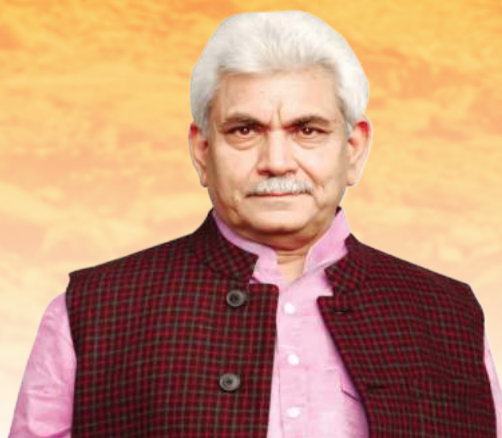


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Shri Amarnath Ji Yatra 2024

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DIPK-2009/24 Dated:27.06.2024



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Department of Information & Public Relations
Government of Jammu & Kashmir

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از نیابت پہاالن
 عنوان:- درخواست منجانب میراجہام وندیم اجہام پیران عبدالرحمان اجہام ساکنہ قادیان تحصیل پنڈن برادری OBC سرٹیفکیٹ بحق خود
 اشتہار ہر خاص و عام
 معاملہ مندرجہ عنوان صدر میں سالانہ ایک درخواست بغرض OBC سرٹیفکیٹ بذمہ اجہام پیران کی ہے جو کہ زیر کاروائی ہے اس بارے میں پڑاری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ سالانہ واقعی اجہام ذات سے تعلق رکھتی ہے اور سالانہ قادیان میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے سالانہ مذکورہ OBC سرٹیفکیٹ حاصل کرنے کا خواہاں ہوں تاکہ ذیل افراد پر مشتمل ہے
 عبدالرحمان اجہام ولد عبدالخالق دلچی و دیگر 55 سال
 راجہ پیران اجہام ولد عبدالرحمان 53 سال
 لطیف اجہام ولد۔۔۔ معزور 26 سال
 میراجہام اجہام ولد۔۔۔ زیر تعلیم 24 سال
 وندیم اجہام ولد۔۔۔ زیر تعلیم 19 سال
 جمیلہ بانو دختر۔۔۔ گھریلو کام 28 سال
 اس کے علاوہ اور کوئی افراد نہیں ہیں۔ کینیڈا ہمارے آمدنی 11641 روپے تک ہے۔
 سرٹیفکیٹ زریعت اجراء کرنے میں اگر کوئی عذر یا اعتراض ہو تو بعد مشہور اخبارات دن کے اندر اپنے مندرجہ اعتراض وادالت حذا کو پیش کریں۔ بعد گزرے میعاد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
 نام: نائب تحصیلدار FKO

ASF ENTERPRISES
 Sale and Services of Computers 2nd. Floor Munir Manzil Regal Chowk Srinagar (J&K) , Ph.0194-24 77949, 9419001176, 9419776235
 Sale and Sendee of Laptops. Desktops. Printers, Photocopiers. Faxes, ,CCTV Cameras, Security System and Refilling of all Types of Cartridges, Toner Registered Government order Suppliers.
از نیابت پہاالن
 عنوان:- اجرائی OBC سرٹیفکیٹ بحق منترہ نئی دختر غلام نبی اجہام ساکنہ تاپو واری پورہ تحصیل پنڈن
 اشتہار ہر خاص و عام
 معاملہ مندرجہ عنوان صدر میں سالانہ ایک درخواست بغرض OBC سرٹیفکیٹ بذمہ اجہام پیران کی ہے جو کہ زیر کاروائی ہے اس بارے میں پڑاری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ سالانہ واقعی اجہام ذات سے تعلق رکھتی ہے اور سالانہ تاپو واری پورہ میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے سالانہ مذکورہ OBC سرٹیفکیٹ حاصل کرنے کا خواہاں ہوں تاکہ ذیل افراد پر مشتمل ہے
 اجراء کرنے میں اگر کوئی عذر یا اعتراض ہو تو بعد مشہور اخبارات دن کے اندر اپنے مندرجہ اعتراض وادالت حذا کو پیش کریں۔ بعد گزرے میعاد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔
 نام: نائب تحصیلدار FKO

PUBLIC NOTICE
 My daughter's name in DATE OF BIRTH certificate has been wrongly written as HORAIN SHAFI D/O MOHD SHAFI BHAT R/O KREERI in Hospital record while her correct name is HOOR FATIMA D/O MOHD SHAFI BHAT which needs to be corrected ..if anybody has any objection in this regard he /she may file his/her objection in the (B MO) office /SDH kreeri within a period of seven days from the date publication of this notice After that no objection shall be entertained
 Name: MOHD SHAFI BHAT
 F/O: HOOR FATIMA
 R/O .KREERI TEHSIL..KREERI
 DOB...14/05/2019
 fko

Plant-Based Alternatives Healthy For Your Heart Than Meat: Study
 IANS
 Eating plant-based meat alternatives may have profound benefits against cardiovascular disease risk factors, such as cholesterol levels and blood pressure, according to a review of research published from 1970 to 2023.
 Plant-based meat alternatives are highly processed plant-based food products that typically replace meat in the diet.
 While there is substantial variability in the contents and nutritional profiles of these alternatives, the findings detailed in the Canadian Journal of Cardiology, showed that the nutritional profiles tend to reflect a heart-healthy dietary pattern.
 "While the plant-based meat market has experienced significant growth in recent years and more people are enjoying plant-based burgers, surprisingly little is known about how these meat alternatives may impact health and in particular cardiovascular disease risk," said lead author Matthew Nagra, from the University of British Columbia, Canada.
 "Thus, we sought to review the available literature on the topic to identify what is currently known and to provide direction for future research," he added.

NORTHERN RAILWAY
Corrigendum (4)
 Tender No. 25-2024-25-ADEN-II-ASR, Dt. 19.04.2024 which was opening on 27.06.2024 has now been extended & now tender will open on dated 29.07.2024. Closing Date of above tender may be read as 29.07.2024. No. 770-W/169/WA/FZR/2024-25/Corrigendum-IV 1927/2024
SERVING CUSTOMERS WITH A SMILE

Government of Jammu & Kashmir
Office Of The Zonal Education Officer Qazigund
 Email id: zeoqazigundsamagra@gmail.com
 Provisional engagement list of AAYA/Helpers under ECCE and objections thereof.

Government of Jammu & Kashmir
Health & Medical Education Department
Office Of The Principal
Government Medical College, Anantnag
 (Main Campus Dialgam, Anantnag (J&K 192210)
 Phone: 01932-227624 e-mail: gmcanantnag2018@gmail.com ragmca22@gmail.com

PUBLIC NOTICE
 I have lost my Provisional Cum Character Certificate issued by Govt Higher Secondary School Magam . Now I have applied for the duplicate of the same if anybody has any objection in this regard he/she may file his/her objection in the above mentioned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
 Mohd Amin Sheikh BMG
 S/o Jalal-Ud-Din Sheikh
 R/o Razwen Aqil Pora Tehsil Magam

PUBLIC NOTICE
 In pursuance to the Chief Education Officer Anantnag's No:CEO/A/Sms/97500-511/23 Dated: 19-01-2023 AAYA's/ Helpers stand sanctioned for the designated schools for operationalization of early childhood care and education. Accordingly this office vide No:01 of 2024 Dated:26-02-2024 invited applications from the eligible candidates. Now as per the standing norms of Samagra Shiksha following candidates have been provisionally engaged as AAYA/Helper subject to the production of their present resident proof by the concerned Block development OFFICER/EXECUTIVE Officer Municipality. J4s Such the objections/Claims if any shall reach this office within 07 days from the publication of this notice with documentary proof. No Objection shall be entertained after the cutoff date.

Advertisement Notice No: 05.GMCA (R&I) of 2024
 Dated: 27.06-2024
 Online applications are invited from eligible candidates (in- Service/Non-PSC doctors) for the tenure posts of Senior Residents/Tutor/Demonstrator on Academic Arrangement basis under S.O-364 of 2020 dated 27.11.2020 in the following disciplines initially for a period of one year extendable up to maximum of 3 years only, subject to good work and conduct of the candidate.

Provisional Engagement List

S.No	Name of Candidate	Parentage	Address	Qual	Other Category	D.O.B	School where Engaged
01	Sumi Jan	Showkat Ahmad Khan	Sransoo	8th	Widow	03-01-1988	PS Sransoo
02	Rifat Jan	Abdul Ahad Wagay	Guchan	10th	BPL	02-03-1998	PS Sransoo
03	Panvena Akhter	Manzoor Ahmad Lone	Wanpora Choimulla	10th	BPL	01-03-1986	GMS Qazigund
04	Mahmooda Akhter	Mohammad Rafiq Mir	Sadoora	10th	Widow	02-04-1979	GPS Sadoora
05	Munedah Mushtaq	Mushtaq Ahmad Shall	Nipora	10th	Orphan	02-12-1994	PS Donwani Nipora
06	Meenu Jan	Gh Qadir Khanday	Nipora	10th	Orphan	09-02-2001	PS Khanday Nipora
07	Shokey Jan	Ab Kabir Hajam	Vessu	12th	Orphan	08-12-1998	GMS Vessu
08	Shahaena Gull	Sajad Ahmad	Vessu	8th	Widow	17-01-1978	PS Nai Basti Vessu
09	Tawseefa Akhter	Ghulam Hassan Wani	Sheikh-pora Guchan	8th	Divorced	25-02-1996	MS Sheikh-pora Guchan
10	Masooda	Rafiq Ahmad Wani	Tanjiloo	8th	Widow	06-03-1980	MS Tanjiloo
12	Salma Akram	Mohammad Akram baht	Irote Danjan	8th	Orphan	05-03-1994	MS Sesman
12	Shubita Akhter	Nazir Ahmad Wain	Kungam	8th	Orphan	01-03-1991	PS Ganie Molialla Kurigam
13	Masratl Jan	Mohammad Jabar Ganie	Kurigam	12th	Divorced	11-04-1988	BMS Kurigam
14	Saima Rasool	Sajad Ahmad Ganie	Kishgund	10th	Widow	29-09-2992	PS Kishgund
15	Gagan Preet Kour	Manjeel Singh	Kulibagh	10th	Orphan	03-03-2002	MS Kulibagh
16	Shabnam Farooq	Farooq Ahmad Choo-han	Asthan Check Manzroh	8th	Divorced	02-05-1998	PS Asthan Check Manzroh
17	Rafiya Jan	Mumtaz Ahmad	Pranigam	9th	Orphan (Both)	15-07-1995	MS Pranigam
18	Afsana Nazir	Asif Hussain	Dawla-tabad Manzroh	8th	BPL	15-10-2000	PS Dawla-tabad
19	Ulfat Jan	NoorAlam Chechi	Manzmoh	8th	Oiphan	10-04-2001	MS Gujarnard
20	Muneera Akhter	Abdul Rahim Bhat	Gundijaffer	9th	Orphan	01-08-2000	MS Gundijaffer
21	Khushboo Jan	Mushtaq Ahmad Teeli	Kuchipora Levдора	10th	Orphan	06-04-2004	MS Kuchipora Levдора
22	Nasrean Jan	Mohd Shabir Kassana	Baker-wal Check Tanjiloo	8th	BPL	08-02-2004	MS Checki Bakerwal
23	NAYIMA Jan	Sajad Ahmad Deedr	Dingowari Manzroh	8th	BPL	10-11-2000	MS Dingowari
24	Shemena Akhter	Nazir Ahmad Khatana	Manzmoh	8th	BPL	01-01-1991	PS Khinard
25	Yasmina Jan	Mohamad Raqeeb Awan	Manzmoh	10th	Orphan	08-06-2003	MS Srimarg Manzroh
26	Nusrat Jan	Ab Rashid Wani	Nowgund	9th	Orphan	01-01-1986	PS Nowgund
27	Tasleema Bano	Mushtaq Ahmad Ganie	Taragam	8th	Widow	04-05-1980	GMC Sham-pora
28	Shahzada Aljter	Akaz Aj,ad [ARRAU	sRAMSPP Sjamjpra	12th	BPL	25-03-1989	GMC Sham-pora
29	Shahaena Akhter	Mohd Yaqoob Bhat	Nussu Badra-gund	9th	Widow	15-07-1983	GMS Sham-pora
30	Aali Bashir	Bashir Ahmad Mir	Wanpora Choimulla	10th	Orphan	13-03-1994	MS Choimulla

S. No.	Name of Discipline	Essential qualification
1.	Anatomy	MBBS/MSC (Medical (Anatomy & Biochemistry)) for non-medical persons from an institute duly recognised by National Medical Commission /University duly recognised by University Grants Commission.
2.	Biochemistry	MD/DNB /P.hD/D.Sc (Medical (Anatomy & Biochemistry)) MD (Anatomy, Biochemistry) Shall be given Preference.
3.	Paediatrics	MBBS with MS/MD/DNB/Diploma in the concerned discipline from an Institution recognised by National Medical Commission and registered with J&K State Medical Council.
4.	Forensic medicine	
5.	General Surgery	
6.	General Medicine	
7.	Chest Medicine	
8.	Anaesthesiology	
9.	Radiation Oncology	
10.	Pathology	
11.	Orthopaedics	
12.	Microbiology	
13.	Community Medicine	
14.	Ophthalmology	
15.	Obstetrics & Gynaecology	
16.	Dentistry	

Department Of Horticulture Kashmir
 Office of the Farm manager Advance Centre for Horticulture Dev. Rajbagh Srinagar
 Telephone/Fax: - 0194-2313280
 Email: - fmachdrabag@gmail.com

Re-Auction Notice
 In view of the poor response of bidders during the auction proceedings, the auction of the fruit crop of Advanced Centre for Horticulture Development Farm Rajbagh Srinagar could not be conducted today on 20.06.2024. In the backdrop of above, an open auction of fruit crop for the year 2024 in respect of the centre is rescheduled on 04.07.2024 at 11:00 am at ACHD Rajbagh Srinagar in presence of auction committee constituted by this office. All the interested parties / persons are informed to participate in the auction proceedings at the specified venue on the scheduled date & time with following terms and conditions.
 1. The interested bidder has to deposit earns Money worth RS:3000/- cash or CDR drawn on any scheduled bank of Kashmir Division and pledged in favour of Farm Manager Advanced Centre for Horticulture Development Rajbagh Srinagar. However, cheque as earned money shall not be accepted.
 2. The successful bidder will have to deposit the auction amount in one installment in the office of Farm Manager, Advanced Centre for Horticulture Development Rajbagh Srinagar along with notarized agreement within a week's time.
 3. The committee reserves the right to accept or reject the bids offered, without providing any reason thereof.
 For further details, please contact the office of the undersigned or Horticulture Development Officer ACHD Rajbagh Srinagar during the office hours.
 DIPK-1958/24
 DATED: 27-06-2024
 Sd/-
 Farm Manager,
 Adv. Centre for Horti. Dev.
 Rajbagh Srinagar

Signature of committee Members
 1. Ab Rehman Parry (Vice Chairman Committee)
 2. Mohd Rafiq Wani (Sr Member Committee)
 3. Mohd Yaqoob Malik (Member Committee)
 4. Farooq Ahmad (Sr Assnt.)
 DIPK-1948/24
 dated: 27-06-2024
 No: ZEO/Q/Sms/840/24
Zonal Educational Officer Qazigund

Candidates interested in applying for the said posts at Government Medical College, Anantnag can apply online from 27.06.2024 on www.gmcanantnag.net. The hard copy of the completed application forms accompanied with a non-refundable bank draft for Rs. 500/- (Rupees Five hundred only) pledged to Principal, Govt. Medical College Anantnag and payable at collection counter Anantnag, should be submitted in office of the Registrar Academics (R&I) GMC Anantnag by or before 10-07-2024. (The selection criteria will be adopted as per Government Order No. 382 & 383-JK(HME) of 2024 dated 20.06.2024.
Terms & Conditions:
 1. Incomplete application form(s) in any respect or not appended with relevant certificates shall be rejected without further notice.
 2. Conditions for PSC/Non-PSC candidates.
For in-service (PSC) candidates:
 i. In service (PSC confirmed) candidates shall be paid salary as per their LPC. The in-service doctors shall be eligible to participate in the selection process only after obtaining NOC from the competent authority and in terms of policy on the subject in vogue.
For Non-PSC candidates:-
 i. Maximum age for eligibility to apply shall be 50 years at the time of submitting application forms as per S.O-364 of 2020 dated 27.11.2020.
 ii. The Non PSC doctors shall be paid stipend as per S.O-364 of 2020 dated 27.11.2020.
 3. The application forms should be accompanied with the following self attested copies of the documents:-
 a) MBBS Degree certificate from a recognized University/Institution.
 b) Internship completion certificate.
 c) MD/MS/DNB/MDS/Diploma/MS/PhD/D.Sc qualification certificates of the respective speciality.
 d) MCI/J&K Medical Council Registration Certificate of MBBS and MD/MS/MDS/DNB/Diploma.
 e) JK State Dental Council Registration Certificate of BDS & MDS with fresh renewal.
 f) Date of Birth Certificate.
 g) Domestic Certificate.
 4. The Competent Authority reserves the right of any amendment, cancellation and modification to this advertisement as a whole or in part without assigning any reason or giving notice.
 5. Candidate may note that their candidature will remain provisional till the genuineness of their documents relating to educational qualification is verified by the appointing authority.
 6. Separate application along with requisite fee is to be filed for each post applied.
 7. In case any declaration by the candidates is found to be false or if the candidate has wilfully suppressed any material/information relevant to his/her appointment, his/her selection will be cancelled ab-initio and action as warranted under rules shall be initiated against the erring candidates.
 8. The selected candidates shall have to execute an agreement as mentioned in S.O-364 of 2020 dated 27.11.2020 and that he/she will not leave the Department before the completion of tenure (six months), however abandoning/terminating after six months of the engagement in the specialty will require one month prior notice on either side falling which the salary shall not be paid for one month to the incumbent and shall be released on completion of sanctioned term.
 9. The online application form should be accompanied with all the enclosures.
 No. GMCA/PD/R&I/Adv./SR/2024/883-890
 DIPK-1990/24
 Dated 27.06.2024
 Sd/-
 Prof. (Dr.) Rukhsana Najeeb
 Principal
 Govt. Medical College Anantnag

'Befitting Reply To Forces Of Unrest'

President Praises High Voter Turnout In J&K



Press Trust Of India

New Delhi: President Droupadi Murmu on Thursday highlighted the high voter turnout in Jammu and Kashmir in the Lok Sabha elections and said Kashmir has given a befitting reply to the enemies of India by breaking polling records of many decades.

Addressing a joint sitting of both Houses of Parliament after the constitution of the 18th

Lok Sabha, Murmu also said the Constitution has fully come into force in Jammu and Kashmir where things were different earlier due to Article 370.

Article 370, which accorded a special status to Jammu and Kashmir, was abrogated by the Centre on August 5, 2019, and the erstwhile state was divided into two union territories -- Jammu and Kashmir and Ladakh.

"A very heartening aspect of this election | More on P11

Slams Emergency, Praises EVMs

President Droupadi Murmu on Thursday addressed the joint session of both houses of Parliament after the constitution of the 18th Lok Sabha, where she spoke about a wide range of topics, including recent paper leak cases, higher voter turnout in Kashmir valley during recently held Lok Sabha polls, concerns over EVMs, India's agriculture and forthcoming budget. In her opening address | More on P11

ENEMIES OF INDIA CONTINUED TO SPREAD FALSE PROPAGANDA AT GLOBAL FORA, PROJECTING IT AS THE OPINION OF Jammu and Kashmir. But this time, the Kashmir Valley has given a befitting reply to every such element within the country and outside."

J&K Assembly Polls

Start Activities As Per ECI's Election Planner: CEO Tells DEOs

Observer News Service

Srinagar: In a significant development, Jammu & Kashmir's chief electoral officer has written to the district election officers (DEOs) to start the activities listed in the Election Commission of India's election planner for holding assembly polls in the Union Territory.

In a letter, the CEO has written to all 20 deputy commissioners, who also happen to be the district election officers, to begin the activities to be

undertaken as the "election planner" communicated by the ECI.

"As you are aware that the process of conducting elections to the Legislative Assembly of Jammu & Kashmir has been set in motion by Election Commission of India by issuing schedule for summary revision of electoral roll vide its letter No: 23/2024-ERS (vol. III) dated 20-06-2024. I am accordingly directing you to get started the activities envisaged in the election planner communicated by Election | More on P11

Commission of India by issuing schedule for summary revision of electoral roll vide its letter No: 23/2024-ERS (vol. III) dated 20-06-2024. I am accordingly directing you to get started the activities envisaged in the election planner communicated by Election | More on P11

Commission of India by issuing schedule for summary revision of electoral roll vide its letter No: 23/2024-ERS (vol. III) dated 20-06-2024. I am accordingly directing you to get started the activities envisaged in the election planner communicated by Election | More on P11

AMARNATH YATRA 2024

First Batch To Leave From Jammu Today



Jammu: Amid multi-tier security escort, the first batch of Amarnath pilgrims will depart for twin base camps in Kashmir from Jammu on Friday, marking the beginning of this year's pilgrimage from here.

The comprehensive arrangements, including three-tier security, area dominations, elaborate route deployment and checkpoints have been put in place for a smooth yatra.

The 52-day pilgrimage will commence from the twin tracks -- the traditional 48-km Nunwan-Pahalgam route in Anantnag and the 14-km shorter but steep Baltal route in Ganderbal -- on June 29. The yatra will conclude on August 19.

"The first batch of the yatra will leave Jammu base camp at Bhagwati Nagar for Kashmir at 0400 hours in the morning of Friday," a senior officer told PTI.

He said the yatra will be flagged off by Jammu and Kashmir Lieutenant Governor Manoj Sinha from Yatri Niwas amid high security arrangements.

"Traffic restrictions will be imposed on various routes from June 28 to August 19, with daily advisories issued to minimise inconvenience," he said, adding that cut-off timings have been fixed for each sector on the highway, which is monitored through CCTV surveillance. For this, over 3,000 tokens | More on P11

Pilgrims Are Brand Ambassadors Of J&K: LG



Observer News Service

Anantnag: Lieutenant Governor Manoj Sinha Thursday said that pilgrims are the brand ambassadors of Jammu and Kashmir. Sinha made these remarks while reviewing the preparations of Amarnath Yatra at a high-level meeting at

Pahalgam.

The LG discussed the deployment of police and security personnel, Doctors & nursing staff, duty officers, relief and rescue teams, and sanitation staff on the Yatra routes.

He directed for deputing dedicated officers who will look after | More on P11

Follow Cut-off Timings In Spirit: DGP

Jammu and Kashmir Director General of Police (DGP) R R Swain on Thursday said that comprehensive security measures are in place for the Amarnath Yatra. Speaking to reporters, DGP Swain said that a detailed security plan has been implemented, covering camp security, route security, and convoy | More on P11

Security Measures Beefed Up

Unprecedented security measures, including electronic surveillance along the entire yatra route and access control arrangements, have been made for the annual Amarnath yatra scheduled to begin on Saturday. A senior police official said the

security measures have been beefed up for this year's Amarnath yatra given the recent terror attacks in the Jammu region, including the one where a bus was carrying pilgrims to Shiv Khori Shrine. "We are not taking any chances as terrorists | More on P11

'Unethical & Immoral'

Ruhullah Urges Police Action On 'Public Drinking' By Tourists

Syed Mohammad Burhan

Srinagar: In a recent social media post, Aga Ruhullah Mehdi, Member of Parliament from Srinagar and leader of the National Conference, called on the administration to curb public drinking by tourists. This appeal came in response to multiple requests from users of the social media platform 'X' to address the issue.

The tipping point was a post by a user, who shared photos of individuals drinking alcohol and discarding a bottle into Dal Lake, sparking local outrage. Sahil described witnessing two people drinking in broad daylight and disposing of their bottles into the lake, prompting him to request immediate intervention and strict action from the Srinagar Police.

Sahil posted multiple pictures of the incident and urged



the newly elected MP to raise his voice over the issue.

Later, Ruhullah took to 'X' and urged the administration to act tough against these immoral activities. "Srinagar Administration & Police should immediately put a stop to these unethical activities. These incidents are surfacing frequently in Srinagar. Tourists drinking alcohol is not only unethical and immoral, it also

turns the drunken person into an unruly one. Therefore, not only for the religious sentiments and ethical values of the people of the place, these activities should also be strictly forbidden and stopped to prevent crime," Ruhullah tweeted.

Pertinently, locals say there has been an increase in public drinking by tourists which has irked the local populace.

Earlier this month, a viral video showing tourists consuming alcohol during a shikara ride led to backlash from political and religious leaders in Jammu and Kashmir. The video showed a group of people drinking alcohol during a boat ride on Dal Lake in Srinagar. A few days later, another group of tourists was caught drinking in an E-Rickshaw at Lal Chowk, with a video of this incident also going viral on | More on P11

PROSECUTION SANCTION AGAINST ROY, SHEIKH SHOWKAT

UN Human Rights Office Urges India To Drop Cases

Press Trust Of India

United Nations: The top UN human rights official on Thursday voiced concern over the use of anti-terror law in India to silence critics and urged authorities to drop cases against author Arundhati Roy over comments on Kashmir.

"#India: We are concerned by the use of #UAPA anti-terror law to silence critics. Repeat call for review of law & release of human rights defenders detained under it. Urge authorities to drop cases against" Arundhati Roy and Sheikh Showkat Hussain over comments on Kashmir," the UN Human Rights Office, led by High Commissioner Volker Turk, said in a post on X.

Earlier this month, Delhi Lt Governor V K Saxena accorded sanction to prosecute Roy and former Central University



of Kashmir professor Sheikh Showkat Hussain under the stringent Unlawful Activities (Prevention) Act for allegedly making provocative speeches at an event in 2010.

Roy, a Booker Prize-winning author, and Hussain had been named in an FIR registered on October 28, 2010. The two had allegedly made provocative speeches at a conference organised under the banner of 'Azadi - The Only Way' on October 21, 2010, in New Delhi.

Roy, 62, was | More on P11

DODA ENCOUNTER

Killing Of 3 Terrorists Big Success: DGP

Agencies

Jammu: Director General of Police (DGP) J&K R R Swain on Thursday hailed the recent operation in Sinno forests of Gundoh area of Doda district, where three hardcore terrorists were killed, as a "big success" for the security forces.

Speaking to media persons at Ramban, the DGP, according to the news agency—Kashmir News Observer (KNO) said, "This is a big success as we have already said that we will win this war. During this war, there are possibilities of loss to our side, but we are ready, people are ready, forces are ready, and J&K police is ready to defeat them. We have jointly defeated them earlier and we will do it again."

The search operation in the region is ongoing as police continue to receive information about the presence of more terrorists in the area, the | More on P11

NEET-UG CASE

SC Issues Notice To NTA Over OMR Sheets

Press Trust Of India

New Delhi: The Supreme Court on Thursday asked the National Testing Agency (NTA) to apprise it whether there is any time limit for raising grievances regarding the OMR sheets provided to the candidates who appeared in NEET-UG 2024.

A vacation bench of Justices Manoj Misra and SVN Bhatti, which issued notice to the NTA on a fresh plea filed by a private coaching centre and few NEET candidates, tagged the petition with the pending matters and listed it for hearing on July 8.

Senior advocate R Basant, appearing for the coaching institute and the candidates, submitted that a

few students, who have appeared for the examination, have not got the OMR sheets.

The bench at the outset pointed out to Basant as how can a private coaching institute file an Article 32 petition in the Supreme Court and what kind of fundamental rights of the institution are affected.

Counsel appearing for the NTA submitted that the OMR sheets have been uploaded on the website and given to the candidates.

The bench asked him whether there is any time limit for raising the grievance of OMR sheets.

The NTA counsel said that he needs to take instructions and sought listing of the petition | More on P11

KASHMIR'S DRUG CRISIS

Family Support Key To Beating Drug Addiction: Experts

Agencies

Srinagar: Amid the rising drug addiction cases, experts believe that family support is crucial in the journey to recovery. They said the role of the family can influence the success of rehabilitation efforts.

Ishrat Jan, a counsellor at an Addiction Treatment Facility (ATF), said that those struggling with drug addiction who receive consistent and compassionate support from their families are more likely to achieve and maintain sobriety.

"Emotional and psychological stability provided by family members can be pivotal for recovery. Knowing they are not alone and that their loved ones believe in their ability to change can be incredibly motivating for addicts," she said.

She acknowledged the challenges in overcoming drug



- » High Opioid Use
- » High Relapse Rates
- » Gender Disparity in treatment
- » Overcoming Stigma
- » Need For Societal Support

addiction but stressed that steadfast family support enhances the chances of successful recovery. However, Ishrat also noted a concerning trend—"Despite efforts, many addicts relapse due to social stigma and family criticism."

Jan said there is a need for

both familial and societal support for those seeking treatment to overcome drug abuse.

The Addiction Treatment Facility at DH Kulgam, established in August 2021, has treated approximately 1,950 patients to date and provided counselling to over 7,000. | More on P11

2-day Tourism Development Conclave Concludes

Observer News Service

Srinagar: Director Tourism Kashmir Raja Yaqoob said the government is targeting to promote offbeat tourist destinations of Kashmir in a sustainable manner.

While speaking to the media after the culmination of two-day Tourism Development Conclave at SKICC, Yaqoob said the event was aimed at promoting the tourism of Jammu and Kashmir at a massive level.

"The government is going to take some positive steps. The government is trying to promote offbeat destinations in a very sustainable manner. We will come out with a roadmap to promote some more offbeat destinations apart from Gulmarg and Pahalgam," he said.

He said they | More on P11

What President Murmu Said On India-Middle East-Europe Economic Corridor

Press Trust Of India

New Delhi: The India-Middle East-Europe Economic Corridor (IMEC) will prove to be one of the "biggest game-changers" of the 21st century, President Droupadi Murmu said in Parliament on Thursday.

She also said the global order is taking a "new shape" and that the government's efforts are re-



sulting in "Bharat" giving a new confidence to the world as a "Vishwa-Bandhu" (friend of the world). In her address to a joint sitting of the Parliament, Droupadi Murmu said India today is the first responder in any crisis and has become a strong voice of the Global South in view of its human-centric approach.

Outlining priorities of the Modi government in the foreign policy domain, the president said India is giving great emphasis on connectivity.

"Be it East Asia or Middle-East and Europe, my government is giving great emphasis on connectivity. It is India's vision that has given shape to the India Middle East Europe Economic Corridor," she said.

"This corridor will prove to be one of the biggest game-changers of the 21st century," Murmu added.

Billed as a pathbreaking initiative, the IMEC envisages a

vast road, railroad and shipping networks among Saudi Arabia, India, the United States and Europe with an aim to ensure integration among Asia, Middle East and West.

The IMEC initiative was affirmed on the sidelines of the G20 Summit in Delhi in September last year.

An agreement was signed by India, Saudi Arabia, the European Union, the United Arab Emirates (UAE), the US and some other G20 partners for the corridor.

"Today's India is known not for adding to the challenges the world is facing, but for providing solutions to the world. As a Vishwa-Bandhu, India has taken initiatives in providing solutions to many global problems," Droupadi Murmu said.

"We are providing various solutions for issues ranging from climate change to food security and from nutrition to sustainable agriculture," she said.

The president also delved into various aspects of India's foreign policy priorities.

"The global order is taking a new shape in this third decade of 21st century. Due to the efforts of my Government, Bharat is giving a new confidence to the world as a Vishwa-Bandhu," she said.

Murmu said India has been at the forefront in safeguarding humanity - be it the Corona crisis or an earthquake or a war, adding the way the world now views the country was evident during the G-7 summit held in Italy this month.

"India also brought the world together on various issues during her G-20 presidency. It was during India's presidency that the African Union was made a permanent member of the G-20," she said.

The president observed that the move strengthened the confidence of Africa and the entire Global South.



Israeli Troops Rush Into Gaza Neighbourhood, Order Palestinians To Go South

Agencies

Cairo: Israel rushed into a neighbourhood in Gaza City on Thursday, ordering Palestinians to move south as the tanks rolled in and bombing the southern city of Rafah in what it says are the final stages of an operation against Hamas operatives there.

Residents of the Shejaia neighbourhood in Gaza City said they were taken by surprise by the sound of tanks approaching and firing in the early afternoon, with drones also attacking after overnight bombing of the city, which Israel had combed early in the war.

"It sounded as if the war is restarting, a series of bombings that destroyed several houses in our area and shook the buildings," Mohammad Jamal, 25, a resident of Gaza City, told Reuters via a chat app.

Later on Thursday, the Palestinian Civil Emergency Service said the Israeli military strikes had killed at least seven people in Shejaia so far. More casualties are feared to be under the rubble where rescue teams cannot reach, it said.

Footage obtained by Reuters showed women, men and children carrying bags and food as they ran in the streets after the raid began. Some men carried injured children, some bleeding, in their arms as they fled.

"This is the (Israeli) occupation targeting us, as you can see. You can see the children, the targeting of children here," said a man carrying a bleeding

boy in his arms.

An Israeli military spokesperson said they had no comment on reports of casualties in Shejaia.

The armed wing of Hamas ally Islamic Jihad said it had detonated a pre-planted explosive device against an Israeli tank east of the district.

Israel accuses the operatives of hiding among civilians and says it warns displaced people to get out of the way of its operations against the fighters.

"For your safety, you must

Gaza City, and are being hunted by tanks and planes with no hope that this war is ever ending," Jamal said.

ANOTHER CHILD DIES OF MALNUTRITION

The death of another girl in Kamal Adwan Hospital late on Wednesday raised the number of children who have died of malnutrition and dehydration to at least 31, a Gaza health official said, adding that the war made recording such cases difficult.

Israel denies accusations it

"It sounded as if the war is restarting, a series of bombings that destroyed several houses in our area and shook the buildings"

evacuate immediately south on Salah al-Din Street to the humanitarian zone," army spokesperson Avichay Adraee posted on X in a call to residents and displaced people in Shejaia.

Residents and Hamas media said the tanks had moved in before the post and that people from the eastern suburb were running westward under fire as Israel had blocked the road south.

More than eight months into Israel's war on Gaza triggered by the Hamas-led cross border attack on Oct. 7, aid officials say the enclave remains at high risk of famine, with almost half a million people facing "catastrophic" food insecurity.

"We are being starved in

has created the famine conditions, blaming aid agencies for distribution problems and accusing Hamas of diverting aid, allegations the operatives deny.

In southern Gaza, drone footage on social media, which Reuters could not immediately authenticate, showed dozens of houses destroyed in parts of Rafah, with the Swedeya village on the western side of the city completely wiped out.

There was no immediate Israeli military comment on the military action.

International mediation backed by the U.S. has failed to yield a ceasefire agreement although talks are continuing amid intense Western pressure for Gaza to receive more aid.

No Court Relief To Imran Khan, Wife In "Un-Islamic" Marriage Case: Report

Agencies

Islamabad: A district and sessions court in Islamabad declined the pleas of former Pakistan Prime Minister Imran Khan, as well as his wife, Bushra Bibi, to suspend their seven-year sentences in the Iddat Case on Thursday, reported Dawn.

The verdict, which had been reserved on Tuesday was notably announced by Additional District and sessions judge (ADSJ) Afzal Majoka today.

Lawyers, women activists, and members of civil society all harshly condemned the Iddat conviction as a "blow to women's right to dignity and privacy."

The ruling had been met with protests in Islamabad by activists and criticism in Karachi by demonstrators who were against the "state's intrusion into people's private lives."

Prior to the general elections, on February 3, an Islamabad court condemned the couple to seven years in prison and fined them each PKR 500,000 for getting married during Bushra Bibi's Iddat period.

The couple was given 14 years in prison in the Toshakhana case, while Imran and his foreign minister, Shah Mahmood Qureshi, were given 10 years in prison in the Cypher case, the same week the verdict was rendered.



Imran and Qureshi were found not guilty in the Cypher case earlier this month, and the penalties in the Toshakhana case were suspended in April.

The case was previously being heard by District and Sessions Judge Shahrugh Arjumand, who had reserved the verdict in May.

On the day of the anticipated announcement, he requested that the matter be transferred, citing Maneka's plea to be removed from the appeals panel. The case was then moved to ADSJ Majoka.

Nonetheless, Bushra Bibi's attorney had petitioned the Islamabad High Court for her release on bond and a sentence suspension. In a related development, the sessions court was instructed by the Islamabad High Court to rule on the Pakistan Tehreek-e-Insaf (PTI) founder's and his wife's pleas within ten days.

3 Applicants Get Indian Citizenship Certificates Under CAA In Madhya Pradesh

Agencies

Bhopal: Madhya Pradesh government on Thursday granted Indian citizenship certificates to the first three applicants under Citizenship (Amendment) Act (CAA) 2019 in the state. Chief Minister Mohan Yadav physically handed over the Citizenship certificates to two Pakistani applicants Sameer Melwani (12) and Sanjana Melwani (18) and one Bangladeshi applicant Rakhi Das at Mantralaya in the state capital Bhopal. Mr Yadav welcomed the migrants to the state and also said that they would welcome other people coming to the state as well.

"I welcome them to Madhya Pradesh. We will welcome all the others also coming here. Today we are happy that two of the youths are becoming our citizens and one of the family from Bangladesh is becoming our citizen. You will get all the help and assessment from the administration and the government," he said.

Rakhi Das, one of the appli-

cants who received citizenship certificates, expressed her happiness on receiving the certificate. She came to Bhopal from Bangladesh eight years ago to study.

"It is a very good thing for me that I got Indian citizenship. From now on, I can take examinations, and can try for a government job here. I came here from Bangladesh to pursue a PhD. I am very very happy now," Ms Das said. She also talked about the challenges in Bangladesh saying there was a little problem for Hindu women and they did not get proper freedom to study and to do a job.

"Everything is fine in Bangladesh but there is a little problem for Hindu women. Actually, the freedom that I get here in India to study and for the job, I did not get that freedom in Bangladesh," she added. Sanjana Melwani, formerly a Pakistani national, currently residing in Bhopal, expressed gratitude towards Prime Minister Narendra Modi for receiving Indian citizenship.

Every Indian Over Age Of 70 To Get Free Healthcare Under Government Scheme

Press Trust Of India

New Delhi: Every Indian citizens aged above 70 years will be provided free treatment under the Ayushman Bharat health insurance scheme, President Droupadi Murmu said today.

The opening of 25,000 Jan Aushadhi Kendras in the country is also progressing at a fast pace, she said while addressing the joint sitting of Parliament.

The AB-PMJAY, the larg-

est publicly funded health insurance scheme in the world, aims to provide health cover of 5 lakh per family per year for secondary and tertiary care hospitalisation to 12 crore families.

Hospital Empanelment and Management (HEM) guidelines for empanelment of hospitals under AB-PMJAY mandates the State Health Agencies (SHAs) with the responsibility of empanelling hospitals under the scheme.

The AB-PMJAY, the larg-

Tourist Slips In Himachal River While Clicking Pictures, Gets Washed Away

Press Trust Of India

Manali (HP): A female tourist from Haryana was washed away after she slipped in the gushing waters of Parvati river while taking photographs near the riverbed at Katagala near Manikaran in Himachal Pradesh's Kullu district, police on Thursday said.

The incident occurred on Wednesday evening when the couple - Ajay and his wife Kavita - from Jhajjar in Haryana were taking photographs along the Parvati river around 6:30 pm, an eyewitness said.

The body of the woman was recovered on Thursday. Kavita slipped on the slippery stones on the riverbank and fell into the fast-flowing Parvati river. She was carried away by the strong currents despite rescue attempts.

The body of the woman, Kavita (31), was recovered during the rescue operation near Suma Ropa, about four kilometers from the spot where she fell, police said.

The woman's husband identified her body, they said. This is the third incident of tourists being drowned while clicking photographs in Kullu district in the past one month.

Earlier on June 3, two women tourists belonging to the same family were drowned in the Beas river near Manali as they slipped into the river while taking photographs.

In spite of various sign boards setup by the administration discouraging people from going to nearby rivers, the tourists are endangering their lives by taking selfies/photos near river banks, said officials.

"The incident occurred on Wednesday evening when the couple -- Ajay and his wife Kavita -- from Jhajjar in Haryana were taking photographs along the Parvati river around 6:30 pm, an eyewitness said."

Amartya Sen Says Lok Sabha Poll Results Show India Not 'Hindu Rashtra'

Kolkata: Nobel laureate Amartya Sen on Wednesday asserted the recent Lok Sabha poll results point to the fact that India is not a 'Hindu Rashtra'.

Mr Sen, who arrived in Kolkata from the US in the evening, also expressed displeasure over the "continuation" of putting people behind bars "without trial" even under new dispensation.

"That India is not a 'Hindu Rashtra' only has been reflected in the election results," Mr Sen told a Bengali news channel at the Netaji Subhas Chandra Bose International Airport here.

"We always hope to see a change after every election. Some of what happened ear-



lier (during the BJP-led central government) like putting people behind bars without trial, and widening the gap between the rich and poor, are still continuing. That must stop," he said.

The eminent economist said there is a need to be politically open-minded, especially when India is a secular country with a secular Constitution.

"I do not think the idea of turning India into a 'Hindu

Rashtra' is appropriate," Mr Sen, 90, said.

He was also of the opinion that the new Union cabinet is "a copy of the earlier one".

"The ministers continue to hold similar portfolios. Despite a slight reshuffle, the politically powerful are still powerful," he said.

Mr Sen recalled that during his childhood when India was under the British rule, people were jailed without any trial.

"When I was young, many of my uncles and cousins were put in jail without trial. We had hoped that India would be free from this. Congress is also to blame for the fact that this did not stop. They didn't change it... But, this is more in practice under the present government," the Nobel laureate said.

Another NEET Aspirant Dies By Suicide In Kota, 12th Such Case This Year

Kota: A 17-year-old medical aspirant allegedly died by suicide in his rented accommodation in Rajasthan's Kota, police said on Thursday.

This is the twelfth case of suspected suicide by a coaching student in Kota since January. The number of student suicides in Kota stood at 26 in 2023.

Bihar native Hrishit Kumar Agrawal, a student of Class 12, was preparing for NEET (National Eligibility cum Entrance Test) at a coaching institute here, Dada-bari Assistant Sub-Inspector (ASI) Shambhu Dayal said.

He lived in a rented room in a building in Chota Chaurahin Dada-bari area where some other coaching students also resided, he said.

Delivery Man Stages Robbery With Siblings to Repay Motorcycle Loan In UP

New Delhi: A 24-year-old delivery person was arrested along with his siblings for allegedly staging his own robbery to repay a loan for his newly purchased motorcycle, police said on Thursday.

The accused were identified as Sonu Kumar, Jai Kumar (26) and Vikas (19), all residents of Ghaziabad in Uttar Pradesh, police said.

The incident occurred on June 23, around 2.50 pm when the police received a PCR call at the Shaheen Bagh police station from Sonu, working as a delivery person for an e-commerce company. He informed the police that he had been robbed at gunpoint of the money he had received while delivering parcels, Deputy Commissioner of Police (southeast) Rajesh Deo said.

"During the examination, the complainant stated that at around 2.30 pm, when he was en route to deliver a product at Shaheen Bagh, suddenly two unknown persons on a motorcycle, showed him a pis-

tol and robbed him of ₹7,000, which he had received in lieu of delivering parcels," the DCP said.

On Sonu's complaint, the police registered an FIR under sections 392 (robbery) and 34 (common intention) of the Indian Penal Code and an investigation was initiated, he said.

During the investigation, the police examined the CCTV footage and found the registration number of the vehicle used to commit the crime. Upon checking, they found that the vehicle was registered under the name of Jai Kumar, he added.

They also found that the father's name and address mentioned in the details of Jai Kumar and Sonu Kumar were the same, Deo said.

"The complainant was thoroughly interrogated. During the interrogation, he disclosed that Jai Kumar was Sonu's elder brother. He confessed that he planned the robbery with his brother Jai and cousin Vikas. The team further nabbed Jai and Vikas," DCP Deo said.

NEWS MAKERS

Dalgate Bridge Connecting Old City Opens For Public



Majid Nabi

SRINAGAR: The much-anticipated Dalgate Bridge which connects Boulevard Road with the old city was officially thrown open to the public on Thursday, officials said.

The construction of the bridge, which according to the officials was demolished a few years ago, considering safety concerns of the general public, was built earlier than expected.

People living in the vicinity expressed their gratitude to the authorities for fulfilling their long pending demand, saying the regular traffic bottlenecks in the area had made their lives difficult.

"We express our gratitude to the administration for finishing the bridge's construction ahead of schedule. Over the years, the construction work continued for several years. We may now breathe a sigh of

relief that it is finished," locals told *Kashmir Observer*.

Macadamization of the bridge was completed a day earlier and the traffic on the bridge began to flow this morning, according to officials of the Roads and Buildings Department (R&B).

Over the years, residents and commuters frequently voiced their dissatisfaction with the sluggish pace of construction on this vital link. However, the mood was markedly different today.

Speaking to *Kashmir Observer*, the chief engineer R&B department, Sajad Naqeeb said that he personally oversaw the work and had directed AEE concerned to speed up construction.

"Dalgate Bridge was finally opened to the public, and we hope other under construction bridges in Srinagar, including Noorbagh-Qamarwari Bridge, will be completed by August end or early September this year," Naqeeb added.

Bemina Bypass Flyover Opens For Public

SRINAGAR: The much-anticipated Bemina bypass flyover has been opened for the public, marking a significant milestone in the region's infrastructure development. The first vehicle passed through the newly constructed flyover, providing immediate relief to commuters in Srinagar.

Confirming the development, executive

engineer of the bypass division of Roads and Buildings department, Ashaq Ahmad told news agency—KNO that the first vehicle passed through the flyover, as it is open to the public now.

"The completion of this project is expected to ease traffic congestion and improve connectivity in the area," Ashaq said.

Srinagar To Have Water Transport Within Next 3-4 Months: CEO SSCL

Observer News Service

SRINAGAR: The summer capital of Jammu and Kashmir, Srinagar, will likely see a return of water transport within three to four months, according to the officials of Srinagar Smart City Limited (SSCL).

The flagship project under SSCL aims to provide an alternate mode of public transport in Srinagar City and revive water transport after three decades.

The Chief Executive Officer (CEO) of SSCL, Owais Ahmad, told news agency—KNO that the project is in the last stage of its tendering process and would take at least three to four months to complete.

"On completion of the tendering process, we will finally be able to procure modern motorized boats and other equipment to start the water transport on selected routes," he said.

"Initially, we will procure 25 boats from the successful bidder and start the water transport facility from River Jhelum and Dal Lake in the

first phase," he said.

The CEO further said the administration had already finalized at least 13 routes in Srinagar City that would be covered under the water transport project. He said the prestigious project will revive the past glory of water bodies in Kashmir.

"After Jhelum River and Dal Lake, the project will cover other water bodies like Gilsar Lake," he added.

The water transport services were earlier anticipated to start in March, as announced by the Divisional Commissioner, Kashmir Vijay Kumar Bidhuri, in January. However, due to some roadblocks, the services couldn't be started.

Houseboat owners along the river Jhelum had several concerns for the safety of their livelihoods. They also demanded the rehabilitation of houseboats to safer locations before the inauguration of water transport.

Pertinently, boats were a popular mode of transport in Kashmir until the 1970s.



TOURISTS AND LOCALS ALIKE take pleasure in the Royal Horse Cart on trendy Boulevard Road, an endeavor to revive ancient means of transportation in Kashmir.

KO PHOTO, ABID BHAT

BAZAR MASJID BLAZE

Jamiat-Ahle-Hadees Alleges Conspiracy, Seek Impartial Probe

Majid Nabi

SRINAGAR: Alluding to a plot by those with vested interests, Jamiat-Ahle-Hadees J&K has sought an impartial probe into the devastating fire incident at Bohri Kadal area of the old city that left property worth crores destroyed.

The religious organization claimed that the fire broke out at the female compartment of Bazar Masjid, which quickly spread to surrounding structures, damaging property worth crores.

"On Monday at about 3:30 pm, I heard a noise and noticed smoke emanating from the mosque in the aftermath. When I went to enquire, I could not see anything due to smoke, all I could see was raging flames. It seems like some combustible substance was sprinkled in the female compartment," Bazar Masjid office bearers told the media.

As an apolitical organization, Jamiat-Ahle-Hadees offers free education to kids who want to acquire Islamiyat, he informed, promising to assist an impartial probe into the devastating blaze.

Members said that the Bazar Masjid that was completely destroyed in the blaze, was built some eighty years ago and the then Mirwaiz Kashmir, Molvi Ahmadullah tasked Ghulam Nabi Mubarki to deliver Friday sermons there.

"The fire broke out at the female compartment of the mosque and there were no LPG cylinders nearby. While we are grateful to Allah that the children attending the seminary are safe, we also feel sorry for those poor individuals who have lost their shelters," they added.

It's worth mentioning that historic Bazar Masjid, around a dozen residential structures and as many shops were gutted in the aftermath of the devastating blaze that fire broke out on Monday.

"We request that a thorough inquiry be ordered into the incident that



Abid Bhat/KO

Congregational Friday Prayers To Be Held As Per Schedule

SRINAGAR: As a remarkable display of resilience and unwavering faith, people in Bohri Kadal in Srinagar are set to gather for Friday prayers at the historic Bazar Masjid tomorrow days after a devastating fire ravaged the area.

The fire, which occurred on June 24, caused extensive damage to the historic mosque, two shopping complexes and over a dozen residential houses, leaving the community in disarray.

Despite the extensive damage, the spirit of the community remains unbroken. Maulana Peer Rehmatullah speaking to the news agency—KNO, confirmed that the Bazar Masjid will host Friday prayers as per scheduled.

"Insha Allah, Friday namaz will be offered at Bazar Masjid tomorrow as the cleaning drive is underway," he said.

The Bazar Masjid, a cornerstone of

spiritual life in Bohri Kadal, has been swiftly cleaned and prepared to welcome worshippers.

"The khutbah will start at 12:15 PM and the namaz will commence at 1:15 PM," Moulana Peer Rehmatullah added, highlighting the determined efforts to restore their place of worship in time for the congregational Friday prayers.

Patiently, the commitment to maintaining religious practices amid the destruction underscores the community's resilience. The reopening of the mosque amidst the charred remnants of the fire is a powerful testament to the community's unyielding faith.

Volunteers and residents have come together in solidarity, working tirelessly to clean and repair the mosque, demonstrating their commitment to their faith and each other.

resulted in the mosque fire, which quickly spread to other buildings in the crowded area. We would be grateful to the administration if the origin of this mysterious blaze is determined and those found to be involved are

brought to justice," they said.

They added that a similar tragedy occurred at Bazar Masjid in November last year and that they are astonished by another incident of such a catastrophic nature.

'International Day Against Drug Abuse & Illicit Trafficking'

Srinagar Admin Organizes Seminar At IMHANS

Observer News Service

SRINAGAR: On the eve of 'International Day against Drug Abuse and Illicit Trafficking,' the District Administration Srinagar organized an awareness program at Institute of Mental Health and Neurosciences (IMHANS) under the theme 'Evidence is Clear: Invest in Prevention.'

Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat was the chief guest on the occasion.

Besides, Prof. Dr Mohammad Maqbool, HOD IMHANS; Chief Education Officer, Abdul Hameed Fani; District Social Welfare Officer, Srinagar, Dr Mukhtar Ahmad; the program was attended by staff and students of the Institute, Experts from Kashmir University and other concerned Departments.

Addressing the function, the DC



said that the observance of this day is aimed to raise awareness about the threat that illicit drugs pose to the society at large.

He said the main focus of organizing today's event is to spread awareness among the masses

particularly in youth about ill effects of drug abuse and further measures required to achieve the goal of Drugs Free J&K.

The DC underscored the stringent action being taken against the illicit trafficking of drugs and

its peddlers. He said the District Administration has adopted a zero tolerance policy against drug peddling.

He also highlighted the measures taken by the District Administration in imposing greater deterrence to combat dangerous trade of drug-trafficking in Srinagar.

While emphasizing the need of conducting mass awareness programs and contribution of society at large in curbing the menace of substance/ drug abuse, Dr Bilal urged the young participants to work actively and extend their support to Administration in containing the drug peddling and break the supply chain so that timely action against the culprits involved in the hazardous trade of drugs is taken to make Srinagar a Drugs Free District.

He also urged youth of the Dis-

trict to join hands in fight against drug abuse to safeguard our present and future generations

During his speech, the DC spoke of Addiction Treatment Facility (ATF) Centre's established in the District to fight against drug menace and mitigate the sufferings of the persons struggling with addiction through proper counseling and rehabilitation measures.

He also said that the victims are also being provided treatment facilities at IMHANS, at SMHS and Kathi Darwaza Badamwari besides being taken care through Tele-Counseling facilities from the Administration.

Moreover, awareness programs and various theme based activities were also organized by different departments in their respective institutions across the District.

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092, 2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488, 2452222, 2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS

SHIEKH UL ALAM AIRPORT: 01942303311

RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJBERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

HIGHWAY STATUS

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



HIJRI CALENDAR
21 Zil-Hajj
1445

PRAYERS

FAJR	3:35
ZUHR	12:32
ASR	5:32
Magrib	7:48
ISHA	9:30

This Day In History

- 1307 - Külüg Khan is enthroned as Emperor of China and seventh Great Khan after defeating rival factions and succeeding his uncle Temür Khan
- 1529 - Battle of Landriano: Imperial-Spanish forces under Don Antonio de Leyva, Duke of Terranova, beat a French army under Francis de Bourbon, Comte de St. Pol
- 1547 - Great fire in Moscow, 2-3,000 killed
- 1572 - Garrison under Adrian of Swieten conquers Gouda
- 1582 - The Incident at Honn-ji takes place in Kyoto, Japan
- 1607 - 1st Protestant Episcopal parish in America established at Jamestown
- 1661 - Treaty of Kardis: Russia & Sweden sign peace treaty
- 1768 - 1st US bachelor of medicine degree (Dr John Archer) Agreement Constitution of the United States
- 1824 - Greek War of Independence: Egyptian forces capture Psara in the Aegean Sea.
- 1826 - Maniots defeat Egyptians under Ibrahim Pasha in the Battle of Vergas.
- 1834 - American inventor and businessman Cyrus Hall McCormick patents the reaping machine
- 1849 - Battle at Waghausel: Prussian troops beat Baden rebels
- 1904 - The US Republican Party nominates Theodore Roosevelt for President, but not without opposition from those whom he calls 'malefactors of great wealth'
- 1907 - E W Scripps founded United Press
- 1921 - The UK, the Dominions, and India, become the British Commonwealth of Nations
- 1940 - The first successful west-to-east navigation of Northwest Passage begins at Vancouver, British Columbia.
- 1941 - 2nd French troops occupies Damascus Syria
- 1945 - US defeat Japanese forces on Okinawa during WW II
- 1948 - 1st stored computer program run, on Manchester Mark I
- 1956 - Anti-protons detected in the atmosphere
- 1975 - Soyuz 19 returns to Earth
- 1985 - American, Brazilian & West German forensic pathologists confirm skeletal remains exhumed in Brazil were Nazi Dr Josef Mengele
- 1993 - English mathematician Andrew Wiles proves last theorem of Fermat
- 1993 - STS-57 (Endeavour) launches into orbit
- 2000 - Section 28 (outlawing the 'promotion' of homosexuality in the United Kingdom) is repealed in Scotland with a 99 to 17 vote.
- 2001 - Total solar eclipse in Madagascar-Indian Ocean (4m56s)
- 2001 - A federal grand jury in Alexandria, Virginia, indicts 13 Saudis and a Lebanese in the 1996 bombing of the Khobar Towers in Saudi Arabia that killed 19 American servicemen.
- 2004 - SpaceShipOne becomes the first privately funded spaceplane to achieve spaceflight.
- 2006 - Pluto's newly discovered moons are officially named Nix & Hydra.
- 2013 - 15 people are killed and 20 are injured after a suicide bomber attacks a mosque in Peshawar, Pakistan
- 2015 - Hackers ground 1400 passengers by attacking IT system at Warsaw Chopin airport in Poland
- 2015 - 94 people die & 45 are hospitalized after drinking moonshine in Mumbai, India.
- 2015 - Hackers ground 1400 passengers by attacking IT system at Warsaw Chopin airport in Poland
- 2018 - New Zealand Prime Minister Jacinda Arden becomes the second world leader to give birth in office, to a daughter
- 2018 - Sara Netanyahu, wife of Israeli Prime Minister Benjamin Netanyahu, is charged with fraud
- 2020 - New archaeological discovery announced near Stonehenge of a large circle of shafts surrounding a village 2500 BC, largest prehistoric structure in Britain
- 2020 - Saudi Arabia bans international visitors from making the Islamic Hajj pilgrimage in 2020 due to COVID-19
- 2020 - WHO records a new record number of new daily cases of COVID-19 - 183,020, with 116,000 coming from North and South America
- 2021 - Colombia's COVID-19 recorded death toll passes 100,000, the tenth country in the world to do so
- 2021 - New Zealand weightlifter Laurel Hubbard is the first openly transgender athlete to be selected for the Olympics
- 2021 - Swedish government of Prime Minister Stefan Lofven toppled after a no confidence vote for the first time in Swedish history

KASHMIR OBSERVER®
Friday | 28-06-2024

Assembly Polls Now

President Droupadi Murmu's address to the joint session of Parliament highlighted a significant milestone for Jammu and Kashmir: the record-breaking voter turnout in the Lok Sabha elections. Srinagar saw a 38.49% turnout, Baramulla recorded 59.1%, and Anantnag-Rajouri 53%. These figures are not merely statistics but symbolize a profound shift in Kashmir over the past some years.

For years, low voter turnout in Jammu and Kashmir was a grim reflection of the region's turmoil. The latest turnout figures, however, signify a departure from this trend, reflecting a desire for political representation.

The contentious abrogation of Article 370 on August 5, 2019, brought about a disruptive change in J&K. The erstwhile state was bifurcated into two union territories – Jammu and Kashmir, and Ladakh. This political restructuring was aimed at integrating the region more closely with the rest of India, ensuring that the Constitution of India is fully applicable to these areas. While this move was met with mixed reactions, the recent voter turnout indicates a willingness to engage with the new political framework, if not its acceptance.

However, the remarkable voter turnout in the Lok Sabha elections also raises a pertinent question: why not capitalize on this momentum by immediately holding assembly elections in Jammu and Kashmir? The enthusiasm and participation displayed by the electorate suggest that the people look forward to a more localized and representative governance structure. Assembly elections would empower the residents of Jammu and Kashmir to elect a government that can address regional issues more effectively and grant a sense of ownership and agency to people.

The central government, in light of this overwhelming participation, should expedite the process of conducting assembly elections in Jammu and Kashmir. This would not only be a logical progression following the successful Lok Sabha polls but also a reaffirmation of India's commitment to democratic principles. Assembly elections would lead to a local government, which can then work towards addressing the unique challenges faced by the region.

Also, holding assembly elections would be a significant step towards normalizing the political environment in Jammu and Kashmir. This would not only strengthen democratic institutions in the region but also honor the aspirations of the people of Jammu and Kashmir for a more participatory and representative governance. Kashmir has been without an elected government since 2018 when the PDP-BJP coalition government fell after the BJP withdrew support. It is time that that J&K has one.

Coalition With The Economy

It's not always the case that a single-party government is beneficial to the economy.

Atanu Biswas

The fundamental dilemma of political economy that "forces us to ask what form of political system is required so that a viable, private market economy is a stable policy choice of that political system" was postulated by Stanford professor Barry R Weingast in 1995. In response, in his 2010 book *Coalition Politics and Economic Development: Credibility and the Strength of Weak Governments*, economist Irfan Nooruddin contested the conventional wisdom that coalition governments obstruct necessary policy reform in developing nations. According to a novel argument put forth by Nooruddin, institutionalising deadlock actually promotes economic growth by stabilising investor expectations and lowering policy unpredictability. The claim was supported by company surveys, case studies, and national economic data.

How about India? Following the Lok Sabha elections, which saw the return of a coalition government to power after a 10-year hiatus, the debate about potential economic advancement under coalition regimes gained relevance.

It's interesting to note that there is no clear correlation between coalition governments and GDP growth. The Congress-led United Progressive Alliance (UPA) government oversaw an average of 6.8% GDP growth in India during 2004-14. Interestingly, GDP increased at an average rate of 6.9% during the first five years of the UPA-I, when Congress held a meagre 145 seats in the Lok Sabha. The GDP, however, expanded at a slower rate of 6.7% during the UPA-II government of 2009-14, despite the Congress gaining 206 seats in the Lok Sabha.

The GDP increased at a pace of 6% during 2014-24 under the Modi regime. Excluding 2020-21, the pandemic's initial year, in which a strict lockdown resulted in a 5.8% drop, GDP growth during the Modi administration was 7.3% over a nine-year span.

In the two years that Morarji Desai's cabinet was in power, during 1977-79, GDP increased at a pace of 6.5%. During the precarious coalition politics of 1989-2004, the growth rate was 5.6%, although on average during Vajpayee's six-year premiership, it was slightly higher at 5.8%. On the other hand, in the 15 years of Congress's one-party rule preceding the Desai government, the GDP grew at a rate of only 3.8%. According to expert evaluations, coalition governments have generally been successful in promoting economic growth, but have had some difficulty reigning in inflation. However, one must remember that a nation's economy is influenced by a wide range of variables, including the state of the world economy and politics.

Importantly, the revolutionary and unquestionably daring policy decisions made by various coalition governments throughout the 25-year period from 1989 to 2014 significantly



It's interesting to note that there is no clear correlation between coalition governments and GDP growth. The Congress-led United Progressive Alliance (UPA) government oversaw an average of 6.8% GDP growth in India during 2004-14. Interestingly, GDP increased at an average rate of 6.9% during the first five years of the UPA-I, when Congress held a meagre 145 seats in the Lok Sabha

ly altered the nation's social and economic landscape. The government of PV Narasimha Rao, which was not only a coalition but also a minority one, would invariably be the prime example. It brought a plethora of reforms, like doing away with centralised planning and abolishing the licence-permit raj to allow the Indian economy to compete globally. It brought about market-oriented economics and privatisation. Reforms were actually required in the wake of the significant spike in oil prices in August 1990, which left India facing an untenable balance of payments position, depleted foreign exchange reserves, and massive capital outflows, thus increasing the likelihood of default. During this administration, India also joined the World Trade Organization.

Then finance minister P Chidambaram introduced a "Dream Budget" in 1996-97 during the brief HD Deve Gowda regime, which proposed reducing income tax rates, corporate taxes, and customs charges as well as eliminating the corporation tax surcharge. Chidambaram's Voluntary Disclosure of Income Scheme was intended to curb black money, but it also gradually widened the tax base and raised tax buoyancy.

To privatise failing public sector organisations, the government of Atal Bihari Vajpayee established the department of divestment. When Vajpayee's government pushed to buy a 20% share of Sakhalin-I oil and gas reserves in far-east Russia in 2001, India made the single largest foreign investment. In order to maintain fiscal rectitude, the government also drafted the Fiscal Responsibility and Budget Management law. Additionally, it introduced the New Telecom Policy by switching from fixed licence payments to a revenue-sharing model for telecom companies. Through the PM Gramin Sadak Yojana, this administration concentrated on improving connections and infrastructure in rural areas. It also introduced the Information Technology

Act of 2000, which laid the groundwork for India's current status as a thriving e-commerce powerhouse.

The Right to Food initiative by Manmohan Singh's UPA-I government was aimed at ensuring that no Indian would go hungry. The Mahatma Gandhi National Rural Employment Guarantee Act, introduced by the UPA, gave the rural poor minimum employment. The Singh government began developing Aadhaar, goods and services tax (GST), and direct benefit transfers. In actuality, value added tax was a precursor to GST. The farmer loan of Rs 65,000 crore was waived by this government. Singh's government also deregulated fuel prices.

Therefore, as argued in Nooruddin's book, it's not always the case that a single-party government is beneficial to the economy and that a coalition government will result in policy paralysis. In fact, the 1991 Indian economic crisis is frequently attributed to the Rajiv Gandhi government of 1984-89 as its primary cause. Thus, I don't see reforms like Made in India or the explosive rate of infrastructural growth stalling under today's compulsive coalition government. However, some politically sensitive measures may find it difficult to pass. Furthermore, as multiple stakeholders are engaged in a decision-making process, any reform like GST and demonetisation as well as their modus operandi may also require extensive negotiations. However, with a coalition government, it's unavoidable.

Moreover, the huge consumer market in the world's most populated country would invariably continue to draw big-name investors like Tim Cook, Bill Gates, and Elon Musk. The economy would continue to boom.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The article was originally published by Financial Express



Why Paying Brokerage is a Good Investment

Did you know?

Irshad Mushtaq

Paying brokerage fees is an investment in quality service, earning potential, and portfolio consultancy leads to more mentorship, service and support rather than saving small amounts on brokerage fees.

In the world of investments, many people aim to save as much money as possible by cutting costs wherever they can. However, did you know that paying brokerage fees is actually an investment in quality service, earning potential, and portfolio consultancy?

Having a mentor to guide your investments and provide disciplined advice can lead to long-term profits. While it may seem tempting to opt for the lowest possible brokerage fees, the overall quality of service and support that a reputable brokerage firm offers is worth the investment.

Imagine having access to a team of experienced professionals who can provide expert advice, help you navigate market trends, and tailor investment strategies to suit your specific goals and risk tolerance. This level of personalized service can make all the difference in the success of your investments.

Furthermore, paying brokerage fees can actually lead to higher earning potential in the long run. By working with a mentor who can identify lucrative opportunities and help you make informed decisions, you can maximize your returns and build a strong, diversified portfolio.

In addition to the financial benefits, having a mentor to guide your investments can provide peace of mind and confidence in your decision-making. Knowing that you have a trusted advisor by your side can help you stay disciplined and focused on your long-term goals, even in the face of market volatility.

Ultimately, investing in quality service and support through brokerage fees is an investment in your financial future. By prioritizing the overall quality of service over saving small amounts on fees, you can set yourself up for success and achieve your investment objectives with the help of a knowledgeable mentor.

Learn from the insights of writer and investor, founder of MI Securities and Business Partner at Sharekhan! Reach out to him at Irshad@bp.sharekhan.com for valuable knowledge on financial matters



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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Global bird population on the decline

Birds today are steadily facing a decline in their population due to various factors such as exposed electrical wires, mobile towers, and poor management by the concerned authorities in several parts of the world.

In India, one of the primary reasons for bird fatalities is exposed electrical wires that can cause fatal

injuries to birds due to high voltage and lack of protective measures. Additionally, mobile towers pose a significant threat to birds flying at high altitudes as they can collide with the high-voltage machinery near these towers. Developed countries such as Germany and the Netherlands have implemented underground electrical

risk of harm to any living creature. India must also take strict action against exposed wires, internet towers, and poor management by authorities. We must collectively work towards safeguarding nature's beauty and preserving the existence of these magnificent creatures. We can also help by keeping small pots filled with water outside our homes and leaving

out some grains daily on our terraces for birds flying long distances, especially during summer when the heat is unbearable. We can also keep pots for them to build small nests which will help in increasing the bird population.

Jubel D'Cruz

Mindful Fridays

Success Without Strain

The Art of Detached Achievement

Wasim Kakroo

Success is a universally sought-after goal, yet it can often become a double-edged sword. Society frequently encourages us to tie our self-worth to our achievements, leading to a life of perpetual striving and never-ending pressure. However, true successes often come when we decouple our worth from these achievements and adopt a healthier, more balanced approach to life.

THE TRAP OF SELF-WORTH ATTACHMENT

Attaching self-worth to success is a common psychological trap. From a young age, many are conditioned to equate their value with external achievements: grades in school, accolades in sports, promotions at work, and social media recognition. This mindset fosters an environment where self-esteem is contingent upon continuous success, resulting in a relentless cycle of stress, anxiety, and an overwhelming fear of failure.

When our self-worth is tied to success, we become vulnerable to external validation. Our happiness and sense of self depend on factors beyond our control, leading to an unhealthy obsession with perfectionism. Any setback or failure is perceived as a direct blow to our intrinsic value. The constant pressure to perform and achieve can be debilitating, often leading to burnout and mental health issues.

This cycle highlights the need to detach self-worth from achievements, fostering a healthier and more balanced approach to life. By recognizing that our intrinsic value is not dependent on external accomplishments, we can begin to focus on personal growth and fulfillment. Practices such as mindfulness and self-awareness can help cultivate this mindset. Mindfulness encourages us to be present and observe our thoughts without judgment, fostering a deeper understanding of our inherent worth. Embracing failure as a learning opportunity rather than a reflection of our value is also crucial. This shift allows us to take risks and innovate without the paralyzing fear of failure. Ultimately, detaching self-worth from success enables us to lead more resilient, authentic, and fulfilling lives.

THE PARADOX OF SUCCESS



Ironically, the constant pressure to succeed can actually hinder our ability to achieve our goals. When we are overly focused on outcomes, we may overlook the importance of the process and the learning that comes from it. This obsession with success can stifle creativity, innovation, and risk-taking—all essential components of true achievement.

Consider the stories of great innovators and leaders throughout history. Many of them achieved their greatest successes not by relentlessly pursuing success, but by following their passions, embracing failure, and learning from their experiences. Thomas Edison famously failed thousands of times before inventing the light bulb. His ability to view these failures as learning opportunities, rather than as reflections of his worth, was crucial to his eventual success.

Similarly, Steve Jobs, co-founder of Apple, experienced significant setbacks, including being ousted from the company he helped create. Jobs used this period not as a time to wallow in failure but as an opportunity for personal growth and exploration. He founded NeXT



IRONICALLY, THE CONSTANT PRESSURE TO SUCCEED CAN ACTUALLY HINDER OUR ABILITY TO ACHIEVE OUR GOALS. When we are overly focused on outcomes, we may overlook the importance of the process and the learning that comes from it

and bought Pixar, ventures that would ultimately lead to his return to Apple and the development of some of the company's most iconic products. Jobs' story exemplifies how detaching self-worth from success can lead to resilience and innovation.

THE POWER OF DETACHMENT

Detaching self-worth from success involves a fundamental shift in mindset. It requires recognizing that our value as individuals is inherent and not dependent on external achievements. This perspective allows us to approach our goals with a sense of curiosity and openness, rather than fear and desperation.

One effective way to cultivate this mindset is through mindfulness and self-awareness. Mindfulness practices, such as meditation, encourage us to be present in the moment and to observe our thoughts and emotions without judgment. This helps us develop a deeper understanding of our intrinsic worth, independent of external outcomes.

Another crucial aspect of detachment is embracing failure as a natural and valuable part of the journey. Failure is not an indictment of our worth, but rather a stepping stone to growth and improvement. By reframing failure in this way, we can reduce the fear associated with it and take more bold and innovative actions.

THE ROLE OF PURPOSE AND PASSION

Success that is not tied to self-

worth often emerges from a place of purpose and passion. When we pursue goals that are aligned with our values and interests, the process itself becomes rewarding. Our motivation is intrinsic, driven by a genuine love for what we do, rather than a need for external validation.

Purpose-driven individuals are more likely to persevere in the face of challenges because their motivation is deeply rooted in their personal values. They are less likely to be swayed by setbacks and more resilient in the pursuit of their goals. This intrinsic motivation fosters a sense of fulfillment and satisfaction that is not contingent on the outcome.

CULTIVATING A GROWTH MINDSET

A growth mindset, as coined by psychologist Carol Dweck, is the belief that our abilities and intelligence can be developed through dedication and hard work. This contrasts with a fixed mindset, where individuals believe their talents are innate and unchangeable. Embracing a growth mindset is essential for detaching self-worth from success.

When we adopt a growth mindset, we view challenges

and failures as opportunities for learning and growth. We become more focused on the process and less on the outcome. This perspective not only reduces the pressure to succeed but also enhances our ability to achieve our goals. It encourages us to take risks, experiment, and innovate without the fear of failure crippling our efforts.

Consider the example of Michael Jordan, widely regarded as one of the greatest basketball players of all time. Jordan's illustrious career was marked by numerous failures, including being cut from his high school basketball team. Rather than allowing these setbacks to define him, Jordan used them as motivation to improve. His growth mindset enabled him to view failure as a catalyst for development, leading to unparalleled success in his sport.

Many successful individuals have publicly shared their experiences with detaching self-worth from success. Oprah Winfrey, for instance, has spoken about her struggles with self-worth and how she learned to separate her identity from her achievements. By focusing on her passions and purpose, she built a media empire and became an influential philanthropist.

Similarly, J.K. Rowling, the author of the Harry Potter series, faced numerous rejections before finding success. She has often discussed how her failures and setbacks were instrumental in her journey. By not tying her worth to these rejections, she was able to persevere and ultimately create one of the most beloved literary franchises in history.

Another powerful example is that of Serena Williams, who has faced both incredible victories and significant challenges in her tennis career. Williams has openly discussed the importance of self-love and detachment from external validation. Her focus on personal growth and passion for the sport has driven her to achieve remarkable success while maintaining a strong sense of self-worth independent of her achievements.

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

Why Your Therapist Should Be Asking You About Your Period

Laura Federico

Would you want to know more?

If you knew that a regularly occurring process in your body, happening roughly every 20 to 40 days, might impact all of your major body systems and change the way you feel, would you want to know more? And let's say that research shows a correlation between certain phases of this process and a worsening of mental health conditions and emotional dysregulation. Would you want your therapist to know more about what this process means for you?

Of course, we are talking about the menstrual cycle—understudied and not given its due by science or our broader culture. Dismissed as “PMS” or present only in specific spaces, the current conversation around the menstrual cycle is largely medicalized, gendered, and heteronormative. This leaves many people out of the conversation altogether. This reductive, fertility-focused lens has altered our knowledge and understanding of menstruation, hormonal shifts,

and the body.

Client and provider both suffer in this scenario

Providers are not taught how to talk about the menstrual cycle, and clients are not asked about the ways their menstrual cycle impacts their lives, identity, relationships, sexuality, emotions, and health.

The resulting gap in care contributes to an ongoing misunderstanding and deprecation of the effects of this bodily function that does, in fact, have a whole lot to do with a whole lot of people's mental and physical health experiences.

Certainly, there are some moments when the menstrual cycle does come up in a therapy session. We seem to be most comfortable discussing menstruation as it relates to pain or fertility. While these are useful explorations in therapy, the menstrual cycle can have an impact every time it shows up, not only in these contexts. Those who are not currently, or perhaps ever, going to relate to their menstrual cycle around pain or fertility also deserve a thorough assessment.

IMAGINE THESE ASSESSMENT QUESTIONS IN SESSION

1. Do you notice any patterns related to your cycle and your mental health?

Does it seem there are days when things feel better or worse than others?

Research shows that certain phases of the menstrual cycle exacerbate mental health symptoms and the ways some conditions present have been linked to hormonal shifts. These include anxiety, depression, obsessive-compulsive disorder (OCD), borderline personality disorder, and posttraumatic stress disorder (PTSD), to name a few. There is also some research indicating that psychiatric hospitalizations occur at higher rates during certain menstrual cycle phases.

- If someone's mental health symptoms are worse on a regularly occurring schedule, it seems critical that this is discussed in treatment.
- For some people, certain menstrual phases feel better, or might even bring a reported improvement in mood and

mental health. If positive patterns exist, this is also very important for treatment!

2. What are your first memories of your period? I'd love to understand how the important people in your life were (or were not) a part of that experience for you. Do you remember talking to anyone about your period?

Learning about a person's memory of their first menstrual cycle and who did—or didn't—support them can help the client and therapist better understand some of the first direct messages absorbed about bodies.

- Stigma and shame may have been a part of this experience—this is a great opportunity for the client and therapist to dig a bit deeper and be curious.
- For many therapists and clients, family of origin exploration is ongoing work. This is a useful window into understanding these familial dynamics.
- A few simple follow-up questions will help the client and therapist learn

more about the client's unique cultural context.

- Many of us cope with narratives about our bodies that we learned when we were younger. What narrative came up in this memory?
- 3. How do you feel when you notice your period may be coming soon or has started? Can you describe a physical feeling or emotion that comes up for you?
 - The whole-person experience of the menstrual cycle might be complicated. For some, some phases of the menstrual cycle may even instigate difficult protective responses like dissociation.
 - This opens up a conversation around identity, body comfort, and relationship to bodily needs.
 - It's possible that this line of inquiry might lead to the processing of some types of trauma—times when someone's body was not treated the way they would have wanted it to be treated.
- 4. Do you notice that relation-

ships feel different at different times in your cycle?

Have you observed a shift in feelings toward important people in your life at times in your cycle?

Research shows hormonal shifts associated with the menstrual cycle can impact how people feel emotionally and physically. As social beings, when we feel different in these ways, we can relate to those around us differently. Helpful relationships to understand include but are not limited to

- Romantic and sexual relationships
- Familial and parental relationships
- Friendships
- Work relationships and connections with colleagues

5. Do you use any substances, medication, or birth control to help your menstrual cycle feel a preferred way?

- Understanding a person's goals for how their menstrual cycle feels as well as the methods they have been using to get there is deeply enlightening.
- Are the methods working? The therapist and

client can model bodily agency by having these conversations and creating a dedicated space for the client to describe how they are taking care of their body and how it is going for them.

Bringing bodily autonomy and agency into session

Perhaps most importantly, asking about the menstrual cycle and its impacts on the whole person in a nonjudgmental way normalizes conversations about the body and hormones for everyone who menstruates, not just those coping with pain or dealing with their fertility.

We move away from a pathologizing model to a more inclusive, caring, realistic approach.

People who menstruate have historically been at higher risk of reduced bodily choice and autonomy. By not asking about this regularly occurring, natural bodily function, we are inadvertently colluding in this reduction of personal power.

The article was originally published by Psychology Today

Budget To Accelerate Pace Of Reforms, Take Many Historic Steps: Prez Murmu

Press Trust Of India

New Delhi- The first budget of the newly-formed NDA government next month will take "many historic steps" as well as accelerate the pace of economic reforms and lay a roadmap for 'far-reaching policies' and 'futuristic vision' of the government to make India the world's third largest economy, President Droupadi Murmu said on Thursday.

In her first address to the joint sitting of Parliament since the constitution of the 18th Lok Sabha, she outlined the economic vision of the NDA government as well as highlighted achievements in the past decade under Prime Minister Narendra Modi.

A stable government with clear majority is "a mandate that the work of making India a developed nation continues uninterrupted and India attains its goals", she said.

The new government under Modi is to present a full Budget for the fiscal year 2024-25 (April 2024 to March 2025) next month which is likely to lay down priorities in matters of taxation and policy as well as reform agenda for the near term.

"This budget will be an effective document of the government's far-reaching policies and futuristic vision," she said.

"Along with major economic and social decisions, many historic steps will also be seen in this budget," she said without elaborating.

"The pace of reforms will be further accelerated in tune with the aspirations of people of India for rapid development," she said.

With the National Democratic Alliance (NDA) retaining power for a third consecutive term, analysts are expecting broad policy continuity, with the government continuing to prioritise infrastructure capex, improvements to the business environment, and gradual fiscal consolidation.

The President said the resolve to 'reform, perform and transform' has made India the fastest growing economy in the world and the nation has risen to become the 5th largest economy from being the 11th ranked economy.

From 2021 to 2024, India has grown at an average rate of 8 per cent annually.

"India has achieved this growth amidst the global pandemic and despite ongoing conflicts in different parts of the world. This has been made possible due to reforms and major decisions undertaken in the national interest in the last 10 years," she said, adding India alone is contributing 15 per cent of the global growth.



Now, the government is striving to make India the 3rd largest economy in the world, she said. "Achieving this goal will also strengthen the foundation of a developed India."

"During the phase of unstable governments in the country that lasted several decades, many governments, even if willing, were neither able to bring reforms nor take critical decisions. The people of India have now changed this situation by their decisive mandate."

"Many such reforms have taken place in the last 10 years, which are greatly benefiting the nation today. Even when these reforms were being taken up, they were opposed and attempts were made to spread negativity. But all these reforms have stood the test of time," she said.

Highlighting the reforms, she said to save India's banking sector from collapsing, the government brought banking reforms and made laws like Insolvency and Bankruptcy Code which have made the country's banking sector one of the strongest banking sectors in the world.

"Our public sector banks are robust and profitable today. Profits of public sector banks have crossed Rs 1.4 lakh crore in 2023-24, which is 35 per cent higher than last year. The strength of our banks enables them to expand their credit base and contribute to the economic development of the nation. The NPAs of public sector banks are also continuously decreasing," she said.

While SBI is earning record profits and LIC is stronger than ever, GST collections for the first time ever crossed Rs 2 lakh crore in April.

Giving sneak preview to priorities of the government, Murmu said the government is giving equal importance to all the three pillars of the economy - manufacturing, services and agriculture.

Production-linked incentive (PLI) schemes and ease of doing business have contributed to increasing investments and employment opportunities on a large scale.

J&K Stands Number Two In PM Vishwakarma Training

Observer News Service

JAMMU- Jammu and Kashmir has emerged as number two in PM Vishwakarma training- ahead of many bigger states. Two Districts of J&K comes under top 10 districts of the country and they are Budgam from Kashmir Division and Jammu from Jammu Division.

MSME DFO Jammu, Field office of Union Ministry of MSME implements various schemes and activities for the benefit of MSMEs of Jammu & Kashmir.

PM Vishwakarma scheme is being implemented by the Union Ministry of MSME with the active support of Government of Jammu & Kashmir. The scheme was inaugurated on September 17, 2023 in the presence of Various Dignitaries and thousands of artisans who have been invited from various parts of the country including Jammu and Kashmir. This scheme is designed to uplift and recognize the crucial role of skilled artisans of 18 different trades in preserving and enriching cultural heritage.

The scheme offers Recognition and Certification, Skill Development and Training, Credit Assistance and Marketing Support. The scheme paves the way for a brighter future for J&K's talented Viswakarmas. Their empowered presence will not only contribute to the economic growth of the Jammu & Kashmir but also preserve and enrich the unique

MSME DFO
Jammu, Field office of Union Ministry of MSME implements various schemes and activities for the benefit of MSMEs of Jammu & Kashmir.

cultural tapestry of Jammu and Kashmir.

MSME DFO Jammu J&K played a pivotal role in implementing the scheme. The DFO nominated district-wise officers and has been holding follow up and review meeting on a daily basis to address teething and other issues. The MSME DFO Jammu has been organizing Seminars in all to create awareness about the scheme in every nook and corner of Jammu and Kashmir.

State Level Screening Committee held timely meetings to clear the applications and extend benefits to the artisans.

MSME DFO Jammu is recommending all the applications received under PM Vishwakarma at Stage 3 on daily basis from 20 districts of Jammu & Kashmir. All the queries received by email are also pursued timely. This has been made possible with directions of G.Velladurai IEDS Joint Director.

'Bad Loans Declining To 12-Yr Low To Help Sustain Growth Momentum'

Press Trust Of India

Mumbai- The decline in bad assets of banks to a 12-year low of 2.8 per cent and strong GDP numbers will help in sustaining the growth momentum and withstanding global shocks, said the Reserve Bank's Financial Stability Report (FSR) released on Thursday.

The real gross domestic product (GDP) rose by 8.2 per cent in 2023-24 against 7 per cent in the preceding fiscal, despite muted private and government consumption and external demand conditions acting as a drag.

The FSR report showed that the gross non-performing assets (GNPA) ratio of scheduled commercial banks (SCBs) fell to 2.8 per cent and the net non-performing assets (NNPA) ratio to 0.6 per cent at the end of March 2024.

The GNPA ratio of all SCBs may improve to 2.5 per cent by March 2025, the report noted.

The FSR said there are several positives for the near-term economic outlook, including robust domestic demand conditions, high business optimism, the government's sustained focus on capital expenditure (which should crowd in more private investment through multiplier effects), firms utilising high profits to augment investible resources, and real estate activity gathering pace.

Another big positive is that credit growth is deepening, supported by healthier bank balance sheets, it said.

"Downside risks to this outlook stem from global slowdown and spillovers, geopolitical risks and their impact on supply conditions and commodity prices, slack in the rural economy and uncertainties related to weather conditions," it added.

The RBI's report noted that the global financial system remains resilient, despite successive high-impact shocks and the challenges stemming from uncertain growth prospects, high public debt and geopolitical conflicts.

Jio To Raise Mobile Services Rates By 12-27% From July 3, Limits Free 5G Access

Press Trust Of India

New Delhi- The country's top telecom operator Jio will increase mobile services rates by 12-27 per cent from July 3 and at the same time restrict the access of unlimited free 5G services for customers, according to a company statement.

This is the first hike in mobile services rates by Jio after a gap of about two-and-a-half years. Jio has over 47 crore mobile subscribers accounting for about 41 per cent market share.

The hike comes immediately after the spectrum auction as per the anticipation of sector experts. Industry experts believe that Bharti Airtel and Vodafone

Idea may also increase their mobile services rates soon.

"The introduction of new plans is a step in the direction of furthering industry innovation and driving sustainable growth through investments in 5G and AI technology," Reliance Jio Infocomm Chairman, Akash M Ambani said in the statement.

The company has raised mobile services rates across almost all plans. Price of the lowest recharge is being raised to Rs 19, about 27 per cent higher than Rs 15 for 1 GB data add-on-pack.

The 75 GB postpaid data plan will now cost Rs 449 as against Rs 399.

Jio has also raised the price of the popular Rs 666 unlimited plan with 84-day validity by about 20 per cent to Rs 799.

Government of Jammu and Kashmir
Office Of The Child Development Project Officer ICDS Project Uri
EXTENSION NOTICE

The posts of Anganwadi Workers advertised vide this office advertisement Notice NO:-16 CDPO Uri 2024, dated:-11-06-2024, issued under endorsement NO:-CD-PO/POSHAN/U/2023-24/111-123, dated:-11/06/2024, (Adjoining Wards) published in daily Newspaper Kahmir Convenor, Srinagar-e-Jung and Kashmir Tribune daily Urdu on 12/06/2024 for wide publicity to general masses. The last date of these (06) posts of Sanginies (AWWs) are hereby extended for 07days from the date of issuance of this notice.

Further the terms and conditions as laid down in the advertisement notice under number/date as mentioned supra of this notice shall remain same.

Sd/-
Child Development Project Officer
Mission Poshan Uri

DIPK-1957/24
dated: 27-06-2024

OBSESSIVE COMPULSIVE DISORDER
8 WEEK FREE GROUP THERAPY

I did wash my hand ... but... did I clean it enough? ?Wash it again? is it clean now?

It's not just RECURRENT HANDWASHING AND CHECKING BUT UNSEEN PAIN myths and stigma associated with OCD

KASHMER / Kashmir American Society of Healthcare,
Medical Education & Research
in collaboration with
HPVT (Help Poor Voluntary Trust)
is initiating a **Free 8 weeks Group therapy** for the individuals suffering with OCD by a team of counselling clinical psychologists led by leading consultant clinical psychologist of J&K.

If you or some one you know is experiencing symptoms of OCD, seeking professional help is crucial.

You do not have to fight your battles alone.

There is no need for referral, simply call us for registration.

Happy & Healthy minds Office, HPVT
Building (First Floor), Daresh Kadal
Chowk, Srinagar
9070806160

The J&K Board Of Professional Entrance Examinations (BOPEE)
Tele/Fax: 0194-2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)
Website: www.jkbopee.gov.in E-mail: coejakbopee@gmail.com/helpdeskjakbopee@gmail.com

Subject: Provisional Merit List/Result of the common Entrance Test for admission to the GNM Lateral Entry (L.E) Course-2024 conducted by the J&K BOPEE at Srinagar/Jammu on 9th June, 2024.

**Reference: i) Notification No. 019-BOPEE of 2024 dated 23-04-2024.
ii) Notice No. 008-BOPEE of 2024 dated 16-05-2024.
iii) Notification No. 028-BOPEE of 2024 dated 03-06-2024.**

**Notification No: 036 -BOPEE of 2024
Dated: 26-06-2024**

The Provisional Merit List /Result of all the candidates, who had appeared in the Common Entrance Test conducted by the J&K BOPEE in pursuance to the Notification No. 019-BOPEE of 2024 dated 23-04-2024 read with Notice No. 008-BOPEE of 2024 dated 16-05-2024 & Notification No. 028-BOPEE of 2024 dated 03-06-2024 for admission to the GNM Lateral Entry (L.E) Course-2024 at Govt./Pvt. Colleges/Institutions of UT of J&K/Ladakh is hereby notified as per the Annexure-A to this Notification. The Entrance test was conducted at both centres Jammu & Srinagar on 09-06-2024.

The Board has not received any representation(s) against the Answer Key of Common Entrance Test within the stipulated time which was uploaded on website of the Board on 09-06-2024 & hence result was prepared accordingly.

In case two or more candidates obtained the same marks in the Entrance Test, the Inter-se-Merit/Tie of such candidates has been resolved by taking into account the date of Birth i.e candidates older in age are preferred.

As per provisions defined at Point No. 03, Page No. 10-11 of e-Information Brochure, the candidate(s), who have any objection against his/her result, if any, shall have to submit a written representation(s) alongwith a payment receipt of Rs.1000/- to be paid through POS Machine at the BOPEE offices Srinagar/Jammu for the purpose of re-totalling of marks. The representation(s) in this regard shall be received upto **three days** of uploading of this Notification on the official website by the Board after the declaration of result. No representation shall be entertained after the expiry of the prescribed time limit.

The candidate(s) figuring in the **Annexure-A** to this Notification whose Marks Card/Result was awaited or who had uploaded expired/invalid Reserved Category Certificate(s) and pending Domicile Certificate(s) at the time of submission of their Online Application Forms, were provisionally allowed to appear in the Entrance Test subject to the condition that they shall have to submit the same during or before the counseling date as and when notified by the Board or have to submit the same in the respective College(s) at the time of admission, in case he/she is selected for admission on provisional basis or as may be decided and notified by the Board in due course of time.

The candidate(s), who have filled application form under Child of Defense persons (CDP) sub-category, if any, are advised to submit the priority certificate physically at BOPEE office Jammu/Srinagar **within five days of issuance of this Notification.**

Further, the candidate(s), who need correction in their particulars i.e. Name, Parentage, D.O.B, Category Certificate, and Gender, if any, are also advised to represent physically at the BOPEE Office Jammu/Srinagar for rectification of their errors **within five days of issuance of this Notification.**

No fresh representation regarding inclusion of category, if earlier not mentioned during filling up of online application forms, shall be entertained by the Board.

Note:

i) After the issuance of new S.O 176 dated 15-03-2024, issued by Social Welfare Department, J&K Government regarding new reservation policy, the Board shall now allot seats accordingly strictly as per new S.O. 176. Hence the candidates who want to change their category as amended in new S.O. 176 are advised to submit their new category certificate physically at BOPEE office Jammu/ Srinagar (wherever applicable) **within five days of issuance of this Notification failing which they shall not be entitled for claiming any seat under old categories, which are now not available in new S.O. 176 and no further claim(s) shall be entertained by the Board from any candidate thereof.**

ii) Regarding the schedule for counseling of allotment of seats, the candidates are advised to visit the official website of Board (www.jkbopee.gov.in) daily.

The Annexure-A shall only remain available on the official website of the Board www.jkbopee.gov.in.

E & OE
Sd/-
Controller of Examinations
J&K, BOPEE

DIPK-NB-632/24
dated: 27-06-2024
No. BOPEE/Exam-15/2024(7460322) Dated: 26.06.2024

Five Jaundice Cases Reported In Khrew, Pulwama

Agencies

SRINAGAR: Around five cases of jaundice have been reported in the Khrew area of Pampore in south Kashmir's Pulwama district, which has raised concerns among the public.

A health official said that around five cases of jaundice have been reported in Khrew. He said the screening process is underway to confirm the diagnosis.

The official said that medical teams, along with Asha workers, are conducting door-to-door awareness campaigns to educate people on how to protect themselves against the disease. "They are advising residents to use boiled water and wash vegetables and fruits thoroughly before consumption," he said.

Residents in the area have expressed concerns that contaminated water may be the source of the outbreak, and have called for it to be investigated further. However, a health official has assured that the situation is under control and there is no need to panic.

"All positive patients have been recovering," the official said. He advised locals to use only boiled water and maintain good personal hygiene.

Similar outbreaks of jaundice were reported earlier this year in other parts of south Kashmir. In March, around 20 cases were reported in Pahnoo Shopian, 10 cases in Bellow Pulwama, and five cases in Padgampora Awantipora. However, all those affected had made a full recovery—(KNO)

MMABM Hospital Performs Surgical Intervention For Tonsillopharyngeal Carcinoma

Principal, MS Hail Team Of Doctors For The Procedure

Agencies

SRINAGAR: In a remarkable feat of medical expertise, a 73-year-old male patient with a history of tobacco use successfully underwent a complex surgical procedure to remove an extensive right-sided tonsillopharyngeal mass at Department of ENT, MMABM Hospital Anantnag.

The surgery was particularly challenging due to the mass's extensive involvement and the significant anesthetic difficulties it posed.

"The patient presented with a carcinoma extending from the right faucial pillar, involving the base of the tongue, vallecula, posterior oropharynx, and medially crossing the midline," it said.

"The mass displaced the epiglottis and abutted the airway up to the right vocal cord, with epiglottic invasion and necrosis. The mass's friability and tendency to bleed easily upon manipulation added to the complexity."

Dr Anjum Shamim, HOD Anesthesia at GMC Anantnag performed an awake intubation using a video laryngoscope given the limited space for laryngos-

copy and the patient's compromised airway.

"The patient, who also had a left bundle branch block (LBBB), was classified as high-risk, necessitating thorough preoperative assessment and consent for both high-risk surgery and potential tracheostomy," it said.

The surgical team, led by consultant ENT Surgeon, Dr Salman Khurshid and assisted by Dr Perwaiz Reshi, Dr Sumer Bashir, and Reyaz meticulously removed the mass en bloc, ensuring complete hemostasis. "Post-surgery, an awake extubation was performed, and the patient was transferred to the ward in a satisfactory condition," it added.

Principal of GMC Anantnag, Prof (Dr) Rukhsana Najeeb lauded the team's efforts saying, "This successful procedure is a testament to the exceptional skill and dedication of our medical professionals. The complexity of this case required precise coordination and expertise from both our surgical and anesthetic teams. We are proud of their commitment to delivering high-quality patient care under such challenging circumstances." —(KNO)

Police Attaches Properties Of Five Pakistan-Based Terror Handlers In Baramulla



Agencies

SRINAGAR: Police in Baramulla attached properties worth Rs 1 crore belonging to five Pakistan-based terror handlers in Baramulla.

Police after obtaining attachment order passed by Hon'ble Court Baramulla, attached properties (9 Kanals) land worth Rs 1 crore belonging to five Pakistan-based terror handlers. The terror handlers have been identified as Bashir Ahmad Ganie son of Gh Ahmad resident of Tilgam, Mehrajuddin Lone son of Fata Mohd resident of Khargam, Ghulam

Mohd Yatoo son of Gh Ahmad resident of Tilgam, Ab Rehman Bhat son of Mohd Subhan resident of Wanigam Payeen & Ab Rashid Lone son of Gh Mohiuddin resident of Satsreeran.

The action was taken under sections of 83 CRPC & are linked with case FIR No.04/2008 under section 2/3 EIMCO Act,7/25 Indian Arms Act,13 UA (P) Act of PS Kreeeri.

The properties were identified belonging to terror handlers during the course of investigation/enquiry conducted by Police. The operation reaffirms the commitment of Police to combat the terror activities.(KNS).

Sinthan Top Emerges As Tourist Hotspot, Attracts 1.6 Lakh Visitors In June



Agencies

SRINAGAR: Once a well-kept secret known only to a few adventurous souls, Sinthan Top is now witnessing a major tourist influx due to rising temperatures across the country and Jammu & Kashmir. The place offers tourists a cool and blissful escape with its pristine and snow-covered slopes.

Situated at 3,800 metres above sea level, Sinthan Top is a snow-clad mountain peak that connects Anantnag in south Kashmir to Kishtwar in the Jammu region via Kokernag.

According to official figures accessed, Sinthan Top has welcomed a total of 2,05,433 visitors this year from March to June 25, 2024.

Monthly breakdowns reveal that 2,561 visitors in March visited the place, 8,677 in April, and 32,115 in May, with a notable surge of 1,62,080 tourists in June alone. Among over two lakh visitors, 367 are foreign nationals, as per the figures.

Locals of the area are happy with the good footfall of tourists this year as they are earning good money by running stalls, snow boats, and selling products like shawls at the destination.

Ghulam Mohammad, a local,

said, "We are happy with people from far-off places visiting here. I did not have an opportunity to earn, but now I am running a tea shop here. I am earning well for my family."

Coming from Bangladesh for the first time, a couple said that Kashmir has proven to be an absolute blessing. "Even in summer, witnessing snow here makes Kashmir truly exceptional. This unique aspect makes Kashmir a must-visit destination for all tourists. The warmth of the people and the delicious food add to its charm," they said.

Rakesh Sharma from Punjab said, "We are at Sinthan Top, and it's clear: there's nothing more beautiful than Kashmir. Even though we have visited foreign countries, the love and hospitality of Kashmiri people we have never seen before, so people should explore Kashmir on a large scale."

He added, "This is a very nice place. I am here with my family, and we became very happy when we arrived. We are enjoying it very much."

Tourists from Mumbai and Bangalore expressed disappointment over the lack of basic facilities on the spot. "The destination lacks public conveniences, mobile con-

nectivity and proper garbage management. A person cannot use digital payment here even in the digital era because of no connectivity. The government should look into it," they said.

Syed Muiz Qadri, Tehsildar Larnoo, said the increase in tourist footfall has steadily created more livelihood opportunities and brought more people into the tourism fold.

"Kokernag has significant tourism potential that needs to be tapped without causing environmental harm," the Tehsildar said, adding that Daskum and the area up to Sinthan Top have beautiful spots where tourists greatly enjoy their visits.

"Within our capacity at the administration level, we are doing everything possible. Visitors should also know that the place should not be littered and deserves to be explored for the growth of the overall tourism sector in Kokernag," he said.

The Tehsildar expressed happiness that a large number of tourists are visiting Kokernag and Sinthan Top, many of whom might not have visited before. "We are hopeful of seeing sustainable tourism that will create more livelihood opportunities and revenue for the local people," he said—(KNO)

Farooq Abdullah Seeks Strong Safety, Security Measures For Yatra Pilgrims

Observer News Service

SRINAGAR: The President of the Jammu and Kashmir National Conference, Dr. Farooq Abdullah on Thursday implored the government to implement robust measures to ensure the safety and security of Shri Amarnath Ji Yatris this year.

Highlighting the critical need for security, Dr. Farooq emphasized that it should not come at the expense of the general public. "The stakes are high. Government must ensure that all necessary arrangements are in place for the Amarnath Yatra. While security for the Yatris is crucial, it shouldn't be at the expense of inconveniencing the general public. There is a pressing need to strike a balance so that security measures don't throw a wrench in normal public transportation and the emergency services. Issue of restrictions on civilian vehicles along the Amarnath Yatra routes, should be addressed as it's impacting on tourism in the Kashmir Valley, especially during the underway peak season. Let's make sure both the pilgrims and the local businesses can thrive during this sacred time," he said.



Dr. Abdullah also advocated for the implementation of well-coordinated strategies to effectively handle the anticipated surge in pilgrims, including traffic control, parking arrangements, emergency response protocols, sufficient medical facilities, and disaster management plans to address any health-related issues or emergencies that may arise during the pilgrimage.

Highlighting the critical need to prioritize the safety and well-being of pilgrims, Dr. Farooq urged the government to implement comprehensive emergency and safety measures for Yatris to prevent a repeat of last year's tragic incident, where a number of Yatris lost their lives due to a flash floods caused by a cloudburst near the Amarnath Cave shrine.

DIPR Organises Mehfil-E-Sama On Youm-E-Shamas Faqeer



Observer News Service

SRINAGAR: A large number of devotees attended the celebrations of the annual Urs of Shamas Faqir (RA), a revered Kashmiri Sufi saint, at Kalshipora Shamasabad in Khanshab area of Budgam district.

Thousands of people from across the Valley assembled at Shamasabad, where the shrine of Shamas Faqir is located, and held special prayers.

On the occasion, a Mehfil e

Sama was organised by Cultural Unit Kashmir, Department of Information and Public Relations (DIPR) J&K. Prominent folk singers of the valley sang the poetry of the late saint and paid glowing tributes to him.

Artists of Karam Buland Musical Theatre mesmerized the audience while singing the devotional sufi kalaam of Shamas Faqeer.

Devotees appreciated Cultural Unit Kashmir for participating in sufi programmes.

DGP Issues 36 Compassionate Appointment Orders

Observer News Service

SRINAGAR: In a significant step to provide much needed succor to the families of the Police personnel who passed away while serving the people, the Director General of Police J&K R.R.Swain has issued compassionate appointment orders in favour of next of kin of 36 such personnel.

This compassionate initiative aims to provide support to the families of police Pariwar. The appointees include 23

constables and 13 followers, who have been given the opportunity to serve in the police force. The DGP R.R Swain congratulated the appointees and their families. In his message the DGP has said that this gesture not only acknowledges the services rendered by our former colleagues but also ensures that their families are taken care of.

The issuance of these appointment orders is a small token of J&K Police's care towards their families. It is the

responsibility of J&K Police department to support them and ensure that the legacy of our former colleagues particularly the martyrs is taken care of and well protected.

He also emphasized the importance of this initiative in strengthening the bond between the families of the police force. He assured that the department would continue to take steps to support and uplift the families of those who have given their lives for the people and the department.

Two Women Die After Being Hit By Vehicle In Ganderbal's Gagangeer

Observer News Service

SRINAGAR: Two women died when a vehicle hit them in Gagangeer area of Ganderbal on Thursday late evening.

An official said that the accident took place when a Tata Mobile vehicle bearing registration number JK01AS 4824 hit two pedestrians.

"The vehicle was driven by Altaf Ahmad, a resident of Rajouri and he was arrested," an official said.

The deceased women were identified as Zareefa wife of Nisar Ahmad Mir and Sabreena wife of Ajaz Ahmad Bhat both residents of Gagangeer. The duo was walking on the roadside when the vehicle hit

them. He added that both were rushed to the Primary Health Centre (PHC) in Kullan for treatment.

But the women were declared dead upon arrival at the hospital.

Police have taken up the investigation and arrested the driver of the vehicle.

AMARNATH YATRA

DGP Reviews Security Plans, Arrangements Put In Place

Observer News Service

SRINAGAR: The Director General of Police, J&K R.R.Swain visited the base camps for Shri Amarnath Ji Yatra at Baltal in Kashmir and base camp at Bhagwati Nagar in Jammu. He also visited Chanderkot in Ramban to assess the preparations and arrangements made for the smooth conduct of the upcoming Amarnath Ji pilgrimage. The DGP received detailed briefings from officers and in-charges at these locations, which were focused on various aspects related to the security of the holy pilgrimage.

ADGP Security, J&K M.K. Sinha, ADGP L&O J&K Vijay Kumar accompanied the DGP during the day long visit to these

locations.

During the visit, the DGP inspected and thoroughly reviewed the security arrangements currently in place, including parking facilities, access control points, and overall camp security management. Special emphasis was given by the DGP J&K on the coordination and synchronization of efforts between all the agencies, as well as ensuring seamless communication with local authorities and community members.

The DGP specifically directed the officers to strictly adhere to the devised plans and maintain a high vigil throughout the pilgrimage.

The officers emphasized on the critical role of technology in



ensuring the safety and security of pilgrims. The use of modern tools and equipment's to monitor the security apparatus and to regulate the pilgrim movement was also discussed.

Emphasizes were given on the importance of following the cut off timings at different locations, remaining vigilant, adhering to standard operating procedures (SOPs), and conducting regular training

and drills, especially to prepare for any unforeseen contingencies that may arise during the pilgrimage.

It was also impressed that the efforts to strengthen intelligence collection and analysis capabilities will also play a crucial role in minimizing security risks and ensuring the smooth and safe conduct of the holy pilgrimage. The officers emphasized the importance of strengthening intelligence capabilities by adopting a combination of technical intelligence and human intelligence methods, particularly in light of the current heightened threat perception.

The officers decided to reinforce camp security, with specific emphasis on larger Langar sites to provide an enhanced sense of safety and security for

all pilgrims. The officers stressed the need for effective and regular briefing and debriefing sessions involving different teams and personnel in managing the pilgrimage efficiently and ensuring optimal results.

At Chanderkot the DGP J&K congratulated the police and security forces for their recent successful operations, particularly highlighting the killing of three terrorists in Doda. Describing it as a major success, the DGP expressed his confidence in the unwavering determination of the J&K police and other security services to successfully combat the menace of terrorism and achieve lasting peace in the region.

At Baltal DIG CKR Shri Rajiv Om Prakash Pandey, SSP Gan-

derbal, Yatra Officers briefed the DGP regarding the security measures taken and in place.

At Chanderkot besides the visiting officers, GOC Delta Force Major General Upkar Chander, ADGP Jammu, Shri Anand Jain, Sector Commander Joe Sabby, DIG DKR, Shri Shridhar Patil, DC Ramban Baseer-ul-Haq, SSP Ramban, SSP Traffic Rural, Jammu, SSP Ramban, SSP Doda, SSP National Highway attended the meeting.

At Bhagwati Nagar DIG Jammu, Sunil Gupta, DIG Traffic Jammu Dr. Mohd. Haseeb Mughal, SSP Jammu Vinod Kumar, SSP security Jammu Shamsher Hussain, briefed the Police Chief regarding the security arrangements. Div Comm Jammu, Ramesh Kumar was also present.

T20 World Cup 'Purely Set Up For India,' Claims Michael Vaughan

Press Trust of India

LONDON: Former England captain Michael Vaughan feels the ongoing T20 World Cup is "purely set up for India" and global body ICC should have been a bit more "fairer" to other countries as this is not a bilateral event organised solely for commercial gains.

Vaughan, 49, has often criticised the BCCI and India for flexing their muscle and financial might in international cricket.

"Well, it's their tournament isn't it? Literally it's that. You know that. They get to play whenever they want, they know exactly where their semi-final is, they play every single game in the morning so people can watch them at night, obviously in India on the television," Vaughan said during a podcast with Australian great Adam Gilchrist on the YouTube channel Club Prairie Fire.

Vaughan's grouse is that In-



dia got to play all their matches in morning because it suits the Indian audience, who watched the matches in the evening. He lashed out at the ICC for bowing

down to India's financial might. "I get that money is a big play in the world of cricket, and I get that in bilateral series but you would think that when

you get to a World Cup, the ICC should be a little bit fairer to everybody," said the man, who scored 18 hundreds in 82 Tests and was the English skipper of

the historic Ashes-winning side of 2005.

"When you get to a World Cup, there can't be sympathy or any kind of sway towards one team in this tournament, and this tournament is purely set up for India. As simple as that," Vaughan alleged.

He made no bones of the fact that a team of India's calibre doesn't need any kind of favours to win games of cricket. India didn't play a single night game and were the only team with a permanent classification (A1) and fixed semi-final venue (Guyana).

"Indian supporters believe that on paper, probably they have got the best team, so they don't need to do anything. They can win a night match, they don't need to play in Guyana in a semi-final, which, by the way, rains 24 days out of 30 in June, so they have already had six days of dryness, so it's going to rain," Vaughan said, questioning the choice of venue.

South Africa Defeat Afghanistan, Enter Maiden T20 World Cup Final



Press Trust of India

TARUBA: South Africa exorcised their agonising semifinal jinx through an exceptional spell of pace bowling as they walloped an emotionally drained Afghanistan by nine wickets to enter their first-ever T20 World Cup final here.

They will face the winners of the second semifinal between India and England in the title clash, but the Afghans will go home with their heads held high after a stirring run in the tournament.

Marco Jansen (3/16), Kagiso Rabada (2/14) and Anrich Nortje (2/7) ripped the soul out of the Afghanistan top-order while bundling them out for a paltry 56 in just 11.5 overs after being invited to bowl.

Despite the early departure of Quinton de Kock, bowled through the gate by impressive pacer Fazalhaq Farooqi, the Proteas had little trouble in reaching 60 for one in 8.5 overs.

Reeza Hendricks (29 not out), who put up his highest score in this event, and skipper Aiden Markram (23 not out) navigated them safely to the shores of victory as they have finally freed themselves from the painful tag of chokers in global events.

Afghanistan have given their everything to reach the World Cup semifinal, and in the crucial clash they were left with no energy, and

produced a nothing effort that belied their doughtiness until now.

It affected their batting as they looked unusually edgy against the South African pacers, who summoned a spell from hell.

They reduced the Afghans to 28 for five inside the Powerplay and there was no coming back from that depth as they crashed to their lowest total in a T20 International.

Their 56 was also the lowest total in a T20 World Cup semifinal clash.

Once reduced to 28 for six, Afghanistan could not even offer a smidgeon of fight as their dream of reaching a maiden World Cup final was squashed even before it began.

While the South Africa pacers were on the money, the Afghan batters, too, should cope some blame for being edgy on a pitch that hid no evils apart from those deliveries that kicked up for a length.

Opener Rahmanullah Gurbaz was the first to perish, chasing Jansen's delivery outside the off-stump to give Reeza Hendricks an easy catch at slip.

The dismissal of in-form Gurbaz seemed to inject doses of panic in the Afghanistan line-up, and Gulbadin Naib was consumed by a lovely in-coming delivery by Jansen.

But the next two dismissals were a combination of bowler's brilliance and batters' irrationality.

Play As Team To Win T20 World Cup: Kapil Dev To India

Press Trust of India

NEW DELHI: India's first World Cup-winning captain Kapil Dev on Thursday said collective performance, not individual brilliance will be the key factor in deciding whether Rohit Sharma's team can end its over-a-decade-long trophy drought by winning the T20 World Cup in the West Indies.

India will take on England in the tournament's semifinal later on Thursday, hoping to make the finals where South Africa are in waiting after annihilating Afghanistan.

"Why talk about only Rohit Sharma, Virat Kohli, Jasprit Bumrah, Hardik Pandya, or Kuldeep Yadav? Everybody has a role to play. Their job is to win the tournament," Kapil told PTI Videos in an exclusive interview.

"To win a match, an odd person can come out, but to win a tournament everybody has to work together. If we are going to depend on Bumrah or Arshdeep, then you are going to lose it," he asserted.

"Let's talk about the team. That gives you a better perspective rather than the odd player. Yes main player is there and we can go around him. But everybody has to chip in to win the World Cup," he added.

Kapil pointed out that in his 1983 World Cup-winning team, he wasn't the only one who performed.

"Roger Binny, Mohinder Amarnath, Kirti Azad, Yashpal Sharma all came out with match-winning performances. If you start depending on one player it means you are not going to win tournaments more often," he observed.

He wished India good luck



ahead of their semi-final match against England and hoped that the Men in Blue clinch the trophy.

"All the Best, good luck, I hope the Indian players, the way they are playing keep on playing like that, they should not have a bad day and be out of the tournament (like) what happened last time in the 50 overs World Cup," said the iconic all-rounder.

"They are playing well, they are enjoying. Hats off to them. Good luck to them. I wish them all the luck and happiness," he added.

The 65-year-old, who was elected president of Professional Golf Tour of India on Wednesday, said that he feels proud to see India perceived as title contenders every time they compete in a global event.

"We should be happy that we are able to think that we can win. 20 years back, you weren't thinking. It's important that in every tournament India is going as a favourite.

That's a big thing.

"We never thought about that. That's enough encouragement for a youngster to take up the sport. I am very happy to see where Indian cricket has reached wonderfully well," he emphasised.

Kapil lauded Bumrah, who has been the star performer for India with 11 wickets in the tournament so far.

"Bumrah is 1000 times better than me. These young boys are far better than us. We had more experience. They are better. They are very good. Outstanding. They are fitter. They are much more hardworking. They are fantastic," he said.

He, however, played down the role of a captain.

"Everybody can do captaincy. Hardik, Virat, Rohit everyone can do captaincy. When you give ball to somebody, the bowler has to do the job. Yes captain is there to help you out but it's not like if you don't win he is not a good captain."

Short TAKES

JK Bank FC Beats SCFA In JKFA Spring Legacy Knockout Tourney



In Thursday's match of the JKFA Spring Legacy Knockout Football Tournament 2024 First Edition, JK Bank FC took on Sports Council Football Academy at Polo Ground.

The 5:00 PM kick off saw JK Bank emerge victoriously by a score of 3-0. Goals were scored by Adnan Ayoub, Aakif Reshi and Farhan.

JK Bank captain and striker Aakif Reshi was awarded Player of the Match by Aslam Dar, ex international footballer.

IOA President PT Usha Initiates Move To Include Yoga At Asian Games

Indian Olympic Association president PT Usha made a strong pitch for the inclusion of Yoga in the Asian Games programme. In an impassioned letter to Olympic Council of Asia president Raja Randhir Singh, she urged the Asian sports community to include the ancient Indian discipline that fosters physical and mental health.

"I am confident that as the spiritual home of Yoga and as Vishwaguru, India can campaign for the inclusion of the sport in the Asian Games and eventually the Olympic Games as well," she said.

US Open: Priyanshu, Malvika Win To Move Into Second Round

Indian shuttlers Priyanshu Rajawat and Malvika Bansod moved into the second round of the men's and women's singles events respectively of the US Open 2024 badminton tournament in Texas on Wednesday. Currently ranked 40th, Priyanshu, defeated world No. 60 Jan Louda of Czechia 21-16, 21-18 in a game that lasted for 38 minutes at the Fort Worth Convention Centre in his round of 32 contest.

In the women's singles event, world number 49, Malvika got the better of 60th-ranked Kristin Kuuba of Estonia 21-14, 21-15.

Andy Flower Brands T20 World Cup Semifinal Pitch 'Dangerous'

In a stark criticism, former Zimbabwe captain Andy Flower has slammed the pitch used for the T20 World Cup semifinal, terming it 'dangerous.' The pitch's unpredictable bounce played a significant role in Afghanistan's nine-wicket loss to South Africa, as they crumbled to a mere 56 runs.

Flower endorsed Afghanistan's choice to bat first but highlighted the severe challenges posed by the inconsistent surface. "You can't blame Afghanistan for their decision; their record batting first had been excellent. However, predicting the bounce was almost impossible," he told ESPNcricinfo.

Nacho Fernández Joins Al Qadsiah Amid European Championship

Former Real Madrid captain Nacho Fernández has signed with Saudi Arabian outfit Al Qadsiah, inking a two-year deal while participating in the European Championship with Spain. This move comes after more than two decades at Madrid, where he joined in 2001 and recently won his sixth Champions League trophy.

The newly promoted Al Qadsiah announced Nacho's arrival as a free agent on Thursday, just days before Spain's crucial round of 16 match against Georgia. The contract was signed in Düsseldorf, marking a significant career shift for the 34-year-old defender.

European Championship Round Of 16: Epic Showdowns Await

Reuters

The line-up for the round of 16 at the European Championship in Germany is complete. Here is a quick guide to the eight games which get under way on Saturday.

SWITZERLAND v ITALY June 29 - Berlin, 18:00

Switzerland impressed in the pool stages with their usual efficiency, while defending champions Italy stumbled into the last 16, though both teams were runners-up in their respective pools. The Swiss ousted France via penalties at this stage following a thrilling 3-3 draw in 2021 and will be similarly difficult to beat. Italy coach Luciano Spalletti feels his team are improving with each game, though. Five of the last six meetings between the sides have finished in draws and Switzerland's last win over Italy was in 1993.

GERMANY v DENMARK June 29 - Dortmund, 21:00

Hosts Germany topped Group A with seven points while Denmark advanced in second place in Group C despite drawing all three games. Germany have scored more goals (8), had more possession (64.3%) and the best passing accuracy (93%) of any side as they extended their unbeaten run to seven games. Denmark will be underdogs but reached the semi-finals three years ago, where they lost in extra time to England.

ENGLAND v SLOVAKIA June 30 - Gelsenkirchen, 18:00

England limped through the pool stages and bar a strong opening against Serbia in their first game, looked underwhelming despite the array of attacking talent at manager Gareth Southgate's disposal. They will view this as an excellent chance to advance but will find their fired-up opponents no pushovers. England managed only 10 attempts on target in their three pool games,



scoring twice. That is not title-winning form. The teams last met in the 2018 World Cup qualifiers where England

claimed 2-1 and 1-0 wins.

SPAIN v GEORGIA June 30 - Cologne, 21:00

Spain were the most impressive team in the group stage with three wins, five goals scored and none conceded. They have reached the semi-finals at least in three of the last four Euros finals, winning the title in 2008 and 2012. Debutants Georgia surprised Portugal 2-0 to seal their last-16 place. Spain have won the last four meetings between the sides, all since 2021, including 7-1 and 4-0 victories.

FRANCE v BELGIUM July 1 - Duesseldorf, 18:00

Belgium's search for a first major international trophy has led them to a clash with the powerful French and coach Domenico Tedesco's side having shown nothing in Germany to suggest this is a hurdle they can clear. France have not hit top gear either, though both teams had two clean sheets in the pool stage, suggesting their issues lie with attacking po-

tency. That is surprising with the likes of Kylian Mbappe and Kevin De Bruyne in their ranks. There have been 13 goals scored in the last three games between the teams.

PORTUGAL v SLOVENIA July 1 - Frankfurt, 21:00

Portugal's loss to Georgia in their final pool game came out of nowhere, ending a run of 12 consecutive victories in competitive fixtures since the 2022 World Cup in Qatar. They still topped their pool and play a Slovenia team who advanced to the last 16 on the back of three draws, and who beat Portugal 2-0 in a friendly in March. No player in the tournament has had more attempts at goal than Cristiano Ronaldo (12) but he has yet to score.

ROMANIA v NETHERLANDS July 2 - Munich, 18:00

There were contrasting emotions for these teams following the pool stages as Romania wildly celebrated a first

place in the Euros knockouts since 2000 by topping Group E and Netherlands seethed as they slipped to a 3-2 defeat by Austria and finished third in their pool. The Dutch will hope to avoid a second successive last-16 exit having lost 2-0 to Czech Republic three years ago. They have won the last four meetings with Romania.

AUSTRIA v TURKEY July 2 - Leipzig, 21:00

Austria won 6-1 when these teams met in a friendly in March but a determined Turkey will be a different proposition this time round. The Austrians were among the most impressive sides in the pool stages, even if they lost their opener 1-0 to France, and have momentum going into the knockout rounds. So do Turkey, but they were also soundly beaten 3-0 by Portugal five days ago. Only Scotland (7), Croatia (6) and Poland (6) conceded more goals than Turkey (5) in the pool stages.

How urban dwellers struggle to find mental peace as concrete jungles grow rampant

Agenceis

The rate at which an ice cream melts under the scorching sun can hardly keep up with the pace of Indian urbanisation. Urbanisation in India is at its youth; it is headstrong and propelled by the optimism and impulsivity associated with its age. However, unrestrained and undirected urbanisation might affect the mental health of city dwellers and the benefits might reach only a fraction of the population for a short period of time, conveniently forgetting the rest.

The symptoms of it are already visible. Depression, aggression, fear, sadness, personality disorders, and substance abuse are found at increasing levels among

the urban population. Around 600 million people or 40 per cent of the country's population will be urban dwellers by 2036 and contribute to 70 per cent of India's GDP, according to Auguste Tano Kouamé, World Bank's Country Director for India.

As continuous construction becomes the norm and green spaces dwindle in the concrete jungle, it will take a toll on people's mental health.

Tanvi Gotmare, a 21-year-old Mumbai resident and college student, says, "My neighbourhood was filled with trees once and I could see a green patch stretched over a large area from my window, but in recent years, buildings have taken this space up, resulting in less greenery, less ventilation and more polluted

air. With all the construction taking place around you, whether its roads or buildings, the constant noise pollution takes a toll on you. The temperature has also risen to unbearable levels. This often frustrates me and even leads to anger issues sometimes as it can't be helped."

Tanvi's experience shows how our environment affects our mental health. Water shortage and clogged sewage systems make the situation worse. And when more people relocate to cities, the strain grows, creating demand for more real estate and felling of more trees.

Traffic is another major factor that impacts mental health of city dwellers in several ways. The hours lost while commuting elevates stress and anxiety. And because of

this, people find no time for relaxation and self-care, which are crucial for mental well-being.

Mugdha Mathur, a Delhi resident and college student, said her parents' long work hours and heavy traffic leave no time for spending quality time with family. Even when they have free time, navigating traffic to reach movie theatres and shopping malls becomes an obstacle, diminishing their enjoyment and discouraging them from going out. Weekends intended for leisure are sometimes lost to hectic work filled with intense competition.

Fast-paced lifestyles, demanding bosses and high work pressure can all contribute to decreased sleep, exercise and relaxation. Tanisha Mendes, a Bengaluru resident studying

at the Christ (Deemed to be University), says, "Since I spent most of my life in Goa, I was used to a slow and calm life. But when I came to Bengaluru, everything is quick-paced. This has impacted my mental health in quite a few ways. I tend to be more anxious while I am in this city. I think the fast pace at which things are going on can sometimes be overwhelming. I seem to find everyone always onto something or the other."

Cities are a melting pot of cultures attracting people from various parts of the country but many find it difficult to fit into the community due to cultural differences, food habits, or language barriers. Feelings of isolation and lack of social support are associated with a decline in

mental well-being.

Since cities are home to many, it feels like it belongs to none. So people do not feel the urge to protect what is around them, causing a breakdown of civil niceties. This apathy causes people to find comfort in their virtual worlds with thousands of 'friends' and unlimited dopamine hits, leading to a sense of disconnection despite improved mental health awareness through these very screens.

Creating equal opportunities for all and making sure that people from all walks of life have room for growth can narrow the gap between different sections of society. Dr Roy Abraham Kallivayalil, a professor of psychiatry at Pushpagiri Institute of Medical Sciences

in Thiruvalla, Kerala, told THE WEEK, "Communities should be inclusive and government policies should include specific measures to take care of migrants, refugees and the poor. Vulnerable sections of the society like the elderly, the children, adolescents and women should be specially looked after."

He also focused on certain social aspects that need to be focused on to improve the mental health of people and said, "Poor education, unemployment and poverty are important social determinants of health and mental health. Hence, there should be opportunities for good education, job opportunities should be equitable, and poverty alleviation measures should be firmly in place."

CONTD. FROM FRONT PAGE

President Praises

emerged from Jammu and Kashmir. The Kashmir Valley broke all records of voter turnout of many decades. In the last four decades, we had witnessed low voter turnout amidst shutdowns and strikes in Kashmir.

"Enemies of India continued to spread false propaganda at global fora, projecting it as the opinion of Jammu and Kashmir. But this time, the Kashmir Valley has given a befitting reply to every such element within the country and outside," the President said.

According to the Election Commission, the three seats in the Kashmir Valley -- Srinagar (38.49 per cent), Baramulla (59.1 per cent) and Anantnag-Rajouri (53 per cent) -- recorded the highest voter turnout "in many decades" in the recent Lok Sabha elections.

Slams Emergency

of the 18th Lok Sabha, President Murmu invoked Emergency calling it "an attack on the Constitution and a source of chaos and panic in the country". "The Constitution of India withstood all hurdles that came its way when it was being formulated and implemented. It also overcame attacks that it faced after independence, in the form of National Emergency imposed in the country 50 years ago," she said.

Referring to the recent irregularities in the NEET-UG examination and other paper leaks, President Murmu said that the government is committed to a fair investigation of the recent incidents of paper leaks as well as stringent punishment for the guilty.

"It is a continuous effort of the government to ensure that the youth of the country gets adequate opportunity to display their talent. My government is committed to a fair investigation of the recent incidents of paper leaks as well as stringent punishment for the guilty. Even before this, we have seen paper leaks in different states. Rising above partisan politics, a nationwide concrete solution is needed for this. Parliament has formed a strict law against irregularities in examinations." Amid concerns raised over Electronic Voting Machines (EVMs) by the opposition, President Murmu praised the EVMs in her address and said the "misinformation campaign was unfortunate".

She said EVMs were used in the 2024 Lok Sabha polls "to ensure the sanctity of the electoral process" and praised the Election Commission of India for holding the "largest election in the world". "The EVM has passed every test, from the Supreme Court to the people's court, in the last few decades," she said.

The president further highlighted that the process of reforms in the Armed Forces should continue to keep it combat-ready. "For a capable India, modernity in our armed forces is essential. We should be the best in the face of war - to ensure this, the process of reforms should go on continuously in the armed forces. With this mindset, my government took several important steps in the last 10 years. With reforms, India is indulging in defence manufacturing of more than

1 lakh crore. In the last 10 years, our defence exports have increased by 18 times and touched 21,000 crores," President Murmu said.

President Murmu also highlighted the fact that today's India provides solutions for global issues ranging from climate change to food security and from nutrition to sustainable agriculture.

She said that India achieved its climate-related targets much ahead of schedule and the country's initiatives to become a Net Zero economy are an inspiration for many countries.

"We are providing various solutions for issues ranging from climate change to food security and from nutrition to sustainable agriculture. We are also running a campaign to popularise our coarse grains - Shree Anna - as a superfood across the world. On India's initiative, the year 2023 was celebrated as the International Year of Millets worldwide," she said.

She also said that now India is changing its agriculture system

keeping in mind its current needs. "My government has provided 3.20 lakh crores to the farmers of the country under PM Kisan Samman Nidhi. Since the beginning of the new term of my government, an amount of more than 20,000 crores has been transferred to the farmers. The government has also made a record increase in the MSP for Kharif crops. Today's India is changing its agriculture system keeping in mind its current needs," the President said.

Pilgrims Are Brand

the effective functioning of the facilities developed by their respective departments.

"Greater synergy between all stakeholder departments, Police, security forces and service providers will ensure best arrangements for the hassle-free pilgrimage," the LG said.

The meeting was informed that substantial improvements have been made in terms of facilities for the safe and smooth pilgrimage. The LG emphasised on providing smooth arrangements on the route of Yatra, adequate stock of oxygen cylinders and deployment of ambulances and helicopters for any medical emergency.

He also took appraisal of track, lodging, electricity, water, communication, health, fire and emergency services.

Later, the LG took stock of the facilities in place for the pilgrims at Nunwan base camp at Pahalgam.

The meeting was attended by Dr Mandeep Kumar Bhandari, CEO, Shri Amarnath Shrine Board; Vidhi Kumar Birdi, IGP Kashmir; Bhupinder Kumar, Secretary, Public Works (R&B) Department; Vijay Kumar Bidhuri, Divisional Commissioner Kashmir; Syyed Fakhrudin Hamid, Deputy Commissioner Anantnag and senior officers of SASB, Security Forces, Civil and Police Administration.

Follow Cut-off

Timings

security. "We have also ensured lodging and langar security, along with access control and Quick Reaction Teams (QRTs) to ensure a peaceful and safe yatra. We have not only addressed security contingencies but have also considered non-security contingencies," he added.

The police chief said that a cut-off timing has been established to ensure effective traffic management. "We urge everyone to adhere to the cut-off timings. Yatris and common people may face some inconvenience, but when it comes to security, life, and property, we can endure the suffering but cannot afford the loss of life," he stated.

Regarding the recent encounter in Doda where three militants were killed, DGP termed it as a big success. "We have already said that we will win this war. There may be minor losses, but the public and every security agency are ready, and we will defeat them," he added.

Security Measures

have shown their desperation in recent times to stay in the limelight by targetting innocent pilgrims," the officer said.

Thousands of security personnel from the police, CRPF, ITBP and other para-military forces have been deployed to ensure foolproof security for the annual pilgrimage.

Besides adequate deployment of security forces at the Yatra Camps, the authorities have decided to carry out aerial surveillance of the Yatra area and deploy spotters to keep a vigil on unwanted activities and suspicious elements.

As part of the security measures, the national highway from Qazigund to Pahalgam and Baltal base camps have been brought under CCTV surveillance, the officials said.

"Movement of all yatra-related vehicles will be monitored round the clock," they added.

Kashmir Zone Police chief VK Birdi on Monday took stock of the security measures and directed officials

to ensure stern security coverage and prompt response to any potential threats.

The Inspector General of Police (IGP) Birdi stressed the need for vigilant patrolling and monitoring of highways and all possible routes to ensure a smooth yatra and comfort for the pilgrims.

Birdi directed them to also identify any areas for improvement and instructed officers to ensure robust dominations at night time to prevent any untoward incidents.

Meanwhile, traffic authorities have issued an advisory for Amarnath yatra.

"In view of the forthcoming Shri Amar Nath Ji Yatra-2024, the administration has decided to impose certain restrictions on traffic plying on different routes. These restrictions will be in force between 28/06/2024 and 19/08/2024," an official spokesman said.

He said the Traffic department, starting from Thursday, will issue special traffic advisories daily.

"People, including tourists and yatris, are requested to strictly abide by the instructions to avoid unnecessary inconvenience and plan their journey accordingly," the spokesman said.

Amarnath yatra over the years has remained by and large peaceful, barring four militant strikes one each in 2000, 2001, 2002 and 2017 that left 45 pilgrims dead and dozens of others injured.

J&K Ranks 2nd

implementing the scheme. The DFO nominated district-wise officers and has been holding follow up and review meetings on a daily basis to address teething and other issues. The MSME DFO Jammu has been organizing Seminars in all to create awareness about the scheme in every nook and corner of Jammu and Kashmir.

The State Level Screening Committee held timely meetings to clear the applications and extend benefits to the artisans.

MSME DFO Jammu is recommending all the applications received under PM Vishwakarma at Stage 3 on a daily basis from 20 districts of Jammu & Kashmir. All the queries received by email are also pursued timely. This has been made possible with directions of G.Velladurai IEDS Joint Director.

First Batch To Leave

have been handed over to the devotees travelling in the first batch for twin base camps of Pahalgam and Baltal in the Kashmir valley, the officials said.

Over 2,000 pilgrims have arrived at the Bhagwati Nagar Yatri Niwas in Jammu, from where they will leave in escorted convoys for the base camps in north Kashmir's Baltal and south Kashmir's Anantnag, the officials said.

There is a huge rush of devotees arriving at the base camp, they added.

According to reports, over 3.50 lakh yatris have registered for this year's yatra. There are 125 community kitchens (langars) set up along the two routes to the cave shrine and supported by over 6,000 volunteers.

The administration on Thursday began the process for on-the-spot registration of devotees arriving here for the pilgrimage to the Amarnath cave shrine.

The Lieutenant Governor, who is the chairman of Shri Amarnath Shrine Board (SASB), reviewed the security and other arrangements in a high-level meeting and grassroots visits to various base camps in J&K.

Top officials led by Chief Secretary Atal Dulloo also visited the base camps and emphasised ensuring seamless facilities and services to the pilgrims, monitoring the control room 24x7 and publicising transport rates for taxis and three-wheelers.

The LG and the CS stressed the importance of an incident-free yatra, urging the officials to maintain vigilance against anti-national elements and ensure coordinated responses.

Jammu has come under a security

blanket with enhanced security measures, including a multi-layer security grid and the use of technology for surveillance.

A three-tier security system has been implemented around the Jammu base camp, with search and sanitisation operations being conducted to ensure safety, the officials said.

Union Home Minister Amit Shah reviewed the security situation and arrangements for the Amarnath yatra on June 16 in the light of recent terror strikes in the Jammu region.

Pilgrims Are Brand

Dr Aadil, a Medical Officer at the Addiction Treatment Facility in District Hospital Shopian, said that a large majority of patients seeking treatment are opioid users, predominantly abusing heroin. "About 90-95 percent of our patients are opioid users, with heroin being the most commonly abused," he informed.

Regarding gender disparity in seeking treatment, Dr Aadil said, "Out of 580 registered patients at ATF Shopian, only one woman initially sought treatment but stopped due to social stigma."

He said a supportive family environment is important for patients along with proactive measures such as monitoring their activities and social circles. "Parents should regularly check their children's belongings and behavior, and consult a doctor if they notice any changes," he advised.

The medical officer also highlighted the importance of motivating individuals to leave drug addiction and providing them with free medicines.

Dr Aadil said the facility is providing free medicines and conducting counselling sessions with both patients and their families. "Counseling sessions are held with patients and their family members to sensitise them on how to deal with these patients at home," he said, adding that family involvement in a person's recovery from addiction has many benefits for both the addicted patient and other members of the family. (KNO)

Start Activities

Commission of India vide letter No: 464/INST/2022-EPS dated 27-12-2022 so that the pre-poll activities are carried out in a befitting manner and completed within stipulated timeframe for successful conduct of elections to the Legislative Assembly," reads the letter sent to DEOs by CEO's office.

The election planner serves as a guide for preparation of different plans and activities to be carried out by the election authorities for holding an election.

On June 20, Prime Minister Narendra Modi said that preparations have begun for holding assembly polls in J&K. "What can be better than the people of J&K electing their representative and tackling their problems through them. That is why preparations for the assembly elections have started. The day is not far when you will elect the new government of J&K with your own vote. The day will come soon when J&K will shape its future as a State once again," he said.

Ruhullah Urges

social media. Netizens have since demanded action against public drinking by tourists.

The police later swung into action and arrested the duo involved in public drinking. "Srinagar Police has taken cognizance after a video of unidentified individuals indulging in offensive behaviour in a shikara in Dal Lake in an inebriated state went viral across social media platforms," Police said.

"Two accused have been arrested while more suspects are being questioned. Further investigation into the matter is ongoing," the spokesperson had added.

The shikara incident drew widespread condemnation. The chief spokesperson of the National Conference, Tanvir Sadiq, had also

urged action against the incident. "Strongly condemn the vulgar acts of tourists drinking alcohol in a shikara in Dal Lake. Under the garb of 'Kashmir badal raha hai', the government must remember that such behaviour is not acceptable here. A modern society doesn't dance vulgarly in the streets or drink in public. These acts must end under the guise of tourism," he said.

Pertinently, Aga Syed Muhammad Hadi, a prominent cleric, had urged authorities to act saying that while public consumption of alcohol is prohibited under the law.

"The people of Kashmir are hospitable and respect tourists visiting the valley as guests. Such un-Islamic and unethical practices will not be tolerated in the Muslim-majority valley," Hadi said. He also urged shikara owners to keep an eye on such acts, and asked tourists to 'respect the moral and social values of Kashmir.'

UN Human Rights

on Thursday honoured with the prestigious Pen Pinter Prize 2024 for her "unflinching and unswerving" writings. The prize, established in 2009 by the charity English PEN, defends freedom of expression and celebrates literature in memory of Nobel-Laureate playwright Harold Pinter.

2-day Tourism

Development

witnessed an amazing response from various stakeholders at the conclave. "We had 20 Shera Shri Amitabh Kant, national travel heads and many dignitaries in the panel," Yaqoob said.

He said they have taken the viewpoint of the panelists and will implement them to promote tourism of Jammu and Kashmir.

"The domestic stakeholders shared their views and we will involve them to promote tourism of Jammu and Kashmir."

Meanwhile, the concluding day of tourism development conclave 2024 witnessed insightful discussions and strategic deliberations aimed at revitalizing tourism in Jammu and Kashmir.

G20 Sherpa, Amitabh Kant, chaired multiple panel sessions focusing on diverse aspects of tourism development.

He underscored the need for creating transformative experiences in Kashmir, highlighting its shift towards experiential tourism in domains such as adventure, cultural heritage, and eco-tourism.

He acknowledged the challenges faced by the industry but expressed optimism about overcoming them through concerted efforts.

On the Occasion Chief Secretary, Atal Dulloo, emphasized Kashmir's enduring strength in hospitality and the imperative to address issues like overcharging and cheating to enhance visitor experiences and encourage repeat tourism.

The conclave also spotlighted niche tourism segments such as adventure tourism, pilgrimage circuits and eco-tourism with presentations from Saleem Beg, former DG Tourism and discussions on sustainability led by the Tourism Department J&K. Participants included prominent figures such as Padma Shri Ajeet Bajaj of Snow Leopard Adventure, Rajiv Mehra, President of IATO, and Anuradha Goyal, Travel Blogger and Writer, underscoring a commitment towards promoting Kashmir as a diverse and enriching tourist destination.

In his concluding remarks, Amitabh Kant urged upon the tourism department to collaborate with travel writers and operators to showcase Kashmir's unique offerings and transform global perceptions of the region.

SC Issues Notice

along with the pending matters. "We will file a short reply by then to the query," he said.

Basant pointed out that there is no set procedure or time limit to raise the grievance and therefore as an interim relief the candidates are seeking grant

of OMR sheets.

The bench then issued notice and tagged the petition with the pending matters while asking the counsel for NTA to file a short written reply to the court's query on time limit.

On June 20, the top court sought responses from the Centre, the NTA and others on a slew of petitions, including those seeking scrapping of the National Eligibility cum Entrance Test-Undergraduate (NEET-UG) 2024 and a court-monitored probe, amid mounting outrage over alleged irregularities in conducting the all-India medical entrance test.

While hearing separate pleas on the NEET-UG 2024, the apex court had on June 18 said even if there was "0.001 percent negligence" on the part of anyone in the conduct of the examination, it should be thoroughly dealt with. It had listed all the petitions for hearing on July 8.

The NEET-UG is conducted by the NTA for admissions to MBBS, BDS, AYUSH and other related courses in government and private institutions across the country.

The Centre and the NTA had on June 13 told the top court that they had cancelled the grace marks given to 1,563 candidates who took the examination for admission to MBBS and other such courses.

They will have the option to either take a retest or forgo the compensatory marks awarded to them for the loss of time, the Centre had said.

The examination was held on May 5 across 4,750 centres and around 24 lakh candidates appeared for it. The results were expected to be declared on June 14 but were announced on June 4, apparently because the evaluation of the answer sheets got completed earlier.

The allegations have led to protests in several cities and sparking between rival political parties.

As many as 67 students scored a perfect 720, unprecedented in the NTA's history, with six from a centre in Haryana's Faridabad figuring in the list, raising suspicions about irregularities. It has been alleged that grace marks contributed to 67 students sharing the top rank.

Killing Of 3 Terrorists

J&K Police chief said, adding that security forces are conducting regular searches and are not letting any information go unnoticed.

Senior Superintendent of Police (SSP) Doda, Javed Iqbal said the search operation is ongoing and reports of suspected movement continue to come in.

The investigation into the encounter is still ongoing, and the identity of the killed militants has not been established yet. "It is part of the investigation," the SSP said when asked whether the identity of the killed terrorists has been established.

The SSP said that police are trying to ascertain whether it was the same group of terrorists which was seen in the Chattergala area. "The investigation will cover many aspects including this one," he added.

Additional Director General of Police (ADGP) Jammu Zone, Anand Jain had earlier asked people of the area to help police identify those who are providing food and shelter to terrorists.

The joint forces of Jammu & Kashmir Police and Indian Army had eliminated three hardcore terrorists in Sinno forests of Gundoh in district Doda in a day-long encounter without any collateral damage.

The security forces recovered two M4 carbine rifles, one AK-47 rifle, grenades, ammunition and other incriminating material from the possession of the killed terrorists. Mobile internet services continue to remain suspended in the Gundoh sub-division for security reasons.

After the gunfight was over, the ADGP said that six to even groups of terrorists were active in the Jammu region. He added that earlier there were three to four groups of terrorists but after recent infiltration six to seven groups are active. (KNO)

The Process of Getting a Distance MBA Course in India

Agenceis

New Delhi (India), June 26: Distance education can be defined as a teaching model where the learner and the instructor are in different locations to enhance the teaching activities through the use of information technology. Learners can use the internet to access course content, professors' recorded lectures, and uploaded assignments, which makes learning convenient as it can be done from any location and by anyone whenever the person has time to spare. The approach is suitable for different learning dependencies, as it allows reaching students who cannot attend conventional lectures with face-to-face contact, either because of geographical, professional, or personal circumstances.

The Process of Getting a Distance MBA Course in India



Distance MBA courses in India

Distance MBA in the upcoming years fulfilled the intention of an MBA degree without attending regular classes on campus. These programs offer from a range of reputed universities and institutes explore the major areas of business, such as finance and marketing, as well as management. Intended for the audiences of working adults, they enable students to proceed with their coursework independently owing to the Socratic-type lectures, readings, and discussions moderated on-

line. While these courses are approved and accredited by the University Grants Commission of India (UGC) and the Distance Education Bureau (DEB), they are comprehensive enough to facilitate career progression and skill development for individuals with existing employment as well as child care aspirations.

Why Opt for a Distance MBA
Thus, doing a distance MBA is suitable for people seeking career promotion without stopping their current employment. It permits striving for education from anywhere and strikes a balance between studying, working, and other responsibilities. Distance MBAs are less expensive than conventional programs for similar reasons; pupils do not have

to uproot and travel to school via public transport. It is intended that the curriculum be both current and applicable to the current business environment, specialising in management, finances, marketing, and so on, that may be implemented in a learner's place of work at the time of learning. Furthermore, distance MBA programs help the students get placed with different practitioners and academics in the program and, therefore, get exposed to different ideas and practices. Accredited and recognized globally, a distance MBA offers the same value as an on-campus degree, making it a viable option for those looking to boost their qualifications, increase their earning potential, and achieve career growth while maintaining

their existing lifestyle.

Distance MBA in Mumbai

A Distance MBA in Mumbai is an ideal choice for individuals looking to boost their qualifications and career opportunities while maintaining their current job and personal responsibilities. Some of the institutes that provide distance MBAs in Mumbai are as follows: Mumbai is known as the financial capital of India and has numerous premier institutions that provide distance MBAs that have been designed and developed to suit the needs of the current complex business world.

These degrees provide an extensive course or subject area for students who wish to pursue areas such as strategic management, financial management, marketing, and even entrepreneurship, amongst others. The format of the delivery is online, and this has its advantages due to the flexibility that is offered for the execution of the lessons, which is very convenient for working students. The benefits of online learning, including virtual classes, the use of online class materials, and one-on-one or group discussions with faculty and classmates, make the experience quite fulfilling.

Distance MBA programs in Mumbai have the advantage of saving money, as there is no need to travel to school or move to another state. It is also approved

by the University Grant Commission (UGC) and Distance Education Bureau (DEB), which provide authenticity and quality knowledge. It is crucial to undergo an MBA program from a distance, as students will be able to polish their managerial capabilities, update themselves with the latest knowledge in business fields, and build a network that will ultimately guarantee them more job openings and personal development in the ever-challenging business world of Mumbai.

Distance MBA fee structure in Mumbai (India)

Distance MBA fees in Mumbai vary widely, depending on the institution and program. Tuition fee, which includes the classroom fee. The lump sum fee, on average, lies between INR 50000 and INR 200000 during the whole course period. This usually includes tuition and registration fees, examination fees, and the cost of books, among others. Some of these extra costs may include an application fee, an admission fee, and a fee for specific courses of study or elective courses. In this regard, for precise and up-to-date results on the fee structure for a particular university or institute, it is suggested that a student make inquiries directly to the relevant institution, as the fee structures may differ from one institution to another due to factors such as reputation, accreditation, and infrastructure available for use.

How to get admission to a distance MBA course in Mumbai

To secure admission to a distance MBA course in Mumbai, follow these steps:

First, research and identify reputable institutions in Mumbai offering distance MBA programs. Check their accreditation, curriculum offerings, faculty credentials, and placement records to ensure they align with your career goals.

Next, review the admission criteria, which typically include a bachelor's degree from a recognized university. Some programs may require work experience as well. Ensure you meet these prerequisites before applying.

Obtain the application form either online through the institution's website or by visiting their admission office. Fill out the form accurately, providing all required details and attaching necessary documents such as academic transcripts, degree certificates, identification proof, and passport-sized photographs.

Submit the completed application form along with the required documents before the specified deadline. Many institutions also require payment of an application fee, so be prepared for this.

Depending on the institution, there may be additional steps, such as appearing for an entrance exam (if applicable) or participating in an interview. Prepare accordingly, and ensure you meet all requirements.

Odisha: Cataract surgeries at Angul private facility go wrong, 13 lose eyesight

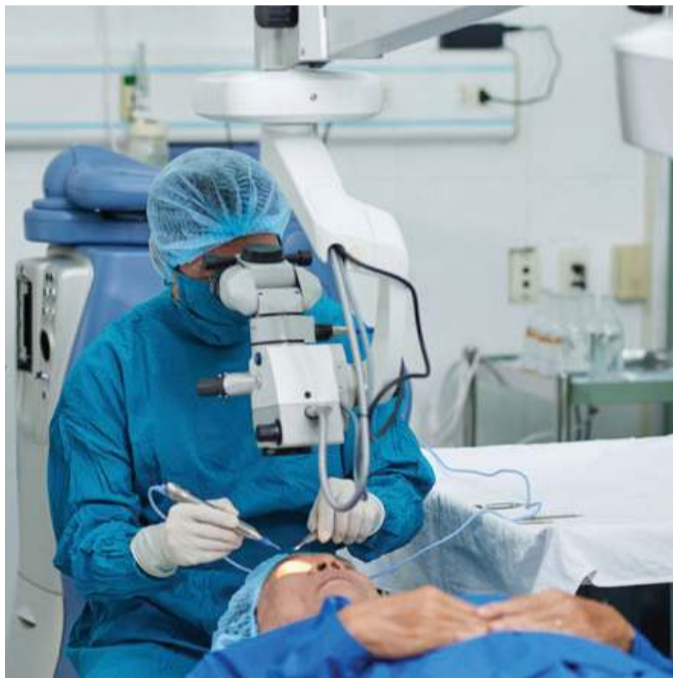
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At least 13 senior citizens reportedly lost eyesight due to infection after undergoing cataract surgery at a private nursing home in Odisha's Angul. The doctors who treated them afterward were not confident about their complete recovery, Odisha-based media reports said.

The private nursing home was reportedly sealed by the Angul district administration in the light of the incident. District Collector Abdaal M. Akhtar has directed the Chief District Medical Officer (CDMO) to investigate and submit a report.

The patients who underwent surgery at the said facility were all residents of Odisha's Angul, Banarpal and Athamallik areas. They were all rushed to Burla's Veer Surendra Sai Institute of Medical Sciences and Research (VIMSAR) for advanced treatment after developing similar symptoms a day after undergoing the surgery, Odisha TV said in a report. While 11 have been discharged, two remain under treatment, it said. The two remaining hospitalized needed further surgeries.

Pain and headache were the common symptoms reported by all 13 patients who developed



"severe eye infections" following the cataract removal procedure, the media report said. The victims said that they felt nothing unusual after the surgery but felt uneasiness immediately after the bandage was removed to apply eye drops, they reportedly told the media. The pain intensified over the hours and they lost

vision within a day. All of them lost vision in the eye that was operated while the other remained unaffected. Doctors at VIMSAR were not certain if the vision could be completely restored. All discharged patients have been asked to come back after a week for further checkups.

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