

PAGD Falls Apart Before LS Polls NC, PDP Trade Blame As Seat Sharing Talks Collapse



Agencies

Srinagar: The political landscape in Jammu & Kashmir witnessed a tumultuous turn on Friday as the People's Alliance for Gupkar Declaration (PAGD) literally collapsed with National Conference and Peoples Democratic Party

trading charges after the former ruled out conceding Anantnag- Rajouri Lok Sabha seat to the latter, citing its poor performance in 2019 Lok Sabha polls.

The alliance between the National Conference (NC) and the People's Democratic Party (PDP) faced a severe setback over | [More on P6](#)

Wet Weather Forecast From March 12-14

KO Web Desk

Srinagar: The weatherman has predicted mainly dry weather in Jammu and Kashmir till March 10. "No significant weather activity (is expected) till March 10," he said, adding, "From March 12-14, light to moderate rain/snow is expected at most places."

Night temperature recorded a drop at most places in Kashmir Valley with Gulmarg recording minus 7.6°C on Friday.

A meteorological department official said that Srinagar recorded a minimum of 1.8°C against 2.1°C on the previous night. It was below normal by 1.5°C for the summer capital of Jammu and Kashmir for this time of the year, the MeT official said. | [More on P6](#)

Dal Lake To Get A Clean Up

PM Modi Inaugurates CEF's Waste-to-Manure Processing Plant

- » Part of a 30,500 crore initiative
- » 70,000 tonnes of lake waste
- » Affordable organic manure
- » 24,000 tonnes organic manure annually
- » Suitable for a wide range of plants
- » Collaboration for environmental conservation
- » Local job creation

Observer News Service

New Delhi: CEF Group, an energy solutions company, has launched a waste processing plant in Srinagar that will remove waste from Dal Lake. This project is part of a collaboration between the J&K Lake Conservation & Management Authority (LCMA) and NAFED, with CEF Group as the technical and financial partner of the latter.

Prime Minister Narendra Modi e-inaugurated this project along with others, collectively worth 30,500 crore for the Union Territory of Jammu and Kashmir. The newly inaugurated plant will be converting 70,000 tonnes of lake waste, particularly weeds and lilies into 24,000 tonnes of organic manure and allied products annually.

Recognizing the issue of water lilies and weeds

overgrowth in Dal Lake, which obstructs boat paths and consequently impacts tourism and local livelihoods, the partners devised this solution. Besides, this waste accumulation leads to various forms of pollution, including overgrowth and blockage, habitat disruption, and water quality deterioration.

"This solution entails scientifically processing weeds and lilies into | [More on P6](#)

LPG Gets Rs 100 Price-Cut On Women's Day

Press Trust Of India

New Delhi: Weeks before general elections, Prime Minister Narendra Modi on Friday announced a Rs 100 per cylinder cut in cooking gas LPG price to ease financial burden on households. Non-subsidised cooking gas price will be cut to Rs 803 per 14.2-kg cylinder in the national capital with effect from midnight of Friday/Saturday, official sources said.

Prices vary from state to state depending on the incidence on local taxes. The reduction has been made possible because of easing of international oil and gas prices, against which domestic fuel rates are benchmarked. However, no | [More on P6](#)

No Conflict Between INDIA Bloc Members: Congress

Talks on seat-sharing with NC and PDP in Jammu and Kashmir for the forthcoming parliamentary polls are on and there is no disagreement between the members of the INDIA bloc in the Union Territory, a Congress office-bearer said here on Friday.

6 THERE USED TO BE A DISCUSSION ON SMALLER ISSUES WITHIN THE PAGD, but the NC took such a decision without consulting us. What BJP couldn't do (breaking PAGD), has been done by a member of the alliance."

Let's 'Create On India And Create For World': PM

Urges Creators To Make 'Nari Shakti' Part Of Their Content

Press Trust Of India

New Delhi: Prime Minister Narendra Modi urged content creators on Friday to start a "create on India movement" and share stories on the country's culture, heritage and traditions with the world.

"Let us create on India, create for the world," the prime minister said after he presented the first-ever National Creators' Awards at the Bharat Mandapam here.

Among those awarded were Pankhti Pandey, who got the award in the "Green Champion" category, Keerthika Govindasamy in the "Best Storyteller" segment, singer Maithili Thakur got the "Cultural



Ambassador of the Year" award, Gaurav Chaudhary bagged the honour in the "Best Creator in Tech" category and Kamiya Jani was felicitated as the "Favourite Travel Creator".

"People ask me, what is the secret of my success? I do not give an answer to everyone.... | [More on P6](#)

'Have Development Plan Ready For 25 Yrs'

PPrime Minister Narendra Modi on Thursday said his government has been working at an unprecedented speed and scale for the past decade and has a development | [More on P6](#)

After Sonamarg, HC Orders Allow Army Constructions In Gulmarg

M Ahmad

Srinagar: The High Court of J&K and Ladakh has asked Building Operation Controlling Authority (BOCA), Gulmarg Development Authority, to "expeditiously" pass appropriate orders regarding repair and construction of new structures by army in Gulmarg by "keeping in mind the strategic significance and security of the nation."

A division bench of Chief Justice N. Kotiswar Singh and Justice Wasim Sadiq Nargal passed the orders while disposing of an application filed on behalf of the Ministry of Defence, seeking permission to

commence existing and fresh construction relating to operational, training of its forces including providing accommodation for own and foreign officers and troops along with the allied infrastructure at Gulmarg in phases.

"It has been also submitted that Gulmarg being a key location which act as fulcrum of operations of Indian Army in maintaining the Line of Control of the nation and also host the unique High Altitude Warfare School (HAWs) which trains the Indian Army and armies of friendly nations," the court said, adding, "Considering the fact that this pertains to the defence | [More on P6](#)



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Narendra Modi
Prime Minister

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'Systematic Changes Occur In Multiple Body Organs Without Food For 7 Days'

IANS

The body experiences significant and systematic changes across multiple organs during prolonged periods of fasting, a new study revealed on Friday.

The research, published in the journal Nature Metabolism, demonstrated evidence of health benefits beyond weight loss but also showed that any potentially health-altering changes appear to occur only after three days without food.

Researchers from Queen Mary

University of London and Norwegian School of Sports Sciences have identified potential health benefits from fasting, which could lead to therapeutic interventions for people who cannot undergo prolonged fasting or fasting-mimicking diets.

"Our findings have provided a basis for some age-old knowledge as to why fasting is used for certain conditions. While fasting may be beneficial for treating some conditions, often times, fasting won't be an option for patients suffering from ill health," said Maik Pietzner, professor at Queen Mary University.



Researchers followed 12 healthy volunteers taking part in a seven-day water-only fast. The volunteers were monitored closely on a daily basis to record changes in the levels of around 3,000 proteins in their blood before, during, and after the fast.

The researchers observed the body switching energy sources, from glucose to fat stored in the body, within the first two or three days of fasting. The volunteers lost an average of 5.7 kg of both fat mass and lean mass.

After three days of eating after fasting, the weight stayed off, the loss of lean was almost completely re-

versed, but the fat mass stayed off, the study noted.

"Fasting, when done safely, is an effective weight loss intervention. Popular diets that incorporate fasting, such as intermittent fasting, claim to have health benefits beyond weight loss," said Claudia Langenberg, Director of Queen Mary's Precision Health University Research Institute.

The researchers noted that the results provided evidence for the health benefits of fasting beyond weight loss, but these were only visible after three days of total caloric restriction, later than they previously thought.

Sleeping For Just 3-5 Hours Daily May Increase Type 2 Diabetes Risk: Study

Press Trust Of India

People who sleep for only three to five hours daily may be at a higher risk of developing type 2 diabetes, according to a study.

The research, published in the journal JAMA Network Open, also shows that chronic sleep deprivation cannot be compensated by healthy eating alone.

"I generally recommend prioritising sleep, although I understand it's not always possible, especially as a parent of four teenagers," said Christian Benedict, Associate Professor at Uppsala University and lead researcher behind the study.

The team examined the link between type 2 diabetes and sleep deprivation. Type 2 diabetes affects the body's ability to process sugar (glucose), hindering insulin absorption and resulting in high blood sugar levels.

A 2020 study showed that over 462 million people suffer from this disease. Over time, it can cause serious damage, particularly to nerves and blood vessels, and thus represents an escalating public health problem globally.

"Previous research has shown that repeated short daily rest increases the risk of type 2 diabetes, while healthy dietary habits such as regularly eating fruit and vegetables can reduce the risk," said Diana Noga, a sleep researcher at the Department of Pharmaceutical Biosciences at Uppsala University.

"However, it has remained unclear whether people who sleep too little can reduce their risk of developing type 2 diabetes by eating healthily," Noga said in a statement.

The researchers used data from one of the largest population databases in the world, the UK Biobank, in which nearly half a million participants from the UK have been genetically mapped and responded to questions on health and lifestyle.



"The team examined the link between type 2 diabetes and sleep deprivation. Type 2 diabetes affects the body's ability to process sugar (glucose), hindering insulin absorption and resulting in high blood sugar levels.

They followed the participants for over 10 years and found that a sleep duration of between three and five hours was linked to a higher risk of developing type 2 diabetes.

In contrast, healthy eating habits led to a lower risk of developing the disease, but even people who ate healthily but slept less than six hours a day were still at higher risk

of type 2 diabetes.

"Our results are the first to question whether a healthy diet can compensate for lack of sleep in terms of the risk of type 2 diabetes. They should not cause concern, but instead be seen as a reminder that sleep plays an important role in health," Benedict added.

NOTICE

I Shabir Ahmad Bhat S/o Ghulam Mohi-Ud-Din Bhat R/O Rangpora Ellahi Bagh Srinagar Want To Correct my Middle Name And Father's First name Spelling In My Driving License bearing Reg No Jk-0120040052948. Now I want to renew my Driving License with these changes. Regard this, If Any One Have any Objection he/she may file the same to the RTO Office Srinagar Kashmir within a week's time after that no objection will be entertained.

Office Of The Munsiff/Judicial, Magistrate Pampore

Subject: Supply of Law Books for Bar Association Pampore.

Notice to: General Suppliers
 No: 163/MP Date: 07-03-2024
 With reference to the subject cited above, this office requires below mentioned Law Books for Bar Association Pampore. Accordingly General Law Book Suppliers are invited to submit their quotations before this office either in person or by post upto 18.03.2024. The lowest bidder will be selected to supply the books to President Bar Association Pampore. The details of books are as under:

S. No.	Name	Qty.
1	New Criminal Act CrPC	2
2	New Criminal Act IPC	2
3	New Criminal Act Evidence	2
4	Administrative Law	1
5	Constitution Law	1
6	Code of Civil Procedure	2
7	Narcotic Drugs Bare Act	2
8	Mohammedan Law	1
9	Land Revenue Laws	1
10	Words and Phrases (Legal)	1
11	Law of Documentary Evidence	1
12	Constitutional Remedies	1
13	Forensic Evidence	1
14	Law of Contract	1
15	Anti Corruption Law	1
16	Electronic Evidences	1
17	Unlawful Activities	1

Issued today on 7th day of March, 2024 under my seal and signature.
 Touseef Ahmad Magray
 Munsiff/Judicial Magistrate
 Pampore

FATEH KHAWANI

With Profound Grief We Inform The Sad Demise Of my Father: FAROOQ AHMAD SHANDA S/O GHULAM AHMAD SHANDA R/O HAWAL NEAR GOUSIA MASJID Srinagar Who Left For Heavenly Abode On 07 MAR 2024 (THURSDAY)
 Fateh Khawani Will Be Held On 10 MAR 2024 (SUNDAY) 10:30 am At Their Ancestral Graveyard BOHI-UD-DIN SAHAB SHRINE Srinagar.
 Ladies are kindly requested not to bring any kind of edible with them.

Bereaved Family
 Shahid farooq
 9108703818



INF

PUBLIC NOTICE

I have lost my 8th pass certificate issued by Govt boys middle school Palapora Pattan. Now I have applied for the duplicate of the same if anybody has any objection in this regard he/she may file his/her objection in the Above mentioned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Name : Abid Hussain Bhat
 R/o palapora pattan
 S/o Ab Ahad bhat

FKO

NOTICE

In school records the fathers and mothers name of my son Hyder Qadri studying in 5th class in Oasis educational institute Gulshan Nagar nowgam Srinagar has been wrongly mentioned as Faroz Qadri instead of Feroz Qadri and also mother's name Syed Shabana instead of Syed Shabana kousare same needs to be corrected in Municipal records D.O.B certificate as well as in school records. In this regard if any body have any objection may convey to Registrar Birth and deaths SMC Srinagar / Principal Oasis Educational Institute Gulshan Nagar nowgam Srinagar within a period of seven days, after that no objection shall be entertained.

Feroz Qadri
 F/o: Hyder Qadri
 R/o: Gulshan Nagar nowgam Srinagar

nj

از نیابت پیمان

عنوان:- درخواست منجانب سیمیرہ جان دختر غلام رسول شیرگوجری ساکنہ موضع پیمان چائن تحصیل پٹن OSC تحت 126/294 SRO

اشتیہار ہرخاص و عام

معاملہ مندرجہ عنوان الصدر میں ساکنہ نے ایک درخواست نمائش OSC سرٹیفکیٹ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پیواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکنہ واقعی شیرگوجری ذات سے تعلق رکھتا ہے اور ساکنہ پیمان چائن میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے ساکنہ کا کہنا ہے کہ وہ اپنی پیدائش سے ہی غلام رسول شیرگوجری ولد محمد رمضان 53 سال مزدوری نوردہ بنگمڑہ جہ غلام رسول شیرگوجری 50 سال گھریلہ کام عاشق احمد ولد غلام رسول شیرگوجری 35 سال مزدوری بلال احمد ولد غلام رسول شیرگوجری 29 سال زیر تعلیم ساکنہ جان دختر غلام رسول شیرگوجری 28 سال زیر تعلیم ساکنہ مذکور OSC سرٹیفکیٹ حاصل کرنے کا خواہ ہے اور کتنی سالہ آمدنی 90,000 روپے تک ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی عجز یا ہتوڑہ یا بدمشہور اخبارات سن دن کے اندر نامہ لےنے عذر یا متراضی وادالت جہاں کوئی اوقات کے دوران پیش کریں۔ بعد ازاں سے عیاں کوئی عذر یا متراضی قابل قبول نہیں ہوگا۔
 نائب تحصیلدار
 FKO

از عدالت انکلیٹیو مجسٹریٹ وچ اول نارہ بل ضلع بڈگام

عنوان:- درخواست منجانب فیاض احمد ڈار ولد محمد اکبر دار ساکنہ چک کاوسہ تحصیل نارہ بل ضلع بڈگام برادر عطائی اجرائی یوم وفات سند بحق محمد اکبر ڈار اشتیہار برادر آگاہی ہرخاص و عام
 معاملہ مندرجہ عنوان الصدر میں دفتر بڈگام ایک درخواست بابت حصول تاریخ وفات سرٹیفکیٹ موصول ہوئی ہے۔ ساکنہ اسامہ یوم وفات سند حاصل کرنے کی خواہ ہے۔ ساکنہ اسامہ دعوئی کرتی/کرتا ہے کہ محمد اکبر دار ولد غلام محمد دار ساکنہ چک کاوسہ نارہ بل کی تاریخ وفات 2022-05-02 ہے اس نسبت ہرخاص و عام کو مطلع کیا جاتا ہے کہ اگر کسی شخص یا اشخاص کو کوئی عذر یا اعتراض ہو تو وہ اپنا عذر یا اعتراض سات سات کے اندر پیش کریں۔ عیاں کوئی عذر یا اعتراض کے بعد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
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Mahashivaratri Celebrated In Kashmir With Piety

Shankaracharya Temple Adorned With Lights

Observer News Service

Srinagar: Devotees across different parts of the valley came together to observe Maha Shivaratri with fervor and devotion, marking the auspicious occasion with rituals and prayers.

On the occasion, the Shankaracharya Temple, a prominent temple in Srinagar city, was adorned with colorful lights and echoed with the chanting of hymns as devotees gathered to pay homage to Lord Shiva.

Amidst the serene ambience of the temple, devotees offered flowers and fruits and asked for a blessing from lord Shiva. The atmosphere resonated with spiritual energy as devotees immersed themselves in prayer.

A devotee expressed joy and gratitude for being able to participate in the sacred festivities. "Maha Shivaratri is a time for introspection and spiritual rejuvenation.

DC Srinagar Greets People

Srinagar: Deputy Commissioner (DC), Srinagar, Dr. Bilal Mohi-ud-Din Bhat has greeted the people on the auspicious occasion of Mahashivaratri, which is celebrated by Kashmiri Pandits as Hairath.

DC Srinagar in his message, said that the festival symbolizes the values of devotion, brotherhood and harmony, Wishing the people Mahashivaratri greetings, the DC added that festival teaches brotherhood, unity and harmony among diverse communities.

He also prayed for peace and prosperity and wellbeing of the people on the occasion.

Being here at the Shankaracharya Temple fills her heart with peace and tranquility," she expressed.



A picture clicked by KO lensman Abid Bhat on the International Women's Day shows women vendors earning their livelihood respectfully by setting up stalls on a daily basis around the major marketplaces in Srinagar city.

International Women's Day

Actress Warina Hussain To Lead Walkathon In Srinagar

Observer News Service

Srinagar: In a bid to emphasize zero tolerance against crimes targeting women, a grand walkathon is set to take place in Srinagar on Saturday to commemorate International Women's Day.

Organized by International Human Rights Organization Jammu and Kashmir Chapter and Maverick Foundation local, the event aims to raise awareness and advocate for the safety and empowerment of women in society.

Loveyatri fame Bollywood actress Warina Hussain, according to the organizers, will also take part in the three kilometer-long walkathon,

which will begin from Eco-park Boulevard.

Organizers said this is the first such walkathon being held in Srinagar as the organization earlier held it in many cities of India including Mumbai, Bangalore and Hyderabad.

"This is the first such walkathon being held in Kashmir. This walkathon holds significance in taking stand against crimes targeting women and fostering an environment of safety and respect for women in society. It's imperative that we come together as a community to show our unwavering support for women's rights and to send a strong message that crimes against

women will not be tolerated," Asif Iqbal National Media-in-charge International Human Rights Organization said..

Organizers said the other segments of the walkathon will be held in other cities also including Chandigarh, New Delhi, Mumbai, Hyderabad and Bangalore.

"After Srinagar, a similar walkathon will be held in Chandigarh with a message about zero tolerance for crime against women. A walkathon will be also held in New Delhi, later Mumbai, Hyderabad and Bangalore," Iqbal said.

The organizers anticipate a mega participation in the walkathon

in Srinagar. "There is an open invitation for everyone. We are expecting students from schools, colleges and professionals also participating in the walkathon. The basic idea is to raise awareness and prevent crime against women across the country," Iqbal said.

The walkathon comes at a time when incidents of violence against women continue to be a pressing concern globally, including in the region. By organizing such events, organizers aim to not only raise awareness but also encourage dialogue and action to address the root causes of gender-based violence and discrimination.

Carry Forward Struggle To Defend Women's Rights: Tarigami

Observer News Service

Srinagar: On the occasion of International Women's Day, CPI (M) leader Mohammad Yusuf Tarigami Friday said that while celebrating women's achievements we must call out inequality and gender discrimination.

While addressing activists of

Women Association of Kashmir in Srinagar, Tarigami said amid the challenging times, the perfect way to celebrate the day is to remind that all men and women are equal and can work together in shaping the world. Focusing on women's issues and empowerment is what we should strive for.

International Women's Day

HC, JKLSA, UT admin, KU Organizes Mega Event

Observer News Service

Srinagar: The High Court of Jammu & Kashmir and Ladakh, along with J&K Legal Services Authority, in collaboration with the UT Administration and University of Kashmir, organized a mega event to mark the celebration of International Women's Day at the University of Kashmir on Friday.

The speakers, while speaking on the occasion, advocated women's empowerment and active participation in the progress and prosperity of the nation for a flourished society.

Chief Justice of High Court of Jammu and Kashmir and Ladakh, and Patron-in-Chief of J&K Legal Services Authority, Justice N Kotiwar Singh, graced the occasion as chief guest while Vice Chancellor of the University of Kashmir, Nilofer Khan, participated as guest

of honor.

The event was also attended by eminent personalities including Dr. Vijay Lakshmi Brara, Justice Moksha Kazmi Khajuria, Justice Waseem Sadiq Nargal, Principal Secretary to Chief Justice M.K. Sharma, Dr. Naseer Iqbal Registrar University of Kashmir, Farooq Ahmad Registrar Judicial, Amit Gupta, Member Secretary JKLSA Abdul Bari, Joint Registrar Judicial, members of the Registry, Judicial Officers and Officers of J&K Legal Services Authority and High Court, officers of civil and police administration, officers and faculty members of University of Kashmir, front-line workers of Health and Social Welfare Department, DLSA staff members and Para Legal Volunteers, members of LADC and students. The event was joined from Jammu by Shahzad Azeem, Registrar General High Court of J&K and Ladakh.

Chinar Colony HMT Zainakote Residents Demand Urgent Road Repairs

Observer News Service

Srinagar: As excitement fills the air for children eager to resume their studies, the residents of Chinar Colony HMT Zainakote, find themselves grappling with a pressing concern about the perilous state of their roads.

The locals in the area stated that the prospect of sending their children to school presents significant

challenges due to severely deteriorated road conditions in their area.

Several residents complained that a stretch of road in their locality has developed extensive potholes, often filled with rainwater, making it impassable for pedestrians and hazardous for vehicles.

Muzaffar Ahmad, a local resident, highlighting the dire situation, stated, "There is no way

we can walk on the road, such is the condition of the road. There are big potholes filled with water, and even smaller cars face damage while crossing our road stretch."

The local residents in the area said that the reopening of schools poses a daunting task for them, as they have to find alternative means to transport their children safely to bus stops for pick and drop.

NORTHERN RAILWAY
E-Tender Notice

Sr. DEN-III/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.ireps.gov.in with closing date- 29.03.2024 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on www.ireps.gov.in portal like net banking, debit card, credit card etc. Manual payments through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information logon to www.ireps.gov.in

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Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
07.03.2024	15.03.2024	29.03.2024/15:00 Hrs

S.No.	Tender No.	Details of Tender								
1.	425-2023-2024-JAT-DRM-FZR	Replacement of abandoned quarters with 9 Nos type-II gang quarters at Raya Morh (VJPJ-BBMN) for the gang 14 PJ at VJPJ under SSE/W/JAT.								
		<table border="1"> <thead> <tr> <th>Advertised Value (Rs.)</th> <th>Earnest Money</th> <th>Validity of Offer</th> <th>Period of Completion</th> </tr> </thead> <tbody> <tr> <td>1,64,56,293.14</td> <td>2,32,300/-</td> <td>60 Days</td> <td>06 Months</td> </tr> </tbody> </table>	Advertised Value (Rs.)	Earnest Money	Validity of Offer	Period of Completion	1,64,56,293.14	2,32,300/-	60 Days	06 Months
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1,64,56,293.14	2,32,300/-	60 Days	06 Months							
		Similar nature of work :- "Construction of building/quarters".								
2.	426-2023-24-PTK-DRM-FZR	Works in connection with Manning of Level Crossings in the jurisdiction of Sr. DEN-III/FZR.								
		<table border="1"> <thead> <tr> <th>Advertised Value (Rs.)</th> <th>Earnest Money</th> <th>Validity of Offer</th> <th>Period of Completion</th> </tr> </thead> <tbody> <tr> <td>1,87,16,203.12</td> <td>2,43,600/-</td> <td>60 Days</td> <td>08 Months</td> </tr> </tbody> </table>	Advertised Value (Rs.)	Earnest Money	Validity of Offer	Period of Completion	1,87,16,203.12	2,43,600/-	60 Days	08 Months
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1,87,16,203.12	2,43,600/-	60 Days	08 Months							
		Similar nature of work :- "Any civil work other than track work".								
3.	428-2023-24-JAT-DRM-FZR	TRR (S) 29.013Km of loop lines in various yards i.e. BBMN, SJNP, KTHU, BDHY, GHGL, JAT, MDPB, BHRL, BHPJ, CHNR yard with 52 Kg 90 UTS (SH) Rail in the section of ADEN/JAT.								
		<table border="1"> <thead> <tr> <th>Advertised Value (Rs.)</th> <th>Earnest Money</th> <th>Validity of Offer</th> <th>Period of Completion</th> </tr> </thead> <tbody> <tr> <td>3,34,60,356.59</td> <td>3,17,300/-</td> <td>60 Days</td> <td>10 Months</td> </tr> </tbody> </table>	Advertised Value (Rs.)	Earnest Money	Validity of Offer	Period of Completion	3,34,60,356.59	3,17,300/-	60 Days	10 Months
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3,34,60,356.59	3,17,300/-	60 Days	10 Months							
		Similar nature of work :- "CTR/TRR/TFR/TTR including raising of track, screening, distressing of track, pre & post works for track maintenance machine like tamping machines/ballast screening/regulating machines & TTR by T-28".								

Note1. Before bidding, bidders to check for any corrigendum issued against tender. **Tender Notice No.:- 425 & 428-2023-24-JAT-DRM-FZR & 426-2023-24-PTK-DRM-FZR Dated: 07.03.2024** 739/2024

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- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

HIGHWAY STATUS

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

HIJRI CALENDAR
27 Shaban
1445

PRAYERS

FAJR	5: 29
ZUHR	12:43
ASR	4: 52
Magrib	6:36
ISHA	7: 56

This Day In History

- 1862 - USS Monitor and CSS Merrimack battle in Hampton Roads
- 1889 - Battle at Gallabat (Metema): Mahdi's beat Abyssinian emperor John IV.
- 1891 - Great
- 1891 - Great Blizzard of 1891 begins in England (lasts until 13th March; 200 people and 6,000 animals killed).
- 1893 - Congo cannibals killed thousands of Arabs
- 1907 - 1st involuntary sterilization law enacted, Indiana.
- 1916 - Germany declares war against Portugal.
- 1925 - Pink's War, the first RAF operation conducted independently of the Army or Navy, begins.
- 1935 - Adolf Hitler announces the creation of a new air force.
- 1942 - Construction of the Alaska Highway began
- 1945 - 334 US B-29 Superfortresses attack Tokyo with 120,000 fire bombs
- 1945 - Japanese proclaim "independence" of Indo-China.
- 1961 - Soviet flight Sputnik 9 carries and returns a dog named Chernushka (Blackie), frogs and a guinea pig from orbit
- 1962 - Egyptian Pres Nasser declares Gaza belongs to Palestinians.
- 1962 - US advisors in South-Vietnam join the fight
- 1975 - Construction of the Trans-Alaska Pipeline System begins.
- 1986 - NASA announces searchers found remains of Challenger astronauts.
- 1986 - Soviet probe Vega 2 flies by Halley's Comet at 8,030 km
- 1989 - Soviet Union officially submits to jurisdiction of the World Court.
- 1991 - US 70th manned space mission STS 39 (Discovery 12) launches into orbit
- 1994 - IRA launch 1st of 3 mortar attacks on London's Heathrow Airport.

From KO Archives

Wife Pushes Husband Behind Bars

Observer News Service

Srinagar: Police today arrested a resident of Sarnal, Anantnag who had reportedly tried to kill his wife by pushing her out of the third story of his house. Syed Khaid Shah was arrested after the statement of his injured wife who regained consciousness after seven days in coma at Soura Institute, Srinagar. Ironically, he was attending to his bruised wife in the hospital when arrested. The police have registered a case against him under the Section 307. According to the reports, Rozy Jan, was taken to hospital by her in-laws on March 2 saying that she fell from the third story of her house. She was admitted to hospital in an unconscious state and after seven days when she regained her consciousness, she revealed that she had been pushed out of the window by her husband with the intention of killing her.

The couple who had been married for last four years, had a relationship marred by quarrels and conflicts, and the birth of a child could not mend their differences. Two years back, the conflict resulted in divorce, but later a patch up brokered by their relatives resulted in their re-marriage. However, the differences could not be bridged and according to the wife, her husband was threatening to kill her daily for some time. Relatives of the victim accused Shah having developed a relationship with some other woman.

(Kashmir Observer, 09 March, 2000)

Regarding travellers, it is said around 337-422 AD, (- the time of Chandergupta Vikramaditya's reign) the famous Chinese Pilgrim, Fa-Hein travelled to Sri Lanka, India (- and also possibly to Kashmir and Ladakh too but surely to Swat Valley, Kashgar etc; then said to be part of Kashmir) and he is said to have reported that Buddhism was flourishing in Kashmir. (By the 7th Century The Tantra System of Buddhism had developed.) From 629-645 AD another Chinese Pilgrim Hiuan Tsang travelled in Kashmir for two years, probably in 632-634 AD and reported Mahayana flourishing, with monasteries in hundreds but Buddhists and Hindus reportedly lived in peace. He even went to Nalanda, Prayag, Kannauj and attended Buddhist Assemblies organised by King Harsha Vardhana.

Historical records of the Tang Dynasty of China mention the arrival of an 'ambassador' from Kashmir in 713 AD-Lalitaditya's rule.

During 8-9th Century Shivaistic Hinduism reached its glory with the spade work of the chain of great Shaiva Acharyas, prominently Vasugupta, Abhinavagupta & others. By 10th Century Buddhism in Kashmir had waned as Kashmir-King Ksema Gupta (950-958 AD) - 'the Shiva-worshipper, is said to have destroyed the images of Buddha' here. In absence of the patronage of kings, Buddhism couldn't stand the onslaught of Hindu preachers like Shankaracharya (-who established Dasnami-Dandins, order of Hindu ascetics) and Kumarila Bhatta. With Hindu resurgence Buddhism lost its importance and Kashmir lost its importance as The Buddhist Centre, except for a brief period i.e 1089-1101 AD, that is in the reign of King Harsha deva, who is said to have supported.

Now about Christianity. Earliest pointers that come to my mind are the Nestorian Christians of Syria, who might have come from Samarkand (Uzbekistan/ Tajikistan) around 800 AD to (-hold your breath, dear reader...) to TangTse in Durbuk, Ladakh, and left rock-carvings of The Crosses there. But thereafter the only period we hear about Christian father's in Kashmir is the period of Mughal emperor Akbar, when Fr.Jerome Xavier and Br.Goes is said to have accompanied Akbar to Kashmir in 1597 AD. Later Jesuit Priest Joseph De Castro is said to have come to Kashmir with Jehangir in 1627; also possibly Jesuit priests, Ippolito Desideri in 1714 and Manoel Freyre. Francis Bernier is said to have accompanied Aurangzeb to Kashmir in 1665. George Forster came in 1784, G.T.Vigne in 1835. Thereafter William Moorcraft, Fredric Drew, Alexander Cunningham (1846), George Buhler and many others.

From 1870 onwards Christian Medical Doctors and nurses started arriving in Kashmir for doing service in this field; establishing health facilities in Drujan Dalgate, in Rainawari, in Baramulla, in Anantnag etc for which we Kashmiris owe them an expressed appreciation being indebted to them,(- In the education sector too, unparal-



Scholars, Saints And The Syncretic Strain

A Historical Overview Of The Different Faiths
In The Hospitable Land- Kashmir

S.SARWAR.MALIK

leed job has been done by Christians ever since 1890's; especially when poor results on conversion front [- 36,000 souls in the total population of 1.25 crores, as on date; presented as an indicator], did not dampen the overall spirit of Christian visitors.) Anyway, since the first christian missionary didn't appear in Kashmir before 1597 so it is quite distant from the period of proselytisation; that is my today's topic. Likewise Sikhism, being very recent, I mention briefly that Guru Nanak (1469-1539 AD), its founder; who all through his life worked for interfaith peace & harmony and universal brotherhood; combined service (sewa) and prayer (Simran); travelled many places, including Jammu & Kashmir, Ladakh, Skardu, Gilgit etc. Here in Kashmir a Gurdwara at Hari Parbat stands testimony to his visit. After four centuries of Muslim rule under Mughals and Afghans the Sikh rule started with Ranjit Singh's annexation of Kashmir in 1820, after defeating the Durrani Empire. Exorbitant taxes till the famine of 1833, made them infamous. From 1846 to 1947 Dogras ruled J&K.

Now I come to an interesting fact. During 699-736 AD, (- i.e The reign of Lalitaditya Muktapida) this named king of Kashmir assisted the Chinese against the Tibetans. On the other hand Tibetans were aided by (... hold your

True, Persian eclectic

theosophy or practices may have been in contrast to indigenous mysticism followed by Lall e Ded & Noend Ryosh as also experiential part of these individual seers must have had a subjective tone but what really matters is the commonalities and the transformation their disciples experienced and reflected in their conduct, both at personal and social level

breath, again, dear reader) the Arabs; but allow me to keep the Islamisation of Kashmir, on the back burner, for some moments.

Coming to the positive strain of ours, allow me to reiterate that many times the pacifist and wide-armed approach too became Kashmir's distinc-

tive feature. Saints and scholars always preferred to come in its lap to learn & impart; such was its fame that men from distant places like China, Tibet, Ceylon, even southern part of India etc. (-not to forget those of recent past, 19th & 20th Century guests from the West), who travelled thousands of miles, braving all odds of those times, undeterred by the high mountain ranges standing like walls, all around.

Since newspapers have limited space, I will skip any further mention of these visitors and come directly to the important phase of Islam.

In the context of Islam, Shah e Hamadan is commonly believed to have contributed most and at times impression is given by some, as if Islam didn't exist here, prior to his arrival when the fact is that way back, Marco Polo (1254-1324 AD)- the Italian Merchant, Explorer & Writer; who travelled along The Silk Route; introduced the Eastern world to Europeans, through his Travel Book ('Millone'); travelled to Turkey, Persia, India, Sri Lanka, Indonesia and possibly the Mongolian part of China (- of Kublai Khan's time), too. Of our present interest is the surprisingly-interesting fact that this Marco Polo, of the 13th Century, furnished a report 'recording the presence of Muslims in Kashmir'.

True Sayyid Ali Hamadani (1312-1385; honourifically called Shah e Hamdan, Ameer e Kabee etc) and his son Mir Sayyid Muhammad Hamadani institutionalised Islam in Kashmir but there were a host of other people, preceding Shah e Hamadan's arrival from Iran, whose contribution, for some reasons, has been downplayed. Likewise Bulbul Shah wasn't the first Muslim saint/preacher. How can we forget Syed Hussain Samnani. Many more might have been around breathing-in the conducive mystic air of Kashmir. History tells us that Arab Muslims had conquered Persia in the 7th century. A pulsating thought raises its head, that I better express. If 'Sayyids of Shah e Hamadan' could come to Kashmir around 1380 how can we rule out that no Arab or Persian or Central Asian muslim came to Kashmir from 7th to 13th century AD when we know Mehmood Ghazni took Lahore in the 11th century; Delhi was ruled by Khiljis (- the central Asian Turks) and during the 14th century the cross-bred Tughlaks ruled there. How could life throughout North India and Kashmir escape the influence of Islam during these centuries? Wasn't proselytization carried out in these centuries? Was Kashmir impermeable and incommunicado? Let me move ahead.

Ponder, what made Lalle Ded say 'Mou zaan Batte tai Musalmaan'. If nothing, at least this speaks about the muslims living in and prior to Lalle Deds period. Didn't Noend Rishi and Lalle Ded breathe in the same air?...and exhaled the same notes from their fluted beings. True, Persian eclectic theosophy or practices may have been in contrast to indigenous mysticism followed by Lall e Ded & Noend Ryosh as also experiential part of these individual seers must have had a subjective tone but what really matters is the commonalities and the transformation their disciples experienced and reflected in their conduct, both at personal and social level.

Mir Sayyid Ali of the Kubrawi order, was born in Hamadan (Iran); came to Kashmir after 1380; stayed in 1st phase for six months; in 2nd phase for one year; then left for Turkestan via Ladakh in 1382, came back again in 3rd phase (-in1384) but due to illness went back to Central Asia, via present day, Pakistan; died in Mansehra (Swat); body shifted to Kulab (Tajikistan); and was buried in Khatlan (present day Tajikistan, that time an area in Timur's Empire). So his actual total stay in Kashmir wasn't very long.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. This is Part 2 of the article and its full version is available online. The first part of this article was published on March 1st, 2024 and can also be accessed on our website.

The author is a Srinagar based Penman, Columnist & Poet, who has been contributing non-political writings to newspapers and literary journals, from over two decades

Modi's One-On-One With Kashmir

PM Modi sidelines political brokers, engages directly with people

Sheikh Khalid Jehangir

Prime Minister Narendra Modi addressed a massive rally at Bakshi Stadium in Srinagar, his first since the abrogation of Article 370 on August 5, 2019.

This monumental event marked a departure from traditional political protocols as PM Modi chose to directly engage with the people of Kashmir, bypassing political brokers. The rally was not just a demonstration of political prowess but also a testament to the evolving relationship between New Delhi and the people of Jammu and Kashmir.

Standing before thousands gathered at the Bakshi Stadium, Prime Minister Modi exuded confidence and optimism, expressing his happiness over the positive reception he has received from the Kashmiri people since the transformative decision to revoke Article 370. His decision to interact directly with the people of Kashmir symbolized a departure from the conventional political approach, emphasizing a more grassroots connection with the populace.

One of the key highlights of PM Modi's address was his acknowledgment of the progress witnessed in Jammu and Kashmir since the abrogation of Article 370. He spoke passionately about the developmental initiatives undertaken by the Central Government aimed at fostering growth and prosperity in the region.

The Prime Minister emphasized that the government's efforts were not merely focused on infrastructural development but also on holistic growth, encompassing education, healthcare, and economic opportunities for the youth of Jammu and Kashmir.

By engaging directly with the people, Prime Minister Modi sought to bridge the gap between the Central Government and the residents of the region, fostering a sense of trust and confidence in the administration's intentions.

Throughout his address, Prime Minister Modi reiterated his commitment to the welfare and progress of the Kashmiri people, emphasizing that their aspirations and concerns were at the forefront of the government's agenda.

He reassured the people that the government was dedicated to ensuring peace, stability, and prosperity in the region, irrespective of any external influences or vested interests.

The rally at Bakshi Stadium served as a platform for Prime Minister Modi to reaffirm the government's resolve in upholding the principles of democracy and inclusivity in Kashmir. By directly engaging with the people, he instilled a sense of confidence in the government's vision for the region's future.

Moreover, PM Modi's address resonated with the sentiments of the Kashmiri people, many of whom expressed their appreciation for his efforts to reach out to them directly. His words



struck a chord with the participants, evoking a sense of hope and optimism for a better future.

After 2014, when Modi took over as the Prime Minister of the country, he has left no stone unturned to return the love given to him by the people of Jammu and Kashmir. The Prime Minister has ensured J&K gets everything which it remained deprived of for the 70 long years.

Pertinently, during his recent visit to Jammu, PM Modi inaugurated developmental projects worth Rs 3200 crore and in Srinagar he inaugurated developmental projects worth Rs 6400 crore.

There was a time when developmental schemes were implemented in

the rest of the country but not in J&K but during PM Modi's tenure time has taken a new turn. During his Srinagar visit PM Modi inaugurated schemes for the rest of the country from Kashmir. During the past five years one thing has proven beyond doubt that the Article 370 always benefited a few selected politicians and families and not the common people. After the revocation of Article 370, peoples' dreams are getting fulfilled and new opportunities are knocking on their doors.

Prime Minister Narendra Modi's Srinagar rally served as a gesture of unity and solidarity, bringing together people from diverse backgrounds and

communities under the banner of development and progress. It showcased the resilience and spirit of the Kashmiri people, who despite facing numerous challenges, remained steadfast in their commitment to building a brighter tomorrow.

PM Modi's rally marked a significant milestone in the journey towards peace, prosperity, and development in Jammu and Kashmir.

His decision to address the rally without political intermediaries and to interact directly with the people underscored a new era of governance characterized by transparency, inclusivity, and grassroots engagement.

As the region continues on its path towards progress, PM Modi's vision and leadership is undoubtedly playing a pivotal role in shaping its future trajectory.

The Prime Minister during his speech reiterated 'Modiki guarantee' and assured the people that he is committed to ensure that Dharti Ka Swarg prosperous and flourishes in days to come.

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

The writer is an Author, member of BJP. He at present is a governing council member of International Centre for Peace Studies (ICPS). The article is available also at sheikhkhalid.com

From Carefree Days to Countdowns



Mudasir Kouf

Time is a fascinating concept that shapes our lives in profound ways. Our perception of time changes as we grow older, and this shift is particularly noticeable when comparing childhood to adulthood. In childhood, time seems to stretch endlessly, filled with carefree days and endless possibilities. However, as we transition into adulthood, time appears to speed up, and we find ourselves constantly chasing deadlines and counting down the hours.

Childhood is often characterized by a sense of timelessness. Days seem to last forever, and the concept of time is fluid and malleable. Children live in the present moment, fully immersed in their experiences without worrying about the passage of time. Whether they are playing with friends, exploring the outdoors, or lost in a book, children are blissfully unaware of the ticking clock.

As we enter adulthood, our perception of time undergoes a significant shift. The demands of work, family, and responsibilities create a sense of urgency, and time begins to feel scarce. We find ourselves constantly racing against the clock, juggling multiple tasks and trying to fit as much as possible into each day. The carefree days of childhood are replaced by the pressure of deadlines, appointments, and commitments.

One of the factors contributing to this shift in perception is the way we measure time. In childhood, time is often marked by significant events such as birthdays, holidays, and the start or end of school vacations. These milestones provide a sense of continuity and structure to the passage of time. As adults, we rely on calendars, schedules, and reminders to keep track of our days, weeks, and months. We become acutely aware of the passing of time as we count down to important deadlines or eagerly anticipate upcoming events.

Another factor influencing our perception of time is our level of responsibility. In childhood, our primary concerns revolve around playtime, learning, and

social interactions. As adults, we take on numerous responsibilities, including work, finances, household chores, and caring for others. These obligations create a sense of time pressure as we strive to meet deadlines and fulfill our commitments.

Furthermore, our understanding of time is shaped by our experiences and memories. As children, we often recall events in terms of how they made us feel rather than specific dates or times. In contrast, as adults, we tend to mark the passage of time by significant life events such as graduations, weddings, career milestones, and personal achievements.

The shift in perception of time from childhood to adulthood has both psychological and practical implications. Psychologically, the awareness of time passing can lead to feelings of anxiety, stress, and a sense of urgency. Adults may experience a constant pressure to make the most of their time and accomplish their goals before it's too late. On a practical level, this shift in perception influences how we organize our lives, plan for the future, and prioritize our daily activities.

Practically, the evolution of our perception of time shapes the contours of our existence, guiding how we organize our lives, plan for the future, and prioritize our daily activities. Time management becomes not merely a skill, but a survival mechanism, as we strive to navigate the tempestuous waters of adulthood with grace and resilience.

In conclusion, the journey from carefree days to countdowns is a symphony of contrasts, each note a testament to the inexorable passage of time. As we navigate the labyrinth of existence, may we embrace the dance of time with open hearts and steadfast resolve. For in the tapestry of life, it is not the minutes or hours that define us, but the moments we cherish and the memories we hold dear. So, let us savor each fleeting instant, for in the tapestry of time, every moment is a masterpiece waiting to be unveiled.

The author is a writer

The shift in perception of time from childhood to adulthood has both psychological and practical implications. Psychologically, the awareness of time passing can lead to feelings of anxiety, stress, and a sense of urgency. Adults may experience a constant pressure to make the most of their time and accomplish their goals before it's too late. On a practical level, this shift in perception influences how we organize our lives, plan for the future, and prioritize our daily activities

10 Reasons You May Be Feeling Low

HALIMA NAWAZ

Please know that you may well require more assistance than my personal little checklist of 1-10. It is not my intention to dismiss anyone's depression but rather share that, in my own experience, whenever I have found myself feeling low, I have found benefit in fine-tuning and checking myself before I think I'm in the depths of irreversible despair. I recently read Irvin Yalom's, 'Love's Executioner and other stories' and found myself alarmed at this statement from a revered psychotherapist in his field, "It was not hard to understand why he had started her on medication; we psychotherapists so often resort to that when we cannot get anything going on in therapy."

Ep 7 of the Amaliah Voices podcast touched on the challenges of self-diagnosed depression. To recap briefly, Selina talked about how she was feeling exceptionally down one week and this led to her thinking that she was spiraling into depression. Later, she went for a blood test and found that (like me too) she had severe Vitamin D deficiency, which can lead to a person feeling extremely low.

The podcast discussed that "flippant use of mental health language" is becoming widespread and instead of prescribing correct remedies, people often associate a 'down-feeling' with depression when it can be a whole host of other underlying matters.

We should take care in diagnosis because not only is this dismissive of the very real mental health suffering or others but also, it is a way in which we dismiss a necessary deeper self-review in favour of flippantly diagnosing ourselves with more easily self-manageable forms of anxiety or sadness, through addressing our lifestyles and environments. It is also important to remember that these tips can be followed in line with counselling and therapies.

If we can identify the root cause of the feeling of sadness, perhaps we can better prescribe remedies.

Here are ten highly feasible underlying reasons to feeling the (winter) blues:

1. NUTRIENT DEFICIENCY

Vitamin D – NHS reports suggest that around one-fifth of people in the UK are low on Vitamin D. In winter months, it gets worse and with shorter days and limited sunlight, our natural source of Vitamin D is in short supply. With people of colour is that our skin takes double the amount of time in the sun to produce the same amount of Vitamin D as our lower melanin Caucasian counterparts. Combine that with the fact that as Muslims we cover ourselves more anyway, we have little to no time for sun exposure in the UK.

Get a blood test to find out if you're deficient and need supplements or whether you can alter your diet to increase your consumption of foods naturally high in Vitamin D.

Check out this article to find out more about the symptoms of Vitamin D deficiency.

2. PERIOD HORMONES

It's no secret that there are some days that come about every month where we feel more negative than usual. I hate to contribute to the narrative on "that time of the month" because I actually believe that through more intentional contemplation, we can channel our energy into some much more deeper and beautiful insights during this time, but we also cannot deny that if other parts of our life (namely diet and activity) are malfunctioning, we will often find ourselves in a more negative state of mind and spirit once a month. No doubt this is also due to changes in hormone levels.

PMS affects many women who produce lower levels of the happy hormone (serotonin) and the blue feeling usually eases when estrogen and progesterone levels rise again usually a few days after you get your period. Monitor your cycle and note down the next time you feel blue, if you notice a pattern once a month, it might be a good idea not to act in haste during this time when your emotions (due to a hormonal change) are more out of sync.

Note that I am not saying hormonal "imbalance" on purpose because Allah did not create this naturally occurring experience in an "imbalance". I don't believe that this "time of the month" should be considered as anything

but a blessing and a sign of perfect balance and health. It is our God-given power and blessing that we were given wombs – the Arabic word for womb is Rahm and this is also the root word from which (Ar) Rahman is derived. Therefore, a woman's emotions whilst on her period should not always be belittled and I think altering our own negative perception of "that time of the month" would benefit us greatly. The woman is the only creation (of mankind) where a God-given organ is the site of mercy. So next time you're feeling blue in "that



The all-day Netflix binge life is unhealthy. You never feel better after an entire day or weekend where all you've achieved is watching Friends re-runs or whatever your poison. I find that when I binge watch without doing anything else, at the end of my day or weekend, I have always felt low and unaccomplished afterward

time of the month", contemplate that beautiful thought!

3. DIET/NUTRITION

We've all heard the phrase; "you are what you eat".

If we over-consume food groups prone to making us feel sluggish and under-consume foods that can help us feel revitalised then it is little wonder why we feel blue. A happy gut leads to a healthier state of mind.

Giulia Enders, scientist and author of the brilliant book, The Gut, writes, "Anyone who suffers from anxiety or depression should remember that an unhappy gut can be the cause of an unhappy mind. Sometimes the gut has a perfect right to be unhappy, if it is deal-

ing with undetected food intolerance, for example. We should not always blame depression on the brain or on our life circumstances – there is much more to us than that. Grumpiness, happiness, insecurity, well-being, and worry do not originate in isolation of the mind. We are human beings, with arms and legs, genitals, a heart, lungs, and a gut. Science's concentration on the brain has long blinded us to the fact that our 'self' is made up of more than just our grey matter."

4. INACTIVE LIFESTYLE

Exercise usually makes you feel pretty great because of the release of endorphins. Of course it is also no secret that getting yourself into active mode is sometimes an effort in itself but if you're finding your mental health suffering then addressing your physical health is a step in the right direction. The point is addressing different aspects of our health can help towards better health overall.

5. LACK OF REMEMBRANCE OF ALLAH

An under consumption of salah and recital of Qur'an is guaranteed to make you feel blue:

"And whoever turns away from My remembrance, indeed, he will have a depressed life, and We will gather him on the Day of Resurrection blind" [Qur'an 20:124].

It doesn't matter if you feel low or not good enough, Allah does not ask perfection of you. He only asks remembrance and in exchange for this he will heal the broken parts of you with His light. You don't have to be a saint to prostrate, you just need to be a humble broken slave that needs Him – you're already in the perfect state of need to return to Him when you are feeling blue.

It isn't a perfect person that prostrates but an imperfect one aware of His all-embracing Mercy.

6. SELF-IMPOSED ISOLATION

When you are feeling down you may have a tendency to withdraw from people yet this is actually the time when you need company the most. Sitting alone with your thoughts can be unproductive and often, the times when you want to be alone the most is when you need to

encourage yourself to get out to socialise.

My recommendation is to reach out to your parent's, visit or call them if you don't live with them or engage with them more if you live with them.

If there is a dysfunction in your relationships it's incumbent on you to resolve them. They won't fix themselves and searching for others to fill the void of damaged relationships will never fulfill you. Many times, in the Qur'an, Allah warns against severing the ties of kinship, the bonds of the womb and our relationship with our parents.

Qur'an (4:1) – "...and fear Allah through whom you demand your mutual rights, and do not cut the relations of the wombs (kinship)..."

So if you feel down, neglected relationships can be a starting point. Until broken or damaged relationships are mended and we learn to live and tolerate each other with patience and compassion, the low feelings will persist no matter how much time passes.

7. UNPRODUCTIVITY

When we don't stay productive, we then have ample time to sit and dwell on feelings of inadequacies/insecurities. Looking at those who seem better adjusted we can often find that they rarely have time to sit and dwell on things in my opinions. Instead, these people find work everywhere. If all their work, their laundry, and cleaning are done, they will find new productive outlets to channel their energy.

The all-day Netflix binge life is unhealthy. You never feel better after an entire day or weekend where all you've achieved is watching Friends re-runs or whatever your poison. I find that when I binge watch without doing anything else, at the end of my day or weekend, I have always felt low and unaccomplished afterward. Now when I watch anything, I try always to do something else at the same time, whether that is folding laundry or painting or peeling pomegranates.

Occupy your hands with productivity.

Occupy your mind with productive activities and you will find a field of sunflowers blossoming in the garden of your

mind instead of the weeds and thorns of excessive brooding.

8. BAD COMPANY

If you associate with toxic people or people that bring you down or complain and moan, you will drain your spirit. Company that is artificial and shallow in nature will stunt your growth. We do not need echo chambers of perpetual self-validation but instead, we need sincere and authentic friendships that "enjoin on good and forbid evil" (Qur'an 3:104/110), those who inspire us to become our best selves, to self reflect in a positive, growth-inducing and self-betterment type way.

Qur'an 103:1-3 – "By time. Indeed mankind is in loss. Except for those who have believed and done righteous deeds and advised each other to truth and to patience."

Your soul needs the nourishment of good company just as your physical body requires good nutrition.

9. AN IMBALANCED LIFESTYLE

Just as we need a balanced diet, exercise and nourishing friendships, we also need to diversify the activities we do. If Monday to Friday, you are like me, cooped up inside working in an office environment, sitting in front of spreadsheets on a computer then you certainly don't need more time in front of screens and staying indoors on weekends and evenings. The brain needs exercise in all of its chambers.

When we were younger, in our school days, we used to partake in a wide spectrum of activities but as we get older we pigeon hole ourselves into one sphere. This is limiting and quite frequently the void we feel is our mind yearning for some diversity in our pastimes.

Mix it up and go back to your childlike curiosity. Try hiking up a mountain; there are so many beautiful places in the UK and fresh air is so important for our well-being. Try your hand at embroidery or maybe some Arabic calligraphy or making Islamic geometric patterns (check out @samira.mian on Instagram).

10. SLEEP DEPRIVATION

Our sleep patterns can affect our mood. Studies show people who are sleep deprived report increases in negative moods (anger,

frustration, irritability, sadness) and decreases in positive moods. Sleeplessness is of course also a symptom of mood disorders but oftentimes we need to admit our own shortcomings in proliferating bad sleep patterns.

Is the environment in which we sleep unhelpful? Do we participate in unhealthy activities before sleeping – e.g. if you eat late and sleep soon after eating, you are compromising your digestion process.

Too much screen time on our smartphones before sleeping can prevent us from feeling switched off/in the right frame of mind for sleeping. Perhaps it may be a better habit and practice for us to charge our phones and tablets in other rooms and keep the bedroom a more tranquil and safe sanctuary for sleep.

A good sleep routine can revolutionise your mood, not to mention reduce the appearance of dark circles, fine lines and wrinkles, sis!

Conclusion

Ultimately, we need to have some honest conversations with ourselves and identify where to increase our own efforts to help change our mood.

We should assess whether we are, in any way contributing to persistently feeling down and if there are any items on this list that we can honestly say we are failing on, then we may be misdiagnosing ourselves with more serious forms of depression when in reality the root cause of our low feelings may in fact be a manifestation of failing to address other root causes.

I felt compelled to write this checklist, not to dismiss depression or any other mental health matters but rather to hone in on another more beneficial statement from Yalom, "Patients, like everyone else, profit most from a truth they, themselves discover."

The purpose is to self-review and so, if you do not find the checklist above helpful, perhaps it might prompt you to seek the checklist within yourself.

Quite often we feel down because we are not looking at the right part of our lives that requires attention, instead we ignore it, delay it or make excuses for it.

The article was originally published by Amaliah

CONTD. FROM PAGE 1

NC, PDP Trade

the coveted Anantnag-Rajouri seat. Addressing a news conference here, National Conference Vice-President Omar Abdullah ruled out forming an alliance with People's Democratic Party (PDP) for the upcoming Lok Sabha elections, and criticized them for targeting his party, the National Conference (NC).

He stated that the PDP had no credibility left after bringing the BJP to power in the state and betraying the people's mandate. Abdullah affirmed that the NC would contest all three Lok Sabha constituencies in the Kashmir valley independently and expressed confidence in winning by a significant margin.

Abdullah emphasized that the prevailing circumstances, not the NC, had kept the PDP out, and questioned their involvement in south Kashmir despite their third-place finish in the 2019 LS polls.

He expressed openness to offering the seat to Congress if they chose to contest against the BJP, but firmly ruled out accommodating the PDP. Accusing the PDP of breaching coalition principles and engaging in social media attacks against the NC, Omar emphasized that the alliance's primary purpose was to represent the aspirations of the people of Jammu and Kashmir.

He criticized the "PDP's mudslinging tactics and stressed that responsibility for maintaining the alliance should not solely rest on the NC".

In a swift response, Peoples Democratic Party chief Mehbooba Mufti on Friday accused the National Conference (NC) of reducing the Peoples Alliance for Gupkar Declaration (PAGD) to a "joke" after the Farooq Abdullah-led party unilaterally decided to contest all three Lok Sabha seats in Kashmir.

PAGD is an alliance of five political parties seeking the restoration of the special status of Jammu and Kashmir which was revoked by the Centre in 2019.

Addressing a press conference at the party office here, PDP president Mehbooba Mufti said the NC's decision was "disappointing" and a "setback to the hopes of the people of J&K".

"Omar (Abdullah) has himself said that the PDP is out of the alliance. You can see who has broken the alliance. We did not. This was a unique alliance, it is disappointing to see it shattered. They have reduced PAGD to a joke," Mufti said when asked if the NC's decision meant the alliance was broken.

When asked about Omar's jibe of PDP standing 3rd during the 2019 LS elections from Anantnag seat, Mehbooba said that both Farooq Abdullah and Omar Abdullah have lost elections in the past. "Does that mean they should not contest again? This logic is bizarre," Mehbooba said.

The NC has announced the party would contest all the three seats in the Kashmir valley and asked the Congress to contest on two seats in the Jammu region. The party also said there would be a consensus candidate on the Ladakh seat.

Jammu and Kashmir has five Lok Sabha seats, including two from the Jammu region, while Ladakh has one. In the last elections, while the NC won all the three seats from the valley, the BJP won the two Jammu seats as well as the lone Ladakh seat.

Mufti, however, said the PDP was still a part of the INDIA bloc and the party would discuss the future strategy with the Congress.

"We will discuss with the Congress and not take a unilateral decision. We will also deliberate it within the party and soon take a decision on it (contesting the Lok Sabha polls)," she added.

She said it was "difficult to see the unity break".

"I regret that what we nurtured for five years has been shattered," she said. The former Jammu and Kashmir chief minister said had the NC leadership discussed the issue with her, the PDP could have let the NC contest on all the three seats in the valley.

"There used to be a discussion on smaller issues within the PAGD, but the NC took such a decision without consulting us," she said, adding what the BJP couldn't do (breaking PAGD), has been done by a member of the alliance.

No Conflict Between

"There is no disagreement. It is not a big issue. Every party has a right to claim as many seats it can. But, the talks are on," Jammu and Kashmir Pradesh Congress Committee (JKPC) senior vice president Gulam Nabi Monga told reporters.

Monga's remarks came after the National Conference (NC) said it will field candidates on the three seats in the Kashmir Valley without leaving a seat for the Peoples Democratic Party (PDP).

J&K has five Lok Sabha seats, including two from Jammu region, while Ladakh has one. In the last elections, while the NC won all the three seats from the valley, the BJP won the two Jammu seats as well as the lone Ladakh seat.

Citing the Congress' discussions on seat-sharing in Maharashtra and with parties like AAP, Monga said all the issues are resolved through talks.

"No one would have ever thought that Congress and AAP will come together. So, every issue is sorted through talks. NC has a right to claim even four or five seats. But ultimately talks happen and what will come out of those you will get to know," he said.

The Congress leader said discussions are going on all the six seats in J-K and Ladakh.

"A final decision will be taken in a day or two. Everything will become clear when the discussions are given a final shape. Both the NC and the PDP are important for us. They are with us, they are a part of the INDIA bloc," he said.

Asked about Prime Minister Narendra Modi's speech at a rally here on Thursday, Monga said the prime minister should have talked about the restoration of statehood and democracy.

"What was the new thing that he said? The new thing would have been to talk about election or statehood.

"It is unfortunate that the Supreme Court had to tell the government to hold elections in Jammu and Kashmir. He should have addressed the issues of inflation and unemployment," he said.

Wet Weather

Qazigund recorded a minimum of 0.4°C against 1.8°C on the previous night and it was 1.8°C below normal for the gateway town of Kashmir, he said.

Pahalgam recorded a low of minus 3.4°C against minus 0.4°C on the previous night and it was 2.0°C below normal for the famous resort in south Kashmir.

Kokernag, also in south Kashmir, recorded a minimum of 0.5°C against 0.1°C on the previous night and it was 1.4°C below normal, the official said.

Kupwara town recorded a low of 1.1°C against 2.5°C on the previous night and it was 0.7°C below normal there, the official said.

Gulmarg recorded a low of minus 7.6°C against minus 4.2°C on the previous night and it was below normal by 6.9°C for the world famous skiing resort in north Kashmir's Baramulla district.

Jammu, he said, recorded a minimum of 9.6°C and it was below normal by 9.4°C for the winter capital of J&K.

Banihal recorded a low of 1.2°C, Batote 3.6°C and Baderwah 1.8°C, he said.

PM Modi Inaugurates

organic manure over one year, to explore its viability for full-time implementation of converting it into Bio-CNG thereafter for 25 years. CEF Group conducted an Environmental Impact Assessment (EIA) study and secured the necessary pollution clearance from the Pollution Control Board," a media statement from the said.

"Today is a monumental day for Jammu and Kashmir. We're turning local waste into high-quality organic fertilizer, promoting sustainability, creating jobs, and enhancing the beauty of Dal Lake. It's a significant step toward a greener and more prosperous J&K," Bashir Bhatt, Vice Chairman of J&K Lake Conservation and Management Authority (LCMA), said.

Maninder Singh, Founder & CEO of CEF Group, said, "Today marks a significant milestone as we inaugurate Dal Lake Waste Processing Plant, a step towards a more sustainable Jammu and Kashmir. This project is not just about waste-to-energy/manure; it's about transforming landscapes, promoting biodiversity, and contributing to the beauty of our cherished lakes."

Organic manure, derived from local waste, will be readily accessible to farmers in Kashmir, enhancing their yield and fostering organic farming practices. Currently, farmers in the region incur high costs for organic manure, which is sourced from states like UP and Haryana, resulting in substantial transportation expenses. This project aims to provide organic manure to farmers at affordable rates, reducing their financial burden.

"We're proud to be part of Dal Lake Waste Processing Plant, an initiative that aligns with our commitment to sustainable practices. NAFED is dedicated to setting up more such impactful projects in the future. From biofuels to organic manure, our focus is on creating a greener, healthier tomorrow for all," Ritesh Chauhan, MD NAFED, said.

"Affordable organic manure" The organic manure produced through this plant will be compliant with FCO norms, ensuring its quality and safety. The manure will be offered at competitive prices, making it accessible to a wide range of customers. In addition, the high-quality organic fertilizer will enhance soil health and promote healthy plant growth. Besides, local sourcing and production will generate employment opportunities within the community.

The use of advanced technologies in the waste processing plant ensures efficient waste processing and nutrient retention in the final product. As the plant uses renewable resources and eco-friendly methods, it supports sustainable agriculture practices, minimizes environmental impact, and promotes biodiversity. Moreover, the organic manure is suitable for a wide range of plants, including fruits, vegetables, flowers, ornamentals, and various horticulture varieties.

Notably, CEF is an energy solutions company with waste processing plants coming up in Srinagar, Ahmedabad, Jammu, Muzaffarnagar and various other locations in the country and four plants outside India as well.

LPG Gets Rs 100

change in petrol and diesel prices was announced. Petrol and diesel prices continue to be on freeze for a record 23 months now.

All LPG consumers in the country buy cooking gas at non-subsidised prices. Some like the poor women who get free connections under the Ujjwala Yojana, and consumers in remote and far-flung areas are paid a fixed amount of subsidy per refill in their bank accounts.

"Today, on Women's Day, our Government has decided to reduce LPG cylinder prices by Rs 100. This will significantly ease the financial burden on millions of households across the country, especially benefiting our Nari Shakti," Modi said in a post on X.

This is the second reduction in cooking gas prices in six months.

Rates were cut by Rs 200 per cylinder in late August ahead of assembly elections in five states, including Madhya Pradesh and Rajasthan.

That revision brought down the prices from a nine-year high of Rs 1,103 per 14.2-kg cylinder to Rs 903 and now the rate has been cut to Rs 803.

"By making cooking gas more affordable, we also aim to support the well-being of families and ensure a healthier environment. This is in line with our commitment to empowering women and ensuring 'Ease of Living' for them," the Prime Minister said.

For the beneficiaries of Pradhan Mantri Ujjwala Yojana (PMUY), who get Rs 300 per cylinder subsidy, a 14.2-kg LPG cylinder will now cost Rs 503 in the national capital.

"Ujjwala beneficiaries will now get LPG cylinders for only Rs 503 and (other) consumers will get it only for Rs 803," Oil Minister Hardeep Singh Puri said in a post on X.

The Union Cabinet headed by the Prime Minister had on Thursday approved extension of Rs 300 per LPG cylinder subsidy to Ujjwala Yojana for another one year to March 2025.

The government had in October last year hiked the subsidy from Rs 200 per 14.2-kg cylinder for up to 12 refills per year to Rs 300 per bottle. The Rs 300 per cylinder subsidy was for the current fiscal, which ends on March 31. The Cabinet Committee on Economic Affairs (CCEA) on Thursday decided to extend this subsidy to 2024-25.

That move, which is likely to benefit nearly 10 crore families, will cost the government Rs 12,000 crore.

General elections are due in April-May. Cooking gas prices had shot up in the last couple of years and had become a major election issue. Rates went up by Rs 294 per 14.2-kg cylinder between July 2021 and August 2023.

The opposition Congress party used the high LPG prices, which had burnt a hole in the budgets of households already reeling under high inflation, effectively in the 2023 assembly elections in Karnataka.

It has promised to give LPG at Rs 500 per cylinder if voted to power in Madhya Pradesh in November/December assembly elections, forcing Modi's BJP to also promise cooking gas at the same rate.

While Ujjwala beneficiaries are about 10 crore, there are over 33 crore domestic cooking gas users in the country.

The government in June 2020 stopped giving LPG subsidies. Cooking gas across the country was priced at market rate, which rose to Rs 1,103 in the national capital in August 2023.

The only subsidy that was available for poor women who get free connections under Pradhan Mantri Ujjwala Yojana and those in remote and far-flung areas.

To make Liquefied Petroleum Gas (LPG), a clean cooking fuel, available to rural and deprived poor households, the government launched Ujjwala scheme in May 2016 to provide deposit-free LPG connections to adult women of poor households.

While the connection was provided for free, the beneficiaries had to purchase LPG refills at market price.

As fuel prices soared, the government in May 2022 provided a Rs 200 per cylinder subsidy to PMUY beneficiaries. This was increased to Rs 300 in October 2023.

The government in October 2022 provided a one-time grant of Rs 22,000 crore to oil companies to cover for the losses they had incurred on selling LPG at below cost in the previous two years.

Let's 'Create

Will a restaurant owner show you his kitchen? Iswar ki kripan hai, mai samay se pehle samay ko bhanp sakta hoon (By the god's grace, I can sense what is coming). That is why I can say that these awards will have an important

place in the future," Modi said.

He hailed the content creators as the country's digital ambassadors and said they are also brand ambassadors of "Vocal for Local".

"Let us together start a create on India movement. Let us share stories related to India, India's culture, India's heritage and traditions with the whole world. Let us tell our stories to everyone. Let us create on India, create for the world," Modi told the gathering after presenting the awards.

"Create such content that, along with you, the country gets more likes. We must engage with the global audience for it," he said.

Asserting that the world's curiosity towards India is increasing, the prime minister urged the content creators to develop work in UN languages, such as German, French, Spanish etc., to amplify their reach.

Noting that the Lok Sabha polls are round the corner, he said, "I give you the guarantee that on the next Shivratni, probably it could be on some other date, it will be me who will preside over such a programme."

With the audience chanting "abki bar 400 paar," the prime minister said it is not Modi's guarantee but that of 140 crore Indians.

He urged the content creators to create awareness among youngsters and first-time voters that polling is not carried out to declare winners and losers, but for people to become a part of the decision-making process that crafts the future of such a massive country.

He noted that even though many countries became prosperous in different ways, they eventually opted for democracy. "India has taken the resolve to become a developed nation by taking pride in 100 per cent democracy," Modi said.

The prime minister recalled his recent interaction with billionaire-philanthropist Bill Gates about artificial intelligence and informed the gathering about the cabinet's approval for the India AI Mission.

Lauding youngsters and their talent, he touched upon the Semiconductor Mission and expressed confidence that India will lead the way, similar to the adoption of 5G technology.

The prime minister wished women on International Women's Day and urged the creators to increasingly make "nari shakti" a part of their content.

Modi said the "collaboration of content and creativity grows engagement, collaboration of content and digital brings transformation, and collaboration of content with purpose shows impact".

He urged the content creators to bring inspiration through their content and recalled that he had raised the issue of disrespect towards women from the ramparts of the Red Fort.

Modi also requested them to forward the spirit of equality among parents while raising boys and girls.

The prime minister said the content creators should showcase the capabilities of "nari shakti" (women power) and gave ideas on depicting how a mother conducts her daily tasks and women from rural and tribal areas engage in economic activity.

"Content creation can help rectify wrong perceptions," he said.

Modi also recommended creating content that highlights the negative effects of drugs on youngsters. "We must say drugs are not cool," he added.

More than 1.5 lakh nominations across 20 categories were received for the awards. Subsequently, about 10 lakh votes were cast for digital creators in various categories. Finally, 23 winners, including three international creators, were selected.

Those awarded included Ranveer Allahbadia, who was named the "Disruptor of the Year", Jaya Kishor who was given the award for "Best Creative for Social Change", Lakshya Dabas who bagged the honour of the "Most Impactful Agri Creator". The "Best International Creator Award" was won by Kiri Paul from Tanzania, Drew Hicks from the United States and Cassandra Mae Spittmann from Germany. Hicks received the award from Modi.

The "New India Champion" award was given to Abhi and Niyu, the "Heritage Fashion Icon Award" to Jahnavi Singh, the "Best Creative Creator" (female) award went to Shradha and RJ Raunag received the "Best Creative Creator" (male) award.

The award for "Best Creator in Food" went to Kabita's Kitchen, Naman Deshmukh received the award in the "Best Creator in Education" category, Ankit Baiyanpuria was given the "Best Health and Fitness Creator" award, Nischay was given the "Gaming Creator" award, Aridaman was adjudged the "Best Micro Creator", Piyush Purohit won the "Best Nano Creator" award and Aman Gupta,

famous for his involvement in television programme "Shark Tank India", was given the "Best Celebrity Creator" award.

'Have Development

roadmap ready for the next 25 years while the opposition parties only have "anger and abuses" and cannot offer any solutions.

Addressing the Republic Summit here, the prime minister said that in the past 75 days he laid the foundation or dedicated to the people projects worth Rs 9 lakh crore and has been taking the work of the government to the people.

"I have placed before you a report card of 75 days. But I am also carrying a roadmap for the next 25 years and every second is precious for me. Even in the time of elections, we are going to the public with the work we have done," Modi said.

"But on the other side (opposition) there is anger, abuse and disappointment. They neither have any issue nor any solution. This is because these parties fought elections only on slogans for seven decades," the prime minister said.

Listing out the development works carried out by his government, Modi said in the next decade, India will scale new heights which will be unimaginable and unprecedented.

"This is Modi's guarantee," the prime minister said.

"In the past decade, people have witnessed solutions and not slogans," he said, adding that his government has worked to take responsibility for those who were considered weak for decades by previous dispensations.

"That is why I say -- Modi stands with those who have no one," the prime minister said.

He said the people of the country were witnessing and experiencing the speed and scale of the work of his government. "That is why they are saying 'abki baar, phir ek baar'..." the prime minister said with the audience chiming in 'Modi Sarkar'.

He blamed the previous governments for wasting the time of the nation and taking it in the "wrong direction".

"In the decades after independence, much of India's time was wasted in taking it in the wrong direction. Due to the focus on a single family, the country's development became defocused," the prime minister said.

"To build a 'Viksit Bharat', we will have to recover the lost time. For this, we need to work at an unprecedented speed and scale, and you can witness this happening in the country," Modi said.

The prime minister said this was the decade to accomplish India's dreams through its own capabilities.

Before the next decade, the people will witness India becoming the third-largest economy and basic necessities like pucca houses, toilets, gas, electricity, water, and internet will be made available for everyone.

He stressed that the present decade will belong to infrastructure development such as expressways, high-speed trains and inland waterways.

"In this decade, India will get its first bullet train, its fully operational dedicated freight corridors and large cities will get connected through NaMo Bharat or Metro Rail networks. This decade will be dedicated to India's high-speed connectivity, mobility and prosperity," the prime minister said.

He said the world was passing through uncertain times and instability, which many experts believe was similar to that witnessed in the aftermath of the Second World War.

"Amid all this, the world sees India as a ray of confidence and as a strong democracy. India has proved that good politics can be done with good economics," the prime minister said.

After Sonamarg,

and security of the nation, the matter is re-mitted to the BOCA Gulmarg for grant of necessary permission."

The BOCA, the court said, shall accordingly do the needful for grant of permission to the Indian Army "in order to enable them to make necessary repair/fresh construction in accordance with the norms, as applicable."

"It has been submitted by learned counsel for the applicant (army) that they have already approached the BOCA authorities at Gulmarg. The authorities shall consider the same and pass appropriate orders keeping in mind the strategic significance and security of the nation, as expeditiously as possible, preferably within a period of one month from today." Earlier last week, the high court passed similar orders to BOCA of Sonamarg Development Authority regarding the repairs and new constructions in the gold meadow.

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OR SCAN

Centre Allocates Rs 2,094 Cr For Highways, Ropeway Projects

Agencies

SRINAGAR: The central government on Friday gave a further push to J&K's development by sanctioning Rs 2,094 crore rupees for the widening and strengthening of various National Highway projects in the Jammu and Kashmir Union Territory.

Union Minister for Road Transport & Highways, Nitin Gadkari in a series of posts on X, as per the news agency—said, in Jammu & Kashmir, an allocation of Rs. 1404.94 crore has been approved for the Widening and Strengthening project of the Rafiabab - Kupwara - Chowkibal - Tangdhar - Chamkot section of National Highway-701.

He said this initiative, executed under Project Beacon in Baramulla & Kupwara districts on EPC Mode under Package I, aims to transform the 51 Km route into 2-lanes with Paved, Shoulder. Critical for logistics in the region, this strategic route connecting



Baramulla and Kupwara districts plays a pivotal role and is integral to the development of the tourism sector in North Kashmir near the International Border In another post, Gadkari said, an allocation of Rs. 126.58 crore has been approved for the development, Operation, and Maintenance of a Ropeway from SDA Parking (Near Zabarwan Park) to Shankaracharya Temple.

He said spanning 1.05 Km in Srinagar district, this initiative operates on the Hybrid Annuity Mode, utilizing MonoCable Detachable Gondola (MDG) Technology with a capacity to transport 700 PPHPD.

This project is designed to offer a panoramic view of Srinagar city and Dal Lake, providing a safe and convenient transportation means. It ensures easy access

for individuals with disabilities and senior citizens to visit the temple, reducing travel time from approximately 30 minutes to about 5 minutes.

"Additionally, it serves as an eco-friendly mode for transport, creates employment opportunities for the local populace, and brings economic benefits to the region by enhancing tourism," the Minister added.

The Minister further said that an allocation of Rs. 562.40 crore has been approved for the Upgradation and Strengthening project of the Nashri-Chenani section of National Highway-244. Spanning 39.10 Km in districts Udhampur & Ramban, this initiative operates on the EPC mode under National Highway (O). He said with Patnitop being a prominent tourist spot, the road's enhancement is poised to offer improved connectivity to Patnitop, thereby fostering the economic development of the region—(KNO)

SC Quashes Case Against Academic Over Article 370 Criticism

Agencies

NEW DELHI: The time has come to enlighten and educate the police machinery about the concept of freedom of speech and expression, the Supreme Court has said and set aside an order of the Bombay High Court against an academic accused of criticising the abrogation of Article 370 that bestowed special status on Jammu and Kashmir and greeting the citizens of Pakistan on the country's Independence Day.

The Maharashtra Police had registered an FIR against professor Javed Ahmed Hajam at Hatkanangale police station in Kolhapur under Section 153A (promotion of communal disharmony) of the Indian Penal Code for posting WhatsApp messages that denounced the abrogation of Article 370 and congratulated the people of Pakistan on their Independence day.

"August 5-Black Day Jammu & Kashmir" and "14th August-Happy Independence Day Pakistan," he had written on WhatsApp.

"Now, the time has come to

enlighten and educate our police machinery on the concept of freedom of speech and expression guaranteed by Article 19(1)(a) of the Constitution and the extent of reasonable restraint on their free speech and expression. They must be sensitised about the democratic

republic for more than 75 years. The people of our country know the importance of democratic values. Therefore, it is not possible to conclude that the words will promote disharmony or feelings of enmity, hatred or ill-will between different religious groups.

"The test to be applied is not the effect of the words on some individuals with weak minds or who see a danger in every hostile point of view. The test is of the general impact of the utterances on reasonable people who are significant in numbers," the bench said.

Merely because a few individuals may develop hatred or ill will, it will not be sufficient to attract Section 153-A of the IPC, it said.

The court said continuation of the prosecution of the appellant for the offence punishable under Section 153-A of the IPC will be a "gross abuse" of the process of law.

"Accordingly, we set aside the impugned judgment dated April 10, 2023 of the High Court of Judicature at Bombay and quash the impugned FIR," the bench said.



values enshrined in our Constitution," a bench of Justices Abhay S Oka and Ujjal Bhuyan said.

If a citizen of India extends good wishes to the citizens of Pakistan on 14th August, which is their Independence Day, there is nothing wrong with it, the apex court observed.

"Our country has been a

Peace Has Returned To J&K, Won't Allow It To Derail: DGP

Agencies

SRINAGAR: The Director General of Police (DGP) RR Swain Friday said that peace has returned to J&K and the police force won't allow it to derail.

Addressing the culmination ceremony of All India Police Water Sports Championship at SKICC here, DGP Swain as per news agency, said that they were a little bit worried about Prime Minister Narendra Modi's visit but "everything went off peacefully."

"Peace has returned to J&K and we will not allow it to derail," the DGP said. "The ability of an adversary has always been limited. It is not an easy task to counter the fear. We are in 2024 and the year 2025 will be self-explanatory."

Later, talking to reporters, the J&K police chief said that



the water sports events will be organised at the nook and corner of J&K.

"J&K police have taken it as a commitment. We will collaborate with the sports department and the experts to explore the villages and cities where there are water bodies to promote water sports," he said. To a query

about absence of J&K police's women team in the event, the DGP said that women cops are good at policing and recording keeping. "It's a matter of time and very soon we will have women's teams as well," he said.

Present on the occasion, LG's Advisor Rajiv Rai Bhatnagar said that there has been a great growth in sports infrastructure and the administration is committed to expand it and involve all sections.

ADGP J&K Vijay Kumar, while thanking the participants of the event said that he was hopeful that all participants will remember the water sports championship. "There was a great enthusiasm among the participants and we are hopeful that more participants will join us in the future endeavours," he said—(KNO)



A BAKER, KNOWN LOCALLY AS A KANDUR, poses for a photograph in Kashmir, proudly displaying his freshly baked loaves of Tsot and Girda bread..
KO PHOTO, ABID BHAT

GMC Anantnag Short on Key Cancer Treatment Equipment

Agencies

SRINAGAR: Amid the rise in cancer cases, hundreds of patients from South Kashmir in need of radiotherapy and other treatment facilities are suffering due to the absence of radiotherapy facilities at Government Medical College (GMC) Anantnag.

Officials on condition of anonymity told the news agency that around 400 new cancer patients were registered at the oncology department in GMC last year.

He said that the department is currently functioning without radiotherapy facilities, CT simulator, state of art medical linear accelerator, a tele-cobalt unit, medical physics and radiation monitoring equipment, chemotherapy hood and accessories for day care chemotherapy ward.

He said that poor attendants are facing challenges in transporting their patients daily to SKIMS Soura or SMHS for radiotherapy. Relatives of several cancer patients told KNO that their patients have undergone multiple chemotherapy sessions; however, they now require radiotherapy.

They said that due to the lack of radiotherapy facilities at GMC, they have no option other than to take them for regular radiotherapy for about four weeks to Srinagar. They further added that it is not easy to transport the patient to Soura from Kulgam or Anantnag daily, especially for those who belong to a financially weak family.

They urged the government to make necessary arrangements in this regard so that poor patients can avail such facilities at GMC Anantnag.

Doctors said that despite having the necessary manpower, the department lacks Tele-cobalt and Linear Accelerator (LINAC) machines, causing patients requiring radiotherapy to suffer.

They said there is an immediate need to establish a regional cancer centre at the hospital with all necessary facilities to cater to patients from South Kashmir and other areas as hundreds of cancer cases are being registered at the hospital every year.

A senior officer of the hospital told KNO that they have recently met Secretary Health in this regard and are expecting that the issue will be resolved soon—(KNO)

Personal Remarks On PM Backfire: Omar

Agencies

SRINAGAR:- National Conference (NC) vice president Omar Abdullah here on Friday said personal attacks on Prime Minister Narendra Modi backfire for the opposition and slogans about his family only secure a self-goal.

Omar Abdullah's remarks came in response to a question about RJD chief Lalu Prasad Yadav's jibe on the prime minister for having no family.

Omar Abdullah, whose party is a member of the opposition's INDIA bloc, said such things backfire like the "Chowkidar chor hai" slogan did in the last election.

"I was never in favour of such slogans and nor do they benefit us. In fact, there is an opposite effect when we use such slogans, it causes loss to us. A voter is not satisfied with these slogans, he wants to know how the issues he faces today would be addressed.

"He wants to know about employment generation, tackling agricultural distress, and reactivating the rural economy. He wants to hear about those things rather than whether someone has a family or not," Abdullah told reporters.

The former Jammu and Kashmir chief minister said the opposition only secures a self-goal with such slogans.

"Now, we have given him (Modi) an open goal post and he has used the opportunity to his advantage by saying that Modi belongs to those who do not have anyone. We do not have any answer to that now.

"I will only say that we should not indulge in such personal politics but raise the issues of the public. Chowkidar, Adani-Ambani, Rafale, Parivar -- these do not work," he added.



Northern Railway Celebrates Int'l Women's Day

KO NEWS SERVICE

NEW DELHI:- As part of celebrations, five stations of Northern Railways were declared as Pink stations and trains are running by women staff on these stations on Friday.

International Women's Day is celebrated every year on 8th March to mark and celebrate the social, economic, cultural and political achievements of women and raise awareness about women equality, accelerate gender parity. The day aims to highlight the achievements made by women in different areas.

According to a statement, as part of celebrations, five stations of Northern Railway viz. Firo-

zshah on Firozpur division, Mohali on Ambala division, Malhaur and Manak Nagar on Lucknow division and Delhi Sadfarjung on Delhi division have been declared as Pink stations and trains are running by women staff on these stations.

These stations, according to the statement, are managed by lady staff and duties of Guard, Assistant Stations Master, Loco Pilot and RPF are performed by women.

"Pink stations are the newest addition to the Railway. These stations are run by an all women staff and managed by them. This initiative is a good way to empower women as it creates a safe space for women workers and passengers," the statement reads.



Missing Since Feb 29, Man Found Dead In Budgam

Agencies

SRINAGAR- Body of a man, who was missing since February 29 from his home in from Dalipora village, was recovered in the nearby Kareas of Badi-pora area in central Kashmir's Budgam district on Friday.

Quoting an official, news agency KNO reported that the body was found by locals early morning who then informed the police.

He said that the man has been identified as Abdul Majeed Lone (60) of Dalipora Nagam.

Police have taken cognizance of the incident and have started further investigation.

Former Baramulla MLA Javid Baig Joins NC

Agencies

SRINAGAR- Javid Hussain Baig, former MLA and nephew of ex-deputy chief minister Muzaffar Hussain Baig joined the National Conference on Friday.

Baig joined the party in presence of party vice president Omar Abdullah and other senior leaders.

Baig, who was recently expelled from Apni Party, was a PDP legislator from Baramulla assembly segment in 2014.

After the abrogation of Article 370, he was expelled by PDP for meeting foreign envoys who were brought in by the Centre to Kashmir.

In 2020 district development council polls, he lost both seats in Baramulla assembly segment to Peoples Alliance for Gupkar Declaration (PAGD).

DC Ganderbal Inaugurates CBC's Five Day Exhibition

KO NEWS SERVICE

GANDERBAL: The Deputy Commissioner Ganderbal Shri Shayambir on Friday inaugurated a five-day multimedia exhibition of the Central Bureau of Communication, Ministry of Information and Broadcasting, Government of India.

The exhibition on Viksit Bharat is being organised by CBC's Field Office Srinagar at the Mini Sec-

retariat Ganderbal from 8th to 12th March 2024.

The five day exhibition aims to showcase various welfare initiatives and schemes of the government, with a special focus on Viksit Bharat, Mission Life, Swachh Bharat Mission and Agnipath scheme.

On the first day, resource persons from the ICDS department delivered insightful lectures about the department's various schemes.



The Deputy Commissioner em-

phasized the importance of effective communication in reaching the grassroots level, ensuring that government schemes reach the masses. He reiterated the administration's commitment to extending support to people in availing the benefits of various schemes.

Head of CBC J&K, Ghulam Abbas, underscored the role of CBC in disseminating information about public welfare schemes of the government

and development initiatives effectively. He mentioned that the media outreach helps in effectively delivering the message and field units of CBC organise such programmes across the length and breadth of Jammu and Kashmir.

During the event, the DC also visited stalls set up at the exhibition venue by various departments including Agriculture, Health, Horticulture and ICDS.

5th Test: Rohit, Gill Put India In Driver's Seat Despite Late Collapse

Press Trust of India

DHARAMSALA: Skipper Rohit Sharma and Shubman Gill's splendid hundreds gave India complete control of the fifth Test against England despite a late batting collapse that saw the hosts end day two at 473 for eight here on Friday.

India lost as many as five wickets for 97 runs in the final session after Rohit (103 off 162 balls) and Gill (110 off 150 balls) shared a stroke-filled 171-run partnership off 244 balls for the second wicket.

Debutant Devdutt Padikkal (65 off 103) showed a lot of class in his debut innings while Sarfaraz Khan (56 off 60) was guilty of throwing away his wicket first ball after tea.

The home team, which began the day at 135 for one, led England by 255 runs at stumps.

Off-spinner Shoaib Bashir (4/170 in 44 overs), who was



taken to the cleaners by the Indian openers, bounced back strongly to take three wickets in the final session.

Left-arm spinner Tom Hartley (2/126 in 39) too was impressive towards the end of the day while Mark Wood (0/89 in 15)

was the most expensive. The pitch remains good for batting and at 376 for three at tea, India looked set to bat Eng-

land out of the game before the combination of good bowling and reckless batting kept the visitors alive in the match.

India scored at close to 4.5 runs per over until slowing down significantly in the final session.

Sarfaraz tried to cut a harmless ball off Bashir and ended up giving an easy catch to Joe Root at first slip.

Padikkal got a gem from the England off-spinner that spun away from middle stump to hit the top of the off-stump.

Like Sarfaraz, Dhruv Jurel (15) too went for an avoidable shot and perished.

After lunch, England captain Ben Stokes bowled Rohit Sharma off his first ball in nine months to give the visitors something to cheer about.

But Sarfaraz and Padikkal then got together and ensured runs kept flowing for the home team.

Short TAKES

Sports Minister Announces Two NCOEs For Women

Sports Minister Anurag Thakur on Friday announced the establishment of two National Centres of Excellence (NCOE), exclusively for women on the occasion of International Women's Day. The NCOE cover 23 focused and priority disciplines where Indian athletes have a chance to win medals in global competitions like the Asian Games and the Olympics.

The Sports Authority of India established 23 NCOEs across the country to impart specialised training to promising athletes by providing state of the art infrastructure and playing facilities.

GT's Matthew Wade To Miss First Two IPL Matches

Matthew Wade will miss at least the first two matches of the IPL 2024 for Gujarat Titans as the wicketkeeper-batter will be playing in the Sheffield Shield final for Tasmania from March 21 to 25.

This edition of the IPL is scheduled to begin from March 22.

Last year's finalists Titans will play their first match against Mumbai Indians on March 25 and their second game is against Chennai Super Kings on March 27.

Hazlewood Helps Australia Dominate Day 1 Against NZ

A five-wicket haul by paceman Josh Hazlewood ensured Australia had the upper hand on a wicket-laden opening day of the second Test against New Zealand on Friday.

Fourteen wickets fell as Australia reached 124 for four at stumps after the Hazlewood-inspired pace attack rolled New Zealand for 162 in two sessions at Hagley Oval in Christchurch.

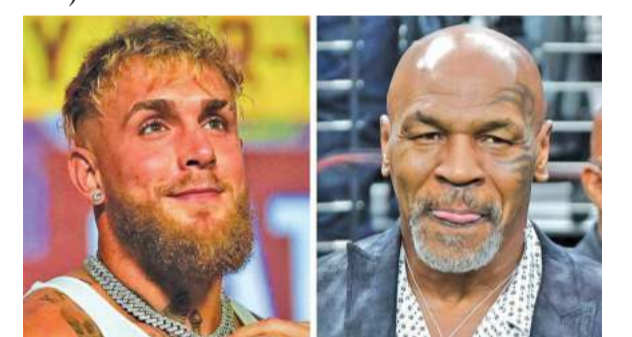
Manus Labuschagne was unbeaten on 45, including eight fours, with night-watchman Nathan Lyon on one.

Bearman Makes Ferrari F1 Debut As Sainz Has Surgery

British teenager Oliver Bearman stepped up for an extraordinary Formula One race debut as Ferrari's youngest ever rookie after regular driver Carlos Sainz had appendix surgery at the Saudi Arabian Grand Prix on Friday.

Bearman, who will race on Saturday aged 18 years and 306 days, is reserve for Ferrari and Ferrari-powered Haas and would have been competing for the Prema team in Formula Two at the Jeddah Corniche circuit.

Jake Paul v Mike Tyson On July 20, To Be Streamed On Netflix



Social media star-turned-boxer Jake Paul will fight former heavyweight champion Mike Tyson on July 20 at AT&T Stadium, Netflix announced.

The streaming platform will provide live coverage of the bout between the 27-year-old Paul and 57-year-old Tyson, who hasn't fought since he took on Roy Jones Jr. in an exhibition in November 2020. Paul and Tyson will be the main event of the first combat sports show for Netflix in its recent forays into live sports production.

Snow Cricket Match For Blind Youth Played At Sonamarg



Observer News Service

SONAMARG: With an aim of promoting sports activities among the visually challenged youth a special cricket match was organised at Sonamarg by the members of RTI Movement and Koshish in association with J&K Blind Welfare Trust. The programme was facilitated by the SDPO Kangan Muzaffar Jan (SP), Snowland Hotel Sonamarg and Birla Open Minds School Pampore.

While speaking on the occasion SP Muzaffar Jan appreciated the initiative taken by members of RTI Movement and Koshish who have been hand-holding the members of J&K

Blind Welfare Trust. He said that J&K Police would be happy to support such initiatives for persons with disabilities in future.

Chairman Jammu & Kashmir RTI Movement Dr. Raja Muzaffar Bhat was also present on the occasion and said that persons with disabilities suffer from mental depression and there was an urgent need to involve them in different recreational activities.

"Visually challenged youth playing cricket that too on snow seems unimaginable but we are making it happen and it is possible. We need to be optimistic and must hand-hold visually challenged persons and involve them into

different activities so that they don't get mental depression. Today's cricket match and outing in Sonamarg is part of this programme," said Dr Raja Muzaffar Bhat, who is also the Patron of J&K Blind Welfare Trust.

Chairman J&K Blind Welfare Trust Showkat Ahmad Lone and General Secretary Shafat Sofi thanked SDPO Kangan SP Muzaffar Jan, Chairman Birla Open Minds School Pampore G M Lone and Principal Dr. Mehnaz and management of Snowland Hotel for their support. SHO Sonamarg Zahoor Turk, social activist Mushtaq Ahmad Lone were also present on the occasion.

IPL Has Made All Three Formats More Competitive: Dhumal



Press Trust of India

DHARAMSALA: The Indian Premier League has not only played an important role in talent identification over the years but has also made all three formats of the game more competitive, league chairman Arun Dhumal said on Friday.

Since its maiden season in 2008, the IPL and T20 cricket have grown exponentially. Several players including the likes of Jasprit Bumrah, Suryakumar Yadav, Hardik Pandya, Yashasvi Jaiswal and Rinku Singh have gone on to get the coveted India cap after stellar performances in the lucrative league.

"IPL has done a phenomenal job as far as the identification of new boys is concerned. We have seen, every season you will have very talented youngsters coming in like Yashasvi Jaiswal, Rinku Singh," Dhumal told PTI Video in an exclusive chat here.

"They have then played for India also, so that way IPL has turned out to be a great tournament for the young talent and hopefully this season is going to

be no different," he added.

The IPL has become the world's second-richest sports league in terms of per match value, behind USA's National Football League (NFL) and Dhumal feels the league has had a positive effect on the Test and ODI formats as well.

"Definitely IPL in the last 15 years has become the second most important league in the world, it is the second most valuable league. You can imagine how cricket has tremendously shifted post-IPL, we have seen Test matches yielding more results, ODI's becoming more competitive."

"Some two decades back 250-300 used to be a good score now you have 400 happening regularly, we all celebrated when Sachin scored his first 200 in an ODI game and after that there has been so much that has come, and thanks to this T20 format and this IPL coming into play," Dhumal added.

The upcoming season of the IPL is set to begin on March 22 and the league will be held entirely in the country despite the coinciding general elections.

Bullet Point Previews Of This Weekend's Premier League Matches

Agencies

LONDON: Match-by-match facts and statistics ahead of the next round of Premier League fixtures from March 9-11 (all times GMT):

Saturday, March 9 Manchester United v Everton (1230)

* Manchester United have 40 wins over Everton in 63 matches played in the Premier League (D13 L10).

* Everton were beaten 2-0 in their last visit to Old Trafford. * United have a three-game winning streak against Everton in the Premier League.

Bournemouth v Sheffield United (1500)

* Both sides have one win each in their three Premier League meetings (D1). Sheffield United lost 3-1 in their last meeting.

* The teams drew 1-1 when they last played at Bournemouth's Vitality Stadium. * Sheffield United have conceded an average of 2.67 goals per game in the Premier League, the highest ratio ever in a single season.

Crystal Palace v Luton Town (1500)

* The sides have played only once in the Premier League. * Palace were beaten 2-1 at Luton in their last meeting. * Palace have won three of their last four home games.

Wolverhampton Wanderers v Fulham (1500)

* Fulham are unbeaten in their last three meetings with Wolves (W1 D2).

* Wolves were beaten 3-2 when the sides last met. * Fulham have won only two of the 13 away games they played this season (D4 L7).

Arsenal v Brentford (1730)

* Brentford have won once in their five matches played against Arsenal in the Premier League (D1 L3).

* Their last meeting at the Emirates ended in a 1-1 draw. * Arsenal have lost just one home match in the Premier League this season (D2 W10).

Sunday, March 10 Aston Villa v Tottenham Hotspur (1300)

* Villa have won their last three league games. * Villa were winless in 11 league matches against Spurs at Villa Park (D2 L9) before beating



them 2-1 in May 2023.

* Villa have won their last three league matches against Spurs.

Brighton & Hove Albion v

Nottingham Forest (1400)

* Brighton and Forest have one victory apiece in the clubs' three Premier League meetings (D1).

* Forest's last away win

over Brighton came in a second-tier Championship match in 2015.

* Forest are winless in their last three away league games (L2 D1).

West Ham United v Burnley (1400)

* West Ham have won their last two league games to climb up to seventh in the standings. * Burnley are winless in their last nine matches (D2 L7) and sit

19th -- 11 points from the safety zone.

* Burnley have not scored in their last three matches, losing all three.

Liverpool v Manchester City (1545)

* Liverpool boss Jurgen Klopp has won 12 of his 29 career meetings against City's Pep Guardiola (D6 L11). The two managers were at Borussia Dortmund and Bayern Munich, respectively, for the first eight of those clashes and won four times each.

* City have won just twice in their 26 league visits to Anfield (D7 L17).

* Three of the last five league matches between the two teams have ended in a draw. Monday, March 11

Chelsea v Newcastle United (2000)

* Chelsea have lost 15 of their 57 Premier League meetings with Newcastle but lost only once at home.

* Chelsea last beat Newcastle in a Premier League match almost exactly two years ago, a 1-0 victory on March 13, 2021.

* Newcastle have conceded two or more goals in seven of their last nine league games.