





# Two Braveheart Youth Saves Minor From Drowning In Jhelum

**Observer News Service** People across the valley have showered praises on his heroism, with many calling him a true hero. "This man risked his own life to save the child," said one witness. "His bravery deserves all the praise," he said.

Amidst the celebration of a fortunate outcome, the incident has also raised concerns about the supervision of children by parents, who live and go near the water bodies.

Pertinently, summer in Kashmir often sees an increase in accidents involving water bodies, as children, young boys flock to rivers and lakes to escape the heat.

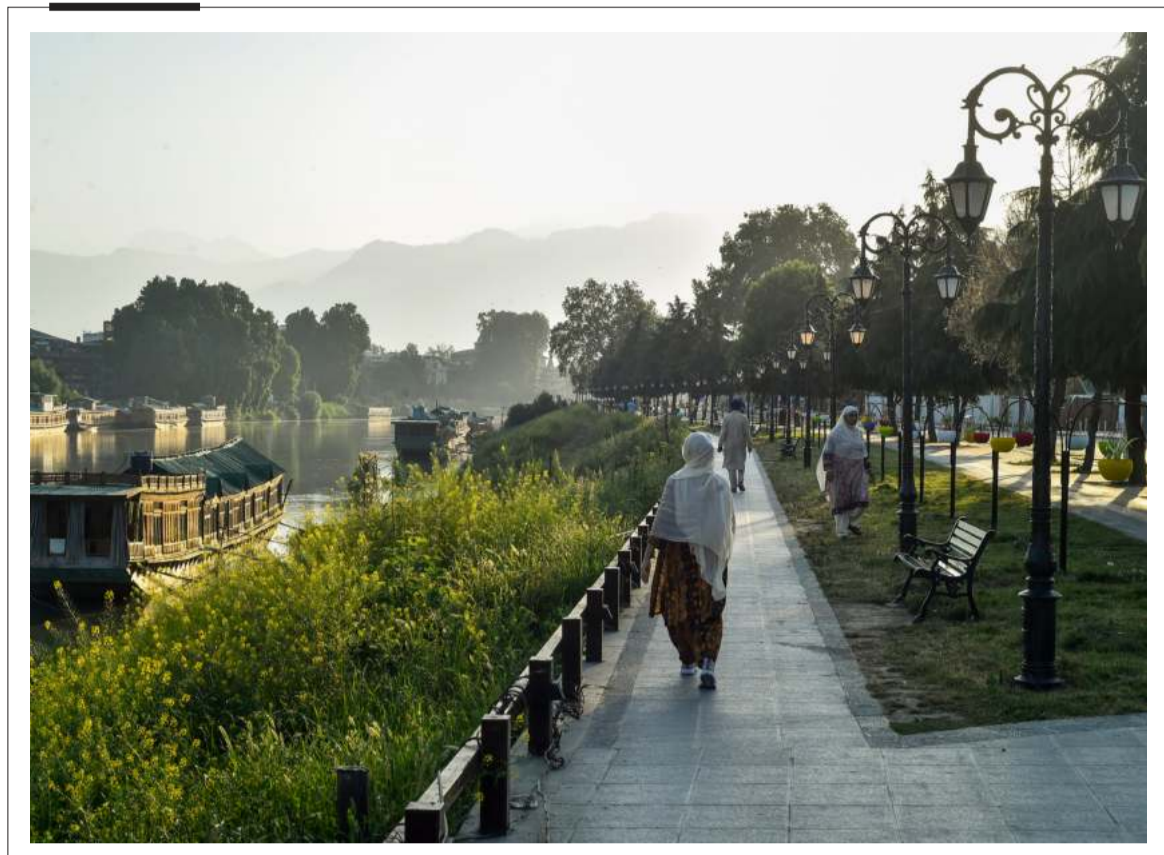
Tragically, such outings have sometimes ended in fatalities, particularly among non-swimmers.

Meanwhile, as per the hospital reports the rescued boy, though shaken, is reported to be in good health and recovering.

Meanwhile, police officials too confirmed about the incident and said that the boy slipped into the river Jhelum near Gasi Mohallah in Safa Kadal, when he was playing and that the timely action by a local man saved his life from drowning.

When contacted, SMHS hospital authorities said that the boy was fine and stable but was further sent for a pediatric check up at children's hospital.

Meanwhile, Imtiaz Ahmad, father of the boy when contacted said that they were at children's hospital to undergo some tests and that his son was recovering—(KNO)



**WOMEN PROMENADE ALONG** the renovated embankments of the Jhelum River in Srinagar amid scorching heat on Monday. KO PHOTO, ABID BHAT

## LOK SABHA ELECTIONS-2024

# Arrangements For Counting Of Votes For Srinagar PC Finalized

**Observer News Service** **SRINAGAR:** Returning Officer (RO) 02-Srinagar Parliamentary Constituency (PC), Dr. Bilal Mohi-Ud-Din Bhat today visited SKICC-Centaur to review the arrangements put in place for Counting of Votes for Srinagar Lok Sabha Seat scheduled on June 4, 2024. He also took stock of the security measures being made in and around the counting centre's.

Additional Deputy Commissioner, Srinagar, Khalid Hussain Malik; SP East, Mubashir Bukhari; Additional SP Security, Mohammad Saleem; Nodal Officer Trainings, Riyaz Ahmad; Nodal Officer ETPBS, Mujtaba Ahmad Bandy; Deputy District Election Officer Srinagar, Mir Imtiaz ul Aziz and other concerned were present on the occasion.

During the visit, the Returning Officer along with the concerned Officer took a thorough inspection of the arrangements with regard to the preparations made in and around the counting centres for a smooth and well organized counting process.

The RO finalized the surveillance and security measures, seating arrangements, transporting of EVMs and the technical setup at the Counting Halls to ensure transparency, accuracy and the timely announcement of counting results.

He also passed directions to the Officers of different line Departments for ensuring uninterrupted power supply, adequate water supply, proper Internet facility, Media management, entry passes and other necessary measures to be put in place ahead of counting for 02-Srinagar Lok Sabha Seat.

While interacting with the Officers at the venue, the RO stressed on ensuring seamless arrangements and facilities in place for counting centre's, strong rooms, CCTV links and training of manpower for upholding the sanctity and integrity of the democratic ethos.

The RO also said that the counting process will be done as per ECI guidelines under video recording and except the observer and Returning Officer, no one will be allowed to take mobile phones inside the counting room.

The EVMs are presently kept under three-layer security cordon in strong rooms at SKICC-Centaur, after the voting process was completed on May 13, 2024 for 02-Srinagar Parliamentary Constituency.



**DURING THE VISIT,** THE RETURNING OFFICER ALONG WITH THE CONCERNED OFFICER TOOK A THOROUGH INSPECTION OF THE ARRANGEMENTS with regard to the preparations made in and around the counting centres for a smooth and well organized counting process.

# GCoE (IASE) Organizes Book Release Function

**Observer News Service** The Government College of Education (GCoE) today organized a Teaching Learning Material (TLM) exhibition and book release function during a pre-internship workshop.

The program was organized by the internship committee of the college where the committee familiarizes participants during pre-practice about various aspects of institutional internship.

Seema Naz, Principal IASE, while welcoming the participants, gave an overview of internship programs in the institution.

The workshop later in the day included a book unveiling function that was attended by a galaxy of dignitaries, particularly from the School Education Department. The chief guest at the book release function was Dr. Tasaduq Hussain, Director School Education Kashmir.

The other guests who attended the function among others included CEO Srinagar, Cluster Head Soura, Asst. Director Academics, JKBOSE, ZEO Gulab Bagh and other guests from the School Education Department.

The ECCE book 'Joyful Foundation' authored by Prof. Showkat Rashid, Urfana Amin and Ruhi Sultana was unveiled to the thundering applause in the auditorium. The guests also witnessed the showcasing of story books by ECCE students who briefed the audience about how a verbal story could be put together in an illustrated written narrative story for children.

Director School Education in his address highlighted the challenges confronting the teachers of the present time.

Earlier in the day the Co-ordinator Internships, Fazl illahi, highlighted the key areas that interns need to keep in mind during internship. Dr. Nazir Ahmad Bhat, Coordinator ECCE, spoke about the importance of the ECCE program in the post NEP-2020 era.

Later the Principal, Dr. Seema Naz, ushered the Director School Education to the hall where frugal TLMs exhibits in subject mathematics developed by students were showcased. The TLMs were developed by in-service B.Ed. students under the guidance of Dr. Ta-wheeda and Arshid Sauleh.

The Director with his team also surveyed the ECCE lab where they scanned portfolios developed by students under Prof. Showkeen and Prof. Younis Basit.

The workshop will continue for three days where RPs from the School Education Department will train the students on various thematic areas.



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**HIGHWAY STATUS**  
• Sgr-Jammu highway - ( Open )  
• Mughal Road - ( Open )  
• Srinagar- Leh- ( Open )

PRAYERS	
FAJR	3:41
ZUHR	12:28
ASR	5:26
Magrib	7:37
ISHA	9:15

HIJRI CALENDAR  
17 - Ramadan  
1445

## This Day In History

- 640 - Severinus begins his reign as Catholic Pope (elected in 638)
- 1037 - Holy Roman Emperor Conrad II removes "Constitutio the Feudis"
- 1156 - Battle at Brindisi: Norman-Sicilian King William beats Byzantine fleet under John Doukas and Alexios Bryennios
- 1349 - 60 Jews murdered in Breslau, Silesia
- 1358 - Daint-Leu at Oise begins French boer uprising
- 1431 - Joan of Arc is accused of relapsing into heresy by donning male clothing again, providing justification for her execution
- 1521 - Pope Leo X signs treaty with Holy Roman Emperor Charles V
- Charles V
- 1588 - Spanish Armada under the Duke of Medina-Sidonia departs Lisbon to invade England
- 1741 - Spain and Bavaria sign treaty
- 1863 - 1st black regiment (54 Mass) leaves Boston to fight in US Civil War
- 1871 - Paris communards revolt put down 1900 - Total solar eclipse occurs

## From KO Archives

### Patient Stable As Controversy About 'Needless' Surgery Lingers On

**Observer News Service**

**SRINAGAR:** Even as the patient who was operated upon at the Sher-i-Kashmir Institute of Medical Sciences (SKIMS) for removal of suspected stones is stable, the controversy surrounding the surgery lingers on. While the doctors are almost unanimous there was no negligence in the matter, the patient's relatives are sore at the way an unnecessary surgery was forced on her.

According to reports, Aaliya Liaquat w/o Liaquat Hussein of Court road here was operated upon Saturday for suspected stones in her kidneys though repeated X-rays taken on the fateful day did not show any definite presence of the calculus. Her relatives alleged the surgery was not warranted after the X-rays were negative. The surgery evoked instant protest from the relatives of patient, mother of an 8-month old baby. They alleged the head of concerned department, Dr Baldev Singh, had insisted to have the surgery performed. They accused the doctor of having threatened them following a tiff a few days earlier.

In a communication to Kashmir Observer, Dr Singh denied he had conducted the operation and described the report, circulated by CNS news agency, as baseless and aimed at maligning his image. He said, "The fact is that I had advised an X-ray for the patient before any surgical intervention but a consultant urologist conducted the said surgery with my knowledge". Later on, he said, "on the request of Director SKIMS I helped the concerned urologist in closing the patient and stent was put for effective drainage".

Talking to Observer News Service, Dr Singh denied there was any negligence on the part of doctors. "These things can happen in the medical profession", he said, adding the surgery was done with the written consent of a close relative of the Patient. He said the patient was admitted by Dr Tajamul the consultant who was not required to seek any directive from him. Denying that he has threatened the patients' relative, Dr Singh said he might have told them to leave the ward during the morning round.

When contacted Dr, Tajamul Fazili told Observer News Service that patients was admitted by Dr. Singh. The X-rays of the obese patient had shown stones at the OPD stage and admitted accordingly. On Saturday he said the first two X-rays revealed there were no stones. A third one was taken with double exposure which showed a shadow coinciding with the X-ray taken at the OPD stage. Dr Fazili said, "Most probably it was a friable (soft) stone which got crushed and passed down the ureter during the surgical manipulation." He said a small stent was kept inside to ensure safe passage of any small bit.

Dr Fazili said 'Saturday was utilised as an additional theatre day to make good for the halted days. "We were convinced the patient did have stones. But when I could not locate it, I sought help from Dr Singh", he said. The director of the Institute, Prof Me'raj-ud-din, said there was nothing abnormal about the surgery nor was there any negligence on the part of doctors. "The stone must have been friable going down the ureter and the gravel coming out of its own", he said. He ruled out any enquiry into the episode.

Joining the issue, a close relative of the patient, pleading anonymity, told Observer News Service the surgery was absolutely uncalled for the moment the doctors knew there was no stone. The written consent had been given when she was brought to operation theatre in the morning. However, she was turned back from there and asked to get in her X-ray done. After that an anesthesia was given to her for the second time and the surgery conducted despite the relatives' pleas against it and without seeking a fresh consent from them. The relative said the patient had suffered heavy blood loss which could have proved fatal. The relative alleged Dr Singh had visited the ward against asking them to return the X-rays which were lying with them.

Meanwhile, according to Dr Singh the patient was stable. **(Kashmir Observer, 28 May, 2005)**

## PAC Meeting For Implementation Of SMILE-Beggary Scheme Held

**Observer News Service** **SRINAGAR:** In order to review the implementation of SMILE-beggary scheme in the District, a meeting of Project Approval Committee (PAC) was today held under the chairmanship of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat at Meeting Hall of the DC Office Complex, here.

The SMILE (Support for Marginalized Individuals for Livelihood and Enterprise)-beggary scheme has been launched by the Ministry of Social Justice and Empowerment.

At the outset, the DC took a detailed assessment of the proposals received from various NGOs under SMILE-Beggary Scheme. He discussed different aspects of the scheme in thread-bare viz identification, transportation, sheltering, vocational training, schooling, health, etc of the persons involved in begging.

On the occasion, the DC stressed on coordinated efforts by all stakeholders for effective implementation of SMILE (Support for Marginalized Individuals for Livelihood and Enterprises) scheme. He called for preparing an efficient roadmap to rehabilitate and facilitate beggars to join mainstream to live a dignified life.

## Weeklong Training Program On LokOS Transaction Application Concludes

**Observer News Service** **SRINAGAR:** A weeklong training program on LokOS Transaction Application organized by the Jammu Kashmir Rural Livelihood Mission (JKRLM) for the officials of the Mission in the Kashmir division has successfully concluded at the Directorate office of JKRLM in Srinagar.

The training program aimed to equip officials with the essential skills needed to effectively utilize the android based application, 'LokOS system', in capturing the transactions digitally of the community-based organizations (CBOs), with a focus on the end-to-end digitization of SHG transactions and online data.

Conducted by a team of National Resource persons from DAY-NRLM, Ministry of Rural Development, Govt of India, the training provided valuable insights into the LokOS Transaction Application, emphasizing its ability to provide end-to-end, digitization of data for Self-Help Groups (SHGs) for perseverance of records and decision making by the rural SHG women, for developing of Business Development Plans and prioritizing the activities under their Annual Action Plan.

Speaking at the concluding function, Additional Mission Director, JKRLM Kashmir, Reyaz Ahmad Beigh, expressed his satisfaction with the training program and highlighted the importance of online bookkeeping for CBOs to enhance knowledge among field staff in their respective blocks, in a transparent manner.

He emphasized the significance of digitizing CBO transaction activities through LokOS, enabling transparent tracking of all transaction details and informed that LokOS, a system designed by the Ministry of Rural Development, Government of India, aims to maintain digital records of SHGs, acting as a single source for updated and validated data for CBOs that currently rely on manual methods of record-keeping.

He further said that LokOS Mobile Application will play a crucial role in achieving NRLM's vision of empowering SHGs through digitization. It is designed to track and facilitate the enhancement of household incomes, with a focused approach to diversifying livelihood activities and elevating every SHG household to a Lakhpati status, he added.







KASHMIR OBSERVER<sup>TM</sup>

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## Election Ends In J&K

The end of the polling process for the five Lok Sabha seats in Jammu and Kashmir marks a significant milestone in the region's democratic history. It is the first such poll after the abrogation of Article 370 in August 2019. The turnout was 58 percent, the highest in 35 years. This election has shattered previous records, reflecting a degree of renewed faith in the electoral process among the people of J&K.

The election stood out not only for its high turnout but also for the peaceful conduct of the polling process. Despite the region's history of election boycott and violence, the exercise was largely incident-free, with only isolated disturbances reported. Over the past more than three decades, Kashmir has consistently witnessed low voter turnout due to conflict and political disillusionment. The Anantnag-Rajouri seat which was the last to go to poll saw a turnout of 53 percent, the highest since 1984. This is a stark contrast to the 9 percent turnout in 2019, highlighting a dramatic shift in voter engagement. Similarly, Baramulla and Srinagar saw turnouts of 59.1 percent and 38.49 percent, respectively, the highest in decades.

However, the high voter turnout should not overshadow the need for ongoing efforts to ensure free and fair elections. The Election Commission must continue to address challenges such as electoral fraud, voter intimidation, and logistical hurdles that undermine the integrity of the electoral process. Transparent and accountable electoral practices are essential to maintain public trust and confidence in democracy.

As the region moves forward, it is imperative that the authorities build on this momentum by addressing underlying issues, fostering political stability, and ensuring that the voices of all citizens are heard and respected.

And to start it would be helpful if the central government holds Assembly elections in the union territory, now that the parliament polls have been a roaring success without the usual boycott or the spurt in violence. On a positive note, home minister Amit Shah has said that the Assembly election will be held before September this year in line with the Supreme Court's direction. Should that happen, J&K will have a democratically elected government after September. And subsequently, it would be in the fitness of things if the union government reinstates statehood, which again is a promise made by the prime minister Narendra Modi and home minister Shah. However, much depends on what happens on June 4 and which party's or a coalition's government comes to power at the centre. Until then all we can do is keep our fingers crossed.



## How's the Market Going to Look Like If BJP Wins?

Did You Know?

When the Bharatiya Janata Party (BJP) wins an election in India, certain sectors of the stock market often see a positive impact due to the party's policies and economic agenda. Historically, these sectors have included:

1. Infrastructure & Construction: The BJP has emphasized infrastructure development, which benefits companies in construction, engineering, and related services.
2. Banking & Financial Services: Pro-business policies often boost investor confidence, leading to higher market activity and demand for banking and financial services.
3. Utilities & Energy: With a focus on electrification and energy reforms, sectors like power generation, renewable energy, and utilities may see growth.
4. Automotive & Manufacturing: The BJP's 'Make in India' initiative can spur manufacturing growth, benefiting auto and industrial companies.
5. Technology & IT Services: Pro-investment policies and digital initiatives can drive growth for IT companies, both in services and products.

6. FMCG (Fast-Moving Consumer Goods): Economic stability and growing consumer confidence can boost the FMCG sector as disposable incomes and consumption rise.

7. Real Estate: Real estate might benefit from policies aimed at affordable housing and urban development.

The exact impact depends on the policies implemented post-election and global economic conditions. Keeping an eye on policy announcements and government initiatives will provide a more precise indicator of sector performance.

Learn from the insights of writer and investor, Irshad Mush-taq who is also a founder of MI Securities and a business partner at Sharekhan. Reach out to him at Irshad@bp.sharekhan.com for valuable knowledge on financial matters.

# The Road Not Taken Up

The Vailoo Singhpora Tunnel derails the prospects of the construction of Kapran Desa Road

Peerzada Mohsin Shafi

“  
The government has chosen the Vailoo Singhpora route to connect the Valley to Kishtwar, and currently, there are no plans to connect the two regions via the Kapran Desa route. The future of this project lies in the hands of the government

When I was in high school, my teacher, Mr. Gulzar Hanief, used to say “Roads are the temples of the modern world.” At that time, I did not fully grasp the meaning of this statement. However, as I grew older, I came to understand its significance. Roads are indeed the backbone of a country. In my opinion, roads are pivotal to the development of any area. They are like magical wands that transform the regions they traverse. According to the Year End Review 2023 published by the Ministry of Road Transport and Highways (MORTH) on January 5, 2024, the national highway network has increased by 60%, from 91,287 km in 2014 to 146,145 km in 2023. The government, under MORTH, has launched numerous schemes for constructing both existing and greenfield highway projects across the country.

Similarly, in the Union Territory of Jammu and Kashmir, the government has initiated various projects in recent years. According to official records from the National Highways and Infrastructure Development Corporation Limited (NHIDCL), road projects worth Rs. 914.15 crore were completed from 2018 to 2022. Infrastructure projects, including tunnels and roads, worth approximately Rs. 14,686 crores are ongoing, with around 70% of the work completed. This means that from 2022 to 2023, NHIDCL has spent approximately Rs. 11,194.15 crore, which is a significant amount. Other agencies under MORTH like NHAI has also invested substantially in infrastructure projects. The National Highways Authority of India (NHAI) is currently constructing various tunnels and viaducts in the Ramban-Banihal stretch of NH-44, worth several crores. This includes the construction of five tunnels from Banihal to Ramban. Additionally, NHAI has recently floated tenders worth Rs. 1500 crore for upgrading the Khanabal-Aishmuqam-Pahalgam Road in three packages and for constructing a second tube of the Nashri Chenani Tunnel, worth approximately Rs. 3000 crores.

The Government of India, under NHIDCL, has undertaken a prestigious project to provide an alternate route between Kishtwar and Anantnag. This project, numbered NH-244, starts from Khanabal, Anantnag, and ends in Chenani, Udhampur. Currently, NHIDCL has spent around Rs. 24.49 crore for upgrading and strengthening the road from Anantnag to Vailoo, Kokernag. Furthermore, tenders worth approximately Rs. 4500 crores have been awarded to construction companies for upgrading NH-244, including the Khelani Tunnel and seven road packages. The Vailoo Singhpora Tunnel, approximately 10.3 km long, and the Sudhmahadev Dranga Tunnel between Chenani and Udhampur, which was recently cancelled and will be retendered, are also part of this project. The cost of these two projects is around Rs. 5851 crores. In short, the total approximate cost of connecting the Kashmir Valley with Kishtwar is around Rs. 10,375 crores, which is a substantial amount.

The main project in this entire stretch is the construction of the Vailoo Singhpora Tunnel, as it is the primary link between the two districts. The proposal for this tunnel emerged as early as 2010, initially to be executed in the Public-Private-Partnership mode with J&K Bank as the funding agency. After many years of dormancy, the project gained momentum from 2018 to 2022, and ultimately, the DPR was prepared and tender for its construction were floated in 2022.

Before the proposal to connect the Kashmir Valley with the Chenab Valley through the Vailoo Singhpora Tunnel, various governments had promised to connect the two regions via the Kapran Desa Road. This initiative began in 1958 during Bakshi Ghulam Mohammad's government. The demand for this road gained momentum in 1966 when the people of Doda launched an agitation for its construction. In 1978, Sheikh Muhammad Abdullah also pledged to take up the project. In 2009, it was decided that the two regions would be connected via a tunnel approximately 7 km long, starting from Kapran (Anantnag) and ending in Desa (Doda). In 2016, Member of Parliament and former Chief Minister Ghulam Nabi Azad requested the Centre to declare the Doda-Dessa-Kapran Road a national highway. During the previous PDP-BJP coalition government, then Chief Minister Mufti Muhammad Sayeed and later Mehbooba Mufti directed the J&K PWD R&B Department to prepare the DPR, but no progress has been made.

Recently, between 2022-23, local NGOs and various political and non-political organizations met with former Union Minister for Road Transport and Highways, Nitin Gadkari, and the Lieutenant Governor of Jammu and Kashmir, Manoj Sinha, to discuss the construction of the proposed road. They received encouraging responses, similar to those from previous governments. However, according to popular opinion, a major obstacle is the lengthy process of converting the existing Anantnag-Doru-Verinag District Road and similar Doda counterpart into a national highway. Additionally, the compensation the government would need to pay to the locals presents another significant challenge. Furthermore, the distance between Anantnag and Kapran is approximately 30 km, and the current road is only a single lane. Beyond the cost of road construction, the compensation required for residents along the route is prohibitively high, making the project seem impractical. Conditions from Doda side are worse.

In India, land acquisition is one of the primary hindrances to road



projects. A case in point is the stretch from Janglatmandi to Brakpora on the newly constructed NH-244. Although this distance is just 3 km, the government abandoned the widening of this section due to the high compensation costs, opting instead for a greenfield road connecting the area via a new Qazigund-Alstop-Diagram-Brakpora route. If the government could not compensate for a 3 km stretch, it seems implausible that it could manage compensation for the 30 km from Anantnag to Kapran from Kashmir side and similar compensation on Doda side.

Furthermore, as already discussed, the government is spending around Rs. 10,375 crores to connect the Kashmir Valley with the Chenab Valley via the NH-244 route. It seems unlikely that the government would invest a huge amount in the Kapran Desa route. Moreover, the current distance between Doda and Kishtwar is around 59 km, which will be reduced to 30 km after completing the works, including the Khelani Tunnel, on NH-244. Thus, constructing the Kapran Desa route might become redundant.

In conclusion, the government has chosen the Vailoo Singhpora route to connect the Valley to Kishtwar, and currently, there are no plans to connect the two regions via the Kapran Desa route. The future of this project lies in the hands of the government, but as of now, the Kapran Desa route remains a distant dream.

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

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## Summer Beverage Health Risks

The onset of the summer season brings about a surge in the sale of unhygienic and substandard cool drinks, fruit juices, and ice creams in most of the cities, posing significant health risks. Wayside vendors, eager to capitalize on the scorching sun, have encroached upon public spaces across busy areas, disregarding hygiene standards.

These vendors, operating without proper oversight, often sell juices made from rotten fruits and serve cool drinks in reused glasses without adequate cleaning. Food safety officers, has to initiate operations to address this issue by shutting down unauthorised juice shops which has found to be operating in unhygienic conditions. They should warn vendors

against selling artificially colored fruits like watermelons, mangoes etc., and emphasize the necessity of obtaining licenses for operating such shops. Most public health activists, underscores the health risks associated with consuming beverages prepared in unhygienic conditions, especially for children who are more susceptible to seasonal diseases during summer.

Overall, it's evident that unregulated vendors selling unhygienic beverages pose a significant health hazard to the public, and concerted efforts from both authorities and consumers are essential to address this issue effectively.

Vijay Kumar HK

# My Journey With Functional Neurological Disorder

Aijaz Ahmad Mir

There is no doubt that health is wealth. Without physical or mental well-being, a person cannot achieve their dreams and goals in life. Our abilities to strive for and achieve what lies in our hearts are greatly influenced by our health. Many individuals with disabilities aspire to have good health in order to pursue their dreams. Although some differently abled individuals have achieved exceptional feats, we cannot generalize these cases. Good health is extremely important for a fulfilling life. It allows us to experience and enjoy life more fully. In addition, good health is essential for living a satisfactory and high-quality life, and it positively affects our relationships with family, friends, peers, and the community as a whole.

Similar to physical health, mental health holds equal importance; in fact, I would argue that mental health is even more crucial than physical health. Indeed, there is a direct correlation between our mental and physical well-being. We can assert that mental well-being is synonymous with physical wellness. I am here to share my story about how I am managing to live with a neurological functional disorder. Conversion disorder, also known as functional neurologic disorder, is a syndrome that manifests neurological symptoms unrelated to any underlying neurological disease or medical condition. These symptoms may result in considerable discomfort and have the potential to impact one's ability to move or perceive sensory information. Uncertain neurological abnormalities or stress responses may potentially precipitate this condition.

A few years ago, I went for some work, and while walking, I experienced an imbalance. At first, I didn't think it was an imbalance, but when I started walking consciously, I noticed that I was becoming imbalanced. I also have an anxiety disorder, and while anxiety can contribute to FND (functional neurological disorder), it is not the sole reason. As I struggled with imbalance and difficulty walking, I began to feel anxious, and negative thoughts began to overwhelm me. I thought I might die, and it made me depressed. When I reached home, I told my mother about this incident. She advised me to remain calm, and I would be fine. It made me curious and anxious. I started searching on Google to see why I was experiencing imbalance and dizziness while walking. The search engine showed various reasons for imbalance and dizziness. These included anxiety, diabetes, heart problems, ear problems, brain problems, and vitamin deficiencies. I surmised that my mild ear issue might be the cause. I didn't believe that it could be due to anxiety. I have been going through anxiety for a long time, but I never felt imbalanced. That was why I rejected the anxiety and imbalance hypothesis in my case.

I initially thought that my imbalance and dizziness might be related to an ear



problem. To address this concern, I decided to visit an (ENT) doctor who recommended that I undergo pure-tone testing (PTT). The results showed a slight deafness in my left ear, but the doctor assured me that this wouldn't cause my balance issues or dizziness. He prescribed some vitamin medication, which I took. After a few days, I felt back to normal - my imbalance and dizziness disappeared, providing me with relief.

However, a year later, while I was attending university, I began experiencing the same problems again. I firmly believe that the significant stress I was under at university triggered this imbalance. I was dealing with high levels of anxiety and stress due to my academic responsibilities. In response, I sought a checkup at the university health center and explained my condition to the doctor. He recommended checking my blood pressure, as he suspected it might be a factor. The reading came back high, and I informed the doctor that I have an anxiety disorder. In turn, the doctor suggested that the elevated reading could potentially be a result of white coat hypertension. This is when stress during blood pressure checks causes certain individuals to experience elevated blood pressure levels. The added stress further increased my anxiety, leading to an abnormal blood pressure reading. I was concerned about the possibility of having a heart attack, stroke, or paralysis, but my main issue continued to be the imbalance and dizziness I experienced while walking. On the following day, I returned to the health center for another blood pressure check, and once again, it was high. The doctor prescribed blood pressure medication and anti-depressants, which I took for a few weeks. While my blood pressure came under control, I still experienced dizziness.

At that time, I was in Hyderabad, and I



**MY JOURNEY HAS TAUGHT ME THAT GOOD HEALTH, BOTH PHYSICAL AND MENTAL, is truly a cornerstone of a fulfilling life. With the right diagnosis and treatment, it is possible to manage even complex conditions."**

decided to consult a psychiatrist. I met him and told him my story. He prescribed me Fluvoxamine and Lorazepam. In the past, I used to take fluvoxamine whenever I was experiencing depression, and these medications helped to manage my symptoms. When I began taking Lorazepam, a medication prescribed for anxiety disorders, I experienced a temporary improvement in my dizziness for several days. However, the improvement in my movement imbalance was fleeting, lasting only a few days before it returned. Managing these conditions has consumed more than three months of my time. My condition did not improve, severely impacting my daily life, including my studies and social interactions. Finally, I decided to visit my home for some time and get treatment there for my problem.

I visited a high-profile psychiatrist and neurologist at my home in Kashmir. Both doctors prescribed anti-depressants and anti-anxiety medicines for me to take. However, none of these medications were effective in alleviating my depression, anxiety, or imbalance symptoms. One of the neurologists advised me to get an MRI, which I did and was normal. My brain structure was normal. The medicines they gave me didn't work well for me. For a long time, I was taking these medicines (anti-depressants, anti-anxiety, blood pressure, and vitamin supplements) and following up with the doctors as advised. But nothing worked for me. I'd been dealing with this mess for nearly a year. At one stage, I felt that I had become disabled and should apply for a disability certificate as early as possible to secure my future. However, I remained optimistic that there would be a treatment available for my disorder.

My father was really concerned about me. He decided to take me to Chandigarh for treatment. Before going to Chandigarh,

my father told me that first we should visit Dr. Sushil Razan, a reputed neurologist in Jammu. I was praying to God to show me the right path. After a long struggle, God finally revealed the right path to me. My father took me to Jammu to consult Dr. Sushil Razdan. I was confident that he could treat me well because there were a lot of success stories attached to him. When I entered the doctor's room and sat in the chair, I noticed that he was patiently and thoroughly checking his patients. I told him the whole story, and he saw all my previous prescriptions and tests. He instructed me to walk straight into the room, and as soon as I did, he noticed that I was becoming imbalanced. He told me that you have a "functional disorder," but your anxiety is making it worse. He prescribed me two medicines, namely 'Daxid (sertraline) and lshpazi 1, and told me to stop all of my previous medications. He advised me to follow up after one month and start taking this medication. I started taking medicines for four weeks in a row. But I found no improvement. However, in the fifth week before consulting a doctor, I experienced improvements in my anxiety, mood, and, above all, my dizziness. When I consulted the doctor online, I told him that just a few days ago, I realized improvements in my dizziness. He told me to take medicine for the next three months. Currently, I am under his care, taking medicines on a regular basis, and thanks to God, I am feeling much better. My physical health and mental health are in a stable state.

According to my experience, you can effectively manage your FND with the right diagnosis. Stress and anxiety were making my FND worse. But when I received the right treatment for my anxiety and stress, my FND improved to a great extent. Now I am feeling normal as usual. However, there are a few days when I experience FND reversal symptoms, mostly due to stress. But thankfully, it is under control most of the time. I would like to extend my gratitude to Dr. Sushil Razdan, who has diagnosed me well.

My journey has taught me that good health, both physical and mental, is truly a cornerstone of a fulfilling life. With the right diagnosis and treatment, it is possible to manage even complex conditions like Functional Neurological Disorder. While challenges remain, my experience has given me hope and a renewed appreciation for the importance of holistic health. I extend my deepest gratitude to Dr. Sushil Razdan for his expertise and care. As I continue on this path, I am reminded that with perseverance and proper support, we can overcome obstacles and lead vibrant, meaningful lives.

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

*Details mentioned here are strictly for information purposes only. We do not take responsibility for the medications mentioned. Please consult relevant doctors for treatment.*

## Boredom and Our Sense of Time

Nicolas Davidenko

Although we all experience boredom, the scientific study of boredom is relatively new. In fact, the first journal dedicated to this topic (the Journal of Boredom Studies) published its inaugural issue just last year. One of the things that makes boredom challenging to study is that it does not exactly fit the category of cognition or the category of emotion, but seems to involve a complex interaction between cognition and emotion. Although boredom is certainly task-dependent (you will be more likely to experience it in a waiting room as opposed to a theme park), it also depends critically on a person's state of mind and attitude. The same period of time can be experienced by one person as boredom and by another person as a relaxing time to think.

One of the most intuitive aspects of boredom is that time seems to pass slower when we are bored. A 15-minute period waiting in line may feel like an eternity if you are bored, but it might seem to pass by quickly if you are chatting with a friend. A study published by Joanna Witowska and colleagues published in 2020 established this link between boredom and time perception. In their study, participants spent 7.5 minutes alone in a closed room with no devices, not knowing how long they would have to wait. After 7.5 minutes, they reported their impressions of the waiting time and answered other questions about



their state of mind. The researchers found that the more bored participants reported being, the more they tended to think about time, and the slower time seemed to pass to them (although boredom did not correlate directly with partici-

pants' estimates of how much time had passed).

A new study by Corinna Martarelli and colleagues published in this month's issue of Cognition and Emotion sought to investigate a potential causal link between time perception and

boredom by testing whether manipulating time perception could lead to changes in boredom. Participants in the VR study visited three virtual waiting rooms where virtual clocks moved at different speeds. They spent exactly four minutes in each room, but in the "fast room" the virtual clock hand moved 20% faster than normal, in the "slow room" it moved 20% slower than normal, and in the "normal room" it moved at normal speed. After spending time in each waiting room, participants answered a series of questions, including ones about boredom, mind wandering, and the passage of time.

The researchers found that the subjective perception of time was highly correlated with boredom: states of higher boredom were associated with a subjective slowing down of time. However, they did not find the predicted relationships between the clock speed and time perception or boredom. Apparently, merely showing sped-up or slowed-down clocks may not be a sufficiently strong manipulation to alter time perception and related states of mind. Future studies that wish to investigate this causal link may need to use other approaches to manipulate time perception, such as the availability of internal sensations (e.g. one's heartbeat and breathing) that are thought to be involved in the perception of time.

*The article was originally published by Psychology Today*



From 2006 to 2012, hot nights resulted in two additional strokes per year in the study region, while from 2013 to 2020, there were 33 additional cases per year, the authors found

## Studies Link Stroke With Extreme Temperatures, Night-Time Heat

Press Trust Of India



About 34 lakh deaths from ischaemic stroke and 24 lakh deaths due to haemorrhagic stroke were examined, with the data being taken from the Multi-Country Multi-City Network, a global environmental health consorciu

**E**xtrême temperatures, both hot and cold, are associated with increased risks of death from stroke, with the link being stronger in low-income countries than high-income ones, new research has found.

The study, led by Harvard University, analysed deaths due to stroke reported between 1979 and 2019 across 522 cities in 25 countries. About 34 lakh deaths from ischaemic stroke and 24 lakh deaths due to haemorrhagic stroke were examined, with the data being taken from the Multi-Country Multi-City Network, a global environmental health consortium.

An ischaemic stroke occurs when clotting prevents blood from reaching the brain, while a haemorrhagic stroke happens when a blood vessel in the brain begins to bleed.

Researchers found that for every 1,000 ischaemic or haemorrhagic stroke deaths, about 11 were attributable to extreme cold or hot days. About 2.5 per cent of the coldest days were found to contribute to nine of the 11 excess deaths, whereas 2.5 per cent of the hottest days were found to contribute to the remaining two. The findings are published in the journal *Stroke*.

The researchers, however, acknowledged that the study was limited in its geographic scope in that rural settings and countries in South Asia, Africa, and the Middle East were under-represented.

In another study, published in the *European Heart Journal*, researchers found that night-time heat significantly raised the risk of stroke.

The researchers, including those from Augsburg University Hospital, Germany, collected data on around 11,000 strokes over 15 years in the region. Their analysis showed that extreme heat at night increases the risk of stroke



**Our results make it clear that adjustments in urban planning and the healthcare system are extremely important to reduce the risks posed by rising night-time temperatures**

by seven per cent.

"Elderly people and women are particularly at risk, and it is mainly strokes with mild symptoms that are diagnosed in clinics after hot nights," said the study's lead author, Cheng He.

"Our results make it clear that adjustments in urban planning and the healthcare system are extremely important to reduce the risks posed by rising night-time temperatures," he said.

The researchers also showed that the risk of stroke associated with high night-time temperatures increased significantly in the period 2013-2020, compared to the period 2006-2012.

From 2006 to 2012, hot nights resulted in two additional strokes per year in the study region, while from 2013 to 2020, there were 33 additional cases per year, the authors found.













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