.

3. The tenders should be addressed to the Chairman Cancer Society of Kashmir 4-Bagh Islam Colony Lalnagar Chanapora.

4. Tenders should invariably be submitted in two Bid System containing two parts as detailed below:-

Part I ----- **Techno Commercial Bid in separate sealed cover**

Part II ----- **Price Bid/Financial Bid for all groups in another sealed cover.**

Both sealed covers to be put in outer cover.

- Detailed tender notice along with list of drugs can be had from **CSK office** against the cash payment of **Rs, 500/-** each on all working days from **10:00 Am to 04:00 Pm.**
- Authorised distributor shall enclose copy of authorisation letter of the concerned company.
- CSK** reserves the right to accept/reject any tender/tenders without assigning any reason thereof. On acceptance of tender and its communication to the successful tenderer, the same shall be binding upon the successful tenderer with immediate effect.

**General Secretary
Cancer Society of Kashmir.**

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

