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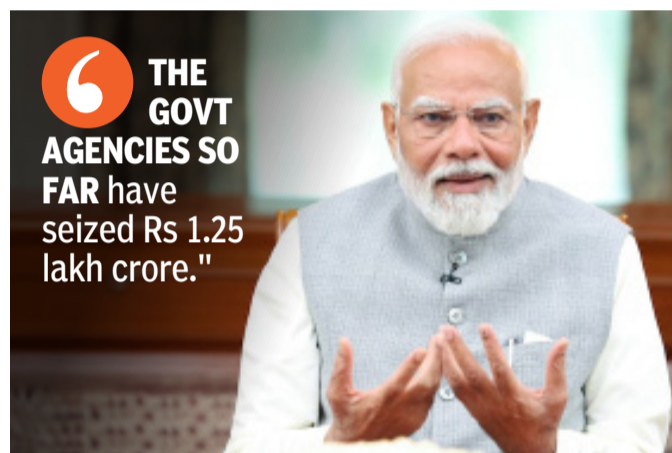


Rajkumar Rao
National Icon, ECI



CBC 52101/13/0027/2425

Assets Seized In Corruption Cases Planning To Return Money To Poor: PM



THE GOVT AGENCIES SO FAR have seized Rs 1.25 lakh crore."

KO WEB DESK

New Delhi: Prime Minister Narendra Modi on Thursday said that the government is exploring options to return the money seized by the Enforcement Directorate in corruption cases to the poor. PM Modi said he is in discussion with legal experts to make this happen.
In an interview with India Today, Prime Minister Modi said, "I am putting a lot of thought into this because I feel from my heart that these people have looted the poor's money by misusing their position, and they should get it back."
"If I have to make legal changes, I will do it. I am currently seeking the assistance of the legal team. I have instructed the judiciary to advise me on what to do with the money that is lying around," PM Modi said when asked about the whereabouts of

the heaps of money seized by the Enforcement Directorate.

The Prime Minister noted that the new 'Nyaya Sanhita', which was brought in to replace the Indian Penal Code, "has some provisions" in this regard.

The government agencies have so far seized Rs 1.25 lakh crore, he added.

He mentioned Enforcement Directorate cases in West Bengal, Kerala, and the land-for-jobs scam involving former Bihar Chief Minister Lalu Yadav.

"I have talked about a couple of types of corruption, one that is done in big businesses where the transaction remains secret. This is a problem. In most cases, innocent people paid for it, like in Bengal, in the case of recruitment of teachers," the Prime Minister explained.

Similarly, in Kerala, "the people's money in the Communist Party-run | More on P6

Gear Up For Assembly Elections In J&K: Shah To BJP Leaders

Says Will Contest On All Assembly Seats

Agencies

Srinagar: Expressing 'regrets' of sorts for not contesting on three crucial Kashmir Lok Sabha seats, Union Home Minister Amit Shah Thursday said that the BJP unit of J&K must gear up to contest on all seats in the upcoming Assembly elections slated for September this year.



Shah stated this while interacting with the BJP delegation at The Lalit

Palace in Srinagar. The Home Minister arrived in Srinagar this evening amid tight security cover. As per sources, he met several delegations including Gujjars, Bakerwals, Paharis and Sikhs. At the end, he met the BJP delegation that include BJP's General Secretary and J&K affairs incharge Sunil Sharma and other | More on P6

Shah's Visit Apolitical: BJP

Agencies

Union Home Minister Amit Shah is on a two-day visit to Srinagar from Thursday during which he is likely to chair a security review meeting. Shah arrived at a Srinagar hotel where he is scheduled to meet local BJP leaders ahead of the remaining two phases of elections in Jammu and Kashmir. A local BJP leader said Shah's visit to Kashmir is not political. "The Union home minister is coming to Kashmir but the visit is not political. Elections are underway. The | More on P6

Meets Delegations, Discusses Demands

As the Union Home Minister Amit Shah arrived Srinagar on Thursday evening, several delegations of Gujjar-Bakarwals, Paharis and Sikh communities here met him at SKICC, where the communities raised their demands with regard to the jobs, reservations and other related things. The participants said that | More on P6

Waheed Parra Booked For Poll Code Violation

Press Trust Of India

Srinagar: PDP candidate from Srinagar Lok Sabha constituency Waheed Parra has been booked for violating Model Code of Conduct (MCC) by holding a road show without prior permission in south Kashmir's Pulwama last month, officials said on Thursday.

The Srinagar constituency went to polls on May 13, registering about 38 per cent voter turnout which was the second highest in the past three decades. Parra is among 24 candidates in the fray from the seat.

The officials said the FIR was lodged | More on P6

52-day Amarnath Yatra From June 29

LG Invites Devotees From India, Abroad To Join Yatra

Observer News Service

Jammu: Jammu and Kashmir Lieutenant Governor Manoj Sinha on Thursday invited devotees from India and abroad to the annual Amarnath Yatra which begins on June 29.

Sinha urged the devotees to become the messengers of equality, brotherhood, humanity and harmony.

"The Amarnath Yatra will start on the 29th of next month. I invite devotees from India and abroad for 'darshan' of Baba Barfani. I also encourage them to offer



prayers to Baba Amarnath and Mata Vaishno Devi," Sinha said, while attending Shrimad Bhagavat Katha by Pujya Bhaishri Rameshchai Oza at Katra.
Quoting a couplet "Socha

tha tujhse door nikal jayenge kahin, dekha to har makaam teri rahgajar mein hai," the LG said, "God is with you in all your journeys."

The 52-day pilgrimage to the 3,880-metre-high cave shrine in south Kashmir is scheduled to start on June 29 and conclude on August 19, according to the announcement by the Shri Amarnath Shrine Board (SASB).

In his address, the LG focused on Shraavan, Manan and Nidhidhyasan - the three pillars of Vedantic practice - to imbibe the Guru's | More on P6

Tampering Of Indian Map To Invite 6 Months Jail

Asks Educational Institutions To Publish Map In Conformity With Survey Of India

Agencies

Jammu: The Government of India (GoI) has asked all the educational institutions across the country not to tamper with the map of India and publish it in conformity with the survey of India.

The government has termed tampering of map as a punishable offence and whosoever does will be punished with imprisonment which will extend upto six month or with fine, or with both.

In an order issued by the ministry of education, GoI ordered, "Whosoever publishes a map of India, which is not in conformity with the maps of India as published by Survey of India (SoI), shall be punishable with imprisonment which may extend to six months, or with fine, or with both."

"The Higher Educational institutions are requested to ensure compliance with the aforementioned law," the order reads. The survey of India publishes the | More on P6

'Engineer Wave' Grips North, Threatening Established Parties



KO Web Desk

Srinagar: With around 17 lakh voters Baramulla constituency is all set for polls on 20th of this month. But the entry of a jailed former MLA

has altered the dynamics of the race previously dominated by former CM Omar Abdullah and Sajad Lone of the Peoples Conference. Massive outpouring of support for | More on P6

Er Rashid Trends On Twitter

Syed Mohammad Burhan

Jailed politician & independent candidate contesting from North Kashmir's Baramulla Parliamentary constituency, Engineer Rashid's entry into the electoral contest has introduced a new dynamic to the ongoing competition between NC's Omar Abdullah and Sajad Lone | More on P6

Jama'at's Willingness For Electoral Comeback Only Mainstream Politics Will Be Allowed In J&K: BJP

Press Trust Of India

Srinagar: The Jammu and Kashmir unit of the BJP Thursday said only mainstream politics will be tolerated in the Union Territory under Prime Minister Narendra Modi's government at the Centre.

"This is Modi government and everyone has to believe in only mainstream politics and no right or left stream is allowed. There is no other way," senior BJP leader and in-charge Kashmir division, Sunil Sharma, told reporters here.

He was referring to the statement of former chief of

Jamaat-e-Islami (JeI) Ghulam Qadir Wani that his organisation will participate in the assembly elections if the Centre revokes the ban imposed on the outfit in 2019.

Sharma said every organisation has a right to contest elections under the ambit of the Indian Constitution and law. "But no organisation which is anti-India or unlawful or involved in anti-national activity will be allowed or tolerated," he added.

"Any organisation under the Constitution will be allowed for political activity, and we welcome it," he added.

Asked about | More on P6

Srinagar Gears Up For Heatwaves: Action Plan Aims To Protect Citizens From Rising Temp

Auqib Javeed

Srinagar: Amid rising temperatures and potential heat waves in the valley, the District Disaster Management Authority (DDMA) Srinagar has come up with a "Heat Wave Action" plan for 2024-2025 to address the extreme summer heat.

The action plan has been introduced under the Chairmanship of Dr. Bilal Mohi-Din Bhat, Deputy Commissioner, Srinagar.

The main aim of the action plan is to reduce extreme heat impacts on vulnerable people like Children, pregnant women, elderly people and the people belonging to

economically weaker sections with early warning systems & integrated coordination with concerned agencies.

Heat-wave is a condition of atmospheric temperature that leads to physiological stress, which sometimes can claim human life. Heat-wave is defined as the condition where consecutively for three days or more.

A heatwave is declared for hilly regions when the maximum temperatures for a station reach 30 degrees Celsius or more. The average temperature in Kashmir Valley is between 19.1°C to 27.6°C from April to mid-September. The World Meteorological Organization (WMO) said in a report that



there is a "high probability" that 2024 will be another record-hot year and warned that the world's efforts to reverse the trend have been inadequate.

Notably, the summer capital Srinagar on September 12,

2023 recorded its second hottest September day in 132 years since 1891, second only to the all-time high of 35°C on September 18, 1934.

According to the action plan report,

» Urban Heat Island Effect

» Mitigation Measures

» Stakeholder Involvement

» Training Initiatives

» District-Level Committees



Above-Normal Temperatures Grip J&K

Due to clear weather in Jammu and Kashmir, the heat has intensified, with temperatures crossing 40 degrees Celsius in Jammu. As the mercury rises across the region, Qazigund, the gateway of Kashmir, | More on P6

temperatures.

The report notes that the rapid urbanization and changing land use on the suburbs coupled with the congested residential and commercial areas in the city make the District a classic case

of "Urban Heat Island Effect" enhancing our vulnerability to abnormally higher temperatures, which when combined with the changing Macro-Climatic Scenario may lead to Heatwaves.

"In order to prevent such instances in the long run, inter departmental interventions aimed at heat-reduction such as development of Green Spaces, induction of Electric Buses, prevention of illegal conversion of Ahi and Nambal lands and encroachment on water bodies and urban forests are being implemented vigorously," the action plan says.

This plan, according to the government, | More on P6

Summer Delights: Ice Cream Fever Grips Kashmir With Soaring Temperature

Observer News Service

Srinagar: As the summer sun beams down on Kashmir, delightful frenzy engulfs the streets of Srinagar's city. Ice cream fever is in full swing, captivating locals and visitors alike with its irresistible allure.

From the quaint alleys to the bustling markets, the aroma of freshly churned ice creams fills the air, attracting passersby to indulge in a sweet escape from the scorching heat.

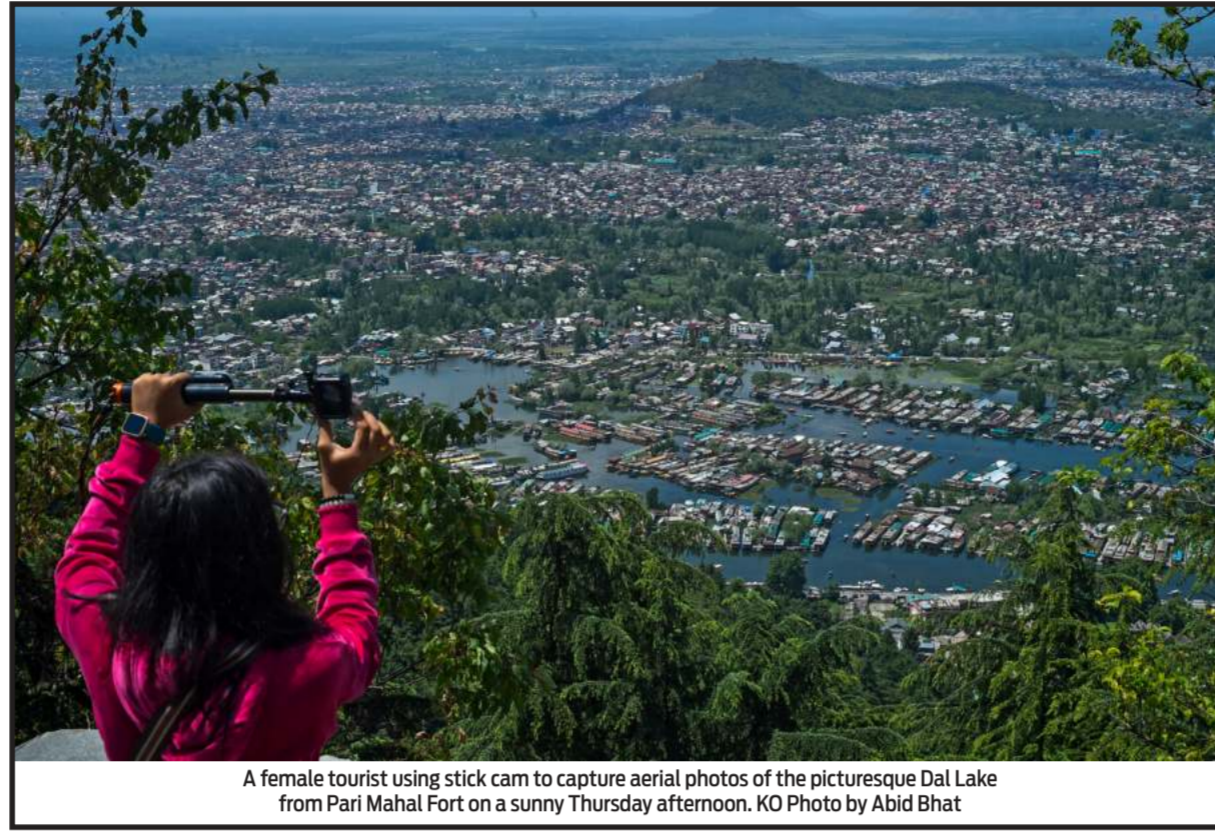
Among the myriad of frozen delights, the timeless charm of the famous 'Matka Kulfi' stands out as a beloved favorite, drawing crowds with its traditional flavors and creamy texture.

Tahoor, a local from Habba Kadal Srinagar, sharing his excitement, said summer in Srinagar wouldn't be the same without the ice cream

craze! There's something magical about enjoying a scoop of 'Matka Kulfi' amidst the hustle and bustle of Downtown.

Waseem, another local, adds, It's not just about beating the heat; it's about savoring the essence of Kashmiri hospitality. Ice cream brings people together, sparking conversations and creating cherished memories.

Amidst the flavors and aromas, Abdullah, a Kulfi seller, said, "the 'Matka Kulfi' is crafted with love and care, using age-old recipes passed down through generations." He added, as the summer has just started, the sales are not so high, but they will go up as the day passes, and in the next two months, they will have a peak season. "As the heat wave starts to grip the valley, locals and tourists will flock to indulge in this seasonal delight," he added—(KNO)



A female tourist using stick cam to capture aerial photos of the picturesque Dal Lake from Pari Mahal Fort on a sunny Thursday afternoon. KO Photo by Abid Bhat

Man Develops Health Issues After Botched Hair Transplant

Authorities Order Closure Of 'Unlicensed' Clinic In Srinagar

Majid Nabi

Srinagar: The Health Department on Thursday ordered immediate closure of an 'unlicensed' hair transplant facility at Jawahar Nagar area of the city; after a client complained to have had major health problems following a 'botched' hair transplant surgery by an 'inexpert'.

The action, officials said, was initiated following an online complaint by the aggrieved client on Jammu and Kashmir-Integrated Grievance Redress and Monitoring System (JK-IGRAMS), monitored J&K by Lieutenant Governor Manoj Sinha.

The affected client, according to the complaint, alleged that he was tricked by the Foliage Hair Expert Clinic Jawahar Nagar Sri-

The action, officials said, was initiated following an online complaint by the aggrieved client on Jammu and Kashmir-Integrated Grievance Redress and Monitoring System (JK-IGRAMS), monitored J&K by Lieutenant Governor Manoj Sinha.

nagar's fictitious advertisement, claiming only qualified medical professionals perform hair trans-

plant surgeries. Instead of witnessing hair growth after spending a significant amount of money on the hair transplant procedure, he had serious health problems.

The Clinical Establishment Section CMO Srinagar ordered the facility to cease operations, no sooner the complaint was forwarded to the DHSK for investigation. The clinic, officials claimed, was operating without a license or authorization from the relevant authorities.

"Upon inspection, the team from the CMO office discovered that the clinic was operating without a license. The owner of the hair transplant facility was directed to immediately cease operations and submit a reply before the CMO office within three days," officials said.

Fee Fixation Committee Fines Private School In Srinagar Parents Association Calls It 'Eye-Wash'

Observer News Service

Srinagar: President Parents Association Jammu has accused the J&K Fee Fixation Committee of 'corruption and nepotism' after the Committee claimed that it has imposed a fine to the tune of Rs 32 lakh on Minto Circle English Medium Senior Higher Secondary School located in Aloochoi Bagh Srinagar.

President Parents Association Jammu, Amit Kapoor said that the order issued by the Fee Fixation Committee is an eye-wash to mislead gullible parents.

"No fine has been imposed on the Minto Circle School, but only the management of the school has been directed to appear before the Committee on 17 May 2024 (tomorrow)," Kapoor told the news agency KNT.

Pertinently, the Chairman Fee Fixation Committee issued an order vide number 4033 in which it has claimed that Minto Circle School Aloochoi Bagh Srinagar Kashmir has been fined for increasing the school fee by 20% in violation of the court order.

Kapoor said that

earlier, the Fee Fixation Committee allowed the school to increase fees and now it has claimed that a fine of Rs 32 lakh has been imposed on the school.

"If the school income is Rs 32 crore, that means the Committee has imposed a one percent fine. I can tell you with authority that the order of the Committee is a 'fabricated' one. It is an eye-wash and nothing else. The Committee uploaded the order on its official website to get media attention. It's a sheer attempt to hide the failures of the Committee and befool parents," he said.

Kapoor alleged that the Fee Fixation Committee has not left any scope for poor children to get education in private schools as it has been shielding those private schools that loot the parents in the name of education.

He accused the Fee Fixation Committee of adopting double standards in getting their own orders not implemented and thus allowing selected private schools to charge exorbitant fees and loot the parents.

Mirwaiz Put Under House Arrest Ahead Of Fathers Death Anniversary: AAC

Observer News Service

Srinagar: Awami Action Committee (AAC) Thursday said that as martyrdom anniversary of its founding chairman late Mirwaiz Molvi Farooq is scheduled on the 21st of May, its chairman Mirwaiz Umar Farooq was again put under house arrest on 3rd of May and informed that he cannot leave the house.

"Since then he has neither been allowed to visit Jama Masjid on Fridays to deliver the Friday sermon and offer prayers, or participate in any social and religious event. Visitors, including media persons are barred from meeting him. While the legal battle for Mirwaiz's release is ongoing in the court where the state authorities claim him to be a "free man", yet repeatedly subjects him

to detention," a statement reads.

AAC said that before 2019 the party would organize week-long commemorative functions to honor its leader and those killed in Hawal called the hafta e Shahadat. But in the current situation of pressure in all forms on people and leadership to conform, and choking of every space for expression to them, besides daily arrests and harassment, it is very unlikely that commemorative functions to pay homage to the beloved leader and the Martyr's involving people's participation, will be allowed by the authorities.

AAC said that the shaheed leader resides in the hearts of the Kashmiri people, love and respect for whom has only grown in it with time; missed by them more and more with each passing day.

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

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- انفرادی ترقی اور مثبت تبدیلی کی خاطر اپنے فیصلوں پر عملدرآمد کرنے کا عمل اداسی کی کیفیت۔
- ذہنی پریشانی کے آثار
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- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

HIGHWAY STATUS

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

HIJRI CALENDAR

08 Zil-Qadah
1445

PRAYERS

FAJR 3: 52

ZUHR 12:27

ASR 5: 21

Magrib 7:30

ISHA 9: 04

This Day In History

- 1756 - Britain declares war on France (7 Years' or French & Indiann War)
- 1803-John Hawkins & Richard French patent the Reaping Machine
- 1814- Denmark cedes Norway to Sweden (National Day)
- 1865- The International Telegraph Union (later the International Telecommunication Union) is established.
- 1897-The first successful submarine that can run submerged for any considerable distance and combines electric and gasoline engines is launched in the USA by its designer John Philip Holland
- 1902- Greek archaeologist Valerios Stais discovers the Antikythera mechanism, an ancient mechanical analog computer.
- 1940-Germany occupies Brussels, Belgium & begins invasion of France
- 1940- Nazis bombs Middelburg/B IJzerdragat begins illegal defiance
- 1948- Soviet Union recognized Israel

From KO Archives

Move To Shift Capital Sparks Debate

A M Sofi

SRINAGAR - Even as the proposal to shift the summer capital of Jammu and Kashmir is yet to take off, controversy dogs the idea with debate rag-ing for and against the govern-ment move.

Giving vent to the opposi-tion to shifting of the capital, several political parties, includ-ing main opposition National Conference, said the massive expenditure needed for moving the secretariat and other offices could be diverted to building schools, hospitals and roads in the state.

"We need no new capital at an exorbitant expenditure of Rs 3,500 crore which could be uti-lized for the betterment of Kashmiris by constructing schools, colleges, hospitals and roads which are in a dilapidated condition across the valley," NC President Omar Abdullah told PTI.

Ridiculing the idea, another senior leader of the party Aii Mohammad Sagar said "instead of finding ways and means to mitigate the problems of the people the PDP-led coalition government is trying to squan-der the funds for unproductive projects."

He asked the coalition gov-ernment to desist from changing the capital for "petty politi-cal gains."

CPI(M), which supports the coalition government from out-side, opposes the idea. State Secretary of CPI(M) M Y Tari-gami said "I don't think it is a very serious move yet."

The government complexes should be moved a little away from the market and the beauti-ful city but not relocated in any other place. Why go there (Parihaspora) to Lalitaditya. The kings are buried there let them rest in peace.

"It is wrong to assume that government wants to benefit villagers by moving the capital city. The government has in fact done very little for the upliftment of rural areas," he said.

Author of the proposal to shift the capital and Finance Minister Muzaffar Hussain Baig said the basic objective behind a new capital was to decongest and develop Srinagar as an exclusive tourist resort 'with heritage villages and other amenities to make it among the most attractive tourist destinations on the globe.

The proposal for a new capital has received the Centre's nod which would be ready within next three years at an estimated cost of Rs 3,500 crores, he said.

Opposing the idea, Chair-man of National Democrat-ic Front and former MP Abdul Rashid Kabuli accused the gov-ernment of not attending to the problems of Srinagar, a city of 15 lakh people.

Shifting capital from Srinagar to Parihaspora and moving government offices to rural areas is like shifting of Union capital from Delhi to South India, Kabuli said.

The city of great antiquity has had a chequered history which dates back to 250 BC when king Ashoka founded Srinagar as capital which occupied the site of the present Pandrethan about five runs from Srinagar and named it as Srinagari.

The place was the venue of the Buddhist conference during the reign of Kanishka and Muslim preachers, Syed Shari-fuddin Bulbul and Mir Syed Ali Hamdani chose this place to spread Islam, he said, adding the latter capitals of Kashmir founded by successive rulers lost their importance to the city.

It was during the Dogra rule (1846-1947) that Srinagar be-sides being the capital of Kashmir was elevated to the status, of the summer capital.

Travellers and tourists have been drawn in numbers to see sym-bol of the paradise on earth and pilgrims and preachers have found the city a place for attainment of ultimate spiritual contentment.

(Kashmir Observer, 17 May, 2005)

KASHMIR OBSERVERTM

Friday | 17-05-2024

Engineer Rashid Factor

The jailed Kashmiri politician Engineer Rashid's decision to contest the ongoing Lok Sabha polls from the Baramulla parliamentary seat has added an unexpected twist to the election campaign in North Kashmir. His entry into the electoral fray has injected a new factor into what was previously perceived as a two-way contest between the National Conference (NC) and the People's Conference (PC). The implications of Rashid's candidacy are profound and promise to make the North Kashmir constituency a battleground like never before.

Rashid, who is currently incarcerated in Tihar Jail, has fielded his son, Abrar Rashid, to campaign on his behalf. Despite his father's absence, Abrar has been actively engaging with the electorate, conducting roadshows and rallies throughout the constituency. The response to these campaigns has been overwhelming, especially among the youth, who see Rashid as a symbol of resistance against the status quo.

One of the key factors that make Rashid's candidacy significant is his potential to influence and divide votes across various assembly segments. In the 2019 parliamentary elections, Rashid managed to secure over 1 lakh votes, a testament to his popularity and support base in the region. His appeal cuts across party lines, and his entry into the race has forced both the NC and the PC to reassess their strategies.

For the NC, led by Omar Abdullah, Rashid's candidacy poses a significant challenge. While the party has traditionally enjoyed strong support in North Kashmir, Rashid's presence has the potential to eat into its voter base. Similarly, the PC, led by Sajad Lone, is facing an unexpected hurdle in its bid to consolidate power in the region. Rashid's popularity, coupled with the sympathy factor due to his incarceration, has made him a formidable contender in the race for the Baramulla seat.

He candidacy has also brought to the fore the complex web of alliances and rivalries that define Kashmiri politics. With the BJP eyeing the Baramulla seat in collaboration with its allies, the electoral dynamics have become even more convoluted. While the BJP is hoping to capitalize on the division of votes between Rashid and the traditional Kashmiri parties, the former's supporters remain undeterred.

Rashid's brand of politics, which is characterized by its unapologetic stance on issues such as Kashmiri autonomy and human rights, has struck a chord with many in the region. His entry into the electoral process has made the North Kashmir contest more interesting and unpredictable than ever before. Regardless of the outcome of the election, Rashid's presence has already left a mark.

Mindful Fridays

Naming Emotions

Why Words Are Key to Children's Mental Health

Wasim Kakroo

In today's fast-paced world, children's mental health has become a pressing concern. Amidst the multitude of strategies aimed at supporting their mental wellbeing, one foundational aspect stands out: enriching their emotional vocabulary. Understanding and articulating emotions is not merely a linguistic skill but a crucial component of psychological development and mental health. In this article, we will delve into why enhancing the emotional vocabulary of children is essential for their mental wellbeing.

The Foundation of Emotional Intelligence

Emotional vocabulary is a fundamental element of emotional intelligence, a skill that enables individuals to recognize, understand, and manage their own emotions as well as those of others. Daniel Goleman, a pioneer in the field of emotional intelligence, emphasizes that emotional awareness begins with being able to name one's emotions. Children with a rich emotional vocabulary can identify and express their feelings more accurately. This capability lays the groundwork for effective communication, empathy, and social interactions.

Enhancing Self-Awareness

Self-awareness is a critical aspect of mental health. When children can label their emotions, they gain insight into their internal states. For example, a child who can distinguish between feeling "frustrated" and "angry" can better understand the nuances of their experiences. This awareness helps them to reflect on the causes of their emotions, promoting a deeper understanding of their reactions and behaviors. As a result, children become more attuned to their needs and can communicate these needs more effectively, reducing feelings of confusion and distress.

Fostering Emotional Regulation

A robust emotional vocabulary also plays a pivotal role in emotional regulation. Emotional regulation refers to the ability to manage and respond to an emotional experience in an adaptive way. When children can precisely identify their emotions, they are better equipped to employ appropriate strategies to cope with them. For instance, a child who can articulate that they are feeling "anxious" rather than just "bad" can seek specific coping mechanisms such as deep breathing, talking to an adult, or engaging in a calming activity. This precision in expressing emotions helps to prevent the buildup of unaddressed emotional stress, which can lead to more significant mental health issues.

Building Resilience

Resilience, the capacity to recover from difficulties, is closely linked to emotional vocabulary. Children who understand and can express their emotions are better able to navigate challenging situations. By articulating their feelings, they can seek support and solutions more effectively. This proactive approach not only mitigates the immediate impact of stress but also builds their ability to cope with future adversities. A rich emotional vocabulary equips children with the tools to face life's inevitable challenges with confidence and resilience.

Enhancing Social Skills

Social competence is another critical benefit of a rich emotional vocabulary. Children who can express their emotions clearly and appropriately are more likely to build positive relationships. They can communicate their needs, empathize with others, and resolve conflicts more effectively. Empathy, in particular, is deeply rooted in the ability to understand and articulate emotions. When children recognize and name their own emotions, they are



A child who can distinguish between feeling "frustrated" and "angry" can better understand the nuances of their experiences. This awareness helps them to reflect on the causes of their emotions, promoting a deeper understanding of their reactions and behaviors

better able to perceive and relate to the feelings of others, fostering deeper and more meaningful connections.

Preventing Behavioral Issues

Behavioral issues often arise from an inability to express emotions appropriately. Children who lack the vocabulary to articulate their feelings may resort to maladaptive behaviors such as aggression, withdrawal, or defiance. By enriching their emotional vocabulary, we provide children with alternative means to express their frustrations and desires. This can lead to a decrease in negative behaviors and an increase in positive interactions. When children can verbalize their emotions, they are more likely to seek help and less likely to act out impulsively.

Supporting Academic Success

The benefits of a rich emotional vocabulary extend into the classroom. Emotional wellbeing is closely linked to academic performance. Children who can manage their emotions are better able to focus, engage, and learn. They are less likely to be distracted by emotional turmoil and more capable of participating in classroom activities. Moreover, a classroom environment where children can express their emotions is more conducive to learning, as it promotes a sense of safety and belonging.

Promoting Long-Term Mental Health

The impact of an enriched emotional vocabulary is long-lasting. Children who develop this skill are likely to carry it into adulthood, where it continues to benefit their mental health. Adults with a well-developed emotional vocabulary are better equipped to handle stress, maintain relationships, and navigate the complexities of life. By investing in the emotional vocabulary of children, we are laying the founda-

tion for their future mental wellbeing.

Practical Strategies for Enriching Emotional Vocabulary

Given its importance, how can we effectively enrich the emotional vocabulary of children? Here are some practical strategies:

- Modeling Emotional Expression:** Adults can model the use of emotional vocabulary by expressing their own emotions openly and accurately. For example, instead of saying, "I'm mad," a parent might say, "I'm feeling frustrated because I lost my keys."
- Emotionally Rich Conversations:** Engage children in conversations about their day and encourage them to describe their feelings. Ask open-ended questions like, "How did that make you feel?" and provide them with words to describe their emotions.
- Reading and Storytelling:** Books and stories are excellent tools for introducing new emotional vocabulary. Discuss the characters' feelings and ask children to relate them to their own experiences.
- Emotion Charts and Tools:** Visual aids such as emotion charts can help children identify and name their emotions. These tools can be particularly helpful for younger children who are still developing their language skills.
- Role-Playing and Games:** Role-playing different scenarios and using games that involve identifying and expressing emotions can make learning emotional vocabulary fun and engaging.

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Is the Traditional Way the Best Way to Invest?

Did You Know?

Irshad Mushtaq

Most middle-class people tend to save their money in fixed deposits, insurance, and traditional social obligations such as gold?

This has been a common practice for many years, but is it really the best way to save and grow your money?

Many middle-class individuals are comfortable with putting their savings in fixed deposits in banks or buying insurance policies because they feel that these are safe options. They like the idea of guaranteed returns and the security that comes with these investments. However, what they fail to realize is that the rate of return on these investments is often lower than the rate of inflation. This means that their money is actually losing value over time.

Similarly, investing in gold has been a popular choice for many people, especially in countries like India. However, the traditional way of investing in gold by "buying jewelry" or Bank issued coins is not always the most profitable. When it comes time to "sell" these items, the buyer often deducts a significant amount for making charges, premium leaving the investor with less money than they had hoped for.

In today's world, with advancements in technology and access to various investment options, there are better ways for middle-class individuals to grow their money, with some percentage of money investing in quality shares or mutual funds, for example, has the potential to provide much higher returns than traditional savings methods, generally which rich people do, like FIIS. With proper research and guidance from financial experts, it is possible to see significant growth in your investments over time.

It is important for individuals to understand that their money should be working for them, not the other way around. By diversifying their investments and choosing asset classes that have the potential for higher returns, middle-class individuals can ensure that their savings are growing and keeping pace with inflation.

In conclusion, while it may be comfortable to stick to traditional savings methods like fixed deposits, insurance, and gold, it is important for middle-class individuals to explore other investment options that have the potential for higher returns. By taking a more proactive approach to their finances and seeking out expert advice, they can secure a more financially secure future for themselves and their families.

The author is a writer and investor. He is the founder of MI Securities and is a Business Partner at Sharekhan, Srinagar, J&K. Reach him at: Irshad@bp.sharekhan.com



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Promoting Knowledge & Education Through More Public Libraries in Kashmir

I am writing to bring attention to the pressing need for an increased number of public libraries in the beautiful region of Kashmir. Public libraries serve as invaluable institutions that foster knowledge, literacy, and community development. However, the scarcity of such facilities in Kashmir hinders the region's progress and deprives its residents of the myriad benefits that public libraries offer.

Kashmir, known for its rich cultural heritage and intellectual traditions, deserves to have robust public

libraries that cater to the diverse educational needs of its populace. These libraries would serve as intellectual hubs, facilitating the exchange of ideas, promoting literacy, and nurturing a love for learning among individuals of all ages. They would provide a sanctuary for students, researchers, and the general public to access a wide range of books, periodicals, and digital resources.

A well-established network of public libraries in Kashmir would address several critical issues facing the region. Firstly, it would bridge

the educational divide by providing access to resources for students who may not have access to a personal collection or digital devices. This would help level the playing field and enhance educational opportunities for all, promoting a more inclusive society.

Secondly, public libraries would foster a culture of reading and lifelong learning. They would encourage intellectual curiosity, critical thinking, and imagination among the residents of Kashmir. Reading is not only a means of personal growth but also

an essential tool for societal progress. Libraries would enable individuals to explore diverse perspectives, promote cultural understanding, and contribute to the overall intellectual development of the region.

Furthermore, public libraries would become vibrant community spaces, hosting various educational and cultural events. They could serve as venues for author talks, book clubs, workshops, and exhibitions, bringing people together.

Basit Hussain

