KASHMIR OBSERVER

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J&K Breathing Freely After Art 370 Abrogation: PM

- 'Dil jeetne aya hu', said Modi as he began his address
- J&K people my family members
- J&K suffered under dynasticism and corruption
- Jammu and Kashmir is India's crown
- J&K touching new heights of development
- » In 2023 alone, J&K welcomed over two crore tourists
- J&K's success story would attract the world's attention
- > J&K Bank that was in loss, is now making profits
- J&K has a deep connection with the symbol lotus
- Nobody can stop J&K's train of peace and prosperity

'Wed In India',

KO Web Desk

PM's Next Mission

Promotes Destination Weddings In J&K

rime Minister Narendra Modi on Thursday

He encouraged people to choose Indian locations like Jammu and Kashmir for their weddings instead of spending money abroad. The PM said that his next mission is "Wed in India".

"People should host weddings in India...If people feel like coming to J&K and hosting weddings...do their booking here, stay here for three days and spend layishly here so that people of lammy and Kashmir.



Observer News Service

Srinagar: Prime Minister Narendra Modi on Thursday asserted that Jammu and Kashmir is "breathing freely" after the abrogation of Article 370 and pledged accelerated progress over the next five years.

"Modi will not leave any stone unturned to repay this debt of affection. This is Modi sanz (Kashmiri word) guarantee," he said addressing a massive rally at Srinagar's Bakshi stadium, the first by a prime minister.

Modi said the new Jammu and Kashmir has the spark for the future in its eyes and "140 crore citizens feel at peace when they see the smiling faces of the people of Jammu and Kashmir"

He also criticised dynastic politics that "plagued the region", underscoring the transformative impact of the decision to abrogate Article 370 in 2019.

"Jammu and Kashmir has been the biggest victim of dynastic politics since independence. Congress misguided the nation about Article 370 but who did it benefit? Did it benefit the people of Jammu and Kashmir or a few political families?

"Jammu and Kashmir is touching new heights of de-velopment after the abrogation of Article 370. Jammu and Kashmir is touching new heights of development today because it is breathing freely, the prime minister said at the

'Viksit Bharat Viksit Jammu

Kashmir' rally.
This was Modi's first visit to Kashmir since the Centre abrogated the special status given to the erstwhile state and bifurcated it into two Union territories -- Jammu and Kashmir and Ladakh -- on August 5, 2019.

"Jammu and Kashmir has broken the shackles after the abrogation of Article 370," he said.

The rally, the first by a prime minister | More on P6

'Prevented **J&K Bank** From Sinking'

KO WEB DESK

rime Minister Narendra Modi on Thursday alleged that the Jammu and Kashmir (JK) Bank had fallen victim to dynasty rule's nepotism, corruption and mismanagement. In the last five years, he said the "about to sink" bank was revitalised by interventions and converted into a profit-making institution. Addressing a public gathering at Bakshi Stadium in Srinagar, Modi said that the Kashmiri dynasty politicians spared no effort in looting the bank and granting opportunities to their relatives, ultimately leading | More on P6

PM Meets Local Entrepreneurs. Craftsmen

rime Minister Narendra Modi on Thursday met several young entrepreneurs in Srinagar during his day-long visit to Kashmir valley. He later addressed a mega rally at Bakshi Stadium Srinagar where he inaugurated initiatives worth nearly Rs 5,000 crore for boosting the

agri-economy in Jammu and Kashmir During the interaction several young entrepreneurs appraised PM Modi about the

avenues being made available by the Jammu and Kashmir government after August 05, 2019. They thanked PM Modi led government at centre for extending I More of

Massive Turnout Marks PM's Rally Amid Tight **Security Measures**

Press Trust Of India

Srinagar: Wearing Modi masks and chanting his name, thousands of people from across Jammu and Kashmir on Thursday reached Srinagar's Bakshi Stadium here to attend Prime Minister Narendra Modi's rally.

In his first visit to Kashmir after the abrogation of Article 370, Modi unveiled multiple development projects worth more than Rs 6,400 crore, addressed a public meeting, and participated in the 'Viksit Bharat, Viksit Jammu Kashmir' programme at the stadium. of

Hundreds

supporters, wearing tri coloured turbans, also reached the venue while security personnel had a tough time managing the crowd. Officials said tight security arrangements were put in place but there were no restrictions on the movement of people. Life was normal across

the Kashmir valley and most of the shops and other business establishments were open here, the officials said.

They said there were no restrictions on the movement of the people in any part of the valley, except for traffic diversions around the venue of the PM's rally.

"People were | More on P6

'From Stones To Startups', LG Hails Transformation Of J&K

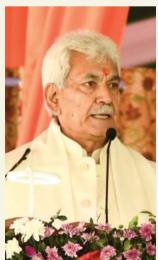
Says Development Of J&K Top Priority Of Modi Govt Since 2014

Press Trust Of India

Srinagar: Jammu and Kashmir Lieutenant Governor Manoj Sinha on Thursday claimed the region has witnessed a huge transformation in the last few years with no innocent dying in violence.

Speaking at the 'Viksit Bharat Viksit Jammu Kashmir' attended by Prime Minister Narendra Modi at Bakshi Stadium here, Sinha said the prime minister, by establishing a new J&K, has created a new history.

"It is because of your (PM's) efforts that people are living life on their own terms. No innocent son of a mother loses



his life, no eye is blinded by the pellet guns, no innocent is killed. This is a huge transformation," Sinha said.

He said the youth of Kashmir do not carry a stone in their hands now, but have books and laptops and build a start-up.

"Security forces have made every effort to end the ecosystem of terror and separatism. The biggest transformation is that before the people used to buy peace, but you (Modi) made it clear that we will not buy peace, but believe in establishing peace. The people of Kashmir are reaping its benefits now," he said.
"Modi ji, by | More on P6

PM Inaugurates Projects Worth Over 6,400 Cr In Srinagar

lavishly here so that people of Jammu and Kashmir also get their livelihood," PM Modi said. "The world has seen how G20 was organised in J&K. There was a time when people | More on P6



Press Trust Of India

Narendra Modi Thursday dedicated to the nation multiple development projects worth more than Rs 6,400 crore at the 'Viksit Bharat Viksit Jammu Kashmir' programme here during his first visit to the Kashmir valley after the abrogation of Article 370 in 2019.

The projects included holistic agriculture development programmes worth about Rs 5.000 crore and multiple projects related to the tourism sector worth more than Rs 1,400 crore under 'Swadesh Darshan' and 'PRASHAD' scheme including the project for 'Integrated Development of Hazratbal Shrine', Srinagar, officials said.

The prime minister also launched the 'Dekho Apna Desh People's Choice Tourist Destination Poll'

Diaspora Campaign', and announced ist destinations selected under Challenge Based Destination Development (CBDD) Scheme, they said.

He also distributed appointment orders to about 1,000 new government recruits of Jammu and Kashmir and interacted with the beneficiaries of various government schemes including women achievers, lakhpati didis, farmers, entrepreneurs, etc.

The prime minister mentioned schemes for the welfare of the poor that could not be availed by the deprived. Highlighting the change of fortunes, he said schemes for the entire nation have been launched on Thursday from here and Jammu and Kashmir is leading the way for tourism in the country.

Therefore, | More on P6

in India have joined the occasion."

PEOPLE FROM MORE THAN 50 places

LeT Operative Designated As Terrorist

Press Trust Of India

New Delhi: The Narendra Modi government on Thursday declared Lashkar-e-Taiba (LeT) operative Mohammad Qasim Gujjar, the mastermind of several terror attacks, a designated terrorist.

Announcing the government's decision, Union Home Minister Amit Shah said LeT operative Gujjar has caused numerous deaths and injuries with terror attacks and is involved in planning a war against India.

"Anyone found involved in activities against the unity and integrity of the nation will be dealt with ruthlessly," Shah posted on X.

Gujjar alias Salman alias Suleman with the intention to wage war against the country has been involved in carrying out a wide-range of terrorist activities, including coordinating, supplying, identifying lo-cations for drones for dropping arms, ammunition, improvised explosive devices and cash, and delivering and managing consignments from across the border, according to an official notification.

He has also been involved in creating new terror modules through recruitment and radicalisation by various means, including social | More on P6

PM UJJWALA SCHEME

Rs 300 Per LPG Cylinder **Subsidy Extended For FY25**

Agencies

New Delhi: The Centre on Thursday announced the extension of a subsidy of Rs 300 per LPG cylinder to poor women under the Prime Minister Ujjwala scheme for the financial year 2024-25. Union Minister Piyush Goyal announced the decision of the Cabinet Committee on Economic Affairs (CCEA) to extend the PM Ujjwala subsidy into the financial year starting April 1.

The subsidy, of Rs 300 per cylinder, was scheduled to end at the end of the current financial year, which ends on March 31.

The move, set to benefit nearly 10 crore families, will cost the exchequer Rs 12,000 crore.

The Centre launched the PM Ujjwala Yojana (PMUY) in May 2016 to provide depositfree LPG connections to adult women of poor households.

Initially, while the LPG connection was provided to eligible households free of cost, the beneficiaries had to purchase LPG refills at market price.

In May 2022, the government in May 2022 introduced a subsidy of Rs 200 per cylinder, for up to 12 refills per year, under the Ujjwala | More on P6

NC-PDP Seat Sharing 'Dispute': Rahul Steps In As Mediator

Agencies

Srinagar: As tensions rise between the National Conference and the People's Democratic Party (PDP) over seat sharing in the upcoming elections, Congress leader Rahul Gandhi has intervened to facilitate dialogue between the two long standing rivals in Jammu and Kashmir's political arena.

Sources said that NC remains firm on retaining all seats it won in the previous LS polls, including the contentious Anantnag constituency, while the PDP seeks to contest from its former stronghold in South Kashmir.



Despite the PDP's willingness to support the NC in other constituencies, the deadlock persists over Anantnag.

Concerns mount within the India alliance as the NC and PDP struggle to find common ground, prompting calls for intervention from outside parties. Rahul Gandhi, informed of the impasse, has been urged to mediate between the two factions.

It was informed further that Rahul Gandhi may speak with both Omar and Mehbooba to end the impasse and finalize the candidates between the two parties for coming LS polls. Mohammad

Yousuf Tarigami, a leader of the CPI-M, emphasizes the urgent need for reconciliation, urging both parties to prioritize the welfare of the people over internal disputes.

"It is imperative for these parties to set aside differences and work together for the greater good of Jammu and Kashmir," Tarigami said, urging direct dialogue instead of public posturing. (KNO)

Monday - Saturday (9am - 6pm)

No 5- Dal Lake Boulevard Srinagar, 190001, Kashmir

KASHMIR OBSERVER Srinagar | Friday | 08-03-2024

New Al Model Diagnoses Diseases By Drawing Visual Maps



Press Trust Of India

■ cientists have developed a new artificial intelligence (AI) model that accurately identifies tumours and diseases in medical images by explaining each diagnosis with a visual map.

The unique transparency of the model, described in the journal IEEE Transactions on Medical Imaging, allows doctors to easily follow its line of reasoning, double-check for accuracy, and explain the results to patients, the

researchers said. 'The idea is to help catch cancer and disease in its earliest stages -- like an X on a map -- and understand how the decision was made," said Sourya Sengupta, a graduate student at Beckman Institute for Advanced Science and Technology in the US.

"Our model will help streamline that process and make it easier on doctors and patients alike," said Sengupta, the study's lead author.

The process of decoding medical images looks different in different regions of the world."In many developing countries, there is a scarcity of

doctors and a long line of patients. Al can be helpful in these scenarios,' Sengupta said. When time and talent are in high demand, automated medical image screening can be deployed as an assistive tool -- in no way replacing the skill and expertise of doctors, Sengupta said.

Instead, an AI model can pre-scan medical images and flag those containing something unusual -- like a tumour or early sign of disease, called a biomarker -- for a doctor's review. This method saves time and can even improve the performance of the person tasked with reading the scan.

These models work well, but they leave much to be desired when, for example, a patient asks why an AI system flagged an image as containing (or not containing) a tumour.

The new AI model interprets it-

self every time -- that explains each decision instead of blandly reporting the binary of "tumour versus nontumour," Sengupta said. The researchers trained their

model on three different disease diagnosis tasks including more than 20,000 images.

Government Of Jammu & Kashmir

Office Of The Executive Engineer,

Mechanical Irrigation Construction

Division, Srinagar.

Gist of Notice Inviting e-Tender

e-NIT Nos. MICD/68, MICD/69 and MICD/70 of 2023-24 all

dated: 06-03-2024.

For and on behalf of Lieutenant Governor of UT of Jammu and Kashmir e-tenders are invited in two cover

reputed Mechanical/Electrical SSI unit holders/contractors/fabricators/firms for following works respectively.

The bidding process shall be completed online in two covers viz. Cover '1st' -Tender fee and Earnest Money

details, Deposit, fulfillment of prequalification criteria, technical specifications and acceptance to terms and

Name of

Division

Irrigation

Construction

Division,

Srinagar

Position of funds: Demanded under ARD.

AAA Accorded vide Superintending Engineer Mechanical Circle I & F.C Department Srinagar's

No: - 78-MCO of 2022-23 dated: - 24.03.2023.

Key/critical Dates:

Each tender should be accompanied with a Bid declaration Form/Cost of tender document in the form of as

detailed above, pledged to the Executive Engineer MICD Srinagar in absence of Bid declaration form, the

06/03/2024.

Other details can be seen in the bidding documents from the website http://jktenders.gov.in.

Any information regarding the tenders can be had from this office on all working days.

(1600Hrs)

As per

06/03/2024 (1600Hrs)

Bid submission end date

13/03/2024 (1600 Hrs)

06/03/2024 (1600 Hrs).

Executive Engineer.

Srinagar.

Mech. Irri. Const. Division.

conditions of the tender. Cover '2nd' - Financial Bid in the prescribed BOQ.

Particulars of the

work

Complete repairs of

cusec, 10 mtr

dvnamic head end

suction horizontal

pumping unit No 2 at

Doulat Kul Rafiabad

Providing and Fitting

of 5 Hp Self Priming

pump along with fittings at Lift

Irrigation Scheme

Daultkul

Various electrical

and Mechanical

works to be carried

out at Lift irrigation

Scheme Batpora

Date of Hosting In Website/ Publish date

Tenders shall be rejected out rightly.

DIPK-17590/23

DATED: 07-03-2024

Bid submission start date

Bid opening date

MICD/68 of

2023-24 Dated:

06/03/24

MICD/69 of

2023-24 Dated:

06/03/24

MICD/70 of

2023-24 Dated:

06/03/24

First, the model reviewed simu-

Cost of

document/

tender fee

(In Rs.)

5

Rs. 200/-

Rs. 200/-

Rs. 200/-

Validit

y of

Rates

90 days

money

(In Rs.)

Rs.

1000/-

Rs.

2400/-

1500/-

13/03/2024

lated mammograms and learned to flag early signs of tumours. Second, it analysed optical coherence tomography (OCT) images of the retina, where it practiced identifying a buildup called Drusen that may be an early sign of macular degeneration.

OCT is a non-invasive imaging test that uses light waves to take crosssection pictures of the retina.

Third, the model studied chest X-rays and learned to detect cardiomegaly, a heart enlargement condition that can lead to disease.

Once the mapmaking model had been trained, the researchers compared its performance to existing AI systems -- the ones without a selfinterpretation setting.

The model performed comparably to its counterparts in all three categories, with accuracy rates of 77.8 per cent for mammograms, 99.1 per cent for retinal OCT images, and 83 per cent for chest X-rays, the researchers said These high accuracy rates are a product of the AI's deep neural network, the non-linear lavers of which mimic the nuance of human neurons in making decisions, they added.

Subject: Issuance of Registration orders in

Public Notice

registar Births and deaths (EO Municipal Council Pattan/ Development Officer 01/03/2004 occurred at Home objections shall be entertained.

Naib Tehsildar

Office of the Naib-Tehsildar Pattan **Executive Magistrate 1st Class**

respect of delayed Birth

Lolpora) has submitted a case file pertaining to Birth of Uhaid Zahoor S/o Zahoor Ahmad Miyan R/o Miyan Mohalla Pattan Tehsil Pattan District Baramulla with vertified date of event (birth) as In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no **Executive Magistrate 1st Class**

fko_r Pattan

University of Kashmir, Srinagar

Notice

The candidate whose particulars are given below has reported to the University that he / she has lost his/her University Certificate/s and has applied for issuance of duplicate certificate/s: Name: Fouzia Farooq

Paretnage:- Farooq Ahmed Shah Residence:- 121, Sabah Lane Botshah Mohalla Lal Bazar

Registration No: 336-SME-2004 Certificate/s lost:- 1st, 2nd, 3rd & 4th Marks Card

Roll No/s:- 1251,2348,3270,4385 Session/ Year 2006-2007

Before University will consider issuance of Duplicate Certificate/s in favour of the candidate, any person having any objection shall report to the undersigned within one week from the date of issuance of this notice. The original certificate/s issued to the candidate be treated

No: F(Duplicate/Marks Card) KU) dated: 06-03-2024 **Assistant Controller** of Examinations (PG/UG/Prof

The Jammu And Kashmir State **Board Of School Education**

SUB-OFFICE BANDIPORA

The candidates whose photograph is published in this notice is claiming to have lost the original marks certificate of 10th session Annual 2003 issued by the board of School Education under Below mentioned particulars

Name: Mir Aadil Rasool S/o: Mir Ghulam Rasool Roll No: 384246

Year & Session Annual 2003

Now the candidate has applied for Duplicate Marks Card. Anybody (if) having any objection may file the some before undersigned with (07) Seven days from the date of publication of this notice. Besides, the original marks card is teated as cancelled.

Sd/ Assistant Secretary **Board Of School Education** Sub Office Bandipora

Office of the Naib-Tehsildar Pattan

Executive Magistrate 1st Class

Subject: Issuance of Registration orders in respect of delayed Birth

Public Notice

The registar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Showkat Favaz S/o Favaz Ahmad Ganie R/o Mian Mohalla Pattan Tehsil Pattan District Baramulla with vertified date of event (birth) as 27/08/2010 occurred at Home

In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.

fko_r

Executive Magistrate 1st Class Naib Tehsildar Pattan

Office of the Naib-Tehsildar Pattan **Executive Magistrate 1st Class**

Subject: Issuance of Registration orders in respect of delayed Birth

Public Notice

The registar Births and deaths (EO Municipal Council Pattan/ Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Faisal Ahmad Mian S/o Faroog Ahmad Mian R/o Mian Mohalla Pattan Tehsil Pattan District Baramulla with vertified date of event (birth) as 21/03/2010 occurred at

In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.

> **Executive Magistrate 1st Class** Naib Tehsildar Pattan

GOVERNMENT OF JAMMU & KASHMIR

Office Of The Excise Commissioner. J&K Excise & Taxation Complex. Rail head Jammu

Tel: 0191-2477977 & E-mail: excise.commr@jk.gov.in

Subject: Schedule for payment of bid amount/submission of documents by the HI bidders.

Reference: Excise Policy 2024-25 (S.O. 85 Dated 01-02-2024)/Bid Document issued vide No:58-EC of 2024 Dated 01-02-2024.

ORDER NO: 132--EC of 2024 DATED: 02-03-2024

In pursuance of the above referred subject and reference, the schedule for payment of Bid Amount and submission of Documents at Excise & Taxation, Training Insititute Nagarota, Jammu from (10.00 am to 05.00 pm) by the HI Bidders, for re-auction of 32 retail liquor vends (JKEL-2 License) is as Schedule for payment of Bid Amount /Submission of Documents by HI bidders

Schedule for payment of bid Amount / Submission of Documents by misladers.					
S. No	I	Finalization		Last date of payment of 100% bid amount as per para XIII (i) of Bid Docu- ment	
1	05-03-2024	07-03-2024	14-03-2024	18-03-2024	

Further, for smooth conduct and timely completion of re-auction process, all Excise & Taxation Officers of respective ranges are hereby directed to make available their 'teams' for collection and verification of documents as per above schedule.

(Pankai Kumar Sharma) JKAS Excise Commissioner, J&K

No: E-auction/2024-25/EC/Exc/7948-53 DIPK-17577/23 Dated: 07-03--2024

Before The Hon.ble Court Of Principal **District & Session Court At Srinagar**

From the office of: Malik and Romaan Law Offices 3rd Floor, The Resident Hotel, Sonawar Srinagar- 190 004 Contact: 6006515193 | E.mail: malikandromaan@gmail.com

Mr. Ahsan Miraj S/o Miraj-Ud-Din-Ganai R/o Stone House behind J&K Bank Air Cargo Branch, Rajbagh Srinagar

VERSUS

Public at large

... Non-Caveators

... Caveator

In the matter of: Caveat Petition under section 148-A of CPC The caveator has apprehension that anyone from public at large may file any writ petition/appeal/application/ any proceedings against the Caveators before the Hon'ble Court of Principal District Judge At Srinagar, or any other subordinate courts as such the Caveator has lodged/filed a Caveat petition before the Hon'ble Court of Principal District Judge At Srinagar. Place: Srinagar Date:6/03/2024

Malik and Romaan Law Offices 3rd Floor, The Resident Hotel, Sonawar Srinagar- 190 004 Contact: 6006515193 E.mail: malikandromaan@gmail.com

The Jammu and Kashmir **State Board Of School Education**

New Campus Bemina Srinagar

Notice for General Public

The applicant/ candidate whose photograph is published in this notice and claiming to have lost her qualification certificate/s issued under as per below mentioned details:-Roll No: 404241

Class 10th

Year & Session: 2008 Annual Registration: 07NKM312326 Name: Umar Faroog Khan Father's Name: Farooq Ahmad Khan Mother's Name : Hajra Begum

Date of Birth:- 15-09-1993 Residenc:- Nusoo Bandipora According the candidate concerned has approach to this office for issuance of Duplicate Qualification /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules,

notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 10 & 7 days respectively, from the date of publication of this notice. (Besides the above referred "Qualification / Marks Certificate/s" bearing No: 08ARKAM-5011869 be treated as "CANCELLED") No: F(Cer is-I-DQC)B/KD/24

anybody having any objection in this regard, shall bring into the

Dated 07-03-2024

Assistant Secretary Certificates, KD.

The Jammu and Kashmir State Board Of School Education New Campus Bemina Srinagar

Notice for General Public

The applicant/ candidate whose photograph is published in this sued under as per below mentioned details:-Roll No: 402552

Class 12th Year & Session: 2011 / Bi-Annual Registration: 07NKM312326 Name: Umar Faroog Khan

Father's Name: Farooq Ahmad Khan Mother's Name: Hajra Begum Date of Birth:- 15-09-1993 Residenc:- Nusoo Bandipora

According the candidate concerned has approach to this office for issuance of Duplicate Qualification /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 10 & 7 days respectively, from the date of publication of this notice. (Besides the above referred "Qualification / Marks Certificate/s" bearing No: 11BKTP-174528 be treated as "CANCELLED")

Dated 07-03-2024

No: F(Cer is-I-DQC)B/KD/24

Assistant Secretary Certificates, KD.

The Jammu and Kashmir **State Board Of School Education** New Campus Bemina Srinagar

Notice for General Public

The applicant/ candidate whose photograph is published in this notice and claiming to have lost her qualification certificate/s issued under as per below mentioned details:-Roll No: 384246

Class 10th Year & Session Annual 2003 Registration: 02BM3111076 Name: Mir Aadil Rasool

Father's Name: Mir Ghulam Rasool Mother's Name: Amina Begum Date of Birth:- 01-12-1988 Residenc:- Ward No 06 Bandipora

According the candidate concerned has approach to this office for issuance of Duplicate Qualification /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 10 & 7 days respectively, from the date of publication of this notice.

(Besides the above referred "Qualification / Marks Certificate/s" bearing No: ----- be treated as "CANCELLED") No: F(Cer is-I-DQC)B/KD/24

Dated 07-03-2024 **Assistant Secretary** Certificates, KD.

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Special Passport Adalat To Be Organized In Srinagar

Observer News Service

Srinagar: Passport Office Srinagar is organizing a special Passport Adalat for the passport applicants of Kashmir and Ladakh Divisions from 12 March to 14 March.

Passport Adalat is part of ongoing commitment of Passport Office Srinagar to provide efficient and citizen centric services, ensuring accessibility and transparency in passport issuance process. This event will serve as a platform for citizens

to address various concerns including delayed passports applications, verifications, and other queries related to passport services.

Applicants visiting Passport Office Srinagar during the Adalat are requested to bring all requisite original documents and photocopies thereof with them on the above mentioned dates. Applicants can attend in person and represent their cases on the mentioned dates between 10:00 am to 4:00 pm.

WDC Organizes Loan Mela On Intl' Women's Day

Observer News Service

Srinagar: To mark the celebration of International Women's Day, Jammu and Kashmir Women's **Development Corporation** (WDC) organized Loan Mela cum Awareness Camp in the office premises at Bemina Srinagar.

The event was sponsored by National Minorities Development and Finance Corporation New Delhi.

Managing Director, (MD) Women's Development Corporation Ulfat Jabeen, who was the chief guest on the occasion, inaugurated the program.

About 400 women beneficiaries including Self Help Groups from the areas of Bemina, Qamarwari, Batamaloo, Noorbagh, Palpora, Rambagh, Rajbagh, Rajourikadal, Safa Kadal, Iddgah, Budgam etc participated in the program.

Speaking on the occasion, MD emphasized upon women and Self Help Groups to come forward to work unitedly for their rights and orchestrate prosperous life.

She further added that the Government had initiated numerous schemes for making women economically self- reliant which gives them their due place in the society.

While highlighting the activities undertaken by WDC for women empowerment, she stated that under various loan schemes Corporation has disbursed an amount of Rs. 327.49 crores benefitting 23058 women beneficiaries by establishing their own income generating units.

PUBLIC NOTICE

I Rubeena Bano resident of Pahliharan Gulistan would like to inform all that my actual parentage is Arshad Ahmad Dar. However my parentage has been wrongly entered as AB Rashid Dar in school records.

Now i want to correct my parentage as Arshad Ahmad Dar. If anybody has any objection in this regard he/she may contact the office of ZEO Fatehgarh, Baramulla within seven days.

within the jurisdiction of Sub Division Zakura as under:

Particulars

Annual Maintenance of 11 Kv/0.433 KV HT/LT network

for the year 2023-24 falling within the jurisdiction of Sub

D/O Arshad Ahmad Dar

No

Division Zakura

Contract and other details.

Date and Time of downloading

Sale (Start) of Tender Document

Sale (End) of Tender Document

Date & Time of Bid Uploading

Submission of Hard Copy (end)

Commercial/Technical Bid

Opening Date & Time

Financial Bid Opening

Venue of Commercial/

Technical Bid Opening

Cost of e-Bid document

Amount of Earnest Money

Date & Time of Download /

Date & Time of Bidding

Queries/Clarifications

(Start/End)

Date & Time

Deposit

DIPK-NB-5964/23

dated: 07-03-2024

vii)

Quantity

cost

15.00

Government of Jammu & Kashmir

Kashmir Power Development Corporation

Office of Executive Engineer ED-IV Khanyar

Email:emre.ediv@gmail.com Tel No 0194-247026

e-tender short Abbreviated Notice

E-NIT No. 25/EDIV of 2023-24, dated: 06.03.2024

For and on behalf of the Lt. Governor Jammu and Kashmir UT, Executive Engineer, Electric

Division-IV Srinagar invites online e-bids from registered A-Class Contractors/firms Notice for

Annual Maintenance of 11 Kv/0.433 KV HT/LT network for the year 2023-24 falling

The complete tender document is available at website http://jktenders.gov.in. Interested

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People in large numbers lining up at Bakshi Stadium in Srinagar to attend Prime Minister Narendra Modi's mega rally on Thursday. KO Photo, Abid Bhat

Traffic Cop Fined For Issuing E-Challan Against Wrong Vehicle

Court Directs SSP Traffic To 'Sensitize' Officials On E-Challaning

Majid Nabi

Srinagar: A traffic policeman was fined rupees one thousand (1000) by the Court of Special Mobile Magistrate Srinagar for 'speciously' issuing an e-challan against the wrong vehicle.

The directions were passed following a complaint filed by the applicant, seeking dismissal of the challan, claiming that the traffic cop wrongly issued challan against him for riding the twowheeler without headgear.

The petitioner claimed that he was not present on the spot on the day of occurrence.

In his plea, the applicant argued that the challan should have been sent to someone else; nonetheless, the cop issued a challan against him for riding a two-wheeler without a helmet under section 177 of the Motor Vehicle Act and imposed a fine of rupees 1000.

The petitioner, in his plea, claimed that he was made to incur losses in addition to losing money and time as a result of the mistake committed by the traffic department official.

Following arguments from the

petitioner's counsel, the Special Mobile Srinagar Magistrate Mudasar Farooq directed the traffic police official to appear in person before

the court to clarify his stance. Following the orders, the official appeared before the court, acknowledging that he had inadvertently issued a challan against the wrong vehicle. The court then Senior Superintendent of Traffic Police Srinagar institute an e-challan against the actual violator.

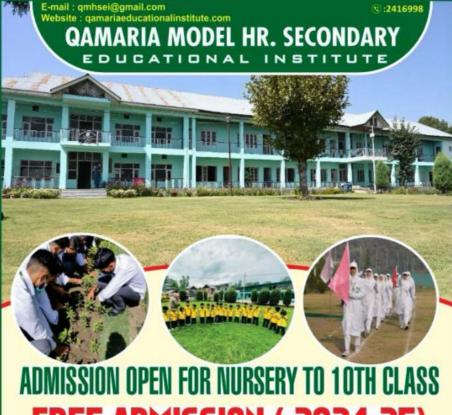
"Moreover, while noting that it appeared that either the traffic cops manning the system were not fully trained to operate the e-challaning mechanism or they were not taking due care and caution at the time of initiation of e-challan.

The court also ordered the SSP concerned to educate traffic authorities about the e-challaning so that future challenges won't compel innocent

on the day of the occurrence. Therefore, held the challan defective and dismissed it, with directions to the

The court also ordered the SSP concerned to educate traffic authorities about the e-challaning so that future challenges won't compel innocent people to cope with hardships.

people to cope with hardships. ordered him to compensate the pereads the court order. titioner with one thousand rupees. The court observed that the applicant was not present on the spot



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HIGHWAY STATUS



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



This Day In History

- 1531- King Henry VIII is recognized as the supreme head of the Church in England by the Convocation of Canterbury
- 1658- Peace of Roskilde between Sweden &
- 1702- James II's daughter Anne Stuart becomes Queen of England, Scotland and Ireland following the death of William III
- 1722- Afghan monarch Mir Mahmud occupies Persia
- 1746- Duke of Cumberland's troops occupy Aberdeen 1754- Marquis of Ensenada becomes premier of
- Spain 1799- Napoleon Bonaparte's forces capture the city of Jaffa from the Ottoman Empire in
- Palestine, after a 5 day siege 1801- British drive French forces from Abukir,
- Egypt 1844- King Oscar I ascends to the throne of
- Sweden-Norway 1855- 1st train crosses 1st US railway suspension
- bridge, Niagara Falls
- 1857- British seismologist John Milne is hired by the Japanese government as a foreign adviser (oyatoi gaikokujin)
- 1861- St Augustine Florida surrenders to Union
- 1862- Battle of Elkhorn Tavern ends with Confederate withdrawal
- 1865- Battle of Kingston, North Carolina (Wilcox's ridge, Wise's Forks)
- 1867- British North America Act is passed in the House of Commons, serves as Canada's constitution for more than 100 years
- 1884- Susan B. Anthony addresses U.S. House Judiciary Committee arguing for an amendment to the U.S. Constitution granting women the right to vote, 16 years after legislators 1st introduced a federal women's suffrage amendment.
- 1904- Australian cricket spin bowler Hugh Trumble dismisses England batsmen Bernard Bosanguet, Plum Warner and Dick Lillev for his second Test hat-trick in 5th Test victory in Melbourne; Trumble's final Test
- 1916- US invades Cuba for 3rd time, this to end corrupt Menocal regime
- 1917- Russian "February Revolution" begins in earnest with protests celebrating International Woman's Day and riots in St Petersburg over food rations and conduct of the war 1920- Denmark & Cuba join the League of
- 1921- Spanish Premier Eduardo Dato Iradier
- is assassinated while exiting the parliament building in Madrid.
- 1929- US worker union commission reports of slavery in Liberia
- 1934- Edwin Hubble photo shows as many galaxies as Milky Way has stars 1942- Japanese forces capture Rangoon, Burma
- 1942- KNIL, Dutch colonial army on Java, surrenders to Japanese armies 1943-335 allied bombers attack German city of
- Nuremberg, a centre for military production 1945- International Women's Day is 1st observed
- 1952- Antoine Pinay forms French government 1957- Egypt reopens the Suez Canal after Israel
- withdraws from occupied Egyptian territory
- 1957- Israeli troops leave Egypt in compliance with UN resolution
- 1957- USSR performs atmospheric nuclear test
- 1959- Pro-Egyptian coup fails in Mosul Iraq 1961- US nuclear submarine Patrick Henry arrives at Scottish naval base of Holy Loch from South
- Carolina in a record underseas journey of 66 days 1963 Syrian Arab Rep Revolution Day - Military coup in Syria
- 1964 Cassius Clay converts to Islam, and is
- renamed Muhammad Ali 1965 - US begins regular bombing & strafing of
- N Vietnam

On International Women's Day

PM in

Kashmir

KASHMIR OBSERVER®

Friday | 08-03-2024

s Prime Minister Narendra Modi stood up to deliver his speech at Bakhshi stadium on Thursday, it marked a significant moment in Jammu and Kashmir following the abrogation of Article 370 in 2019. It was the PM's first visit to the valley since then, a hiatus of about five years. And he tried to make up for this long absence by connecting with people at an emotional level and by announcing a series of development measures. In his address, the PM highlighted the transformation the region has undergone during this period, attributing it to the removal of Article 370. He proclaimed that J&K is now breathing freely, with equal opportunities and rights for all since the abrogation.

The PM expressed his gratitude for the overwhelming support received in Srinagar, acknowledging the love of the people. He vowed to leave no stone unturned in reciprocating this love and asserted his commitment to winning the hearts of the people in the region. He highlighted the multifaceted efforts to bring about positive change, including voting rights for refugees from Pakistan, recognition of the Valmiki community, and reservation of seats in the Assembly for Scheduled Tribes, and to top it all, the inclusion of Paharis among the groups under Scheduled Tribes in J&K.

However, the PM once again brought up the impact of "dynastic politics" and corruption in J&K. Without naming specific parties, he highlighted how these practices had deprived the Other Backward Classes of their right to reservation in panchayats and Urban Local Bodies.

The drift of the PM's speech was to further change the narrative on Kashmir, a shift that his government has more or less successfully accomplished over the past five years. As part of his effort to take Kashmir towards peace and prosperity, the PM referred to the establishment of two AIIMS, seven new medical colleges, and cancer hospitals, and the setting up of IIT and IIM.

It is true that the PM's visit to Srinagar symbolized a turning point for J&K, breaking free from what he said were the chains of Article 370. He added for good measure that the 'naya J&K' he had envisioned was unfolding, promising a brighter and more prosperous future for the region and its people.

However, the PM conspicuously stopped short of saying anything about the restoration of democracy in J&K through simultaneous holding of Assembly elections alongside parliamentary polls, as sought by the opposition parties. Nor did he talk about the grant of statehood. But anyways, the Supreme Court in its judgment validating the repeal of Article 370 has set a deadline for the union government for both the Assembly elections and statehood. The PM instead chose to focus on development initiatives and tourism, the paths to prosperity in a region roiled by decades of turmoil.

The Changing Face of **Women in Society**

Dr. Reyaz Ahmad

Simple tokenism and typical signals are inadequate in tending to sexual disparities. Genuine endeavors, both at the personal and the administrative level, are basic to cultivate an environment of regard, respect, and correspondence for women

he theme for this year's

International Women's

Day, "Let us inspire in-

clusion," was thought-

fully selected to acknowledge the

insufficient progress made in

reflect on its antithesis, "exclu-

sion," highlighting a candid

recognition that despite ongo-

ing discussions advocating for

women's participation in societal

issues, their rightful place and

acknowledgment have yet to be

fully realized. By examining the

theme through the lens of exclu-

sion, it underscores a critical un-

derstanding that mere conversa-

tions without substantive action

have left women undervalued

sion in various forms, impacting

their economic, political, and

social rights. For example, the

gender pay gap is a pervasive is-

sue, with women earning signifi-

cantly less than men for the same

work across many countries.

This economic exclusion limits

women's financial independence

and contributes to broader soci-

derrepresented in leadership

roles within governments and

corporations worldwide, de-

nving them a voice in crucial

decision-making processes that

shape societies and economies.

Culturally ingrained norms and

stereotypes frequently define the

roles and opportunities available

to women, resulting in their ex-

clusion from various professions

considered inappropriate for

fests in both overt and subtle

ways, deeply rooted in patri-

archal traditions and societal

norms. Female foeticide and in-

fanticide, though illegal, point

to a societal preference for male

children, illustrating an extreme

form of gender-based exclusion

ning sex determination of the

foetus underscores a deep-rooted

societal challenge: the persistent

undervaluation of female lives,

fearing that the knowledge of a

female foetus might lead some

parents to opt for termination be-

ing sex-selective abortions, high-

This law, aimed at prevent-

India's unique stance on ban-

from the very right to life.

In India, "exclusion" mani-

Moreover, women are un-

Globally, women face exclu-

and marginalized in various as-

pects of society.

etal inequality.

This theme invites us to

empowering women.

n arithmetic, each number has a confront and a put esteem. For occasion, the number alone implies nothing, and when included in any number, it yields the same result. So also, when zero goes before 2 to create 02, its esteem remains two. However, when set at the correct position of the digit 2 to form a two-digit number, its esteem changes to 20. Additionally, the regard, honor, and esteem credited to a woman shift depending on her part and position in society. Whether she expects the part of a mother, sister, close relative, cousin, companion, or wife, her noteworthiness shifts appropriately inside the family. As a mother, she helps with the continuation of her husband's heredity. As a sister, she shields her brother's insider facts and shields him from parental investigation. Within the nonattendance of a mother figure, close relatives regularly step in to direct children. In substance, ladies accept different parts vital for the food of society. Additionally, comprising 50% of the populace, they legitimately claim a break even with a share in societal undertakings.

By the by, societal substances are distant from perfect. The winning social texture is corrupted by debasement and bad form, coming about in different shapes of discipline "INTERNATIONAL WOMEN'S DAY"

and mishandling coordinated towards ladies. Their opportunity is jeopardized, their rights are encroached upon, and they do not feel secure in a society represented by or for them.

This story isn't elite to a single nation; it's a worldwide wonder. Verifiably, women held limited roles in society. In any case, with the proliferation of instruction and mindfulness campaigns encouraged by universal organizations such as World Women's Day celebrations, critical changes have happened. women presently play an important role in societal, national, and worldwide improvement. Despite experiencing obstructions and biases, they've entered male-dominated spaces and accepted administration positions over different divisions. Their commitments are commendable to look after. However, despite advancements, the information shows a bleak reality: women proceed to confront misuse and viciousness, both inside residential circles and in proficient environments.

Ensuring women's security has risen as a squeezing worldwide concern, eclipsed by political posing and maneuvering. Analyzing factual pieces of information on women's commitments to family, society, and the world uncovers commendable accomplishments. They have exceeded the expectations in different areas, extending from trade and the scholarly world to healthcare and innovation. A few nations indeed witness women at the apex of political control, serving as presidents and prime ministers.

In any case, the ground situation primarily remains unaltered, reminiscent of pre-1908

conditions. Simple tokenism and typical signals are inadequate in tending to sexual disparities. Genuine endeavors, both at the personal and the administrative level, are basic to cultivate an environment of regard, respect, and correspondence for women. Activities must adjust with rhetoric, beginning with destroying imbued sexual orientation inclinations and enabling women to make independent choices concerning their lives and careers. Organizational changes on the other hand are essential to maintain different prerequisites and give even-handed openings for women in working places.

Looking ahead, let us collectively endeavor to form a comprehensive environment where everyone's commitment, irrespective of gender, is esteemed and recognized within the headway of families, social orders, and nations. Let us endeavor to maintain the inborn worth of women. independent of the roles they play or the positions they occupy.

Views expressed in the article are the author's own and do not necessarily represent $the\ editorial\ stance$ of Kashmir Observer The author is Professor at Skyline University College, Sharjah, UAE

Celebrating Inclusion This

valued, respected, and empowered

lights the grave extent of genderbased discrimination, revealing a societal mindset that still does not fully welcome the arrival of a female child. It serves as a stark reminder of the systemic biases and cultural norms that perpetuate the exclusion and marginalization of women from the earliest stages of life.

Women's access to education and healthcare in India is also compromised, particularly in rural areas, where traditional roles often prioritize men's needs and opportunities over women's.

In the workforce, while there are notable exceptions, women generally have lower participation rates, are concentrated in lower-paying jobs, and face significant hurdles in climbing professional ladders. Furthermore, the challenge of balancing work and household responsibilities, often with little support, limits their career advancements.

These examples highlight the broader issue of exclusion, which serves as a significant barrier to achieving gender equality. By focusing on exclusion, it becomes clear that efforts to inspire inclusion must address these deep-seated inequalities and systemic biases, requiring a concerted and multi-faceted approach from governments, societies,

and individuals alike. Child marriage, a deeply entrenched practice in rural India, represents a critical aspect of gender-based exclusion, often going unreported due to cultural norms, poverty, and lack of education. This practice not only violates the rights of girls but also perpetuates cycles of exclusion from educational opportunities, economic empowerment, and the ability to make autonomous life decisions.

As per a 2023 UNICEF report, India has undoubtedly achieved notable strides in curbing child marriage, yet it still hosts the highest number of child brides

in leadership roles within governments and corporations worldwide, denying them

a voice in crucial decisionmaking processes that shape societies and economies. Culturally ingrained norms and stereotypes frequently define the roles and opportunities available to women, resulting in their exclusion from various professions considered inappropriate for their gender

globally. India is the home for one-third of the world's child brides, encompassing girls under the age of 18 who are currently married and women of various ages who were married during their childhood. Nearly one in four young women in India (23 per cent) were married or in

sue with a high incidence of rapes reported nationwide. In 2021, data from the National Crime Records Bureau (NCRB) revealed an alarming rate of 86 rapes daily, translating to nearly 46 offences against women each hour.

This statistic underlines the widespread problem of genderbased violence in the country, emphasizing the immediate need for actions to enhance women's safety and rights. The frequency of these crimes poses a significant challenge for both law enforcement and society to combat violence against women effectively, ensure justice for victims. and cultivate an environment of respect and equality.

Gender discrimination, according to the "India Discrimination Report 2022" released by Oxfam, highlights the diminished presence of women in India's labour force and is primarily attributed to gender discrimination in wages and employment opportunities.

These examples underscore the challenges of exclusion in the pursuit of a society where both equal respect and without discrimination. This context makes the call to "Inspire Inclusion" even more critical in advancing towards the goals outlined in the 2030 Agenda for Sustainable Development, which has been unanimously agreed upon by all UN member states.

India, under Prime Minister Narendra Modi, has launched several initiatives aimed at women's empowerment, collectively known as "8 Years 8 Schemes." These include the ruling against Triple Talaq, improving legal recourse for Muslim women; the Ujjwala scheme, providing over 9 crore free LPG connections to poor women; the Nirbhaya Scheme for women's safety with enhanced budget for fast-track courts: Beti Bachao Beti Padhao to improve the sex ratio and support girl child education; PM Awaas Yojana, approving millions of homes with priority to women; Sukanya Samriddhi Accounts, offering high-interest savings for girls' futures; the Ladli Scheme for financial assistance at the birth of daughters; and opening Sainik Schools to girls, promoting their role in the Army.

These initiatives reflect a comprehensive approach to instilling gender equality and enhancing women's participation and secu-

ernment in 2023, the Women's Reservation Bill represents a significant milestone in the pursuit of empowering women in India, perfectly aligning with the theme of this year's International Wom-

This legislation underpins

the celebration of International Women's Day, aiming to ensure women's significant and equitable participation in the political fabric of the nation. By proposing to reserve a substantial percentage of seats in Parliament and state legislative assemblies for women, the bill seeks to dismantle the barriers to women's full participation in governance, thereby establishing a more inclusive and balanced representation.

The Bill is poised to trigger a trickle-down effect that promises to permeate various societal spheres, addressing the shortcomings highlighted earlier, such as gender-based violence, discrimination, and the underrepresentation of women in leadership roles.

By securing a fixed percentage of legislative seats for women, this bill not only empowers women to have a direct impact on policy-making but also sets a precedent for gender equality that is expected to extend into the workplace, education, and beyond.

As more women take on leadership roles within the government, it's anticipated that there will be a stronger emphasis on policies that address the unique challenges faced by women, thereby gradually eradicating gender disparities.

As we wrap up our celebration of International Women's Day, the theme "Let's Inspire Inclusion" serves as a powerful reminder of our collective responsibility to cultivate an environment where women from all walks of life feel valued, respect-

ed, and empowered. As we move forward, let us carry the spirit of inclusion in our actions and interactions, ensuring that every woman has the opportunity to thrive, contribute, and lead. The celebration of International Women's Day is not just a moment to acknowledge the achievements of women but also a call to action for all individuals and communities to work together towards a more equitable and inclusive world.

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

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International Women's Day

Cultivating a world where every woman feels

Monika Dogra Women are underrepresented

union before their 18th birthday. India is also facing a critical is-

rity across societal facets. Introduced by the Modi gov-

en's Day, "Let's Inspire Inclusion."

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Mindful Fridays

Embracing Uncertainty The Key to Living a Productive Life

Wasim Kakroo

n a world fixated on guarantees and stability, the relent-**■** less pursuit of certainty can overshadow the deeper quest for personal fulfillment. Challenging this prevalent belief is paramount. Life's productivity isn't tethered to an illusion of unwavering certainty. Rather, it thrives in the embrace of uncertainty. When we release the grip on the need for absolute assurance, we open ourselves to a realm of possibilities. It's within the ambiguity of life that growth, resilience, and genuine satisfaction emerge. By challenging the prevailing narrative that productivity hinges on certainty, we liberate ourselves to explore the richness of existence and embark on a journey of self-discovery and fulfillment. In this article, we talk of this aspect in detail.

THE HUMAN URGE FOR CERTAINTY

Human nature's inclination towards certainty is deeply ingrained. We naturally seek solace in the known, the predictable, and the familiar. This inclination arises from our primal instinct for security and stability, fundamental to our survival. Certainty provides a sense of control and reassurance in an otherwise unpredictable world, offering a refuge from the uncertainties that accompany existence. Whether it's in our relationships, careers, or daily routines, the desire for certainty drives us to establish routines, set goals, and seek patterns that offer a sense of stability. However, while certainty may provide temporary comfort, it also carries the risk of complacency and stagnation. Striking a balance between the comfort of certainty and the growth that comes from embracing uncertainty is essential for navigating the complexities of life effectively.

THE PITFALLS OF CLINGING TO **CERTAINTY**

Attempting to cling to certainty in an uncertain world is akin



to trying to hold onto water - it slips through our fingers, leaving us frustrated and disillusioned. The very nature of life is fluid and unpredictable, rendering our attempts to grasp onto certainties futile. Moreover, the pursuit of certainty often leads to rigidity and closed-mindedness. When we are fixated on maintaining a sense of absolute certainty, we become resistant to change and new perspectives. Our minds become closed off to the richness of diverse experiences and ideas. hindering our personal growth and development. Instead of embracing the inherent uncertainty of life and welcoming the opportunities it presents, we find ourselves trapped in a cycle of fear and stagnation.

EMBRACING UNCERTAINTY: A PATH

Embracing uncertainty is akin to opening a door to boundless possibilities. It frees us from the

shackles of rigid thinking, enabling us to navigate life's twists and turns with a sense of curiosity and openness. Rather than being paralyzed by anxiety or fear, we can embrace uncertainty as an opportunity for growth and exploration. By viewing uncertainty as a catalyst for innovation, we open ourselves up to new experiences and perspectives. It encourages us to step outside our comfort zones, challenge our assumptions, and embrace the unknown with a sense of wonder. In doing so, we cultivate resilience and adaptability, learning to thrive in the face of uncertainty rather than being hindered by it.

TWO CHOICES: CERTAINTY VS. UNCERTAINTY

Life's uncertainties confront us with a pivotal choice: to either grasp onto the façade of certainty or to welcome the inherent unpredictability of our existence. Opting for the former may

When we embrace uncertainty, we free ourselves from the constraints of rigid thinking and fixed expectations. Instead,

horizons and challenge our preconceptions.

we become open-

minded adventurers,

ready to explore new

provide fleeting solace, yet it ultimately deprives us of life's vibrant tapestry and serendipitous moments. Embracing uncertainty, on the other hand, allows us to navigate life with fluidity and

openness, embracing the beauty of spontaneity and the richness of unexpected encounters. It beckons us to relinquish the illusion of control and to revel in the dvnamic nature of our journey, fostering resilience and a profound appreciation for the everunfolding mysteries of life.

THE BENEFITS OF LIVING WITH **UNCERTAINTY**

Living with uncertainty liberates us from the relentless pursuit of perfection, granting permission to embrace imperfection, vulnerability, and the unexpected joys of serendipity. In this state, we cultivate resilience, learning to bend rather than break when faced with life's unpredictable twists and turns. Adapting becomes second nature, empowering us to navigate challenges with grace and courage. Instead of fearing the unknown, we welcome it as an opportunity for growth and discovery. By relinquishing the need for absolute control, we find freedom in accepting the beauty of life's uncertainties, allowing us to live more fully and authentically.

EMBRACING THE BEAUTY OF

UNCERTAINTY Life's profound moments often surprise us, emerging from the depths of uncertainty and ambiguity. In these unscripted moments, we find ourselves truly alive, experiencing the raw essence of existence. Embracing uncertainty becomes a gateway to embracing spontaneity, serendipity, and discovery. It's in the unpredictability of life that we unearth our deepest truths and forge our most meaningful connections. Whether it's stumbling upon unexpected opportunities, forming unlikely friendships, or discovering newfound passions, these instances shape the fabric of our lives. By relinquishing our need for control and surrendering to the ebb and flow of life, we allow ourselves to be swept away by its wonders. In the midst of

uncertainty, we discover that life's most precious moments are often found in the unlikeliest of places, reminding us to embrace the beauty of the unknown.

CULTIVATING CURIOSITY AND

Embracing uncertainty is akin to embarking on an exhilarating journey into the unknown. Rather than fearing the ambiguous and the unforeseen, we can view uncertainty as an invitation to curiosity and wonder. It beckons us to question, to probe, and to seek understanding beyond the confines of what we already know. In doing so, we open ourselves to a world of possibilities, where each moment holds the potential for

discovery and growth. When we embrace uncertainty, we free ourselves from the constraints of rigid thinking and fixed expectations. Instead, we become open-minded adventurers, ready to explore new horizons and challenge our preconceptions. This mindset encourages us to step out of our comfort zones, to push the boundaries of what we believe to be possible, and to engage with the world with a sense of enthusiasm and gusto.

Moreover, embracing uncertainty cultivates resilience and adaptability, equipping us with the tools we need to navigate life's twists and turns with grace and courage. Rather than being paralyzed by fear of the unknown, we learn to embrace the inherent uncertainty of existence and to find joy in the iourney itself. In this way, uncertainty becomes not something to be feared, but something to be embraced—a catalyst for growth, discovery, and transformation.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a Child, Adolescent and Family therapist at Centre for Mental Health Services (CMHS) $at\,Rambagh\,Srinagar.\,He\,can\,be$ reached at 8825067196

How To Make The Internet More Civil

Samuel T. Wilkinson

¬ince its invention by Al Gore, the Internet has rev-Olutionized the way we interact. In some ways, this has been a huge benefit to society. Skype and Zoom technologies allow us to communicate faceto-face with family, friends, and colleagues on the other side of the world with a convenience that past generations could not have conceived was possible. But, as we all know, there have been serious drawbacks with this technology. With mounting evidence of its potential for harm, many state legislatures are attempting to legally limit social media's influence on young people. Virtual communication has also contributed to a drastic decline in civic dialogue (something that we're in desperate need of as we ramp up for another acrimonious presidential election). People routinely say things to others on the Internet that they wouldn't dare say in person.

Is there anything we can do to reverse this trend? Are there feasible ways to limit the Internet's facilitation of toxic communication? To answer this question, it's worth thinking about what contexts lead us to cooperate. What are the roots of human civility? Scientists who study human evolution posit that one likely way we developed the ability to cooperate is through what is called indirect reciprocity. Sometimes called 'third-party altruism,' indirect reciprocity is a sort of game based on the rule, 'you scratch my back, and I'll scratch someone else's, and then he'll scratch yours.' Underlying this

rule is the importance of reputation. Whether we are aware of it or not, we all strategically maintain our reputation, putting forward our best behavior when we are being observed.

In other words, if I develop a reputation as someone who is altruistic, I am more likely to be the recipient of someone else's altruism, because others will see me as likely to return the favor. If we think of altruistic acts as a form of social currency, we can consider people who are altruistic as having higher "credit scores" than people who are selfish. In times of need, those who have developed a reputation of giving may be more likely to be helped than those who have earned a reputation as a miser. Through the long course of evolution, this game of indirect reciprocity helped altruism and cooperation develop among human societies.

One source of evidence for this comes from finding that when our behavior is observed, we tend to act in more civil ways. Think back to grade school to confirm this. If a teacher is present in the room, the class bully generally keeps his behavior in check. But once the teacher leaves, the behavior of children can quickly become problematic.

Fascinatingly, the observer does not even have to be human, or even an animate object (but it probably has to resemble a human). In one ingenious experiment, researchers showed that a coffee mug with a picture of eyes on it could do a fair job as a watchdog of prosocial behavior. They measured contributions to a





IS THERE ANYTHING WE CAN DO TO REVERSE THIS TREND? Are there feasible ways to limit the Internet's facilitation of toxic communication? To answer this question, it's worth thinking about what contexts lead us to cooperate

box used to collect money for coffee that was shared in the commons area of a university dormitory. The coffee mug was situated at eye level, near the area where coffee drinkers are supposed to give to the collective fund. Every week, the picture on the coffee mug would alternate. On the odd weeks, there was a picture of human eyes, looking in the direction that a would-be coffee drinker would be positioned. On the even weeks, it was a mug with a picture of flowers. During the weeks when eyes were watching, students gave three times the amount to the collective coffee fund compared to when the mug displayed a picture of flowers. Another intriguing experiment: If you put a picture of eyes near a bus stop, people will pick up more litter than when there are pictures of flowers.

So how can we use this information to help us behave better in our Internet communications? One of the takeaways here is that anonymity

can contribute to toxic virtual communications. There's very little credible threat to our reputation when we create a username or X handle that has no relationship with our true identities. People thus feel more unencumbered by traditional social norms of civility that generally govern social interaction. The natural result is that they behave in less civil ways.

Related to this, when we interact with others via the Internet, the subconscious parts of our minds sometimes forget

that, behind the username or X handle, there are actually people. This is the principle behind road rage. We sometimes forget that, inside that large metal box on wheels, is a person. Of course, we don't consciously forget, but our subconsciousness dehumanizes them a bit, and we are more likely to slip into less civil—and sometimes dangerous-behavior. This is why 'road rage' is a phenomenon, but 'pedestrian rage' is not. (To be fair, a Wall Street Journal article from 2011 re-

ported on researchers studying the pedestrian equivalent of 'road rage,' but it rarely makes headlines; unfortunately, someone is shot or seriously injured as a result of road rage every 16 hours.) As pedestrians, we see each other's faces and-in both conscious and subconscious ways-acknowledge our shared humanity; not so as motorists.

How could we apply these principles to help improve Internet civility? Online anonymity needs to be reduced and humanity should be enhanced. (Estimates suggest that 26 percent of X/Twitter users are anonymous.) X and other social media should require that usernames and face photos correspond to people's actual identities. Newspapers should get rid of anonymous commentary sections at the end of their articles. If someone wants to comment, their username ought to be linked to their verified real name and a picture of their face. Based on principles of human psychology and how we evolved, this structural change to Internet platforms would subtly but powerfully remind us that, even in a virtual world, we are interacting with other people. On a more personal level, take a moment to look at someone's face before you send that snarky email or post a crude X comment. This won't solve all the problems of the Internet, but it will be a step in the right direction at a time when we desperately need more civility.

The article was originally published by Psychology

JU To Organise 'Goonj- 2024' In Sync With PM's Viksit Bharat Initiative

KO WEB DESK

Jammu: The University of Jammu is organizing Goonj-2024 aligning with the forward-thinking Viksit Bharat initiative spearheaded by the Prime Minister of India, Narendra Modi. This initiative is geared towards propelling India into comprehensive development, nurturing progress across diverse domains.

Inspired by the Prime Minister's vision, Goonj-2024 is dedicated to fostering the holistic development of the youth, providing them with a platform to exhibit their capabilities in culture, sports, and academia.

This extensive event, slated to take place from March 19-20, 2024, assures an enchanting display of cultural and

literary activities, dynamic sportsmanship, revolutionary Research and Development, and exemplary best practices. This mirrors the University's unwavering dedication to inclusive growth.

Event Highlights encompass Cultural and Literary Activities, a Sports Extravaganza, Innovative Research and Development, and

Best Practices. Students from the Universities of Jammu region and affiliated colleges will not only showcase their creativity in cultural and literary realms but will also exhibit their athletic prowess in diverse sports. Under the umbrella of University of Jammu, other Universities of Jammu region namely Cluster University of

Jammu, Shri Mata Vaishno Devi University, Katra, Baba Ghulam Shah Badshah University Rajouri, constituent colleges of Cluster University of Jammu and affiliated colleges of the University of Jammu will showcase their exemplary practices in competitive categories.

Beyond the central categories, Goonj-2024 will spotlight

special attractions from Government Departments of the J&K UT also.

All Universities of the Jammu region and colleges of the University of Jammu have been invited for active participation, with an anticipated attendance of approximately 800-1000 students. Goonj-2024 aspires to honor and celebrate the diverse talents across the region.

CONTD. FROM **PAGE 1**

J&K Breathing

at the Bakshi Stadium here, was held amidst stringent security arrangements. The city, south of Jhelum, was converted into a fortress with only people having valid passes allowed to proceed towards the venue.

The prime minister extended his "advance wishes" for the upcoming holy month of Ramzan and Maha Shivratri, which falls on

Announcing significant projects totalling nearly Rs 5,000 crore to boost the agricultural sector, Modi expressed gratitude for the warm reception, acknowledging the essence of Kashmir's beauty and the affection of its

"I am doing all this hard work to win your hearts and I believe that I am on the right path. I will continue my efforts to win your hearts. This is Modi sanz (Kashmiri word) guarantee and all of you know that Modi's Guarantee means the guarantee of fulfilment of guarantee," he added.

"This unparalleled form of nature, the air, the valley, the environment and the love and affection of Kashmiri brothers and sisters," he said after the rousing reception and acknowledged the presence of citizens outside the venue, and more than one lakh people from 285 blocks connected to the event via video link.

The prime minister recalled the time when laws implemented in the country did not apply to Jammu and Kashmir and mentioned schemes for the welfare of the poor that could not be availed by the deprived.

The times have changed now as all sections of the society are now being given their due, he said.

Modi highlighted the importance of tourism, farmer empowerment and youth leadership in propelling the region towards prosperity.

He urged the tourists visiting Kashmir to spend at least five to 10 percent of their tour packages on shopping which will generate livelihood and job opportunities for the locals.

"You cannot come, see and go back. You should spend 5 to 10 per cent on shopping. I have also purchased from here," he said

Encouraging tourists to contribute to the local economy through shopping, he also called upon NRIs to participate in the 'Chalo India'

Asserting that a developed Jammu and Kashmir is the priority for a developed India, Modi, while describing Jammu and Kashmir as the crown of the country, said the path to building a developed Jammu and Kashmir will emerge from tourism possibilities and empowerment of farmers.

"Jammu and Kashmir is not just a region but India's head. A head held high is the symbol of development and honour. That is why a developed Jammu and Kashmir is the priority of a developed India," he said.

While the anticipation for assembly polls simmered among opposition parties ahead of the Lok Sabha elections, Modi steered clear of making any announcements.

Among the initiatives unveiled were projects to enhance tourism, infrastructure, and cultural exchange, including the 'Dekho Apna Desh People's Choice Tourist Destination Poll' and the "Chalo India Global Diaspora" campaign.

The prime minister said when intentions are noble and there is a determination to fulfil commitments, results are bound to follow. He referred to the successful hosting of the G-20 meeting in Jammu and Kashmir which, he said, boosted tourist arrivals in the Union territory with more than two crore tourists visiting in 2023.

"In 2023 alone, Jammu and Kashmir welcomed over two crore tourists, surpassing previous records. Over the past 10 years, the Amarnath Yatra has witnessed the highest number of pilgrims participating, and Vaishno Devi also recorded a significant increase in devotee footfall."

Highlighting the surge in foreign tourist arrivals and the growing attraction among celebrities and international guests, the prime minister said now "even prominent celebrities and foreign guests visit the valleys of Jammu and Kashmir to explore and create videos and

With his engagement with newly recruited government employees and beneficiaries of central schemes, the prime minister underscored his commitment to inclusive

development. Also the launch of the "Chalo India Global Diaspora Campaign" aims to harness the potential of the Indian diaspora in promoting tourism and bolstering cultural ties. Through these concerted efforts, Modi seeks to weave a tapestry of progress and prosperity in Jammu and Kashmir.

PM Modi further said, "Lotus are seen everywhere in the lakes here. The logo of the Jammu & Kashmir Cricket Association formed 50 years ago, also has a lotus. Is it a coincidence or a sign of nature that the BJP's symbol is also a lotus and Jammu & Kashmir has a deep connection with the lotus."

He said that some people claim that Modi has no family, but they are not aware that entire nation is "Modi's family." "Today, people of J&K are giving my opponents a befitting reply by saying that they are Modi's family," he said. PM Modi said that as the fasting month of Ramadhan is approaching, J&K will move ahead with peace and prosperity. "In next five years, J&K will witness a huge change on the developmental front. Nobody can stop the J&K's train of success, peace and prosperity," he said. -With inputs from PTI

'Wed In India',

used to say, who will go to J&K for tourism? Today, tourism in J&K is breaking all the records," he added.

Prevented J&K Bank

to its severe mismanagement and financial distress, endangering thousands of crores of

By filling the bank with their relatives and nephews, these family members had broken the back of the bank. Due to mismanagement, the bank had incurred so much loss that thousands of crores of rupees of all of you were in danger of being lost, it was the money of the poor man of Kashmir, it was the money of the hard-working people, you and my brothers and sisters had money that was going to be lost," PM Modi said, making perhaps the first reference towards a particular bank in years.

"To save Jammu and Kashmir Bank, our government carried out reforms one after another. It was also decided to extend an assistance of Rs 1,000 crore to the bank. We also took strict action against the wrongful recruitments in Jammu and Kashmir Bank. Even today the Anti-Corruption Bureau is investigating thousands of such recruitments. In the last 5 years, thousands of youth of Jammu and Kashmir have got jobs in banks with complete transparency," he added, asserting about the interventions in the last five years.

Now, five years later, PM Modi said the bank has become strong again. "The profit of this bank, which was a failing bank, is reaching Rs 1700 crore," PM Modi said, insisting on the new in-thing "guarantee of Modi". "This is your money, it is your rightful money, Modi is sitting like a watchman."

The Prime Minister, in fact, read the entire results of the bank from last quarter. "Five years ago, the bank's business had shrunk to Rs 1.25 lakh crore, now the business of the bank has crossed Rs 2.25 lakh crore," he said. "5 years ago the deposits in the bank had also reduced by Rs 80 thousand crores, that is, now it is going to be almost two times." He said the bank's NPA has gone down from 11 to five per

"In the last five years, the share price of JK Bank has also increased by almost 12 times. The share price of the bank which had fallen to Rs 12, has now reached around Rs 140. When there is an honest government and the intention is for the welfare of the people, then the people can be rescued from every difficulty he asserted.

The PM said that the Anti Corruption Bureau is still investigating thousands of illegal appointments," he said, adding in the last five years, the recruitment has been transparent.

"When there is an honest government, the intention is for the welfare of the people, then the people can be brought out of every difficulty," he added.

PM Meets Local

assistance to unemployed youth of valley and ensuring their dreams to be fulfilled.

At the occasion Nazim Nazeer from Pulwama who is a beekeeper described his journey to the Prime Minister about expanding his business by availing benefits from the government where he bought 25 boxes for beekeeping at a 50 percent subsidy. He also threw light on his economic growth throughout the journey where he gradually expanded to 200 boxes for beekeeping by availing Rs 5 lakhs under Prime Minister's Employment Generation Programme.

"This led to me building a brand for him and creating a website that further generated thousands of orders worth about 5000 kilograms across the nation, growing his business to almost 2000 beekeeping boxes and engaging about 100 youth from the region," Nazeer stated.

He further informed the Prime Minister about receiving an FPO in 2023 which has only helped him grow his business. He thanked the Prime Minister for launching the Digital India initiative that has transformed the fintech

landscape in the country.

The Prime Minister lauded Nazim's effort for leading the way to a sweet revolution in Jammu & Kashmir and congratulated him on his success.

Upon the Prime Minister's enquiry about getting initial support from the government to establish the business, Nazim said that even though he faced initial difficulty, the Department of Agriculture came forward and supported his cause.

Noting that the business of beekeeping is a fairly new sector, the Prime Minister highlighted its benefits and said that bees, in a way, work like farm laborers making it beneficial for

Nazim said that landowners are ready to offer land for beekeeping at no cost as the process is also beneficial for the farmers. The Prime Minister suggested Nazim research the honey produced in Central Asia around the Hindu Kush mountains and also asked him to look towards crafting a new taste for honey by growing specific flowers around the boxes as it is a niche market.

It was a dream-come-true moment for Nazim Nazeer as Prime Minister Narendra Modi not only took a selfie with him but also referred to him as a "friend".

The prime minister later posted a tweet along with the selfie with Nazeer.

"A memorable selfie with my friend Nazim. was impressed by the good work he's doing. At the public meeting he requested a selfie and was happy to meet him. My best wishes for his future endeavours," Modi wrote on X.

While lauding the efforts of the young boy from Pulwama district, Modi said he has brought a "sweet revolution" in the beekeep-

"We have heard of green revolution and white revolution but you have brought about sweet revolution," Modi said after listening to Nazeer's story.

Prime Minister Modi expressed delight at Acacia Honey's price going up to Rs 1000 per kg from Rs 400 per kg due to high demand across the world. The Prime Minister lauded the clarity of thought and vision, and the courage shown by Nazim in running his business and also congratulated his parents. He said that Mr Nazim is also giving direction to the youth of India and becoming an inspiration.

Ahtesham Maiid Bhat an entrepreneur o Srinagar also narrated his journey to PM Modi. A bakery entrepreneur who through a food technology skill development programme brought in new innovations in bakery. She was supported by the incubation center at Government Polytechnic for Women Skill Development. Government single window system helped her and her team in getting all the NoCs from various departments.

The PM told her that in the last 10 years, the government has been providing all the support to the crores of youth in realizing their startup

dreams.

The PM praised her for involving her friends from different districts in her entrepreneurial ventures. "It is our efforts that the ideas of our youth do not suffer from the deficiency of resources and finance. They should move with confidence. These daughters of Jammu and Kashmir are creating new inspiring examples for the youth of the entire nation", Modi said. He praised them for taking care of the underprivileged daughters.

Another entrepreneur of central Kashmir's Ganderbal Hamida Bano who is associated with the dairy business, informed PM Narendra Modi that she benefited from National Rural Livelihoods Mission (NRLM) and opened a processing unit for milk products.

Besides earning her livelihood from the diary business, Hamida has provided employment to other women also. She informed the Prime Minister about the quality check, packaging and marketing of products. Her milk products are devoid of preservatives and she informed the Prime Minister about the elaborate way of marketing her fragile product.

The Prime Minister praised her for her business acumen and also for carrying on the work of nutrition. He also complimented her for taking care of quality and doing her business in an environment-friendly way.

Massive Turnout

allowed to move and there were no restrictions anywhere in Kashmir. The Traffic Police had announced some diversions for traffic around the venue, but other than that, there were no restrictions on the movement of the people," they added.

Traffic movement on the city's Jehangir Chowk to Rambagh and Rajbagh to LD Hospital-Tulsi Bagh route was restricted from 4 am to 7 pm given the VVIP visit, the officials

They said the Jahangir Chowk-Solina-Ram Bagh stretch also remained restricted for the civilian traffic movement.

Similarly, Raj Bagh-LD Hospital-Tulsi Bagh besides Gupkar Road up to the All India Radio Srinagar office was also restricted for civilian traffic movement.

Stringent security arrangements were put in place to ensure an incident-free visit, they said. Security personnel were deployed in large numbers along the routes to be taken by Modi in Srinagar while barricades were set up at several places, they said.

Drones and CCTV cameras were also used for surveillance while foot patrolling by the security forces were intensified in a two-kilometre radius around the venue, officials said.

Marine commandos were deployed in Jhelum River and Dal Lake to prevent the use of the water bodies for any subversive activities, the officials said.

Several schools in Srinagar were closed for two days, while board examinations scheduled to be held on Thursday were postponed till next month.

'From Stones

establishing a new J&K, you have created a new history. The people's aspirations have got new wings," Sinha said.

He said till a few years ago, there was no concept of nightlife and multiplex cinemas in the valley. "But, now people of Kashmir enjoy it like other places."

Asserting that development of I&K has been the top priority of the Modi government since 2014, Sinha said the PM has dedicated every moment to restoring rights of people who have been living on the margins for decades. and ushered a new era of peace, prosperity and hope.

"Today, the crown jewel of the country is shining with new glory. The PM has ensured that fruits of development reach all sections of society and opportunities of growth, justice and dignity are equally available to all the citizens," he added.

"Bakshi stadium has a capacity of 35,000 and besides this, around 25,000 chairs have been put up here. The way people of the valley have come here to attend PM Modi's programme, this stadium is completely full.

"I want to apologise to the people who are not able to get a place to sit. If there would have been a ground of 2 lakh capacity, even that ground would be overflowing with the people of Kashmir. This is the kind of love the people of Kashmir have for PM Modi," he said.

Speaking on the occasion, MoS in PMO Dr Jitendera Singh said that the flooded Bakshi Stadium reflects the people's love for PM Modi. "This huge crowd has been desperately waiting for you to listen to your speech," he said, adding that "Today, J&K is changed and I-Pads and Laptops have replaced stones and guns. Fingers that were once drenched in blood are now weaving Pashmina.'

PM Inaugurates

the prime minister said, people from more than 50 places in India have joined the occasion.

He touched upon the six projects that were dedicated to the nation under 'Swadesh Darshan' scheme as well as the initiation of its next phase.

Modi said that around 30 projects have been launched for various cities in the country including Srinagar while three projects have been inaugurated and 14 others launched under PRASHAD scheme.

He stated the development works being carried out in the holy Hazratbal Dargah for the convenience of the people have also been completed.

The prime minister further said about the 'Dekho Apna Desh People's Choice' campaign where 40 places have been identified by the government to be developed as tourist destinations in the next two years.

Under the campaign, the government would develop the most preferred tourist destinations based on public opinion.

Modi mentioned the 'Chalo India' campaign to encourage NRIs to come to India. Congratulating the citizens of Jammu and Kashmir for the development works, he said it will help develop the tourism industry of the region and creating new employment

Saying there was a rapid pace of development in Jammu and Kashmir, the prime minister mentioned the establishment of two AIIMS in the UT.

He talked about seven new medical colleges, two cancer hospitals and institutes like IIT and IIM in the region.

The PM said two Vande Bharat trains are running in Jammu and Kashmir and rail services from Srinagar to Sangaldan and from Sangaldan to Baramulla have started.

This expansion of connectivity has given a push to economic activities, he added.

Referring to new projects to make Jammu and Srinagar as smart cities, the prime minister said, "In the coming times, the success story of Jammu and Kashmir will become an example for the whole world."

LeT Operative

media and other online encrypted communication applications, it said.

The home ministry said the Unlawful Activities (Prevention) Act, 1967, has been enacted to provide for more effective prevention of certain unlawful activities of individuals and associations, for dealing with terrorist activities and for matters connected therewith.

The central government believes that 32-year-old Gujjar, who hails from Jammu and Kashmir's Reasi district and is currently residing in Pakistan-occupied Kashmir, belongs to the LeT, a banned organisation, the notification He has been involved in various terror at-

tacks and bomb blasts, and is responsible for the death and injury of a number of people in these terror incidents. This led to the decision to designate Gujjar a terrorist, it said.

He will be the 57th individual to be designated a terrorist under anti-terror law UA(P)A

Rs 300 Per LPG

scheme to compensate for a surge in fuel In October 2023, it hiked the PM Ujiwala

subsidy by Rs 100 to Rs 300 per cylinder. The PM Ujjwala subsidy is aimed at ensuring the availability of affordable cooking gas in rural and deprived poor households in the

Subsidy under the PM Ujjwala scheme is paid directly into the bank accounts of connection holders.

26 Great of Publication KASHVIR OBSERVER

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OR SCAN

GOOD NEWS- Srinagar's 'Suicide Point' Sees No Attempts In A Year

Syed Mohammad Burhan

SRINAGAR: It has been exactly a year since Abdul Rashid, 55, hasn't heard anyone jumping into river Jhelum from a cement bridge in Noorbagh area of Srinagar city.

Rashid, who resides on the banks of Jhelum had witnessed at least 50 suicide attempts from the cement bridge in his

The bridge had turned into a 'favorite spot' for the people who intent to end their lives due to various reasons and was even named "suicide point". The suicides were so frequent that the authorities had to fence the sides of the bridge to prevent suicides. The residents say it was taking a heavy toll on their mental health.

"But for more than a year, we didn't see any suicide attempt from the bridge," recalls Rashid, who sells fruits in Noorbagh, adding, "this is a positive development."

There was a growing concern among the cross sections of the society over spike in suicide cases in the union territory. However, in year 2023, as the situation has improved, the graph of suicides is slowly coming down.

Data available with Kashmir Observer reveals that the suicide rates in the year 2023 has fallen drastically compared to year 2022 in which 497 suicide cases were reported from Jammu and Kashmir.

In 2023, over 150 cases of suicide were reported in Jammu and Kashmir, sources from the Jammu and Kashmir police told

In two months of the ongoing year 2024, 5 cases of the suicide have been reported as of now.

"Life is precious" said Mushtaq Ahmad, another resident of Noorbagh. He echoed the views of Rashid that they no longer witness any suicide attempt near the bridge from last one

Various factors including financial instability, mental health issues, substance abuse, physical and emotional abuse, relationship problems, social isolation etc. can contribute to triggering suicidal thoughts and behaviors.

Financial insecurity can be a crushing burden, robbing individuals of their sense of security and hope for the future. "But we've witnessed a remarkable shift in recent years. We've seen a gradual improvement in livelihoods and economic prospects for many in our community," Mohamad Yusuf, a resident of Srinagar said.

Jammu and Kashmir has witnessed a complete turnaround in the past five years and is seen as a "tourism hotspot."

Last year, a record 2.11 crore tourists visited Jammu and Kashmir. The arrival of foreign tourists in the Union Territory (UT) has also increased manifold. Gurez and Lolab Valley were chosen as the most beautiful offbeat destinations of the country in the last two years.

"J&K is seen as a model in urban transformation, innovation, start-ups, agriculture and industrial development, and has created a niche (for itself) in tourism. The achievements of



the youth, women and farmers of J-K are inspiring the country," Lieutenant Governor Manoj Sinha has been reiterating time and again.

Previously, the media often portrayed Kashmir through a lens of conflict and instability. However, recent efforts have focused on showcasing the region's rich cultural heritage, breathtaking landscapes etc. This shift in narrative is attracting increased tourist interest, opening doors for economic opportunities and fostering a more positive perception of the

A carpet weaver, wishing not to be named, has found his work taking a new turn over the last two years. The influx of tourists, drawn by Kashmir's unparalleled beauty and revitalized infrastructure, meant a surge in demand for his intricate craft. "Orders are pouring in from all over the country. Financial stability means mental stability," he said.

Kashmir has historically faced challenges in the education sector. However, recent years have seen positive developments with expanded educational opportunities.

Notably, the educational institutions in Kashmir valley witnessed over 200 working days in year 2022 after 3 decades, primary to higher educational institutions, the academic session witnessed the highest number of working days from March till November. It's likely that the 2023 academic year also saw an increased number of working days compared to previous years.

"Increasing the number of school days can have some positive impacts on learning outcomes. A consistent schedule can provide a sense of stability and predictability for some students," Asif Ahmad, a high school teacher said.

The emergence of coaching centers catering to various competitive exams like NEET, JEE,

and UPSC is another positive development in Kashmir's educational landscape. These institutes offer specialized guidance and support to students aiming for higher education or compet-

itive careers. Among all the other changes, the Union Territory (UT) of Jammu and Kashmir witnessed 10 internet shutdowns in the year 2023, marking a substantial decrease compared to previous

According to data from the internet tracking website 'Internet Shutdowns,' the region witnessed 43 incidents of internet blockades in 2022. However, in 2023, the number has significantly decreased to 10.

Dr Qazi Haroon, a doctor with the Directorate of Health Services Kashmir (DHSK), opines that the decline in suicide cases can be attributed to the improved socio-economic conditions in the valley. He said that the return to a state of normalcy in Kashmir has played a vital

role in reducing stress levels among individuals.

"Unemployment, relationship issues, and drug abuse are some of the factors that can contribute to suicidal tendencies," Dr Haroon said. "Addressing these issues has helped reduce instances of self-harm.'

Dr. Haroon also highlighted the previous taboo associated with mental health, which hindered people from seeking help. However, initiatives such as the government's tele-counseling helpline and Addiction Treatment Facilities (ATFs) in all districts have provided individuals with an outlet to express their feelings without judgment.

"These efforts are aimed at addressing mental health issues across all age groups and ensuring that individuals receive the necessary support and treatment they require," he said.

Notably, the UT administration has launched several mental health counseling centers to improve the mental well being of the people, which include 'Sukoon' and 'Zindagi'. The centers are available round the clock for the people struggling with mental health issues.

It's crucial to note that the decrease in suicides is a complex issue with various contributing factors, but many people expressed a sense of hope for the future due to an improved security situation. Tanweer Ahmad, a resident of south Kashmir, spoke positively about the changes, saying "Nightlife has returned to the valley, and I feel more optimistic about the future."

whatever reasons. youngsters in Kashmir used to remain confined to their homes early, but now the situation has changed."

Studies also suggest a correlation between normalcy and mental health. Research in psychology and public health has explored the relationship between stability, routine, and mental well-being. Stability in a nation creates an environment conducive to positive mental health outcomes by promoting security, social cohesion, and access to essential services.

Shabana, a psychology teacher opined that the region had experienced decades of conflict and instability, which took a toll on the mental well-being of its inhabitants. "The feelings of fear, anxiety, and stress that are often associated with living in conflict-affected areas have been reduced to a large extent," she said, adding that the decreased incidents of violence and unrest are important factors for mental health.

Earlier, the Union Ministry of Home Affairs (MHA) said that around 78 persons committed suicide in the UT from 2020 to 2022 due to unemployment. However, with increased initiatives, the unemployment rate in the region declined significantly to 4% from 5.2% in 2021-22, according to officials.

Mental health experts in the valley emphasize that the decline in suicide cases is closely tied to the reduction in unemployment rates. "It's a good sign. Job creations are important to address mental health issues of youth," said a psychiatrist, wishing not to be named.

Leh Observes Shutdown Over **Demand For Special Status**



Agencies

SRINAGAR: The call for a remained closed, and the bandh resonated strongly in streets were devoid of their nizations rallied for the cause of Ladakh's special status. Led by prominent figures including Nawang Dorje Lacrook and Sonam Wangchuk from the Leh Apex Body, hundreds gathered in support of implementing the Sixth Schedule in Ladakh to safeguard its unique culture and environment.

According to the news agencv-Kashmir News Observer (KNO), despite talks between Home Ministry officials and Ladakh's public representatives yielding no positive outcomes, Leh witnessed a significant shutdown on Thursday.

Business establishments usual hustle and bustle. Public transportation services came to a standstill, although private vehicles were still seen plying the roads. However, government offices continued operations unaffected by the bandh.

The onset of an indefinite hunger strike by renowned environmentalist and innovator Sonam Wangchuk at the NDS Stadium further underscored the intensity of the demands put forth by Ladakh's populace. The hunger strike commenced following a massive rally that saw participa-

tion from across Leh.

Addressing the ing, Leh Apex Body members Nawang Dorje Lacrook and Sonam Wangchuk reiterated the urgent need for implementing the Sixth Schedule in Ladakh. They emphasized that such measures were essential for the preservation of Ladakh's distinct cultural heritage and pristine environment.

Representatives from Ladakh expressed disappointment, claiming that their demands, statehood, full including implementation of the Sixth Schedule, establishment of a Public Service Commission, and an additional parliamentary seat for Kargil, were not addressed adequately—(KNO)

Northern Railway Sets Record with Rs. 514 Crore Scrap Sale



KO NEWS SERVICE

NEW DELHI: Northern Railway on wednesday announced that the company has set a new record in scrap sales.

Shobhan Chaudhuri, General Manager, Northern Railway in a statement informed Northern Railway stands at No.1 in scrap sale amongst all Zonal Railways and Production Units of Indian Railway by disposing off scrap worth Rs. 514.06 Crores in FY 2023-24 which is already more than the annual sale target of Rs. 500 Crores.

"Northern Railway also the first Zonal Railway to achieve the milestone sale of Rs. 100 Crores, 200 Crores, 300 Crores and 400 Crores in scrap sale in the current Financial Year," reads the statement.

It further adds that the scrap disposal is an important activity. Besides generating revenue from scrap, it also helps to maintain the working premises neat and tidy. Availability of scrap like Rail pieces, Sleepers, Tie Bars etc. nearby Railway lines is a potential safety hazard.

"Northern Railway took the task of disposal of Abandoned Structures like staff quarters cabins, sheds, water tanks etc in a mission mode. This helped not only in generating revenue but also resulted in valuable space being available for better use and avoiding possible misuse of old structures by miscreants," the statement said adding "Their quick disposal has always been a priority area and monitored at the highest level. Scrap PSC sleepers which have accumulated in large quantity over Northern Railway are also being

disposed of to release the valu-

able area for Railway activities

besides generating revenue,"

Police Seize 150 Sleepers Of Deodar In Doda

BANIHAL: A total of 150 sleepers of deodar trees were seized from a house in Doda district of Jammu and Kashmir on Thursday, police said. The beams of wood were said to be worth lakhs of rupees, the police said.

A police team was on patrol duty in at Bathri in Tanta area of Gandoh when it received a tip-off about one Shah Mohd illegally axing green standing deodar trees in Tanta forest and hoarding them near his house for selling purpose, they said.

Upon receiving the information, the police team rushed to the spot, searched the area and found 150 deodar sleepers which the accused had kept near his house, the police said.

The sleepers were seized and a case under was registered relevant sections at Gandoh Police Station, they said. Efforts are underway to nab the accused who is absconding, they added.

The Doda police have launched a special drive against smugglers of timber, drugs, and cattle. They have appealed to the public to provide information if any smuggling activity is noticed in their neighbourhood so that culprits are booked.

CEO's Office To Hire 3 Helicopters For Lok Sabha Polls

Agencies

SRINAGAR: Ahead of Lok Sabha polls in Jammu & Kashmir, the Union Territory's chief electoral officer's office is hiring three helicopters for ensuring faster mobility of manpower during the polls. To begin with, the CEO's office has invited bids from registered

aviation companies for renting three helicopters during Lok Sabha polls in the UT.

According to the documents possession in news agency—Kashmir News Observer (KNO), the CEO's office has invited bids for hiring one single engine helicopter on wet lease basis for three days before election day of the first phase to one day after election day of last phase of Lok Sabha polls and one twin engine helicopter on wet lease basis, as and when required during the election.

It has also invited bids for hiring a helicopter ambulance on wet lease basis for five days during each phase of election.

The Election Commission of India is likely to announce the schedule for Lok Sabha polls in mid-March after concluding the visit of J&K. The ECI is visiting Jammu & Kashmir on March 12 and 13 to interact with different stakeholders including representatives of different national and regional political parties—(KNO)

Email: pmgsy.baramulla@gmall.com

OFFICE OF THE EXECUTIVE ENGINEER PMGSY (JKRRDA) DIVISION BARAMULLA.

Government of Jammu and Kashmir

CORRIGENDUM

Subject:-Invitation of Tender.

Phone: 01952:

This Office e-NIT No. 11/EE/PMGSY/Bla/e-Tendering of 2023-24, Dated: - 24/02/2024

Dates for above referred NIT are hereby extended as mentioned

1.	Bidding Documents End Date	13.03.2024 at 4:30 PM		
2.	Bid Submission End Date	13.03.2024 at 4:30 PM		
3.	Date and Time of Opening of Bid (Online)	14.03.2024 at 11:00 AM		

All other conditions will remain same as mentioned in original

NO. PMGSY/Bla/2555-60 **Executive Engineer** Date:- 07.03.2024 DIPK-17612-23 **PMGSY Division Baramulla**

OSC In Budgam Turns Beacon Of Hope For Women

BUDGAM: Amid rise in crimes against women, the Sakhi One Stop Centre has emerged as a major safeguard against the crimes against women, marking an important step in the empowerment and protection of women in Central Kashmir's Budgam district.

Established in December 2022 under the aegis of the Social Welfare Department, for thousands of people, the centre is now turning out to be a beacon of hope.

Centre Administrator Gousia Rafiq Khan while talking to the news agency, said that, since its inception, the center has successfully resolved 170 cases related to domestic violence, sexual harassment, sextortion, and various other crimes against women, providing a vital support system for those in need.

"We conduct ground-level programmes in rural areas and panchayat blocks. After the ladies there learn about this centre, those in need of assistance get in touch



with us for immediate assistance: in these cases, we don't question them about their identity or other personal information; instead, we just try to provide them with shelter and medical assistance.

"In a suitable manner, when they feel capable of doing so, they share their stories with us. Our main goal is to solve the issues through counselling; if that fails, we seek out legal or

police support," she added. "We have observed that the centre continues to have a positive impact for Budgam's women, providing support and safety when they need it," she said.

The Sakhi One Stop Center in Budgam stands as a testament to our commitment to safeguarding the rights and well-being of women. The recent success in dismantling a human trafficking ring reflects the dedication of our team and the importance of such centers in our communities, she said.

"In a recent major achievement, the One Stop Center played a pivotal role in busting a human trafficking gang operating in Soibugh area of Budgam. The team successfully rescued a non-local lady, handing her over to her in-laws. Criminals involved in the trafficking were promptly booked under the relevant sections of the law," she said.

The center's comprehensive approach, involving immediate intervention, legal action, and support for victims, has positioned it as a crucial resource in the fight against women crimes—(KNO)

DC Kupwara Listens **Public Issues**

KO NEWS SERVICE KUPWARA: Deputy Commissioner

(DC) Kupwara, Ayushi Sudan conducted an extensive tour of Khumryal to take appraisal of issues confronted by people of the area. The Deputy Commissioner was

they apprised her regarding the developmental issues of public importance besides additional accommodation for class rooms and facility of smart classes at the institution. DC also visited the Khangund

area and took stock of the situa-



accompanied by DDC Council Member, Haihama, Sonawallah Khan, ADC Kupwara, Mohammad Rouf Rehman, ZEO Khumryal, Ch. Farooq Khantana, Principal, Government Higher Secondary School Khumryal, Nazir Ahmad Khan and other officers.

During the tour, the Deputy Commissioner interacted with the local residents of the area including members of civil society at Government Higher Secondary School Khumryal, where tion where land erosion had occurred due to recent rains and snowfall. Giving patient hearing to the

grievances and demands of the public, the DC passed directions to the concerned officers for resolving genuine demands and issues projected by people at the earliest.

The purpose of the visit was to take appraisal of local issues from the general public for precise and on-ground assessment for their time bound redressal.



Glimpses Of Prime Minister Narendra Modi's Kashmir Visit

Material Abid Bhat/KO

