

Kashmir Records Hottest Day of Season

Agencies

Srinagar: As the weatherman here has predicted a three-day wet spell from Saturday, the parts of Kashmir including Srinagar, the summer capital of Jammu & Kashmir continued to record the hottest day of the season for the third straight day on Thursday.

The local Meteorological department (MeT) here has forecasted hot and dry weather conditions across Jammu and Kashmir till tomorrow.

However, the weather has stated that according to the forecast, the light to moderate rains and thundershower from May 11 (Saturday) to May 13.

As per the details, Srinagar has recorded the hottest day of the season at 30.8 degree Celsius.

Qazigund and Gulmarg stations have recorded 29.2 degree Celsius and 20.5 degree Celsius respectively. Similar temperatures were recorded in both the places yesterday as well, which is the highest of the season so far.

Pahalgam, a famous tourist destination also recorded the hottest days of the season at 25.8 degree Celsius while Kokernag has recorded the hottest day of the season at 27.7 degree Celsius.

North Kashmir's Kupwara was the second hottest in the region after Srinagar and recorded the hottest day of the season, the details reveal, adding that the mercury in the [More on P16](#)

Emotional Scenes Unfold As 1st Batch Of Pilgrims Leave For Hajj

Agencies

Srinagar: Amidst the emotions and joys, the first batch of Hajj pilgrims from Jammu and Kashmir left for Saudi Arabia on Thursday to perform the pilgrimage this year.

Executive Officer (EO), J&K Hajj Committee, Dr. Shujhat Qureshi said that on the first day of their journey, a total of two flights left from Srinagar International Airport to Saudi Arabia, with each flight carrying 322 pilgrims.

"A total of 7008 pilgrims will be performing Hajj for this year from Jammu and Kashmir. Today two flights are scheduled and, in each flight, there will be 322 pilgrims. We have already published the flight schedule for 9 and 10 May for pilgrims," he said.

He said that the Hajj pilgrims on their flight scheduled day have to reach Bina Hajj house in Srinagar before five hours to complete the required formalities, adding that 644 pilgrims who left from Srinagar international airport to Madina Airport in Saudi Arabia for Hajj on first day, 330



were males and 314 females.

He said that at Hajj house in Bina, Joint Secretary MOMA in presence of Divisional Commissioner Kashmir, DCs of Srinagar and Budgam flagged off Hajis and at Srinagar International Airport.

He also said that for the

movement facilitation of pilgrims from Hajj house to Srinagar international airport, they have made the adequate arrangements as they have kept the buses available from Jammu and Kashmir Road Transport Corporation (JKRTC). Relatives and friends were

seen accompanying the Hajjis to the Hajj house, where emotional scenes were witnessed as they bid farewell to their near and dear ones with moist eyes.

On the occasion, personnel from police and home guard volunteers were also

seen deployed in sufficient numbers to load and unload the baggage carried by the pilgrims.

Earlier, Dr. Shujhat Qureshi reiterated the committee's dedication to ensuring a seamless experience for the pilgrims, affirming the exhaustive arrangements to facilitate the holy journey for pilgrims.

He said that a total of 7008 Hajj pilgrims intending holy pilgrimage to Mecca and Madina, around 6800 were going through Srinagar embarkation and over 500 through Delhi embarkation.

He also said that the pilgrims can check their flight status on website of Hajj committee of India under enquiry section by entering their cover number.

Dr. Qureshi, also informed that 37 female pilgrims were also undertaking the sacred journey without a Mahram, with the majority embarking from Srinagar, and that the boarding passes to custom clearance, meticulous coordination will be in place to ensure a hassle-free [More on P16](#)

PULWAMA BOAT TRAGEDY No Trace Of Missing Labourers

Agencies

Pulwama: The search to find two missing labourers who drowned in river Jhelum after the boat capsized in south Kashmir's Pulwama district on Wednesday continued for the second consecutive day on Thursday.

An official said that on Wednesday evening, a boat carrying nine labourers capsized in river Jhelum in the Hatiwara area of Awantipora, Pulwama, following which seven persons were rescued while two others are still missing.

He said the SDRF teams, police and locals started the operation to rescue the two missing persons on Wednesday evening which continued till late night and resumed on Thursday morning.

The official identified the missing persons as Ravi Kumar and Himanshu Rai from Lakhimpur Kheri, Uttar Pradesh.

Efforts were on for the whole day to trace the missing labourers; however, there was no success, he said, adding that the search operation continues.

Deputy Commissioner Pulwama Dr Basharat Qayoom and SSP Awantipora Aijaz Ahmad Zargar have been monitoring the rescue operation.

Meanwhile, a noted expert, Abdul Salam Dar, who belongs to the same area where labourers drowned, has [More on P16](#)

SRINAGAR LS ELECTION

52,100 Kashmiri Migrants Eligible To Vote

Press Trust Of India

Jammu: As many as 52,100 Kashmiri migrant voters across the country are eligible to exercise their franchise in the fourth phase of the Lok Sabha elections in Srinagar constituency on May 13.

The constituency is gearing up for an intense electoral showdown. As many as 174 lakh voters, including 8.7 lakh women, will decide the fate of 24 candidates in the fray.

Over 1.13 lakh Kashmiri migrants are registered to cast their votes for the Lok Sabha elections for three seats in the Valley, officials said.

"As many as 52,100 Kashmiri migrants will exercise their right to franchise from Srinagar Lok Sabha constituency on May 13. Of these, 25,760 are male voters and 26,340 are female voters," Assistant Returning

Officer (ARO), Migrants, Riaz Ahmed told PTI Video here.

He said there are 1,13,873 registered voters, including 56,290 men, 57,582 women and one transgender person, in three parliamentary constituencies of Srinagar, Baramulla and Anantnag.

A total of 26 polling stations have been set up for the migrants, out of which 21 are in Jammu, four in Delhi and one in Udhampur.

"We have set up 21 polling stations in Jammu. In view of the increase in voters, we have to set up some more auxiliary polling stations. For the Srinagar constituency, we have increased them to 23 polling stations," Ahmed said. The Election Commission (EC) has arranged a pick and drop facility for Kashmiri migrant voters. It will be available from 6 am to 6 pm, he said. [More on P16](#)

'Rescheduling Of Political Activities In Sopore' Admin Allows Campaigning After Controversy Erupts

Press Trust Of India

Srinagar: As the political activities came to a grinding halt today in north Kashmir's Sopore police district, the district administration Baramulla on Thursday said that the political activities can be resumed from tomorrow as they have given permissions to all the political parties.

Sopore falls within the Baramulla Lok Sabha constituency that will go to polls on May 20 in the fifth phase of



the seven phase parliamentary polls. NC leader and former Jammu and Kashmir Chief Minister Omar Abdullah is contesting the seat.

On May 8, the office of

Senior Superintendent of Police in Sopore, Divya D, issued an official directive to the additional district magistrate, outlining the rescheduling of various political activities in the area.

The order specified the postponement of a car rally from May 9 to May 18, and the rescheduling of a political rally in Rafiabab from May 10 to May 18, while no new date was provided for a May 12 gathering in Behrampora -- all of which [More on P16](#)

Move To Sabotage My Campaign: Omar

National Conference vice-president and candidate for the Baramulla Lok Sabha seat Omar Abdullah Thursday asked the Election Commission to direct authorities in the constituency to allow his campaign programme as per schedule. Abdullah's letter to the EC comes a day after [More on P16](#)

Parra Served Notice Over Referendum Remark

Press Trust Of India

Srinagar: Objecting to PDP candidate Waheed Parra's statement asking youngsters to consider the general election as a "referendum" to send New Delhi a "message", the Jammu and Kashmir election department has asked him to explain the remark within two days and refrain from making such statements in the future.

In a letter to the PDP's Srinagar Lok Sabha seat candidate, the nodal officer for monitoring the implementation of the Model Code of Conduct said that such statements have the potential to aggravate differences among communities.

Para's office received the letter dated May 8 on Thursday. In the letter, the poll official drew Para's attention to his speech available on social media in which the PDP candidate was purportedly heard asking



people "not to treat this election as less than a referendum". In his speech, Parra had said that a message needs to be conveyed to New Delhi that "people's silence here should not be construed as their contentment."

"The future of youth is uncertain; people are scared, uncertain about their security," the PDP also said.

Talking to media persons on the sidelines of a party convention in [More on P16](#)

50 Cr Drug Haul In Baramulla

Agencies

Baramulla: Jammu and Kashmir Police on Thursday said that they have busted a narco smuggling module in north Kashmir's Baramulla district by arresting three smugglers with huge quantities of narcotics and cash.

Speaking with reporters here, Senior Superintendent of Police (SSP), Amod Ashok Nagpure, said that police station Uri on 08 May received an information from the reliable sources that one Mehmood Ahmad Najjar son of Mohammed Hassan Najjar of Churunda and Sajad Ahmad Malik son of Mohammad Amin Malik of Dhanisyan are involved in narcotics smuggling, following which a case FIR No 35/2024 U/S 8/21, 29 NDPS ACT, was registered and investigation taken up.

He said that both the suspects were detained for questioning and upon due course of action, the duo revealed that they had concealed contraband substances and cash at Churunda.

"Following their disclosure, a police party along with a magistrate searched the spot and recovered the contraband substance. The operation was assisted by the Army," the SSP said.

He said that the accused disclosed that one more person namely Fayaz Ahmad Hajam son of [More on P16](#)

PM Modi, Rahul Gandhi Invited For Public Debate



KO Web Desk

Delhi: Former judges Madan B Lokur, AP Shah and journalist N Ram have invited Prime Minister Narendra Modi and Congress leader Rahul Gandhi to a public debate on Lok Sabha election 2024. The public is concerned that they have only heard allegations and challenges from either side but not any meaningful responses, their invitation letter said.

"The General Election for the 18th Lok Sabha has already reached its midpoint. During rallies and public

addresses, members of both the BJP, the party in power, and the INC, the principal opposition party, have asked important questions relating to the core of our constitutional democracy. The Prime Minister has publicly challenged the Congress on reservations, Article 370 and wealth redistribution. Congress president Mallikarjun Kharge has questioned the Prime Minister on possible mutilation of the Constitution, Electoral Bond scheme and the government's response [More on P16](#)

6 THE GENERAL ELECTION FOR THE 18TH LOK SABHA HAS ALREADY REACHED its midpoint. During rallies and public addresses, members of both the BJP, the party in power, and the INC, the principal opposition party, have asked important questions relating to the core of our constitutional democracy.

IAF CONVOY ATTACK Search Operation In Poonch Enters 6th day

Press Trust Of India

Jammu: The security forces are yet to get a breakthrough even as the search operation to track down the terrorists responsible for attacking an IAF convoy that claimed the life of a corporal rank personnel, entered the sixth consecutive day on Thursday.

The security forces are trying to identify the attackers through four pictures of terrorists released by them.

A fresh search operation was launched in the border areas of Akhnoor belt following suspected movement of some persons last night, they said.

The Army, police and CRPF are conducting search operations in Shahistar, Gursai, Sanai, Lasana and Sheendara top and adjoining areas, they said adding that the entire area has been cordoned off. Terrorists targeted an Indian Air Force (IAF) convoy in the Shaistar area of Poonch district, in which an IAF corporal was killed in the line of duty and four others were injured on Saturday.

They are yet to get a breakthrough even after scanning the dense forest in the Surankote belt, they said.

Security forces, which made public four pictures of terrorists with one of [More on P16](#)

STARTUP KASHMIR CALLING ALL ASPIRING WOMEN ENTREPRENEURS

MEET & GREET

BE A WOMEN ENTREPRENEUR

MAY 11, 2023
3:00 PM - 4:00 PM

MORE INFORMATION

Web: <https://startupkashmir.org>
Email: info@startupkashmir.org
Tel: 9596012240

Venue will be communicated after registration



REGISTER NOW!



Olive Oil Linked With Lower Risk Of Death From Dementia In New Study

Press Trust Of India

About a teaspoon of olive oil a day is linked with lowering the risk of death due to dementia by roughly 30 per cent, particularly in women, according to a new research. Replacing five grams a day intake of mayonnaise and margarine ('vanaspati') with olive oil in equal amounts was found to be associated with a 14 per cent and eight per cent lower risk of death due to dementia, respectively. An international team of researchers, including those at Harvard University, US, observed over

92,000 adults in the US for 28 years to study the effects of olive oil intake on the risk of dementia-related death. Dementia refers to an impaired ability to remember, think and make decisions, and thus, impacts daily activities and quality of life. "Consuming at least 7 grams per day of olive oil was associated with a 28 per cent lower risk of dementia-related death compared with never or rarely consuming olive oil," the authors wrote. They also found that the results held good regardless of diet quality. "Beyond heart health, the



findings extend the current dietary recommendations of choosing olive oil and other vegetable oils for cognitive-related health," the authors wrote in the study published in The Journal of the American Medical Association (JAMA) Network Open. Regular intake of olive oil may

lower death risk from dementia by improving heart health, the researchers said. Previous studies have shown that compounds in olive oil, especially extra-virgin olive oil, may lower inflammation and oxidative stress. It also restores the functioning of blood-brain barrier, which is known to falter in dementia and, thus, allows for the crossing of molecules toxic to the brain, the authors explained. Following diets, such as the Mediterranean, DASH, and MIND, all of which include a teaspoonful of olive oil intake, along with green

leafy vegetables, legumes, nuts and fish, has been shown to improve brain structure and cognitive function, the researchers said. This highlighted a "potentially specific role for olive oil," as the team found that the highest olive oil intake had the lowest dementia-related death risk. The participants with APOE e4 gene, the most common genetic risk factor for developing Alzheimer's disease, were found to be about five to nine times likelier to die due to dementia. Alzheimer's disease is the most common form of dementia.

PUBLIC NOTICE

I, Sajid Khan, son of Manzoor Ahmad Khan, resident of Islamia Colony Gulabagh, J&K, have applied for a correction/change in my name, fathers name and address in my driving license as per Adhaar details. Details already mentioned in the driving license:
Name: Sajid Khan
Son of: Manzoor Ahmad Khan

Proposed Changes:
Name: Sajid Manzoor
Son of: Manzoor Ahmad
Resident of: Islamia Colony Zakura Gulab Bagh Srinagar
Any objection or queries regarding this change should be directed to the ARTO office Srinagar within 7 days from this date of publication. After this period no objections will be entertained.
Date of publication: 10-05-2024
7006912760 dg

Office Of The Executive Engineer (R&B) Division Rajbagh

Lal Mandi, near Lalla Ded Hospital, Srinagar 190008

No: EE/R&B/DIVN/RJB/1244-47 Dated:-08-05-2024

Mr Fida Ahmad Beigh
S/o: Abdul Salam Beigh
R/o Gill Kadal Nowshahra Sgr
Cell No. 7389558181

Subject - Construction / Renovation of Auditorium at Govt College for Women M.A Road Srinagar

Reference - Assistant Executive Engineer FW (R&B) Rajbagh Sub-Division Srinagar's letter Notice issued under No 92-95/AEE/RJ Dated 04 05 2024

You may refer to the AEE Rajbagh Sub division Srinagar's above cited reference in this connection you are directed to resume the work and complete the work in all respect within the stipulated period mentioned in the AEEs reference failing which action as warranted as per the rules/terms and conditions envisaged in the eNIT & allotment letter shall be initiated against you without serving any further notice, which please be noted

DIPK-437/24
dated: 09-05-2024

Executive Engineer
(R&B) Division Rajbagh
Srinagar

Government of Jammu & Kashmir Office of the Executive Engineer Jal Shakti (PHE) Mechanical Division (North) Sopore

Cancellation Corrigendum

Sub: Cancellation of e-NIT along with allotments.

Ref: This office E-NIT No. PHE/MDNS/NIT/E-43 of 2023-24, issued under No. PHE/MDNS/DB/5062-67, dated: 18-09-2023.

The above referred e-NIT is hereby cancelled due to works not taken up by the contractor despite multiple reminders issued time and again and will be re-tendered as fresh. All other terms and conditions shall remain same as laid down in tender document.

No.: PHE/MDNS/DB/746-48
DIPK-438/24
Dated: 09-05-2024

Sd/-
Executive Engineer
Jal Shakti (PHE) Mechanical Division (North)
Sopore

PUBLIC NOTICE

My name has been wrongly spelled on my driving licence bearing DL NO: JK01 20050046716 as Mushtaq Ahmad Lone while my correct spelling is Mushtaq Ahmed Lone which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the office of the RTI Kashmir within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Mushtaq Ahmed Lone
Mohd Munawar Lone
Khambiyar Pattan fko

Office of the Naib Tehsildar Tilgam Executive Magistrate 1st Class

Subject: Application of Hilal Ahmad Baba S/o Gh Rasool Baba and Mubeena Rasool D/o Ghulam Rasool Baba R/o Wanigam Bala Tehsil Pattan regarding obtaining RBA Certificate

PUBLIC NOTICE

General Public is hereby informed through this notice that the applicant file is currently under process in the office of undersigned regarding obtaining RBA certificate. In this matter report of patwari halqa wanigam bala records that the applicant is a permanent resident of said village and is residing here from more than 15 years and has not migrated from the said village the annual family income of the applicant from all sources is Rs 767544/-. Family details of the applicant are give below.

| S. No | Name | Parentage | Age | Occupation |
|-------|------------------|----------------------|-----|------------------|
| 1 | Gh Rasool Baba | Ab Gani Baba | 70 | Retired Employee |
| 2 | Haleema Begum | W/o Gh Rasool Baba | 65 | H/W |
| 3 | Mubeena Bano | D/o Gh Rasool Baba | 29 | |
| 4 | Hilal Ahmad Baba | S/o Gh Rasool Baba | 39 | Govt employee |
| 5 | Shabnum Begum | W/o Hilal Ah Baba | 35 | H/W |
| 6 | Fatima | D/o Hilal Ahmad Baba | 9 | Minor |
| 7 | Mohd Ibrahim | S/o Hilal Ah Baba | 10 | -- |

In this connection if any person(s) has any objection(s) he/she can visit the undersigned's office within 07 days from the date of publication of this notice. After that no objection will be considered.
fko Naib Tehsildar

The Jammu And Kashmir Board Of School Education New Campus Bemina Srinagar

I have passed/appeared in Secondary School Examination (Class-10th) under Roll No.: 107022226 Session: 2021-22 Year 2021 through the Jammu and Kashmir Board of School Education. Due to the error committed by the concerned School/parent/Board, against my mother's name as Saeeda Begum instead of Sayeeda Begum



Now, I have applied for correction/rectification of error in the Jammu and Kashmir Board of School Education. New Campus Bemina. Srinagar, if any person has any objection in this regard, may file the same in the office of the Assistant Secretary, Certificates-KD within seven days from the date of publication of this notice, after the expiry of said period no objection will be entertained.

Name: Furqan Hilal Lone
F/N: Hilal Ahmad Lone
M/N Sayeeda Begum
DOB 09-03-2007
Residence: Thindima Kreeri

kri

Office Of The Assistant Regional Transport Officer Ganderbal

NOTICE

Whereas, an application for Re-registration/Transfer of Ownership has been received from Mr./Mrs/Miss RIDWAN UL HAQ S/D/W of MOHAMMAD SHAFI BABA Resident of: 34-BE-11/6 Johri Farm Noor Nagar Extension Jamia Nagar South Delhi in Respect of LMV/Three wheeler /Motor Cycle/ MOTOR CAR Bearing Reg No. DL3CBA6892 Chassis No MAKGM252KBN216036 ; Engine No. LA5A2242674 In favour of: RIDWAN UL HAQ S/D/W of: MOHAMMAD SHAFI BABA Resident of: CHUNDINA GANDERBAL KASHMIR (Transferee). Now, therefore, it is notified for the information of the general public that the representation/objection, if any in connection with proposed Re-registration/Transfer will be received within 07 days from the date of publication of this notice in the daily newspaper Leading Papers to the address of undersigned.

No. representation/objection shall be considered unless it is made in written and shall be submitted within the aforesaid period.

No. JK/ARTOG/240/MVD/GBL
Dated, 04/05/2024
inf

Authorized Signatory
Assistant Regional Transport officer Ganderbal

Sd/-

FATEH KHAWANI

The congregational prayer ceremony (Ijtima) of Master Mohd Naseem, s/o Late Noor ul Din R/o Alimdar colony Charari sharief will be held tomorrow, Friday, 10th May 2024, at Alimdar Colony Phase B Graveyard near Masjid Hasnain at 2:30 PM, after Friday prayers.



Attendees are kindly requested not to bring any food items.

From the Bereaved Family.

inf

Government Of Jammu And Kashmir

Office Of The Zonal Education Officer Gurez

NO:ZEO/GRZ/024/169

dated 09-05-2024

PUBLIC NOTICE

One CPW namely Mr Mohd Ramzan Chopan S/o Gh Mohd Chopan R/o Banjran Gurez Tehsil Gurez District Bandipora of M/s Banjran Gurez who is seeking his regularization as per affidavit issued by chief Judicial magistrate bandipora. The ISI appointment order has been gutted in cross border shelling in year 2019 and an FIR bearing No: 1740 dated:03-10-2019 has been lodged in the concerned police station. Any body having any objection can file his objection with in seven (7) days of the publication of this notice. There after no objection shall be entertained.

DIPK-434/24
dated: 09-05-2024

Zonal Education
Officer Gurez

Email id: telkmrzone@jkkpolice.gov.in

Ph No.0194-2452698
Fax. No.0194-2506526

Zonal Headquarters Police Telecommunication Kashmir

PUBLIC NOTICE

Gh Mohammad Rather S/O Ab Rehman Rather R/O Saloor Ganderbal working as Sgct (Telecom) in J&K Police Telecommunication under Regimental No.3576/PW PID No.TEL-107456 has represented for correction in his parentage recorded as Ab Rehman Bhat instead of Ab Rehman Rather in the service records of this office.

As such, objections if any, in this regard are invited from General Public, which should reach the office of undersigned within a period of seven days from the date of publication of this notice

No: - Estt/PF-3576/2024/ 8838
DIPK-418/24
Dated: 09/05/2024

Superintendent of Police
Telecommunication Kashmir

NORTHERN RAILWAY
NOTICE INVITING TENDER

Sr. DEE/TRD/FZR acting for and on behalf of the President of India invites E-Tenders for the works as under. Bidders will be able to submit their original/revised bids upto closing date 31.05.2024 at 15:00 hrs. only. Manual offers are not allowed against this tender and any such manual offer received shall not be considered

| Tender No. | Name of work | Approx. Cost (in ₹): | Cost of Tender Form (in ₹): Nil |
|----------------------|--|--|--|
| 511G-TRD-FZR-2023-24 | Strengthening of earthing arrangement by replacement of overaged earthing system at various Traction Sub Stations and Switching Stations in Sahnewal-Amritsar section over Firozpur Division | 83,11,251.07 Earnest money (in ₹) 1,66,200/- | Date & Time for submission of Tender: Upto 31.05.2024 at 15:00 hrs. Opening of tender 31.05.2024 after 15:00 hrs. Website particulars: www.ireps.gov.in |
| 605-TRD-FZR-2024-25 | Provision of new Contact and Catenary wires by replacement of old ACC, Contact and catenary wire in Polluted zone over Firozpur Division | Approx. Cost (in ₹): 45,58,482.05 Earnest money (in ₹) 91,200/- | Cost of Tender Form (in ₹): Nil Date & Time for submission of Tender: Upto 31.05.2024 at 15:00 hrs. Opening of tender 31.05.2024 after 15:00 hrs. Website particulars: www.ireps.gov.in |

Note: # Tenderer(s) may please note that offers received without Bid Security either in cash through e-payment gateway or as Bank Guarantee bond from a scheduled commercial bank of India or as mentioned in tender documents (as per Annexure-21) valid for a period of 90 days beyond the bid validity period, will be considered as incomplete & invalid offer and for which contractor shall have no claim on Railway.
No.: 511G-TRD-FZR-2023-24 & 605-TRD-FZR-2024-25 Dated: 09.05.2024 1407/2024

SERVING CUSTOMERS WITH A SMILE

Office Of The State Drugs Controller Drug & Food Control Organization

(JAMMU & KASHMIR).

Jammu Office: Patoli Mangotrian, 1st Floor, Combined Food & Drug Testing Laboratory Jammu
Fax: 0191-2538527, Telephone. 2538527 Pin 180007

Kashmir Office: Dalgate, Srinagar, Drugs Testing Laboratory complex Pin 190001
e-mail Controllerdrugsfoodjk@gmail.com

ADVISORY

Advisory for Retail / Wholesale Dealers licensed under the Drugs and Cosmetics Act, 1940 and Rules thereunder in the Union Territory of Jammu & Kashmir:

- The License shall be displayed in a prominent place in a part of the premises open to the public.
- No drug shall be sold unless such drug is purchased under cash or credit memo from a duly licensed dealer or a duly licensed manufacturer.
- The licensee shall provide adequate premises equipped with proper storage accommodation for preserving the properties of the Drugs to which the license applies. Broa y rugs requiring cold storage (2-8°C) should be kept in a Refrigerator. Similarly drugs requiring to be stored in cool place should be stored at temperature between 10 °C to 25°C. In case of drugs where condition of storage is not specified, it may be stored under normal room temperature.
- Drugs requiring protection from light must be stored inside the premises and not exposed to direct sun light.
- In case of pharmacy the licensee shall operate under the continuous personal supervision of a Registered Pharmacist whose name shall be displayed conspicuously in the premises and the Pharmacist shall always put on clean white overalls (Apron).
- Carbon copies of cash or credit memos shall be preserved as records for a period of 3 years from the date of sale of the drug.
- No drug shall be sold or stocked by the licensee after the date of expiration of potency recorded on its container, label or wrapper or in violation of any statement or direction recorded on such container, label or wrapper.

Provided that any such drugs in respect of which the licensee has taken steps with th manufacturer or his representative for the withdrawal, reimbursement or disposal of the same, may be stocked after the date of expiration of potency pending such withdrawal, reimbursement or disposal\ as the case may be subject to the condition that the same shall be stored separately from the trade stocks and all such drugs shall be kept in packages or cartons the top of which shall display prominently the words "Hot of sale".

The retail pharmacies/ stockists shall evolve an appropriate methodology to ensure that the expired medical products / Bio medical waste is disposed off strictly as per norms governing the field.

- No drug intended for distribution to the medical profession as free sample and no drug meant for consumption by the Government Institutions shall be sold or stocked by the licensee on the premises.
- The medicines for treatment of animals kept in retail shop or premises shall be labeled with the words "Not for human use- for treatment of animals only" and shall be stored separately.
- The license shall comply with the provisions of the Drugs and Cosmetics Act, 1940 and the Rules thereunder for the time being in force.
- The retailers shall dispense medicine falling under Schedule H1 in the following manner:

1. Retailers have to maintain a separate register to record the sale of Schedule H1 drugs. The Schedule H1 register should have the following columns:
a. Name of the product and potency b. Qnt sold c. Name and address of the prescriber d. Name of the patient.

- 2. These drugs are to be sold only against the prescription of the Registered Medical Practitioner only.
- 3. The prescription has to be completed in all respects with full details.
- 4. When the prescription is dispensed, the pharmacy / medical store has to put the "dispensed" stamp and date and sign it
- 5. A prescription can be dispensed only once unless the doctor specifies in writing that it can be dispensed more than once and how many times.

The premises permitted for operating of a pharmacy shall not be allowed to be used as a clinic for any Health Practitioner / Blood Collection Centre / conducting radiological procedures etc.

The retail pharmacies & wholesale drug outlets shall have installed CCTV cameras and adopted fully computerized billing system.

The retail pharmacies shall not refuse sale of a drug to the buyer. The split quantities of any formulation shall be sold at a price which does not exceed the pro-rata price of the formulation.

The retail pharmacies who employ salesmen shall get the credentials of such persons verified through concerned police station.

Relabeling / Re-stickering over NLEM (National List of Essential Medicines) Drug products are permitted as per Rule 104A of the Drugs Rules, 1945 to the

Extent that the same become inevitable when prices of drug formulations are reduced by the Drug Price Monitoring Authority ie. National Pharmaceutical pricing Authority (NPAA). This provision is however, not permitted for any escalation in prices at any given point of time by the said regulatory body. In all situations, inscriptions require prior approval of the competent Licensing Authority of the local area where the manufacturing unit exists.

Any noticeable change in price/ package / shape / nature / colour of any drug formulation shall be reported on below toll free Number/ Email ID / Contact

No.:
Toll free Number: 104
Email ID: controllerdrugsfoodjk@gmail.com
Jandk.pmr@ik.gov.in
Contact No. 0191-2538527, 0191-2531744

Lotika khajuria
State Drugs Controller
Drugs and Food Control Organization
J&K, Jammu

No: DFO/D-279/571-585

DIPK-428/24 Dated 09-05-2024

DLSA Srinagar Organizes Awareness Program On Constitutional Rights

Observer News Service

Srinagar: As part of the series of events being organized to raise awareness regarding exercising franchise during General Election to Lok Sabha 2024 under SVEEP campaign, the District Legal Services Authority (DLSA) Srinagar today organized awareness program on constitutional rights to franchise at Legal Literacy Club (LLC) of Government Girls Higher Secondary School (GGHSS), Chanapora.

The said awareness program was held under the guidance of Jawad Ahmed, Chairman DLSA Srinagar.

The program, aimed at educating citizens about the importance of exercising their right to vote witnessed the participation of Dr Samina Wani, Principal of Government Girls Higher Secondary School, Panel Lawyers, DLSA Srinagar,

Staff Members, Students of GGHSS, Chanapora, Srinagar and Para Legal Volunteers of DLSA Srinagar.

Advocate Syed Shabana, Panel Lawyer DLSA Srinagar, addressing the gathering, emphasized that voting is the fundamental right of every citizen and urged the students to exercise their franchise responsibly. She highlighted the significance of participating in the democratic process and making informed decisions at the polls.

Advocate Laila Khalid, Panel Lawyer DLSA Srinagar reiterated the importance of constitutional rights and the power of voting. She encouraged the participants to take an active role in the electoral process and make their voices heard.

The awareness program was well-received by the students, who showed keen interest in understanding their rights and responsibilities as citizens.



To guarantee maximum turnout, activities under Systematic Voters' Education and Electoral Participation (SVEEP) program continue in Srinagar. KO Photo by Abid Bhat

LS Polls-2024

DEO Srinagar Establishes 8 Pink Polling Stations In Srinagar PC

Observer News Service

Srinagar: District Election Officer (DEO), Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, who is also the Returning Officer (RO), 02-Srinagar Parliamentary Constituency today said the District Election Office Srinagar has established eight (8) Pink Polling Stations specially for Women in different areas of Srinagar from Hazratbal Anchar to Central Sheiltang which were painted in Pink color, denoting Nari Shakti.

In order to celebrate the festival of democracy in 02-Srinagar Parliamentary constituency with mass participation of voters, the District Election Office Srinagar has made Polling Stations colorfully vibrant with specially with Polling Stations conveying special message regarding women, Persons with Disabilities, (PwD) and Youth besides environmentally viable and sustainable Polling Stations.

The District Election Author-

ity Srinagar has enhanced the essence of Polling Stations through different colors with multifarious messages to facilitate the voters on the Poll day and welcome them to experience a festive-like environment, besides promoting participatory and inclusive voting in Srinagar.

DEO Srinagar said these Polling Stations would be managed by all Women staff comprising BLOs, Presiding & Polling Officers, Police and security forces manning the polling stations.

The DEO said that the idea behind setting up these special Polling Stations is to convey a message to half of the population about their role and responsibility in this democratic exercise besides driving home the point that women are capable of discharging duties in any sphere of life.

The DEO further added that, eight Red Polling Stations have been set up for persons with disabilities which will be staffed by

differently abled persons thus bringing out inclusivity.

These Polling Stations equipped with Wheelchairs, Ramps, Braille script and other features also infuse confidence into differently abled to make voting process a smooth activity for them. "Again the idea is to instill confidence among the section and encourage them to vote wherever they are besides increasing sanitation about their issues," said the District Election Officer.

The DEO also said that additionally, individuals with disability of more than 40 percent have already been given the opportunity to cast vote under ECI's initiative of Vote from Home. The three-day campaign for Home Voting which was flagged on May 07, 2024 by the District Election Officer concluded today in the District.

To focus on the importance of youth, the DEO said, eight Polling Stations have been painted in Blue across Srinagar District.

GMC Srinagar Hosts Inaugural Luminal Malignancy Day

Observer News Service

Srinagar: Department of Minimal Access and General Surgery at Government Medical College Srinagar hosted the maiden Luminal Malignancy Day, which was held in collaboration with the Department of Radiation and Medical Oncology.

This landmark event showcased the institution's commitment to advancing treatment options and raising awareness for gastrointestinal cancers, a statement said.

Under the adept leadership of Professor Iqbal Saleem Mir, Head of the Department of Surgery, the day was marked by a series of surgeries employing cutting-edge laparoscopic techniques. These surgeries targeted various gastrointestinal malignancies, illustrating the faculty's proficiency and dedication to providing patients with minimally invasive yet highly effective treatment options.

The Luminal Malignancy Day served as a platform for interdisciplinary collaboration, bringing together experts from surgery, radiation oncology, and medical oncology ably supported by PG department of anesthesia.

This holistic ap-

proach ensures that patients receive comprehensive care tailored to their specific needs, from diagnosis through treatment and beyond.

The event featured live demonstrations of laparoscopic procedures, allowing attendees to witness firsthand the precision and innovation driving modern surgical techniques.

Professor Iqbal Saleem Mir expressed his gratitude to all the faculty members, staff, and participants whose collective efforts made the Luminal Malignancy Day a resounding success.

He emphasized the importance of such collaborative endeavors in advancing patient care and fostering excellence in medical education and research.

Principal of Government Medical College Srinagar, Professor Iffat Hassan Shah, commended the initiative, stating, "The inaugural Luminal Malignancy Day represents a significant milestone in our ongoing efforts to address the challenges posed by gastrointestinal cancers. By fostering collaboration among various specialties, we are better equipped to provide patients with comprehensive and state-of-the-art care."

Div Com, IGP Review Departure Arrangements For Hajj Pilgrims At Srinagar Airport

Observer News Service

Srinagar: As departure of Hajj pilgrims, 2024 commenced from Srinagar international airport today, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Biduri along with IGP Kashmir, V K Birdi Thursday reviewed the departure arrangements for the first batch of Hajj pilgrims 2024 of Union Territory of Jammu Kashmir from Srinagar International Airport.

Deputy Commissioner Budgam, Akshay Labroo; SSP Budgam, Nikhal Borkar; Director International AirPort and other concerned officers were also present.

On the occasion, Div Com interacted with the pilgrims and conveyed his greetings and best wishes to them.

During the visit, the Div Com also took first-hand appraisal of facilities including availability of clean drinking water, medical facilities, refreshment, volunteer services and traffic management in and outside of airport premises besides immigration check facilities and baggage carrying facilities.

He directed concerned authorities to ensure hassle free departure of all the pilgrims till the conclusion of departure schedule.

Meanwhile, the first group of 642 pilgrims, in two flights i.e., 322 each took-off from Srinagar international airport today for this year's Hajj, starting the pilgrimage transforming journey full of fervor and optimism.

A total of 7008 hajj pilgrims from UT of J&K will be embarking on a holy pilgrimage this year.

ذہنی صحت کی حفاظت کے لئے
مفت مشاورت
ہمارے کلینک پہ روزانہ میسر ہے۔
اور ساتھ ساتھ ہم آن لائن موڈ میں بھی
مشاورت کے لئے دستیاب ہیں

HAPPY AND HEALTHY MINDS
خوشحال اور صحت مند ذہن

HAPPY MIND

HEALTHY MIND

ہمارے پاس پیشہ ور اور تربیت یافتہ ماہرین کی ٹیم تجربہ کار ماہر نفسیات کی سربراہی میں مختلف اقسام کے نفسیاتی اور منشیاتی امراض سے چھٹکارہ پانے کے لیے سماج کے متاثرہ افراد کی مدد کے لیے دستیاب ہیں۔

درج ذیل ذہنی صحت سے وابستہ مسائل پہ قابو پانے کے لیے رجوع فرمائیں:

- عصبانیت اور زہنی تناؤ کا درمان
- بھیانک حادثات اور واقعات کے بعد آنے والا ذہنی عارضات، مثلاً بد خوابی، شدید تشویش اور واقعات کے بارے میں قابو میں نہ ہونے والے خیالات - (PTSD)
- انفرادی ترقی اور مثبت تبدیلی کی خاطر اپنے فیصلوں پر عملدرآمد کرنے کا عمل
- اداسی کی کیفیت۔
- ذہنی پریشانی کے آثار
- منشیاتی کی لت پر قابو پانے کے لیے مشاورت
- خودکشی کے انتہائی اقدام سے روکنے کی مشاورت

مفت ذہنی مشاورت کے لیے پیر سے ہفتہ، صبح 10 بجے سے شام 5 بجے تک رابطہ کریں۔

9070806160

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- BIJBERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

HIGHWAY STATUS

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

| PRAYERS | |
|---------|-------|
| FAJR | 4:00 |
| ZUHR | 12:27 |
| ASR | 5:19 |
| Magrib | 7:24 |
| ISHA | 8:57 |

This Day In History

- 1797 - 1st US Navy ship, the "United States," is launched
- 1801 - First Barbary War: The Barbary pirates of Tripoli declare war on the United States of America (1st US foreign war)
- 1804 - British Prime Minister Henry Addington resigns, replaced by William Pitt the Younger
- 1857 - Indian Mutiny against rule by the British East India Company begins with the revolt of the Sepoy soldiers in Meerut
- 1862 - Battle of Plum Run Bend, Tennessee
- 1864 - Battles at Spotsylvania Court House, Virginia
- 1865 - Confederate President Jefferson Davis captured by Union troops at Irwinsville Georgia (US Civil War)
- 1871 - Peace of Frankfurt-am-Main concluded between France & Germany ends Franco-Prussian war
- 1872 - Victoria Woodhull becomes 1st woman nominated for US presidency by Equal Rights Party at Apollo Hall, NYC
- 1910 - Halley's Comet closest approach to Earth in 1910 pass
- 1915 - Canadian physician Cluny MacPherson first presents his gas mask invention to the British War Office
- 1917 - Atlantic ships get destroyer escorts to stop German attacks
- 1918 - HMS Vindictive sunk to block entrance of Ostend Harbor
- 1925 - To control demonstrations against foreigners, British troops in Shanghai fire into a crowd, leading to a boycott against British goods
- 1933 - Nazis stage public book burnings in Germany
- 1933 - Paraguay declares war on Bolivia
- 1940 - French troops arrive in Zealand/Brabant Netherlands
- 1940 - Nazi armies attack Netherlands, Belgium & Luxembourg
- 1940 - Winston Churchill succeeds Neville Chamberlain as British PM
- 1940 - World War II: The first German bombs of the war fall on England at Chilham and Petham, in Kent.
- 1942 - World War II: The Thai Phayap Army invades the Shan States during the Burma Campaign.
- 1944 - Chinese offensive in West-Yunnan
- 1945 - Allies capture Rangoon from the Japanese
- 1945 - Russian troops occupied Prague
- 1948 - 1st attack by Egyptian irregular forces at Kfar Darom Israel
- 1956 - French government sends 50,000 reservists to Algeria
- 1959 - Soviet forces arrive in Afghanistan
- 1967 - Stockholm Vietnam Tribunal declares US aggression in Vietnam/Cambodia
- 1968 - Vietnam peace talks began in Paris between the US & North Vietnam
- 1969 - Apollo 10 transmit 1st color pictures of Earth from space
- 1979 - Vivekananda (Sri Lanka) completes nonstop cycle ride of 187 hrs, 28 min, around
- 1979 - Viya Maha Devi Park, Colombo, Sri Lanka [From May 2]
- 1994 - Nelson Mandela sworn in as South Africa's 1st black president
- 1994 - Silvio Berlusconi forms Italian government with 5 neo-fascists
- 1995 - Britain lifts a 23-year ban on ministerial talks with Sinn Féin
- 1995 - In South Africa, 104 miners killed in an elevator accident
- 1996 - 2 US Marine helicopters collided during joint US & British war games
- 1996 - Excel Communications, Inc. becomes the youngest company ever to join the New York Stock Exchange (NYSE), trading under the symbol (ECI)
- 2000 - India's population reaches 1 billion, baby girl Aastha born at Delhi's Safdarjung Hospital chosen as symbolic billionth

KASHMIR OBSERVERTM

Friday | 10-05-2024

Emerging Political Dynamics

The ongoing Lok Sabha election in Kashmir presents a battleground where the old guard and new contenders are clashing. In one corner stand the established regional political players: the National Conference (NC), the People's Democratic Party (PDP), and the Congress. These parties have long dominated Kashmir's political arena but now face some challenge from the new entrants.

Representing the new order are parties like the Apni Party led by Altaf Bukhari, the Democratic Party (DPAP) headed by Ghulam Nabi Azad, and the now strengthened People's Conference (PC) led by Sajad Lone, otherwise also an old established party from North Kashmir. The emergence of these parties is a consequence of the political restructuring that followed the abrogation of Article 370 in August 2019.

The BJP, though not a regional player, looms large over the electoral scene, having made significant inroads in Jammu and forming a coalition government with the PDP in 2015.

The two constituencies to watch are Anantnag and Kupwara. In Anantnag, PDP leader Mehbooba Mufti faces off against NC's Mian Altaf, while in Kupwara, NC's Omar Abdullah is challenged by PC's Sajad Lone. The outcomes in these constituencies will offer insights into the future direction of Kashmir's political landscape.

The unraveling of the Peoples Alliance for Gupkar Declaration (PAGD), formed to advocate for the restoration of Article 370, reflects the deep divisions within the opposition ranks. The NC and the PDP, once part of the PAGD, are now charting independent courses, leading to further fragmentation within the opposition.

The emergence of new political parties like the Apni Party and the DPAP has added to the complexity of Kashmir's political scenario. While the Apni Party, led by Altaf Bukhari, may struggle to gain traction due to its perceived pro-BJP stance, the PC, led by Sajad Lone, poses some challenge, especially in North Kashmir.

Traditionally, the PDP has been dominant in South Kashmir, while the NC has held sway in Central Kashmir. With the emergence of the PC in North Kashmir, the political landscape of the region is undergoing a significant transformation.

However, the growing number of political parties in Kashmir has led to unease among a large section of the population. Many fear that the fragmentation of political mandates will diminish the Valley's political sway and say in governance.

As the Lok Sabha election unfolds, it will provide a glimpse into the current standing of each political party. However, it is the future assembly election that will truly reveal how the post-Article 370 political scene plays out on the ground. The battle for Kashmir's political future has only just begun, and the outcome remains uncertain.

Why Community Is Important For Suicide Prevention

Dr Maniker Inder Singh and
Dr V Senthil Kumar Reddi



Robust family and social connections are crucial. Seeking guidance through community resources or personal counselling demonstrates strength. Together, these elements buffer against life's harshest moments

Suicides, both worldwide and in India, unveil silent struggles, shedding light on the profound yet muted issues faced by many. A tragic response to overwhelming mental anguish, suicide is a significant public health issue globally, resulting in numerous premature deaths. Almost one in every four worldwide suicides occurs in India. Furthermore, the profile of those vulnerable to suicide in India significantly contrasts with global data. For example, rates of suicides among women in India are disproportionately greater than those noted globally. A heightened awareness of the complexity of suicide underscores the pressing need for early and proactive intervention.

Suicide rates continue to escalate, reflecting the myriad challenges faced by individuals in distress. A convergence of rapid, multifaceted, disruptive transformation across domains of life, persistent stigma, and a general lack of awareness enhance vulnerability to suicide—a stark reminder of a larger, concerning global picture. The same has become increasingly evident at a time when Indian society is undergoing a transition.

In a recent incident, a young person, overwhelmed by thoughts, teetered on the edge of despair, contemplating suicide. The turning point came in the form of a tweet, a subtle yet unmistakable cry for help. A friend, recognising the gravity, reached out to authorities. With swift coordination and empathy, they intervened, saving a life. This incident highlights the power of awareness and community support in preventing suicide, while reinforcing that effective prevention strategies demand a collective approach.

Stigma around suicide remains a significant barrier. Emotional distress often persists, given that seeking help is considered a weakness. Economic pressures and financial instability further exacerbate stress and anxiety, while limited access to resources leaves individuals isolated and unsupported.

Thus, implementing multilevel suicide prevention strategies in rural underserved areas and urban settings, given

their diverse profiles, is imperative. Community-level and at-risk groups strategies warrant intersectoral and trans-sectoral approaches.

A holistic approach is essential, as a complex interplay of factors contributes to suicide. Integral to the same is to prioritise positive mental health and awareness. These efforts can help dispel myths, reduce stigma, and encourage open conversations about well-being. Encouraging people to reach out can break the cycle of silence and stigma, facilitating timely help-seeking.

Addressing economic hardships and social stigma requires collaboration across sectors. Creating support networks and promoting inclusive policies can mitigate factors contributing to vulnerability. Substance use, often intertwined with suicide crisis, impacts judgement and decision-making. Policies addressing this facet are essential for mitigating risks of impulsive and irreversible decisions.

Technology's role is complex in India's dynamic social fabric. The tech revolution opened infinite possibilities but also spawned unforeseen challenges. Excessive use, especially during formative years, can impair critical mental skills such as problem-solving and coping, exaggerating vulnerability to suicide. Despite the paradox of loneliness in a connected world, technology can be a lifeline. Digital platforms can bridge gaps, offering swift support and resources, especially in India, where access to help remains limited.

The key to suicide prevention is to encourage discussions around suicide and its warning signs. Gatekeeper training for community members helps develop a critical pool of societal resources to identify those at risk, creating a safety net of support.

By advocating awareness and reducing stigma by focusing on stories of recovery and resilience, the media can foster hope among those vulnerable.

Proactive National initiatives, including the National Suicide Prevention Strategy 2022, Tele-MANAS Programme, Mental Health Act 2017, school-centric UMMEED (Understand, Motivate, Manage, Empathise, Empower, Develop) guidelines, complemented by programmes that aim to alleviate multifaceted challenges in Indian society, and decriminalisation of suicide, reflect the government's commitment to battle suicide.

Cultivating adaptive coping strategies equips individuals to handle life's challenges, fostering resilience. Robust family and social connections are crucial. Seeking guidance through community resources or personal counselling demonstrates strength. Together, these elements buffer against life's harshest moments.

Thus, elements of suicide prevention include ensuring universal access to care, a fundamental right. Concurrently, building an inclusive, empathetic society that values well-being and challenges suicide stigma is essential. Furthermore, promoting open conversations about suicide, sharing stories of recovery, and highlighting the relevance of reaching out is crucial.

Dr Singh is Senior Resident and Dr Reddi is Professor, Department of Psychiatry, NIMHANS, Bengaluru. This is the second of a DH-NIMHANS series on mental health. The article was originally published by Deccan Herald



Unlocking the Power of Compounding: Why Every Percentage Point Matters in Investments

Did you know?

Irshad Mushtaq

In the realm of financial planning, understanding the power of compounding is fundamental. It's the principle that augments your investments over time, turning modest sums into substantial wealth. As investors, we often overlook the profound impact that varying rates of return can have on our savings. To illustrate this, let's consider how an initial investment of 1 lakh grows over 20 years at different annual compounding rates (1 lac initial investment one time).

- At 7% annually, the investment grows to 3.86 lakhs — a 3.86-fold increase.
- At a 10% rate, it balloons to 6.72 lakhs — 6.72 times the initial amount.
- With a 12% return, the figure jumps to 9.64 lakhs, nearly 9.6 times higher.
- A 15% rate propels it to 16.36 lakhs, or 16 times the original investment.
- An 18% return skyrockets to 27.39 lakhs — 27 times the beginning value.
- At 20%, it soars to 38.33 lakhs, a stunning 38.33-fold growth.
- Finally, at a 22% rate, the amount reaches an astounding 53.35 lakhs, or 53 times the initial stake.

These examples demonstrate that even a slight increase in the annual percentage rate can have a monumental impact on your investment's growth over time. This exponential growth underpins the concept of compounding, where interest earnings are reinvested to generate additional earnings over time.

The essence of long-term investment lies in appreciating how your money can work for you, rather than the other way around. However, it's crucial to approach investments with a rational frame of mind. Emotional decisions, often spurred by the urge to help someone or to invest in a trendy but low-return option, can dilute your returns, particularly when high commissions* eat *into your potential earnings.

Valuing your money means being strategic and informed about where and how to invest it. The difference in returns, as highlighted, underscores the importance of wise investment decisions. It's advisable to consult with experienced and trusted financial professionals who can guide you in choosing investments that align with your financial goals and risk tolerance.

In conclusion, the power of compounding is a fundamental principle in investments that emphasizes the significant influence of annual return rates on long-term wealth. By choosing your investments wisely and understanding the impact of compounding, you can maximize your financial growth and ensure that your money indeed works for you.

Irshad Mushtaq is an entrepreneur, business partner at Sharekhan, and author. Email irshad@bp.sharekhan.com.



OBSERVER MAIL

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

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Horn Please!

Traffic Jams have become a new reality of life in Srinagar. Day in and day out, hundreds of vehicles are stuck in jams and lurch forward to reach their destinations. Unfortunately, it takes hours before these jams are cleared and even essential service(s) vehicles, such as Ambulances, navigate with great difficulty through them. Therefore, steps must be taken to reduce the occurrence of

jams in the city.

Before taking any steps, the authorities need to identify the potential causes of traffic jams in the city. It needs to be acknowledged that the number of vehicles entering the city is increasing as more and more people are purchasing them. However, the roads have not been widened or reconstructed to withhold such a volume of traffic. At several crossings, traffic lights are not functional,

which leads to great chaos. In the city centre, Lal Chowk, there are very few parking slots. On a busy day, people who are unable to find parking slots park their cars on roads running through Lal Chowk, thus, leading to jams. Nevertheless, the public should also be held accountable for these jams. People often drive vehicles on the wrong side of the road, overtake in a rush, which leads to traffic jams in the city.

To reduce traffic jams, both the authorities and the public have a role to play. The authorities need to take into account the causes of jams, devise a plan and accordingly implement it. On the other hand, the public needs to understand that certain rules are necessary to follow while driving, and if they follow them, there may be fewer jams in the city.

Suhail Ahmad Khan



Mindful Fridays

Turning Mealtime Woes into Mealtime Wows

Navigating Cooperation with Kids

Wasim Kakroo

Mealtime with kids can often feel like navigating a minefield. From picky eating to tantrums, getting children to cooperate during meals can be a daunting task for many parents. However, with a bit of creativity and patience, mealtime can be transformed from a battleground into a bonding experience that strengthens the relationship between parents and kids.

Understanding the Problems

Mealtime with children is often fraught with challenges that can turn what should be a simple, nourishing experience into a battlefield. Understanding these issues is crucial for parents seeking to create a positive mealtime environment for their families.

Firstly, picky eating is a common concern among parents. Children tend to have strong preferences when it comes to food, often favoring familiar dishes while rejecting new or healthy options. This can lead to frustration and worry for parents who want to ensure their children are receiving a balanced diet. Encouraging children to explore new foods through exposure, positive reinforcement, and leading by example can help broaden their palate over time.

Secondly, tantrums during mealtime are not uncommon. These outbursts can stem from various factors, including hunger, fatigue, or a child's desire to assert independence. Tantrums disrupt the peaceful atmosphere parents strive to create during meals and can make it challenging to establish healthy eating habits. It's important for parents to remain calm and patient during these moments, offering reassurance and understanding while setting clear boundaries and expectations.

Distractions, particularly from screens and electronic devices, pose another obstacle to successful mealtime experiences. In today's digital age, children are often drawn to screens, making it difficult to engage them in conversation or promote mindful eating. Establishing screen-free

zones during meals and providing alternative forms of entertainment, such as conversation starters or engaging activities, can help minimize distractions and encourage meaningful interaction among family members.

Lastly, mealtime can sometimes become a power struggle between parents and children. Battles over what foods to eat, how much to eat, and even whether to eat at all can escalate tensions and create a negative association with mealtime. It's important for parents to approach mealtime with patience, flexibility, and empathy, allowing children to assert some autonomy while still maintaining structure and consistency around mealtime routines.

Despite these challenges, there are numerous strategies parents can employ to create a positive and enjoyable mealtime experience for the whole family. Involving children in meal preparation, offering a variety of nutritious options, and fostering a relaxed and supportive atmosphere can help promote cooperation and reduce mealtime stress. Additionally, incorporating games and activities into mealtime can make the experience more engaging and enjoyable for children, turning mealtime into an opportunity for bonding and connection.

Transforming Mealtime into Fun Time

Despite these challenges, mealtime can be transformed into an enjoyable experience for both parents and kids. Here are some strategies to make mealtime fun:

- 1. Involve Kids in Meal Preparation:** Encouraging children to take part in meal preparation, from washing vegetables to setting the table, has numerous benefits. Not only does it teach them practical skills that they'll carry into adulthood, but it also fosters a sense of ownership and pride in the meal. When children feel involved in the process, they are more likely to be enthusiastic about trying new foods and making healthier choices. Additionally, cooking together can be a



Despite these challenges, there are numerous strategies parents can employ to create a positive and enjoyable mealtime experience for the whole family. Involving children in meal preparation, offering a variety of nutritious options, and fostering a relaxed and supportive atmosphere can help promote cooperation and reduce mealtime stress

bonding experience for families, creating lasting memories and reinforcing positive attitudes towards food. By involving kids in meal preparation, parents empower them to become active participants in their own nutrition and instill lifelong habits that promote health and well-being.

- 2. Create a Positive Atmosphere:** Setting a positive and relaxed atmosphere during mealtime is essential for fostering a healthy relationship with food and promoting positive mealtime behaviors. Avoiding rushing or pressuring children to eat allows them to listen to their hunger cues and develop a natural appetite for food. Instead, focusing on enjoying each other's com-

pany creates a sense of connection and enjoyment around the dining experience. By creating a positive atmosphere, parents can make mealtime a time for bonding and conversation, rather than a source of stress or tension. This approach encourages children to develop healthy eating habits and fosters a positive attitude towards food and mealtime.

- 3. Turn Mealtime into a Game:** Incorporate games and activities into mealtime to make it more engaging. Here are a few ideas:

- Food Art:** Encourage children to get creative with their food by arranging it into fun shapes or designs. This can be a great way to entice picky eaters to try

- Storytelling:** Take turns telling stories or creating imaginative narratives using food items as characters or props. This not only stimulates children's creativity but also encourages them to stay seated at the table.
- Food Challenges:** Turn mealtime into a friendly competition by challenging children to try new foods or eat their vegetables in creative ways. Offer small rewards or praise for their efforts.
- Mystery Meals:** Serve meals in a creative and playful way by presenting them as "mystery meals" or "treasure hunts." Encourage children to guess the ingredients or

uncover hidden surprises within their food.

4. Foster Conversation: Mealtime serves as a valuable opportunity for parents to connect with their children on a deeper level. By asking open-ended questions about their day, interests, or favorite things, parents can foster meaningful conversations that encourage communication and strengthen the bond between them and their kids. This simple practice not only allows children to feel heard and valued but also provides parents with insights into their child's thoughts, feelings, and experiences. By engaging in thoughtful dialogue during mealtime, parents can create a supportive environment where children feel comfortable expressing themselves and where relationships are nurtured through shared moments of connection and understanding.

5. Lead by Example: Children look to their parents as role models, especially when it comes to eating habits. By observing their parents' attitudes and behaviors around food, children are more likely to adopt similar habits themselves. It's essential for parents to be mindful of their own eating behaviors and strive to set a positive example for their children. This means demonstrating healthy eating habits, such as enjoying a balanced diet with plenty of fruits, vegetables, and whole grains, as well as practicing mindful eating behaviors, such as eating slowly and savoring each bite. By modeling healthy eating habits and positive mealtime behaviors, parents can instill lifelong habits in their children and promote a positive relationship with food.

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

CANCER

Here's The Role Exercise Plays, From Prevention To Treatment

Sebastian Mora Hernandez

Cancer is the second leading cause of death worldwide. In Europe, almost three in every ten adults were diagnosed with a form of cancer in 2022.

With the recent revelations that three members of the royal family have cancer, many people may be thinking about their own risk of developing cancer – and wondering if there's anything they can do to prevent the disease.

Cancer is a complex condition, with many factors that may increase a person's risk. But research shows exercise may actually play an important role – with a growing body of evidence showing its benefit in preventing, treating and living beyond cancer.

Numerous studies have shown a link between regular physical activity and lower risk of being diagnosed with many types of cancer. In some instances, exercise is shown to lower risk of being diagnosed with many common types of cancer – including breast, endometrial, colon and stomach – by around 20%.

A 2015 meta-analysis, which looked at data from over 1.4 million participants, found the most active participants had an over 20% reduction in the risk of seven cancers (including liver, kidney and lung cancer) when compared to those who were the least active.

They also had between a 10% and 20% lower risk of colon, bladder, head, neck and breast cancers. This effect remained the same, even after the researchers adjusted for body mass index, which is also associated with greater risk of cancer. This shows that the more active you are, the lower your overall risk of cancer.

There are several possible mechanisms by which exercise is thought to reduce cancer risk. Regular exercise deeply affects many aspects of the body's metabolism. For instance, it influences the behaviour and concentration of certain hormones – such as insulin and oestrogen, which have been linked with colon, breast, pancreatic, prostate and endometrial cancers.

Exercise also improves cellular function, encouraging cell repair – and, when not possible, destruction. This is important, as cancer starts when these damaged cells cannot be destroyed or repaired. It also reduces chronic inflammation, which is linked with risk of all cancers, as well as other chronic diseases – including cardiovascular disease and diabetes.

Exercise also helps prevent and reduce obesity. This on its own lowers the risk of developing at least 13 types of cancer, including breast, colorectal and pancreatic cancer.

Of course, cancer is caused by many factors so there is no one simple defence against it.

But based on the evidence we have, there's clear benefit in being more active.

From diagnosis to survival

Exercise is also shown to be beneficial during and after cancer treatment. For example, research in patients diagnosed

with lung cancer found doing exercise before surgery actually had lasting benefits during recovery.

Researchers gathered patients diagnosed with lung cancer, who were due to undergo surgery to have part of their lung removed. As you can

imagine, this surgery has a serious affect on a person's life. During the recovery period, patients may struggle with normal, everyday tasks – such as washing up and walking around. Patients were divided into two groups. One group performed different types of exercise (aerobic, resistance and breathing exercises) three to five times a week. The other group (the control group) performed no exercise. After four weeks, the exercise group was obviously fitter. But most important was that three months

after surgery, the exercise group had remained fitter and stronger compared to the control group. This meant they were better able to perform their usual daily activities.

This research suggests that exercise prepared them better for surgery, which subsequent-

ly meant a shorter journey to full recovery.

Exercise can also help manage some of the side-effects of cancer treatment – particularly the debilitating fatigue around 90% of patients experience. Though it might sound counter-intuitive, evidence tells us

that the more active you are throughout treatment, the less fatigue you'll experience.

One study which looked at the effect of exercise on 80 breast cancer survivors found that participants who exercised three times a week for two months had significantly lower levels of fatigue. This effect persisted even six months after they stopped training.

A meta-analysis of 113 studies also showed that exercise was more effective in reducing treatment-related fatigue than pharmaceuticals were.

Research on breast cancer patients even suggests exercise could improve chemotherapy completion rates. This could improve treatment outcomes and lead to higher survival rates. However, not all studies in this area have had these results. As such, it will be important for more research to be done to better understand the relationship between exercise and chemo completion rates.

How active should you be?

Of course, not everything has been figured out yet. The majority of evidence comes from observational studies which means we can only show a link between exercise and the benefits it has. We desperately need more patients to participate in randomised clinical trials so we can definitively establish what the beneficial effects are. This is something my colleagues and I are currently researching at the University of Hull.

Still, it's clear that exercise is extremely beneficial for preventing cancer – and that it's safe and helpful for people during and after cancer treatment.

To get these benefits, it's recommended for people exercise for at least 75-150 minutes of moderate and vigorous activities per week. Doing 30 minutes of exercise five days a week is ideal.

Do a mix of aerobic exercises (such as swimming walking or cycling) and around two to three sessions of resistance training (such as weight lifting or pilates). These guidelines are similar for people living with or beyond cancer.

However, even if you can't exercise this much, don't be disheartened. A little physical activity is better than nothing.

By arrangements with The Conversation



VC HEC Urges Students To Harness Advanced IT Tools For Practical Learning Experience

KO Web Desk

Jammu: Advocating hands-on experiential learning experience, Vice Chairman, Higher Education Council, (VCHC) Jammu and Kashmir Union Territory Padma Shree Prof. Dinesh Singh today urged the students to harness advanced Information Technology tools for immersive practical learning experiences.

Leading a dynamic interaction session with the students and mentors under innovative four-year Undergraduate Design Your Degree (DYD) programme, the Vice Chairman stressed on the importance of designing algorithms tailored to tackle societal challenges, thereby nurturing a culture of innovation and problem-solving among the youth.

Joining the dialogue, Prof.



Umesh Rai, Vice Chancellor, University of Jammu, actively engaged with students and mentors from various institutions and stressed on collaborative real-world projects.

Prof. Rai emphasized the transformative power of teamwork in effecting meaningful change.

The interaction held at the Brig. Rajinder Singh Auditorium,

University of Jammu, witnessed enthusiastic participation of students and mentors representing Shri Mata Vaishno Devi University, Govt College for Women (GCW) Gandhi Nagar,

Govt College for Women (GCW) Parade, and the University of Jammu.

The interaction session was further enriched by the presence and contributions of

distinguished personalities in academia, including Prof. B.N. Tripathi, Vice Chancellor SKUAST, Jammu, Prof. Naresh Padha, and Prof. K.S. Charak. They underscored the collective

commitment towards fostering educational excellence and innovation in the region.

This interactive session provided students and mentors with an opportunity to discover creative educational methods, fostering a collaborative atmosphere geared towards cultivating the future generation of leaders and innovators. Students were inspired to embrace interdisciplinary learning and apply their expertise in practical settings, leading them toward academic and professional success.

Prof. Sadaf Shah, Associate Director SIIEDC, University of Jammu, skillfully facilitated the proceedings, ensuring a vibrant exchange of ideas and insights throughout the session.

Dr. Guneet Sudan, OSD to Vice Chairman, Higher Education Council, JKUT, coordinated the interactive session

CONTD. FROM FRONT PAGE

Kashmir Records

station settled at 29.2 degree Celsius. Furthermore, the officials in the Meteorological department informed that the weather would remain hot and dry till May 10 in Jammu & Kashmir.

They added that the plains as well as the higher reaches of Jammu & Kashmir would record a temperature above normal 4-5 degree Celsius. In Jammu division, the temperature would settle in between 30-40 degrees Celsius everywhere, they said.

However, they said that a light to moderate widespread rain and thunderstorm is expected in between May 11-13 in Jammu & Kashmir, adding that the weather would improve from May 13 afternoon and there will be dry weather conditions till May 18.

The MeT officials also advised farmers to suspend the farm activities from May 11 to May 13 in wake of the fresh wet spell.

Emotional Scenes

experience for the pilgrims and their families. He said that the Haj House will serve as a focal point for all formalities, streamlining the process for the pilgrims' convenience.

Dr. Quershi said that collaborative efforts across various departments, including health, security, and emergency services, will be in place and that the training sessions have also been conducted twice to equip pilgrims with essential information and guidance for their pilgrimage.

He revealed that this year's pilgrimage will commence with a visit to Medina, with all pilgrims accommodated in Markaziya. He said enhancements have been made in Minha, with tents now strategically positioned in zones 2, 3, and 4, elevating the overall experience for the pilgrims.

Notably, in a recent review meeting, chaired by Divisional Commissioner Kashmir, Vijay Kumar Bidhuri, he stressed upon the officers to ensure a smooth and efficient pilgrimage experience.

Directives were issued to concerned authorities to deploy adequate staff, install necessary machinery, and provide transportation services, aimed at facilitating the pilgrims' journey with utmost care and convenience.

No Trace Of Missing

also been trying to find the missing labourers.

Locals have demanded a footbridge over the Nallah at Hatiwara. According to them, their land is on the other side of the river and they are using boats to cross the river.

They requested the administration to look

into the matter and take immediate steps in this regard.

Parra Served

Srinagar on April 20, Parra had said there was a need to convey to New Delhi that the "people of Kashmir are not happy" and have apprehensions about the safeguarding of their identity, land and contracts.

The notice also mentioned a part of Parra's speech in which he had said, "...entire generation is slipping away from us, children caught in drug addiction, educated under depression and future generation is in danger... to save this, we want people to take this election not less than a referendum and send a message to New Delhi that people are not happy..."

The notice gave Parra two days to respond and mentioned that it has been explicitly stated in the MCC guidelines that any activity which may aggravate existing differences or create mutual hatred or cause tension between different castes, communities or religious or linguistic groups shall not be attempted.

"...this act of yours has the potential of aggravating the differences among communities and can cause discontentment in the society... you are asked to refrain from issuing such statement forthwith and also to make clear the exact context and message you wanted to convey to the people and also to clarify your position to the District Election Officer, Srinagar, within two days..." it read.

The notice further said that non-compliance would invite action under the law.

When contacted, Parra told PTI that he owed allegiance to the Constitution of the country and by using the word "referendum", he wanted to ask people to come out in large numbers to vote so that the dream of democracy could flourish.

Admin Allows

would see the participation of Abdullah, who has been actively campaigning in the region.

However, the Additional Deputy Magistrate (ADM), Baramulla, Zahoor Ahmed Raina, said that they have granted the permission to the parties to resume their activities.

"Permission has been granted and needful has been done," he said, adding that except for May 9, the permissions have been given for the rest of the political activities.

"Police have no authority to give permissions. Police had only directed for rescheduling the dates as a precautionary measure, as the situation was not conducive for the political activities on Thursday," he said.

Notably, the Office of Senior Superintendent of Police in Sopore in an official communication to the Additional District Magistrate

Baramulla, sought the rescheduling of various political activities of National Conference and Peoples Conference in the jurisdiction of Police district Sopore. The SSP's communique sparked controversy, with the JKNC vice chairman and Baramulla LS parliamentary candidate Omar Abdullah accusing administration of being biased.

"My opponents have been unnerved by the tremendous response my campaign is receiving throughout North Kashmir. This move to sabotage my campaign in three important segments is further proof of their collective inability to match the response of the voters. They have taken to hiding behind the Administration which is going out of its way to help these BJP proxy candidates. I hope the @ECISVEEP will take note of this move by the administration to sabotage my campaign" Omar wrote on X— Peoples Conference president Sajad Gani Lone lashed out at Omar Abdullah, saying he is trying to play an emotional card after sensing defeat. Quoting the order, Lone said PC has also been directed to reschedule their political activities. As per the communique, Sopore police had written to the authorities that NC and PC should reschedule their activities for which they had sought permission. (KNO)

Move To Sabotage

The Superintendent of Police in Sopore Divya D issued an official directive to the additional district magistrate, outlining the rescheduling of various political activities in the area.

The order postponed a car rally from May 9 to May 18 and rescheduled a political rally in Rafiabad from May 10 to May 18, while no new date was provided for a May 12 gathering scheduled in Behrampora.

Abdullah, who has been actively campaigning in the region, was to participate in all three.

The order also mentioned the cancellation of a People's Conference rally in Rafiabad which was to be addressed by local party workers.

Campaigning for the Lok Sabha seat is scheduled to end at 5 pm on May 18.

Taking to social media platform 'X', Abdullah alleged that the police directive to cancel his election canvassing in some parts of the constituency was aimed at sabotaging his campaign.

"My opponents have been unnerved by the tremendous response my campaign is receiving throughout the North Kashmir. This move to sabotage my campaign in three important segments is further proof of their collective inability to match the response of the voters. They have taken to hiding behind the Administration which is going out of its way to help these BJP proxy candidates," he said.

"I hope the @ECISVEEP will take note of this move by the administration to sabotage my

campaign," Abdullah added.

Sopore falls within the Baramulla Lok Sabha constituency, which will go to polls on May 20 in the fifth phase of the parliamentary polls.

Sajad Lone, who is the chief of a faction of the People's Conference, is contesting from Baramulla. Another faction of the party is led by his brother Bilal Lone, who is a part of the moderate separatist amalgam Hurriyat Conference.

The rescheduling directive did not cite specific reasons but sources familiar with the situation indicated that it was due to the ongoing cordon-and-search operations following intelligence reports of foreign terrorists being present in the region.

Tanvir Sadiq, the chief spokesperson of the NC, condemned the administration for allegedly hindering a level-playing field for party vice-president Abdullah in the Baramulla constituency.

52,100 Kashmiri

"The transport facility will be available where there is more concentration of migrant voters on polling dates," he said.

Special awareness camps were held in Jammu, Udhampur and Delhi to ensure maximum participation of Kashmiri migrants in elections.

"There is an increase in the number of the voters registered for the polls in these elections as compared to the past," he said.

There are two ways for migrant voters to cast their votes.

"First, they can do so by filling up an M-form, which is prior information and can vote in the special polling set up for them," Ahmed said.

The second option is voting through postal ballots for which they have to fill up Form-12C.

The high-stakes contest has attracted a diverse array of candidates from various political parties and independent groups, each vying to capture the imagination of the electorate with their respective agendas and promises.

The prominent candidates are Aga Syed Ruhullah Mehdi of the National Conference (NC) and Waheed-ur-Rehman Parra of the Peoples Democratic Party (PDP).

J&K Apni Party's Muhammad Ashraf Mir, Democratic Progressive Azad Party's Amir Bhat, J&K National Panthers Party (BHIM) candidate Hakikat Singh, Loktantrik Party's Rubina Akhter and 18 Independents are also in the fray.

50 Cr Drug Haul

Mohammad Rafi Hajam of Danisyedana has managed to smuggle contraband from Pakistan, accordingly he was detained and during questioning, he also disclosed that he has concealed some contraband, which was subsequently recovered by police and magistrate.

"However, with Fayaz's further disclosure some cash was also recovered from his house. The module is linked to Pakistan based handlers from whom police managed to recover contraband weighing 7.800 kg (value Rs 50 Crore approximately) and cash worth Rs 12,63,500," he added.

Replying to the query, the SSP said that as such there is no election angle to the development, however, they will investigate the matter thoroughly and will ensure the election is held in a free and fair manner. "We have got the vital leads and will be soon acting on the main handlers," he said. (KNO)

PM Modi, Rahul

to China, and also challenged him to a public debate," the letter said.

"...we believe that citizens would hugely benefit by hearing directly from our political leaders through a public debate on a non-partisan and non-commercial platform. It would be ideal if the public heard not just the question of each side but also the responses. We are of the view that this would help to strengthen our democratic process immensely. This bears more relevance as we are the world's largest democracy, and the entire world is watching our elections keenly. A public debate such as this would, therefore, set a great precedent, not just by educating the public, but also in projecting the true image of healthy and vibrant democracy," it said.

The venue, duration, moderators and the format of the debate could be on the terms agreeable to both the prime minister and Rahul Gandhi. Only if they are unavailable to address the debate, they may nominate a representative, the proposal stated along with a reply address.

Madan B Lokur is a former judge of the Supreme Court, while AP Shah is a former chief justice of Delhi high court. N Ram is a senior journalist and the former editor-in-chief of The Hindu

Search Operation

them carrying a gun, are seeking their identification. The pictures were probably taken from CCTVs in the area, they said.

Earlier, posters offering a cash reward of Rs 20 lakh for any information leading to the arrest of two individuals, believed to be the prime suspects, were put up in Surankote.

Twenty-eight persons have been picked up for questioning and the authorities are reviewing some CCTV footage for leads, they said.

In view of the reports of suspected movement of two persons in Akhnoor belt of Jammu district, a search operation was conducted but nothing was found, they said

KASHMIR OBSERVER

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OR SCAN

LOK SABHA ELECTIONS

Will Withdraw Nomination If Farooq Abdullah Frees 50 Jailed Youth: Bukhari

Agencies

BUDGAM: Jammu and Kashmir Apni Party President Altaf Bukhari on Thursday launched a scathing attack on the region's traditional political parties, labelling them as hypocrites.

Speaking at a gathering in Chattergam and Charari Sharief areas of Budgam, Bukhari, according to the news agency, criticised the National Conference (NC) and the People's Democratic Party (PDP).

He said the NC's failure to resign from parliamentary seats after the abrogation of Article 370 and questioned their efficacy in securing the release of jailed youth.

He also condemned PDP President Mehbooba Mufti's remarks "Ye bache kya doodh lanay jatay hai" which she made years ago.



"Those remarks are still echoing in people's ears. How could she speak this? May Allah never let Kashmir fall into such hands," he said.

Bukhari said, "It was the National Conference that opened the door for Kashmir to Centre in 1998 but the PDP opened it recently and is still with them, I am fighting so that these recalcitrant parties do not reach the Centre again."

Bukhari said he is willing to en-

gage with the Central government for the betterment of Kashmir, dismissing accusations of being an 'A or B team' of the Bharatiya Janata Party (BJP).

"You say I am A team, B team, but the fact is that if the PM is working for Kashmir, not one time, I will meet him 100 times. (NC President) Farooq Abdullah is the most experienced political leader of Jammu and Kashmir. If he could get 50 jailed youths released, I will withdraw the nomination of my Candidate," he added.

"If there is any proxy here, it is the National Conference and PDP," the Apni Party President said, adding, "NC has been a proxy of Delhi ever since the National Conference was formed from the Jammu and Kashmir Muslim Conference."—(KNO)

Essential To Defeat BJP Proxies, Partners: Dr. Farooq

Agencies

SRINAGAR: Jammu and Kashmir National Conference President Dr Farooq Abdullah Thursday said people of Jammu, Ladakh and Kashmir are suffering the consequences of the mistakes made in 2014 by PDP.

According to a statement issued to the news agency, he made these comments while addressing an election rally in Ganderbal in favor of the party candidate for the Srinagar parliamentary seat, Aga Syed Ruhullah Mehdi.

The event was organized by In-Charge Ganderbal Sheikh Gayasuddin while party candidate Aga Syed Ruhullah Mehdi, Senior Leaders Khalid Najeeb Suhrawardy, Dr. Sameer



Kaul, District President Ganderbal Ghulam Nabi Rather and YNC functionaries Mushtaq Mir were also present on this occasion. Dr. Farooq Abdullah in his speech said, "Parties who come to ask for votes from you today, just ask them who is responsible for the current situation in J&K. Aren't these the same people who brought BJP here? These parties not only paved the way for the

abolition of Article 370 and 35A here, but by remaining in the government, applying GST and bringing in the SARFAESI Act, they have presented a clear proof of their hostility to Kashmir."

He further said, "Waqf was an institution and not a fiefdom of any party or any person. It was managed and administered by Muslims here. Today, the same institution is completely controlled by the RSS."

Dr. Farooq Abdullah said that if the current rulers are not defeated in this election, then the future of minorities especially the Muslims will have to face more difficulties and sufferings. He said that the target of the Prime Minister of India is only Muslims and he is not missing any opportunity to

poison the majority against Muslims. The hard-line rulers of Delhi only want to see lotus flower and only one color in the country which is against the principles of Indian democracy.

He said that today's election is a question of our existence, especially the unity, identity and individuality of our state for centuries. He said that although BJP is not fighting parliamentary elections in Kashmir, its A, B, C and D teams are in the field and all government machinery has been deployed to support them. "It is important to reject these proxies of BJP," he said.

He appealed to the people to make the National Conference candidate Aga Syed Ruhullah Mehdi successful—(KNO)

BJP Accuses Abdullah of Being Pakistan's Spokesman

Agencies

JAMMU: BJP's National General Secretary, Tarun Chugh, has accused prominent families like Gandhi-Nehru and Abdullah-Mufti of perpetuating a system of plunder rather than democracy in Jammu and Kashmir.

According to the news agency correspondent, speaking during a tour of Poonch, Chugh didn't hold back as he lambasted these influential families, describing them as a curse on democracy. He drew parallels between their dynastic rule and a hereditary monarchy, denouncing their grip on power as detrimental

to the democratic process.

Accompanied by notable figures such as former Deputy Chief Minister Dr. Nirmal Singh and State President Ravinder Raina, Chugh convened a significant meeting at the BJP district office. As per the party spokesman, the gathering aimed to strategize and galvanize party functionaries and booth heads in preparation for the impending elections.

During the meeting, Chugh took aim at Farooq Abdullah, urging him to desist from assuming the role of Pakistan's spokesperson. He rebuked Abdullah for recent statements regarding Pakistan's

nuclear capabilities, asserting India's sovereignty over every inch of territory, particularly in Pakistan-occupied Jammu and Kashmir (PoJK). Chugh also criticized the tendency of certain politicians, including Mehbooba Mufti and Farooq Abdullah, to praise Pakistan and China.

Emphasizing India's strength under the leadership of Prime Minister Narendra Modi, Chugh reiterated the nation's commitment to safeguarding its citizens and interests. His remarks underscored the BJP's firm stance on national security and its readiness to confront external challenges—(KNO)

Omar Abdullah Leads Road Show In Lolab Kupwara

Agencies

SRINAGAR: National Conference Vice President and party candidate for Baramulla parliamentary constituency Omar Abdullah Thursday said people of Jammu and Kashmir are facing the most difficult problems and difficulties.

While addressing people at different places during the road show in Lolab today, Omar, as per a statement issued to the news agency, said, "Our new generation is troubled in every way. On the one hand, the scourge of unemployment and on the other hand, the apathy of the rulers have turned them against the wall. If someone has been booked or if someone's distant relative has

been a militant, he does not get CID verification in any case, as a result he can neither get a passport nor get a job. I was of the opinion that the son or relative of a militant is not a militant, if someone's relative made a mistake by picking up a gun, it doesn't mean we need to punish their relatives."

The road show was organized by in-charge Lolab Qaiser Jamsheed Lone. The roadshow commenced from Chandigam, Dursa, Takipora, Deor Lolab, Lalpora Lolab, Crosan Lolab, Siwan Makam, Chak Varno, Varno Lolab, Afan Lolab, Chopora, Gangbuz and passed through several areas.

Party treasurer Shammie Oberoi, senior leader Chaudhry Muhammad



Ramzan, provincial president Nasir Aslam Wani and DDC Nasir Lone, party functionaries also addressed public gatherings. During the road show, people and party workers warmly welcomed Omar Abdullah and accompanied him in rallies and processions.

Criticizing BJP and its local minions, Omar Abdullah said, "These people are frightened by the participation of youth, elders, mothers and sisters in our meetings, rallies and programs and they have adopted different tactics. They are trying to ban our programmes. They don't want us to meet the people but now is the time to thwart their plans."

He said, "In the past I used to come here to ask for votes for my colleagues, today I have come to ask for votes for myself, this is the first time I am asking you for votes for me. This time I am in the field from North Kashmir and appeal to you to give me an opportunity to work for you and this area."—(KNO)

GMC Anantnag Sets Up Grievances Cell For Effective Healthcare

KNO Correspondent

SRINAGAR: The Government Medical College Anantnag has constituted a grievance cell for smooth patient care and effective delivery of healthcare services.

As per an order issued by Principal GMC Anantnag, a copy of which lies with the news agency, Medical Superintendent of GMC associated hospital Janglat Mandi and Deputy Medical Superintendent maternity and child care hospital will be members of the committee.

"For the smooth patient care and effective delivery of healthcare services in GMC Anantnag and its associated hospitals, sanction is hereby accorded to the constitution of a Grievance Redressal Cell under the chair of the undersigned, to enquire

and dispose of public grievances/complaints, received if any," it said.

The members of the committee include Dr Muzafar Sherwani Medical Superintendent, MMABM-AH, Dr Wani Shahid Hussain Dy Medical Superintendent, M&CCH-AH, Dr Tajali Nazir Shora, I/C RHTC Sagam and Dr Irfa Naqasbandi, I/C UHTC Brakpora

"To facilitate the process of grievance redressal, GR-Cell can be reached through the following Cell No./Email MMA-BM-AH Janglatmandi (70060 49485/9906716247/9419027 923/7889685941), MCH-AH Sherbagh (9419940009), RHTC Sagam.(9906998600) And UHTC Brakpora (7889532959) or Email (ps.gmc.anantnag@gmail.com)—(KNO)

Kupwara Admin Seized Vehicle For 'MCC Violation'

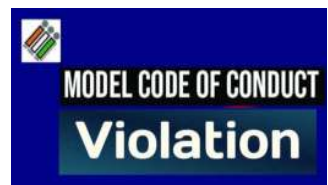
KO NEWS SERVICE

KUPWARA: The District Administration Kupwara today served a notice to one political party 'J&K People's Conference' for violation of model code of conduct at Vilgam Area of Handwara.

Nodal Officer, Model Code of Conduct, (MCC), Additional District Magistrate, Kupwara on Wednesday issued a show-cause notice to 'Jammu and Kashmir Peoples Conference' District President Kupwara, after a vehicle mounted with party flag transporting GI pipes was spotted at Vilgam area of Handwara. The said vehicle was immediately intercepted and seized.

It was given out that during the enforcement of Model Code of Conduct, display of any flag, sticker etc. on commercial vehicles is not permissible unless such vehicle is a vehicle being validly used for election campaign after obtaining the requisite permit from the District Election Officer/Returning Officer and the said permit is displayed, in original, on the wind-screen of the vehicle.

The notice issued read, "a report was received that a commercial vehicle mounted with a JKPC party flag, bearing no: JK09-5257 carrying 89 GI pipes



was spotted at Kukroosa, Tehsil Vilgam, raising concerns regarding adherence to the prescribed guidelines/instructions issued by the Election Commission of India."

The Nodal Officer said that it is imperative for all political parties to adhere to the prescribed guidelines/instructions during the election period to maintain the integrity of the electoral process, as any deviation to these norms undermines the principles of fair and democratic elections.

He said the spotting of the vehicle with the party flag is tantamount to the clear violation of Model Code of Conduct and relevant instructions issued in this regard.

Taking cognizance of the report, the Nodal Officer MCC has served the notice to the District President of Jammu and Kashmir Peoples Conference Kupwara, seeking an explanation as to why the vehicle mounted with party flag was transporting GI pipes

Govt Launches 'Design Your Degree' Initiative for Tailored Higher Education

Agencies

SRINAGAR: A push towards the widespread adoption of the "Design Your Degree" program in all universities and higher educational institutions across Jammu and Kashmir has been initiated. An inter-institutional coordination committee is set to be established to spearhead the implementation of this initiative, aligning with the goals outlined in the National Education Policy.

As per news agency, the committee will comprise two representatives from each educational institution, convening monthly to strategize and ensure the effective integration of the Design Your Degree program.

The proposal to implement this initiative was deliberated upon during a recent meeting of the Jammu and Kashmir

Higher Education Council, presided over by Professor Dinesh Singh, Vice President of the Council.

Professor Singh emphasized the program's compatibility with the National Education Policy objectives, highlighting its potential to foster academic innovation and facilitate holistic education and skill development.

Under the four-year curriculum of the Design Your Degree program, students will have the flexibility to explore diverse educational trajectories, fostering their personal growth and development.

During the meeting, Vice Chancellors from various universities provided updates on the progress of implementing Design Your Degree within their respective institutions.

Notable attendees included Principal Secretary of the Higher Education Department,

Alok Kumar, Vice Chancellors of prominent universities such as Jammu University and Kashmir University, as well as representatives from other educational institutions.

In addition to institutional efforts, initiatives are underway to raise awareness among parents, students, and faculty members regarding the Design Your Degree program.

Collaborative activities with the Chamber of Commerce are planned to serve as platforms for discussions and exhibitions, showcasing the evolving educational landscape of the state.

These endeavors aim to underscore the pivotal role of education in driving socio-economic development, with a particular focus on engaging stakeholders through programs like Design Your Degree—(KNO)

Govt Asks Departments To Share Geospatial Data With Survey Of India

Agencies

SRINAGAR: The Jammu and Kashmir Government has asked its various departments to collaborate with Survey of India (SOI) to meet their geospatial data requirements, such as land records updation/modernization, forest boundaries survey, disaster management, irrigation, transportation, and water resources.

As per the official documents in possession with, the Government of India announced the implementation of the National Geospatial Policy (NGP) in December 2022. Under this policy, the Survey of India (Sol)

has been designated as the central agency responsible for managing geospatial data. Sol has been tasked with maintaining various datasets including the National Geodetic Reference Frame (NGRF), Orthoimagery, Digital Elevation Model (DEM), Functional Areas (Administrative Boundaries), and Geographic Names (Toponymy). Additionally, Sol will develop and operate the Unified Geospatial Interface (UGI) and the National Geospatial Data Registry (NGDR) to provide user-oriented products, applications, services, and solutions using geospatial data. Reports inform that Sol has

a dedicated online maps portal where topographical maps and data are freely available for download and use by government agencies. Recently, Sol has operationalized Continuously Operating Reference Stations (CORS) across the country, providing precise positioning services for surveying and mapping activities. The CORS services are available online and free of cost.

Furthermore, Sol has collaborated with various state and central government ministries/departments for large-scale mapping projects and capacity building in geospatial technology and sciences.—(KNO)

CUKashmir's Maths Deptt Holds Workshop On IPR

KO news Service

GANDERBAL: The Department of Mathematics, Central University of Kashmir (CUKashmir) in association with the Rajiv Gandhi National Institute for Intellectual Property Management, Nagpur (RGNIPM), under the "National Intellectual Property Awareness Mission (NIPAM)" jointly organised an online workshop on "Intellectual Property Rights (IPR) and Patents & Design filing" on Wednesday.

Vice-Chancellor, Prof. A. Ravinder Nath, emphasised the relevance of Intellectual Property Rights (IPR) in promoting innovation and start-ups. He said start-ups may benefit greatly from the protection of intellectual property rights. "Robust portfolios of Intellectual Property (IP) may be beneficial for attracting investments, promoting brands, safeguarding inventions, upholding legal rights, obtaining licensing agreements, and expanding globally."

Speaker, Shri. Kumar Raju, Assistant Controller of Patents and Design, RGNIPM, deliberated upon the necessity of patenting, censorship, and intellectual property rights. He began by outlining the differences between a finding and an invention, emphasising that a discovery cannot be copyrighted. With insights into the patenting process in India and its progression throughout time, he led the participants through the historical evolution of patenting.

CS condoles demise of Ex-Chief Secretary, Moosa Raza

KO NEWS SERVICE

SRINAGAR: Chief Secretary, Atal Dulloo on Thursday condoled the demise of former Chief Secretary of J&K, Moosa Raza who breathed his last recently at the age of 87 at Chennai.

In his condolence message, Dulloo remembered Moosa as a very erudite officer who has guided many towards making a mark in administration. He eulogized his role for steering J&K proficiently during most trying times.

He called him a very upright officer who chiseled the career of many young officers during those times. He called his departure a great loss felt personally by him.

A condolence meeting was also chaired by Additional Chief Secretary, Shaleen Kabra and was attended by Administrative Secretaries from both Srinagar and Jammu. He took this occasion to offer heartfelt condolences to the bereaved family on behalf of the government. The gathering observed 2 minutes of silence and pray for the eternal

peace of the departed soul.

Moosa Raza, an IAS officer of 1960 batch of Gujarat cadre, was a veteran bureaucrat who held various important positions in the State as well as Center. He remained Chief Secretary of Jammu & Kashmir with effect from 9th May, 1988 to 23rd January, 1990 and also as

Secretary to the Government of India in the Cabinet Secretariat and Ministry of Steel. He also served as an advisor to the Governor of Uttar Pradesh.

Raza also remained active during his post retirement life. He authored many books like "Kashmir: Land of regrets", "Of Nawabs and Nightangles" and "Of Giants and windmills-An Autobiography". He remained as Chairman of Southern Indian Education Trust and played a key role in the construction of the India Islamic Cultural Center at New Delhi. Shri Moosa Raza worked extensively on education and learning. Recognizing his contribution in diverse fields, he was awarded Padma Bhushan in 2010 by the Govt. of India.

Man Dies of Electric Shock In Budgam

Agencies

SRINAGAR: A 41-year-old man died of electric shock while cutting grass on his land in the Beerwah area of Central Kashmir's Budgam district on Thursday, officials said.

Quoting an official, news agency KNO reported that the man received an electric shock when he suddenly came in contact with a live wire.

"He was immediately rushed to a nearby health centre,

where he was pronounced dead," he said.

He has been identified as Imtiyaz Ahmad Dar (41), son of Mohammad Sultan Dar of Chewdara Beerwah.

Meanwhile, locals held a protest outside the hospital premises, alleging negligence on the part of the Power Development Department (PDD) as transmission lines are lying low, posing a threat to lives. The official said that the police have taken cognizance of the incident.

Govt Employee Dismissed From Services For Violating MCC

Agencies

GANDERBAL: A Contingent Paid Worker, presently posted in a Middle School at Safapora, Ganderbal was on Thursday dismissed from the services for allegedly violating the Model Code of Conduct (MCC) guidelines.

An order according to the news

agency, states a government employee has been disengaged from the services after he was found actively participating in the election campaign of a political party, thereby violating the Model Code of Conduct (MCC). The employee identified as Muneer Ahmad Teli, is working as CPW in Middle School Safapora, Ganderbal—(KNO)

IPL: KL Rahul Unlikely To Lead LSG Next Season After Rift With Owner

Press Trust of India

NEW DELHI: All but out of contention for the IPL play-offs, KL Rahul's future as Lucknow Super Giants skipper has become a topic of intense debate after his team received a pasting at the hands of Sunrisers Hyderabad on Wednesday.

It is being speculated that the skipper may step down and concentrate on his batting in the remaining two games. However since it's a matter of just two games, Rahul is expected to continue as leader of the pack.

"There is a five-day gap before the next game against DC. As of now, no decision has been taken but it is understood that if Rahul plans to just concentrate on his batting for the remaining two games, no one would mind," an IPL source told PTI on conditions of anonymity.

A video of LSG owner Sanjiv Goenka's agitated conversation



with Rahul emerged on social media after Sunrisers Hyderabad opener Travis Head (89 not out off 30 balls) and Abhishek Sharma (75 off 28 balls) bludgeoned the LSG attack to overhaul the 167-run target in

less than 10 overs.

This was after the LSG batters struggled to get going on the same track in Hyderabad.

Worse, Rahul's (29 off 33 balls) batting in the Powerplay has been one of the biggest reasons

for LSG's below-par show in the cash-rich league and it seems that Goenka has finally run out of patience.

The India star has scored 460 runs in 12 games and could cross the 500-run mark again

but it is his strike-rate of 136.09 which is the problem.

Among the top eight run-getters in the ongoing season, Rahul has the worst strike-rate batting inside the top three.

All the other seven batters have a strike rate above 140, with some like Travis Head in the range of 200-plus. Virat Kohli, whose strike-rate was criticised, scores at a rate of 148-plus.

LSG are still mathematically in contention as they can reach 16 points by winning their remaining two games -- against Delhi Capitals in New Delhi on May 14 and vs Mumbai Indians at Wankhede on May 17.

However, it will be very difficult to massively improve upon the net run-rate (-0.760).

In case, Rahul decides to step down, vice-captain Nicholas Pooran, easily the team's most impactful batter in the season, is likely to lead the side in the remaining two games.

Short TAKES

IPL 2024: Classic Kohli, Patidar Power RCB To 241/7 Against PBKS



A classic 47-ball 92 by Virat Kohli and Rajat Patidar's breezy fifty powered Royal Challengers Bengaluru to 241/7 against Punjab Kings in a rain-interrupted IPL match in Dharamsala on Thursday.

The butterfingers Punjab fielders were guilty of dropping catches as Kohli and Patidar capitalised on the reprieves to put on 72 off 32 balls after they were invited to bat.

Kohli, who was dropped on 0 and 10, made PBKS pay as he timed the ball nicely, used his feet and wrists to bring up his sixth IPL fifty this season.

World Wrestling Body Suspends Bajrang Punia

Wrestling's world governing body UWW has suspended Bajrang Punia till the end of this year following NADA's decision to hand him a provisional suspension for refusing to undergo a dope test.

However, in a rather surprising decision, the Sports Authority of India (SAI) sanctioned close to Rs nine lakh for his training abroad despite being well aware of NADA's order.

Bajrang, one of the country's most successful wrestlers, was suspended by NADA on April 23 after being served a whereabouts failure notice on April 18.

Lord's Ground To Get 61 Million Pounds Upgrade To Two Stands

The historic Lord's Cricket Ground will have its capacity raised by 1,100 as part of a 61.8 million pounds project to redevelop the Tavern and Allen stands. Plans for the upgrades to the ground have been approved by the 18,000 members of the Marylebone Cricket Club (MCC), a statement said on Thursday.

"The redevelopment of the Tavern and Allen stands will complete our stand development programme, in which we have modernised facilities at Lord's to continue to ensure the Ground remains a world-class venue for cricket," Robert Ebdon, MCC Estates Director, said.

Olympic Torch Relay Sets Off In Marseille



The Olympic torch relay began in Marseille on Thursday with football legend Basile Boli taking the flame in front of the iconic basilica of Notre-Dame de la Garde, a day after it made a spectacular entrance by sea.

The former French international, who scored the only goal in Marseille's victory over AC Milan in the 1993 European Champion Clubs' Cup final, set off at 8:20am (06:20 GMT) just beneath the famous golden statue of the "Good Mother", which watches over France's second-largest city.

JKFA Celebrates ISL-Bound Muhammad Hammad



Observer News Service

SRINAGAR: The J&K Football Association honored Real Kashmir captain Muhammad Hammad for his remarkable achievement in the 2023-24 I-League season. He won the Best Defender Award for his defensive efforts and helped the Snow Leopards finish fifth in the league. His performance helped the Srinagar-born central defender earn a move to Indian Super League team FC Goa.

Hammad was also selected for a training camp with the Indian National Football Team. Coach Igor

Stimac called up the 6-foot-1 central defender, who was among only four I-League players to make the 26-man probables squad.

JKFA's Chief Coordinator Wasim Aslam, Chairman Nazir Ahmad Andrabi, and Hony General Secretary Bashir Ahmad Shah, along with esteemed members, felicitated Muhammad Hammad for his selection in the National Camp for the upcoming FIFA World Cup Qualifiers.

"JKFA Football Association extends heartfelt wishes to Muhammad Hammad for his future endeavors," the FA said.

Wanindu Hasaranga To Lead Sri Lanka In T20 World Cup

Press Trust of India

COLOMBO: Pacer Matheesha Pathirana, who is recuperating from a hamstring niggle, was on Thursday named in Sri Lanka's squad for next month's T20 World Cup, which will be led by Wanindu Hasaranga, who is also returning from an injury.

On May 5, Chennai Super Kings' Pathirana was ruled out of the ongoing Indian Premier League with a hamstring injury and the pacer returned to Colombo for rehabilitation process.

Pathirana played just six matches for CSK in IPL 2024 and took 13 wickets at an economy rate of 7.68.

The 21-year-old had first sustained the injury during Sri Lanka's away T20I series



against Bangladesh in March.

The left-arm pacer Dilshan Madhushanka too has been included in the squad after recovering from a hamstring injury that led to him being ruled out of this IPL.

Madhushanka was signed by Mumbai Indians but was replaced by South African pacer Kwena Maphaka.

Similarly, skipper Hasaranga too is returning from a

chronic heel pain on his left leg, which forced him to miss the ongoing IPL.

The leg-spinner was drafted in by Sunrisers Hyderabad for Rs 1.5 crore after Royal Challengers Bengaluru released him after IPL 2023.

Sri Lanka squad:

Wanindu Hasaranga (captain), Charith Asalanka (vice-captain), Kusal Mendis, Pathum Nissanka, Kamindu Mendis, Sadeera Samarawickrama, Angelo Mathews, Dasun Shanaka, Dhananjaya De Silva, Maheesh Theekshana, Dinesh Chandimal, Dushmantha Chameera, Nuwan Thushara, Matheesha Pathirana, Dilshan Madhushanka.

Travelling reserves: Asitha Fernando, Vijayakanth Vijayakanth, Bhanuka Rajapaksa, Janith Liyanage.

DYSS Holds Voter Awareness Campaign In Lal Chowk

Observer News Service

SRINAGAR: A special voter awareness programme was organised on Thursday by the District Election Officer Srinagar in collaboration with District Youth Services and Sports Office Srinagar and School Education Department Kashmir in Srinagar.

The glittering awareness programme was organised since the electoral process has already started across the country. The diverse awareness programme was held near Clock Tower Ghanta Ghar Lal Chowk. Among other departments, DYSS showcased a mega sports display in the sports disciplines of Martial Arts, Table Tennis, Chess and Carrom. A large number of student players while expressing their



talents attracted a large number of spectators.

Bilal Mohi ud Din, District Development Commissioner Srinagar, who is also District Election Officer Srinagar, Deputy Director Tourism Mantasha Bint Rashid, along with other dignitaries, witnessed the programme and interacted with participants to boost their morale.

Amir Gets Irish Visa, Set To Join Pakistan Team Ahead Of 2nd T20I

Press Trust of India

LAHORE: Pakistan cricket authorities heaved a sigh of relief on Thursday after the Irish consulate issued visa to Muhammad Amir who is likely to join the team before the second T20I in Dublin on May 12.

The first of the three T20Is will be played on Friday at the Clontarf ground.

A PCB source said the board has been notified about Amir's visa clearance and they are making travel arrangements for the left-arm pacer.

Amir is currently in Lahore while the rest of the squad left on Tuesday (May 7) for



Dublin for the series.

After days of deadlock, the breakthrough eventually came after discussions between the Pakistan Cricket Board and Cricket Ireland

over the delay in issuing visa to Amir.

The PCB was not given any particular reason for the delay in issuing the visa to Amir by the Irish consulate.

FIFA Faces Legal Pressure To Revamp Congested Calendar From Player Unions & Leagues

Associated Press

GENEVA: FIFA has been warned of legal action from players and national leagues if it does not backtrack on adding new and bigger competitions to the congested calendar of men's international soccer.

FIFA is criticized for "unilateral decisions that benefit its own competitions and commercial interests" — including the World Cup and expanded 32-team Club World Cup that debuts next year — in a letter sent by global players union FIFPRO and the World Leagues Association seen on Thursday by The Associated Press.

The letter claims it is "inherently abusive" for FIFA to continue adding games while forcing players and leagues to adapt.

FIFA is urged to reschedule the revamped Club World Cup due in the United States in June 2025. The lineup includes Champions League finalists Real Madrid and Borussia Dortmund plus Manchester

City and Bayern Munich. That month-long tournament will test stadiums and logistics for the first 48-team, 104-game men's World Cup staged one year later across the U.S., Canada and Mexico.

The unions and leagues also want FIFA to "review its decision" — effectively scrap — the Intercontinental Cup set for this December involving the same continental champions that will play in the Club World Cup six months later.

Talks also should reopen on the FIFA-managed calendar through 2030 when clubs must release players for national team games, they wrote.

"FIFA has ignored repeated attempts by leagues and unions to engage on this issue," FIFPRO and World Leagues said, aiming to step up pressure before the soccer body's ruling council and congress of 211 member federations meet next week in Bangkok, Thailand.

"Should FIFA refuse to formally commit to resolving the



issues, as set out above, at its upcoming council, we shall be compelled to advise our members on the options available to them, both individually and collectively, to proactively safeguard their interests," the letter stated.

"These options include legal action against FIFA on which we have now commissioned external expert advice," FIFPRO and Zurich-based World Leagues warn.

FIFA has been contacted for comment.

Player workloads and domestic fixture schedules also are being squeezed by UEFA's expansion of its three season-long club competitions.

Teams in the Champions League and Europa League next season will play two guaranteed extra games in an opening-stage schedule running from September through January instead of December, using 10 midweeks instead of six across the three competitions. "Players are being pushed

beyond their limits, with significant injury risks and impacts on their welfare and fundamental rights," FIFPRO and World Leagues warn, adding the fixture squeeze is harming the ability of leagues to organize properly.

FIFA conservatively budgeted for more than \$11 billion in revenue from 2023-26 — about a 50% increase from the previous four years — that did not include money from the inaugural Club World Cup expansion and a top-tier sponsorship confirmed last month with Saudi Arabian state oil firm Aramco. More Saudi sponsorship is expected with the kingdom set to host the 2024 men's World Cup.

FIFA president Gianni Infantino has consistently said the extra money and playing opportunities are needed to raise the level of teams from outside Europe and South America, which traditionally dominate the World Cup and other international events.