# KASHMIR OBSERVER®

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## **Doda Gripped By Terror Attacks**

2 Soldiers Injured In Latest Encounter, 2nd in Two Days



**Press Trust Of India** 

Jammu:Two army personnel were injured in a gunfight with terrorists in a remote forest village in Jammu and Kashmir's Doda district on Thursday, officials said, as security forces continued their search in the region for the ultras who killed four soldiers three days ago.

The gunfight, lasting more than an hour, took place at Jaddan Bata village in the Kastigarh area around 2 am when the terrorists opened fire on a temporary camp established in a government school for the ongoing

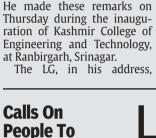
search operation, they said. One of the critically injured army personnel was evacuated to the Udhampurbased command hospital by

an advanced light helicopter (ALH) despite challenging weather conditions, a

defence spokesperson said. "Swift action by ALH from Air Force Station, Udhampur, saved a critically injured soldier's life in Doda (J-K). Despite challenging weather, the evacuation was successful, ensuring timely medical care at Command Hospital, Udhampur. Kudos to the team for their dedication and bravery," PRO Defence, Jammu, posted on X.

In a separate incident, security forces guarding a forward post opened fire after observing suspicious movement near the Line of Control (LoC) in the Sunderbani sector of Rajouri district late Wednesday night.

The area was | More on P6



people from all sections of the society to work together with the administration to preserve and protect the ancient shrines and places of reli-

occasion of 'Har Bah'. He prayed for the well-being of all and peace and prosperity of J&K. The LG also joined the devotees in the Maha Yagya, organised by the Terathraj Sidhlakshmi Peeth Trust, on Ashadh Shukla Paksha Dwadashi. Speaking on the occasion, he reiterated the commitment of the government to improve facilities for the pilgrims of | More on P6

## 'Building A Future-Ready Workforce'

## **LG Calls For Skill-Centric Education** To Shape Industry's Destiny

Stresses Industry-Academia Collaboration

**Observer News Service** 

Srinagar: The speed and scale of change in 4th Industrial Revolution calls for strengthening the Industry-Academia collaborations, Lieutenant Governor Manoj Sinha said, while speaking on the rapid transformation taking place in the Industry sector. He made these remarks on Thursday during the inauguration of Kashmir College of Engineering and Technology, at Ranbirgarh, Srinagar.

emphasised on fostering innoworkforce must have critical vation culture in Engineering Colleges and realigning the

curriculum to fulfill the evolving industry requirements. "Skills and not the degree will shape the destiny of our industries. The future

skills such as cognitive skills, logical reasoning, technical skills etc to build future-proof careers," the LG said. On the occasion, the LG high-

lighted reforms in the education sector under the guidance of Prime Minister Shri Narendra Modi, to promote startups, innovation and entrepreneurship in Jammu Kashmir.

He also made some valuable suggestions to explore the vast opportunities in the engineer-

#### **Schools Resume Classes Post Vacations** espite demands for an

function | More on P6

**KU Declares** 

**Observer News Service** 

Srinagar: The

August 3.

**Summer Break** 

of Kashmir announced on

Thursday that its main and sat-

ellite campuses will observe a summer break from July 25 to

The Joint Director of Academic Affairs at KU said

that all teaching departments and satellite campuses would

observe summer vacations from July 25, 2024, to August 3, 2024.

The order reads, "All the

teaching departments of the

university and its satellite cam-

puses shall observe summer

vacations from 25th July 2024

to 3rd August 2024."
The KU official mentioned

that departmental offices will

University

extension in vacations by some parents, the schools opened in Kashmir on Thursday after remaining closed for summer vacations. From early morning students could be seen rushing to their respective schools after 10 days of vacations. "After 10 days we met our friends and | More on P6

## **Help 'Preserve** & Protect' **Ancient Shrines**

ieutenant Governor Manoj Sinha called upon the gious importance.

Sinha paid obeisance at Mata Sidhlakshmi Asthapan, Lokbhawan, Anantnag, on the auspicious

## **Probe Ordered After Family Alleges Negligence Death**

High-Risk Patient Died Of Cardiac Arrest, Says Paras Hospital



#### PM Modi Chairs **Security Meet**

rime Minister Narendra ing of the Cabinet Committee on Security nister Amit Shah and Defence Minister Rajnath The meeting took | More on P6

#### 2 Terrorists Killed In Kunwara

wo terrorists were killed as security forces foiled an infiltration bid along the Line of Control (LoC) in Jammu and Kashmir's Kupwara district on Thursday, officials said. The officials said security forces had received intelligence inputs about the terrorists' attempts to infiltrate into the Valley along the LoC in the Keran | More on P6

Srinagar: A patient undergoing treatment at the Paras Hospital Dalgate lost his life as a result of the alleged 'medical negligence', family claimed on Thursday.

Despite paying a substantial

## **Hospital Reacts** Paras hospital issued the

following statement to Kashmir Observer

"We regret to inform you that Mr. Gulzar Ahmed Sheikh aged 46 years, who was brought to Paras Hospital, Srinagar on July 16 from another hospital in a critical condition passed away today due to cardiac arrest. After clinical evaluations, the patient was taken for the bypass surgery. His family was counselled about the critical nature of the procedure and the high-risk associated with the | More on P6

## NC Steps Up Campaign Ahead of J&K Polls

## **Omar To Camp In** Jammu From July 21

**Agencies** 

Srinagar: As the possibility of assembly elections in Jammu and Kashmir looms, political activity in the region is intensifying. Following the BJP and Congress, the National Conference (NC) is ramping up its efforts, commencing a series of public meetings in the Jammu division. The first of these meetings will take place on July 21, marking NC Vice President Omar Abdullah's first visit to Jammu since the

Omar will address a public meeting at Ramlila Maidan in Gudha Salathia, part of the Vijaypur assembly constituency in Samba district. The Jammu provincial unit of the NC has been preparing diligently for this significant

NC's provincial president, Ratan Lal Gupta, highlighted that the party's performance in the Lok Sabha elections was particularly strong in the seven assembly constituencies of the Jammu division that fall under the Anantnag-Rajouri seat. Gupta noted that NC candidates won with substantial margins in these areas, fueling the party's optimism for the upcoming assembly elections.

"The party is rapidly expanding its activities in the mmu division, becoming the voice of the people," Gupta said. He also criticized the current government's policies, attributing recent terrorist attacks in the Jammu division to these missteps.

In preparation for the visit. Aijaz Jan, | More on P6

'Re-exam Requires Concrete Proof of Process Compromise'

## **SC Directs NTA To Declare Centre-wise Results Of NEET-UG**

**Press Trust Of India** 

New Delhi: The Supreme Court on Thursday directed the National Testing Agency (NTA) to declare by 12 noon of July 20 the centre and city-wise results of NEET-UG 2024 while masking the identities of aspirants.

As it strove to address the allegations of malpractices in the conduct of the examination, a bench headed by Chief Justice D Y Chandrachud said any order for conducting it afresh has to be on concrete conclusion that the sanctity of the entire process was affected.

The top court will resume hearing the arguments on July 22 on a batch of pleas seeking cancellation, re-test and a court-monitored probe into the allegations of large-scale



malpractices in the prestigious test held on May 5.

During the day-long hearing, the bench asked the counsel for the aspirants to establish their claim about extensive irregularities in holding the examination, including leak of question paper, warranting cancellation and a re-test.

appeared that the question paper leak was limited to Patna and Hazaribagh, and nothing of this sort can be said to have happened in Godhra in Gujarat.

În Patna and Hazaribagh, the question papers allegedly got leaked, while in Godhra there were claims I More on P6

#### No Tents In **Gulmarg Without Permission: GDA**

patient-identified

Gulzar Ahmad Sheikh, son of

Mohammad Rajab Sheikh, a

resident of Buchwara Dalgate-

died from medical negligence,

patient sparked | More on P6

The death of the 40-year-old

according to his family.

**Agencies** 

Srinagar: In a bid to preserve the fragile ecosystem at the renowned ski-resort, the Gulmarg Development Authority (GDA) has issued a new directive, requiring prior permission for the installation of temporary tents within its jurisdiction.

A circular released by the GDA reads that it has been observed that visitors have been setting up tents on green meadows for overnight stays without obtaining proper authorization from the competent authority.

'This unregulated activity has led to several issues, including littering, unauthorized parking on green slopes, lighting fires on the greens, and even law and order disturbances."

It further reads that given the eco-sensitive nature of Gulmarg and its status as a world-famous tourist spot, the GDA has found I More on P6

#### No FASTag?

## **NHAI Doubles Toll For Vehicles** Without Windshield Sticker

**Press Trust Of India** 

New Delhi:To deter National Highway users from deliberately not fixing FASTag on the windscreen of the vehicle, NHAI has issued guidelines to collect double user fee from such users entering the toll lane with non-affixed FASTag on the front windshield from

the inside, an official release

NHAI said deliberate non-affixa-FASTag on tion of windscreen leads to unnecessary delays at the toll plazas causing inconvenience to fellow National Highway users.

said on Thursday.

'Detailed Standard Operating Procedures (SOP) has been issued to all User

Fee Collection Agencies and Concessionaires to charge double user fee in case of non-affixation of FASTag on the front windshield," it said.

According to the statement, the information will also be prominently displayed at all User Fee plazas, informing highway users about the penalties for non-compliance of entering a toll lane without a fixed FASTag on front windshield.

addition, statement said CCTV footage with Vehicle Registration Number (VRN) at the fee plaza shall be recorded of the non-affixed FASTag

cases. This will help in maintaining proper record regarding the | More on P6

#### **India Gears Up** To Host 46th **Session Of WHC**

**Press Trust Of India** 

New Delhi: India is gearing up to host the 46th session of the Heritage Committee scheduled to be held in the country for the first time from July 21-31, with sources saying that Prime Minister Narendra Modi may inaugurate the key event.

Ahead of the session, the government recently launched a public art project with works themed on India's cultural legacy and the country's UNESCO heritage sites among others.

In sync with the proposed 46th World Heritage Committee meeting, some of the artwork and sculptures will draw inspiration from world heritage sites such as Bimbetka and the natural world heritage sites in India and accord them a special place in the proposed artworks, officials said.

The 46th session of the World Heritage Committee (WHC) is scheduled to be | More on P6



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## **Smoking Could Be Most Important Factor Affecting Cognition With Age: Study**

**Press Trust Of India** 

mokers could experience up to 85 per cent more decline in their cognitive skills such as memory and speech compared to those who did not smoke, a study has found.

Researchers, who analysed 16 varied combinations of lifestyle factors, including physical activity, alcohol habits and socialising, found that smoking habits could be the most important aspect affecting how quickly cognition declines with age.

"Our findings suggest that among the healthy be-

haviours we examined, not smoking may be among the most important in terms of maintaining cognitive function," Mikaela Bloomberg from University College London, UK, and lead author of the study published in the journal Nature Communications, said.

The team of researchers surveyed over 32,000 adults aged at least 50 years from across 14 European countries, tracking them for up to 13 years.

Based on their responses, the participants were grouped according to their smoking habits and if they performed moderate or vigourous physical activity at least once a week. How often they saw friends and family in a week, along with their drinking habits, were also analysed.

They found that cognitive skills deteriorated faster in the participants who followed lifestyles that involved smoking - up to 85 per cent higher across 10 years, compared to that in people following nonsmoking lifestyles.

Smokers preferring to socialise less were found to be affected the most with about a third to 50 per cent decline in their cognition over 10 years.

Govt. of Jammu and Kashmir

#### Office Of The Zonal Education Officer Ganderbal

Subject:- Engagement/Hiring of Helpers/AAYAS under Early Child Care Education (ECCE) for the year 2022-23.

Reference:-Directorate of SAMAGRA SHIKSHA, JK UT's Order No. 07 of CHIRAG- 2023 dated: - 09/01/2023, Chief Education Officer Ganderbal's No.CEO/GBL/SS/ECCE/52/2023, dated:-23/01/2023, CEO/Gbl/SS/285, dated:- 20/06/2023, CEO/Gbl/SS/912 dated:- 03/07/2024

#### **NOTIFICATION**

Applications are invited from eligible female candidates for engagement as HELPER/AAYA under Early Child Care Education (ECCE) in school mentioned in the Annexure (A) which should reach the office of undersigned within the period of 15 days from the date of publication of this notification during working hours as per the criteria given below. However, no application will be received after the cut off date. In case of poor response, the date will be extended.

#### A) NATURE OF ENGAGEMENT:

The engagement of the Helper/AAYA shall be purely terminus and shall start from the date; they are engaged/hired and shall conclude with the end of the academic session. It may be extendable, subject to the performance and the approval of funds in the particular component. Affidavit from 1st Class Magistrate shall be taken from the candidate at the time of joining, for not claiming for permanent absorption at any stage

#### B) ELIGIBILITY CRITERIA OF HELPERS/AAYAS:

- a. Only female candidates can be engaged/hired.
- The Helper/AAYA engaged/hired must be domicile of the village in case of Rural Area and ward in case of Urban area, where approved school is
- c. Candidate must be belonging to BPL (Below Poverty Line) Category. d. The candidate must be physically/mentally fit to carry out her job. (Fitness
- certificate from Health department; CMO/BMO) C) QUALIFICATION/PREFERENCE:

### Min. Qualification of a HELPER/AAYA: $8^{th}$ Class passed, in case there is no

- eligible candidate available in village/ward, the candidate with lesser qualification shall be considered.
- Widow.
- Divorced
- Any candidate among the poorest of the poor in the village/ward. D) AGE:
- The age of a candidate must be between 18-45 years as on 1st jan, 2024.

#### E) HONORARIUM:

seal and signature

dated: 18-07-2024

DIPK-3162/24

Rs. 5000 (Rupees Five thousand only) which may vary as per the approval in the subsequent year in PAB of SAMAGRA SHIKSHA.

#### F) TOTAL NON-AVAILABILITY OF ELIGIBLE CANDIDATE:

In Case of total non-availability of eligible candidate, as mentioned under C be considered for engagement, the requisite documents shall be authenticated by the chowkidar, lumberdar, Panch & Sarpanch of the village/ward member in case of ward.

#### ANNEXURE A

s.n o	Name of the School	Category of School	No. of Helpers/AAY AS to be engaged	Remarks
01	BMS Buderkund	2-Primary with Up. Primary	1	Re-advertisement ( Resignation of AAYA)
		1		SD/=

Zonal Education Officer

Sign of Receipt Clerk

#### Ganderbal APPLICATION FOR ENGAGEMENT/HIRING OF HELPERS/AAYAS FOR

THE ACADEMIC SESSION	N 2023-24 IN EDUCATION ZONI	E GANDERBAL
1. Name of the school		
2. Village/Ward		
3. Panchayat Halq/Ward No		Paste recent passport sized
<b>4.</b> Name of the Applicant		photograph
5. Parentage		
6. Address	_ District	
Tehsil	_ Panchayat/Ward	
(Attach domicile certificat	te/other relevant document)	
7. Qualification	(Attach proof).	
8. Date of birth	(Attach Proof).	
9. Do you belong BPL Category	y(Attach Proof).	
10.DO you belong any of the car	tegory (Attach Proof).	
i) Widow		
ii) Divorced	-	
Iii) Orphan		
IV) Poorest of poor in the village	e(Income Ce	rtificate from
Tehsildar Concerned.		
Declaration:-		
I certify that above given informatic belief and nothing material has information is found fraud, fake and at anytime and I shall be responsible Place	been concealed therein. In case d misleading, my candidature shal	any of the l be forfeited
Date		
	Signature of Cand	lidate
Received application from	Widow/Divorced/o	

#### Government Of Jammu And Kashmir Jammu And Kashmir Services Selection Board (JKSSB)

CPO Chowk, Panjtirthi, Jammu / Zamzam Complex, Rambagh, Srinagar. www.jkssb.nic.in

Subject: Clubbing of Application Forms of candidates for various posts for which OMR based written examination held on 23-05-2024 – regarding.

Based Written Test for the following posts on 23-05-2024:

The Jammu and Kashmir Services Selection Board (JKSSB), conducted OMR

S.No.	Advertisement No.	Item No.	Department	Name of Post
1	01 of 2021	011	Jal Shakti	Mechanic
2	01 of 2021	012	Jal Shakti	Mechanic
3	01 of 2021	013	Jal Shakti	Electrician
4	01 of 2021	014	Jal Shakti	Electrician
5	01 of 2021	015	Jal Shakti	Electrician
6	01 of 2021	016	Jal Shakti	Electrician
7	04 of 2020	082	Transport	Fitter
8	04 of 2020	084	Transport	Welder
9	04 of 2020	085	Transport	Electrician
10	04 of 2022	132	Estates	Plumber
11	04 of 2022	153	Animal/Sheep Husbandary & Fisheries Department	Electrician
12	04 of 2022	154	Animal/Sheep Husbandary & Fisheries Department	Electrician
13	06 of 2020	196	Higher Education	Workshop Instructor
14	06 of 2020	197	Higher Education	Carpenter-II
15	06 of 2020	200	Higher Education	Maintenance Assistant
16	06 of 2020	201	Higher Education	Workshop Assistant
17	06 of 2020	204	Hospitality & Protocol	Upholester
18	07 of 2020	313	Skill Development	Motor Driver Mechanic
19	07 of 2020	321	Skill Development	Electrician
20	07 of 2020	323	Skill Development	Plumber
21	04 of 2021	625	Animal/Sheep Husbandary & Fisheries Department	Electrician
22	04 of 2020	081	Transport	Mechanic
23	05 of 2020	165	ARI and Training	Machineman
24	05 of 2020	172	ARI and Training	Machineman
25	07 of 2020	239	Agriculture Production & Farmer's Welfare	Carpenter
26	07 of 2020	305	Agriculture Producation & Farmer's Welfare	Plumber
27	05 of 2020	173	ARI and Training	Etcher Artish

The candidates, who have appeared in the said examination and may have applied for multiple Advertisements, with all the Items not being reflected on their admit cards or may have been issued multiple admit cards owing to varying credentials used by them at the time of registration, are required to submit Clubbing requests as per the devised format given with this notice w.e.f. 22-07-2024 to 24-07-2024 through email at jkssbclubbingrequest@gmail.com along-with the documentary evidence i.e. copy of admit card, Application Form(s) etc., in support of their claim.

No further claim in this regard shall be entertained by JKSSB after the expiry of stipulated period or through any other medium.

No.: JKSSB-COEOEXAM(UT)/14/2024-03 (7461700)

Reyaz Ahmad Malik (JKAS) Controller of Examinations J&K Services Selection Board

FORMAT FOR CLUBBING The Controller of Examinations.

DIPK-3157/24 Dated: 18-07-2024

Subject: Clubbing of Application form(s) for various posts for which OMR based exam held on 23-05-2024.

Kindly find attached herewith my Application Form(s) and copy of Admit Card(s), which should be clubbed and reflected against my Roil Mo. as per the detail given as under: Name of the Candidate with Parentage: Roll No. on which candidate appeared in CBT Exam on 23-05-2024 :

	Total Number of	Total Number of Application form(s) filled		Missing Applicat	Missing Application form No. on Admit Card		
S.No.	Notification No.	Application ID	Item No.s	Notification No.	Application Id	Item No.s	
1	01 of 2021						
2	04 of 2020						
3	04 of 2022						
4	06 of 2020						
5	07 of 2020						
6	04 of 2021						
7	05 Of 2020						
Dated:					Sign	Yours Faithfully, nature of candidate:	

#### Office Of The Executive Engineer Lake Division No. 1st J&K Lake Conservation And Management Authority, Srinagar. e-mail:xenlakediv1st@gmail.com.deptt, website:www.lmca.in.

Gist of e-N.I.T No. LD- I/ 01 of 2024-25(e).

For and on behalf of the LT. Governor, Jammu & Kashmir UT, e-tenders on item wise percentage basis are in double cover system are invited from Registered Civil Contractors of PWD/CPWD/MES

Sr. No.	Name of the work	Estimated Cost (Rs.)				Tender fee (Rs)
01.	Installation of trash booms at Dawood Khaki Bridge, Pokhribal, Batapora Nallah, Meerakshah & Brarinambal		49,889.00	60 Days	BEE/CEE	1000.00

#### AAA No.74 -LCMA of 2024-25 dt:13.7.2024:/Head: 4217-Capex Budget 2024-25: 115 Works. Online bidding schedule:

01.	Date of issue of tender Notice.	16.07.2024.
02.	Start date for downloading of bidding	17.07.2024 (10.00AM)
	documents.	
03.	Bid submission start date	18.07.2024 (10.00 A.M)
04.	Bid submission end date	07.08.2024 (04.00 P.M)
05.	Date and time of opening of bids (Technical & Financial) on line.	08.08.2024 (2.00 P.M)
06.	Tender inviting authority.	Executive Engineer Lake Division No: 1st J&K LCMA Miskeen Bagh Srinagar.
07.	Tender opening/receiving authority.	
09.	EMD to be pledged to	
10.	Tender fee to be drawn in favour of Executive Engineer lake Div 1dy	Tender fee to be deposited into account No: CDG/01850102000000004, JK Bank Upper Sathu through E-Challan/Treasury receipt./ Pay in slip. Note: NIT No. and S.No. of the work shall be mentioned on paying slip while depositing the fee. The fee must be deposited between publishing date of NIT and bid submission end date. No before or after-wards shall be entertained.

The NIT Consisting of qualifying information, eligibility criteria, specifications, bill of quantities (B.O.Q), set of terms and conditions of contract and other details can be seen/downloaded from the Departmental website www.jktenders.gov.in upto said bidding schedule.

The bids shall be deposited in electronic format on the departmental website www.

jktenders.gov.in upto said bidding schedule. The complete bidding process will be on line.

No: LD-I/885-909 DIPK-NB-905/24 Dated: 18.07.2024

Sd/-Executive Engineer, Lake Division NO.1st

#### NOTICE

I have changed my name from (old name) Hyder yousuf S/o Mohd yousuf wani to (new name) Hyder yousuf wani S/o Mohd yousuf wani in future I will be known as (new name) Hyder yousuf wani if any body is having any objection he/she may contact Passport Office, Srinagar within days. After 7 days no objection will be accepted

#### **PUBLIC NOTICE**

I have changed my name from Omer Shafi to Omer Shafi Dalal in future I will be known as Omar Shafi Dalal . If anybody has any objection in this regard he/she may file his/her objection in the office of the Re-gional Passport Office Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained Omer Shafi Dalal fko

## University Of Kashmir Srinagar J&K, India-190006 NAAC Accredated Grade "A"

**Result Notification Doctor Of Philosophy** 

Shugufta Ali D/o Ali Mohd Dar bearing University Registration No. 28184-PC-2013 who pursued Integrated Ph.D Programme on Whole Time basis in the discipline of Hindi, Department of Hindi, School of Arts, Languages and Literatures



SS

submitted thesis titled "Sudarshan Priyadarshini Ke Upanyason Main Pravasi Bhartiyon Ke Manav - muliy" under the Supervision of Prof. Rubi Zutshi, Department of Hindi, University of Kashmir, Srinagar is declared qualified for the award of Ph. D degree on 24-06-2024.

Inam-Ur Rauf Malik Joint Controller Of Examinations Secrecy Dr Majid Zaman **Controller Of Examinations** 

**Errors & Omissions Excepted** No. F(Ph.D/Hindi/Sec/KU/2024) Dated: 16-07-2024

#### Office of the Naib-Tehsildar Tilgam **Executive Magistrate 1st Class**

Subject: Registratin of Birth And Death Seeking Magisterial Order Thereof

#### **PUBLIC NOTICE**

The registar Births and deaths (Block Development Officer Pattan) has submitted a case file pertaining to Birth of Ward of Mohammad Ismail Kumar S/o Abdul Gafoor Kumar R/o Tilgam

Tehsil Pattan District Baramulla with verified date of event (birth) as

(DOB: 04-03-2018) Umar Ismail Sabreena Ismail (10-12-2016) (12-05-2014 Insha Ismail

The event has been show to be occurred at home In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.

**Executive Magistrate 1st Class** Naib Tehsildar Pattan

درخواست منجانب شارق اکبر پهرځمدا کبرهام ونصرت اکبروگلشن اکبر وبلکییس اکبر وختر ان محمدا کبر عجام ساكنه ملك يوره تخصيل يبنُ بغرض حصول OCB سرُفيكيك بذمره حجام اشتہار بمرادآ گاہی ہرخاص وعام۔ معامله مندرجه عنوان الصدر ميس سائل ان نے ايك درخواست بغرض حصول OBC سرفلكيك وفتر بذامیں پیش کیا ہے جو کہ زیر کاروائی ہے۔اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی جس سے عیاں ہے کہ سائل موضع ملک پورہ میں رہائش پذیرہے اور سائلان کے آباو واجداد جام طبقے تے معلق رکھتے چلے آرہے ہیں اور سائلان بھی حجام طبقے تے معلق رکھتا ہے۔ سائلان کا کنبہ درجہ ذیل افراد پرمشمل ہے نمبرشار نام معهوولديت ا \_ محمدا كبرحجام ولدعلى محمد حجام ٢\_ شكيله بيكم زوجه محمدا كبر حجام 40 سال ۳- نصرت المبروختر محمدا كبرهجام 26 سال 23 سال 19 سال اس طور پرسائل کاکبنہ 6افراد پرشتمل ہے سائلہ کانبہ کے مہوارہ آمدنی 6000 روپے ہے ۔ لہذا سرفظیٹ اجراءکرنے میں اگر کسی شخص کوکوئی اعتراض ہوگا وہ اپنااعتراض ایک ہفتہ کے اندر وران دفتری اوقات میں اپنااعتراض پیش کرے۔معیادگز رنے بعد کوئی بھی اعتراض قابل قبول

ازنیابت تله گام درخواست منجانب: ثا قب شفع ولدمرحوم محمد شفع ساكنذوانيگام بالانخصيل مينن بغرض حصول ليگل هيرسر لفيكيك تجق متوفى هفيظه بيكم ر اشتهار بمرادآ گاهی هرخاص وعام -عامله مندرجه عنوان الصدر میں سائل نے ایک درخواست بغرض حصول کیگل ہیر سرفکیٹ دفتر مذا میں پیش کیا ہے جو کہ زیر کاروائی ہے۔ بیٹواری حلقہ سے رپورٹ طلب کی گئی جس سے عیاں ہے کہ سائل کی والدہ متو فی حفیظہ بیگم مورخہ 2021-07-28 کوفوت ہو چکی ہے متوفیہ کا کنبہ عتراض ہوگاوہ اپنااعتراض ایک ہفتہ کےاندردوران دفتر ی اوقات میں اپنااعتراض پیش کر معیادگزرنے بعد کوئی بھی اعتراض قابل قبول نہیں ہوگا۔

## Commissioner SMC Suspends Asst. Secretary

**Observer News Service** 

Srinagar: The Commissioner Srinagar Municipal Corporation (SMC), Dr. Owais Ahmad has suspended an Assistant Secretary rank officer pending an inquiry.

"Pending enquiry into his conduct, Mr. Hilal Ahmad Shah I/C Assistant Secretary Council/Assistant Secretary Personnel, is hereby suspended and attached to the office of Joint Commissioner Works, with immediate effect," reads an order issued by Dr. Owais Ahmed, Commissioner SMC.

"Mr. Abdul Rashid

"Mr. Abdul Rashid Thakur, I/C Stores Officer, Srinagar Municipal Corporation, shall hold the additional charge of I/C Assistant Secretary Personnel, in addition to his own duties, till further orders," the order further reads.

Meanwhile, insiders told KDC that the order was issued after Hilal Ahmad Shah had provided the keys to the offices of the Mayor and Deputy

Mayor to the Joint Commissioner Administration and Secretary SMC.

According to sources, both officers had shifted their offices to the above two rooms, which are specifically designated for the Mayor and his Deputy.

Earlier, reacting to the issue, Former Mayor Junaid Azim Mattu had posted on 'X' (formerly known as Twitter), which reads, "Amazed to learn that the Office of the Mayor of Srinagar has been occupied and is being misused by a KAS officer in SMC. While the Deputy Mayor's Office has been occupied by another officer. I strongly condemn this denigration of these erstwhile elected institutions. Shameful!"

Acting on the misconduct, the SMC has suspended the Incharge Assistant Secretary, while sources say that both officers have now shifted back to their designated rooms, leaving the offices of the Mayor and Deputy Mayor.

## KPs Celebrate Lord Gopi Nath's Birthday In Srinagar

Agencies

Srinagar: The birth anniversary of Lord Gopi Nath, a mystic saint from the early 20th century was celebrated with religious fervor and enthusiasm at the Ganpatyar Gopi Nath Ashram in Habba Kadal here.

The event saw a large gathering of members from the Kashmiri Pandit community, who participated in the celebrations to honor the revered saint.

The ashram was beautifully decorated for the occasion, and the atmosphere was filled with devotional hymns and prayers. The devotees expressed their reverence and gratitude towards Lord Gopi Nath, saying his teachings and legacy continue to inspire

Sharing his thoughts with news agency-KNO, one of the attendees, Vinod Kaul,said "Bhagwan Gopinath's teachings have always been a guiding light for us. His message of love, compassion, and unity is more relevant today than ever. It is heartening to see so many members of our community come together to celebrate his birthday."

Another devotee, Shanti, said, "Events like these help us stay connected to our roots and keep our traditions alive. It is a reminder of our rich cultural heritage and the values that Bagwan Gopi Nath stood for."

Adding to the significance of the event, the Chief Secretary of Jammu and Kashmir, Arun Kumar Mehta, paid a visit to the ashram. He interacted with the community members and offered his respects to Bhagwan Gopi Nath. Mehta praised he efforts of the Kashmi ri Pandit community in preserving their cultural and religious heritage despite the challenges they have faced over the years.

## Com Secy HUDD Reviews Dev. Works In Srinagar

Observer News Service

Srinagar: Commissioner Secretary, Housing and Urban Development Department, Mandeep Kaur, accompanied by Commissioner SMC/CEO, SSCL, Dr Owais Ahmed, undertook a thorough inspection of ongoing developmental works in Srinagar.

Senior officers from various line departments accompanied the Commissioner Secretary during the visit.

The Commissioner SMC/CEO, SSCL provided a detailed briefing to the Commissioner Secretary on various projects as the review commenced from Karan Nagar.

Mandeep Kaur inspected the development work on underground ducting for communication and electricity cables, development of roads including pave-

ments at Karan Nagar.

Moving forward, the inspection encompassed Shireen Bagh, focusing on the development of walkways and footpaths along the bund.

At Habba Kadal, Mandeep Kaur further directed the officers for construction of public convenience at old Habba Kadal Bridge. She also asked for expediting the repair work and facade improvement of Iskcon Temple besides illumination of old Habba Kadal Bridge.

## Blood Donation Camp Held At Imambara Baghwanpora

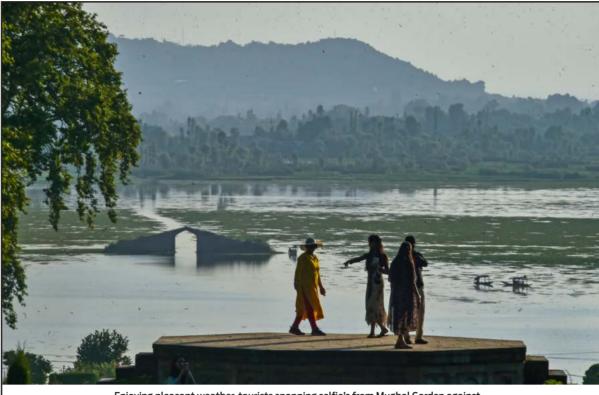
Observer News Service

Srinagar:A blood donation camp was organized on thursday at Imambara Baghwanpora, Lal Bazar.

The event was organised by Sher-i-Kashmir Institute of Medical Sciences (SKIMS) in collaboration with Imambara Abul Fazlil Abbas(a.s).

A total of 132 points of blood were collected from donors. Special arrangements were made to facilitate female blood donors, ensuring their comfort and privacy.

The administration of Imambara expressed their gratitude to the SKIMS staff for their dedication and hard work.



Enjoying pleasant weather, tourists snapping selfie's from Mughal Garden against the stunning Dal Lake in backdrop. KO photo, Abid Bhat

## **DLSA Reviews 41 Cases Of Under Trial Prisoners In UTRC Meeting**

Observer News Service

Srinagar: The District Legal Services Authority (DLSA) Srinagar, under the aegis of J&K Legal Services Authority, successfully convened the inaugural 2nd quarterly meeting of the Under Trial Review Committee (UTRC) in the office chamber of the Principal District & Session Judge (Chairman DLSA) Srinagar.

The meeting, chaired by Jawad Ahmed, Principal District & Session Judge (Chairman DLSA) Srinagar, witnessed active participation from key stakeholders, including senior officials from the judiciary, police, administration, and medical fraternity.

The committee reviewed the cases of 41 under trial prisoners, engaging in thorough discussions and deliberations to ensure fair and expedited trials.

Each case was meticulously examined, and after thoughtful consideration, the committee for99

The meeting, chaired by Jawad Ahmed, Principal District & Session Judge (Chairman DLSA) Srinagar, witnessed active participation from key stakeholders, including senior officials from the judiciary, police, administration, and

mulated suitable recommendations tailored to the specific circumstances of each individual. The meeting aimed to streamline the criminal justice system and uphold the principles of equity and justice.

medical fraternity.

Chairman of the meeting, emphasized the paramount importance of UTRC gatherings in ensuring fair and expedited trials for under trial prisoners. He underscored the need for regular initiatives such as these to strengthen the criminal justice system and protect the rights of under trial prisoners.

The meeting was attended by Ashish Mishra, S.S.P Srinagar; Syed Ahmad Kataria, ADC Srinagar; Sheikh Zulfikar Azad, SSP, Central Jail Srinagar; Jahangir Ahmad Bakshi, Secretary DLSA Srinagar; Meena Gowhar, Public Prosecuting Officer, Srinagar; Dr. Sheikh Athar Senior Medical Officer, Central Jail Srinagar; Saad Ganie, Chief Legal Aid Defense Counsel and Zulfi Tasneem, Deputy Legal Aid Counsel.

DLSA Srinagar is committed to ensuring that the rights of under trial prisoners are protected, and that they receive fair and speedy trials. The UTRC meetings are a crucial step towards achieving this goal.

## HEID

TRAFFIC POLICE: 9419993745, 01998-266686 PCR: 0194-2452092,2455883

PDD: 0194-2450213 FIRE AND EMERGENCY SERVICES : 2479488.245222.2452155

SHIEK UL ALAM AIRPORT: 01942303311

CAPD: 18001807011 SMC HEALTH OFFICER: 9469409081 Ambulance: Kashmer EMS Service: +91 94841 00200

• Ambulance: Kashmer EMS Se

## ×

#### RAILWAYS

SRINAGAR: 0194-2103259
ANANTNAG: 01932-228243
BARAMULLA: 0194-102029
BIJBHERA: 01932-228243
PAMPORE: 01933-294132
PATTAN: 01954-293507

QAZIGUND: 01951-296153

#### HIGHWAY STATUS



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



PRAYERS

FAJR 3:53

ZUHR 12:37

ASR 5:34

Magrib 7:44

ISHA 9:20

#### This Day In History

- 1850 Airship Elizabeth leaves in storm for Fire Island, crashes (42 die)
- 1860 1st railroad reaches Kansas
- 1863 Battle of Buffington's Island (St George Creek), Ohio
- 1864-Third Battle of Winchester, VA (Stephenson's Depot)
- Depot)
  1870 France declares war on Prussia; Franco-
- Prussian war begins
   1912 A meteorite of estimated 190kg mass explodes over Holbrook in Navajo County, Arizona, causing approximately 16,000 pieces of debris to
- rain down on the town
  1918 World War I: German armies retreat across
  Marne River in France
- 1963 NASA civilian Test pilot Joe Walker in X-15 reaches 105 km
- 1967 US launches Explorer 35 for lunar orbit (800/7400 km)
- 1969 Apollo 11 goes into Moon orbit
- 1974 Soviet spacecraft Soyuz 14 lands back on earth
- 1975 Apollo & Soyuz linked in orbit for 2 days, separate
- tons of oil spill
  1989 United Airlines DC-10 crashes at Sioux City

1979 - 2 supertankers collide off Tobago-260,000

- Iowa, kills 112

  1994 Bomb explosion in Alas Airlines at Colon
- Panama, 21 killed

  2001 Michael Brunet discovers the skull of
- Sahelanthropus tchadensis in the Djurab Desert, Chad. One of the oldest known species in the human family tree, 6-7 million years ago years old.
- 2015 World Health Organization puts world's Ebola death toll at 11,284
- 2017 US scientists calculate total amount plastic ever produced - 8.3 million tonnes, equal to weight

### From KO Archives

Baramulla Boat Tragedy
Minister Greeted With
Stones In Village

Observer News Service

RINAGAR- Local MLA and minister for tourism, Muhammad Dilawar Mir, was attacked with stones when he arrived in Ladura, Baramulla, on Friday to visit the families of Wednesday's boat tragedy victims.

After taking a recess in a supporter's house, the minister finally managed to reach the victim's home, offer fateha and pay condolence to the bereaved family.

Mir, who represents the Rafiabad assembly segment, was visiting the area to pay condolence to the families who had lost their loved ones on Thursday, when locals retrieved the body of another victim, Firdous Ahmad Dar, from the Jhelum. Dar was one of the six people killed when a boat capsized in the river on Wednesday.

Reports said that the minister reached Ladura chowk just as a large number of people were in the streets after taking Dar's body to his family.

The already emotionally-charged crowd raised slogans against Mir and the government, and a group of youth attacked the minister's car with stones. Unable to come out his vehicle, Mir took a U-turn and made for the home of a supporter.

The minister and his entourage escaped unhurt in the attack. The locals said that the army and the police, assisted by residents, had resumed the search for missing victims on Friday morning, but gave up only after two hours, leaving the difficult task to villagers.

They alleged that the administration was using dilatory tactics in recovering bodies from the Jhelum, which had added to the anguish of the victims' families. The locals contested reports that the police or the army had recovered three bodies yesterday, saying that the victims were found solely due to the tireless efforts of the local villagers.

(Kashmir Observer, 19 July, 2007)

## Office Of The Chief Executive Officer, Information Technology And Communication Division Kashmir Power Distribution Corporation Limited (KPDCL)

E-mail: ceo.rapdrp.a@gmail.com Tel No: 0194-2490821 Fax No: 0194-2490829

#### CORRIGENDUM

The Item No. (L) in respect of Earnest Money Deposit (EMD) for e-NIT No: CEO/IT&C/03 of 2024 Dated: 28-06-2024 issued by this office for "Annual Maintenance Contract (AMC)/Technical support of 2x40KVA and 2x200KVA Emerson Make Un-interrupted power supply systems installed at KPDCL Data Center Bemina, Srinagar Kashmir for a period of one year" may be read as EMD amounting for Rs 13,595/- instead of Rs 40,785/-

Sd/-Chief Executive Officer IT and Communication Division, KPDCL

DIPK-NB-909/24 Dated: 18-07-2024

No: CEO-IT&C/745-47

GOVERNMENT OF JAMMU AND KASHMIR

### DIRECTORATE OF FISHERIES, J&K

Tourist Reception Centre, Srinagar/Nowabad Canal Road, Jammu (Email-jkfdjmu@gmail.com, Phone No. 0194-2500106, 0191-2951670)

E-tender Notice NO. 01 of 2024 Dated: 16 -07-2024

For and on behalf of the Lt. Governor J&K Union Territory, e-tenders affixed with revenue stamp worth Rs. 5/- are invited from Registered Govt. Suppliers/dealers for Supply of Trash Fish on rate contract basis (Required at various Trout Fish Farms having Trout Hatchery (Seed Production Units) across the Union Territory J&K for consumption as supplementary feed for trout brood stocks for better gonadal development and viable seed production for the year 2024-25.

S.No	Name of the Item with specification
1	Trash Fish. (fresh water) 30-80 mm size

The tender document containing detailed specification/size, terms & conditions and other details can be obtained /downloaded against tender document fee of Rs.2000/- only in shape of DD pledged to Accounts officer Fisheries Department from the official government website www.iktenders.gov.in. from

guvi	government website www.jktenders,gov.in. nom					
1	Download date start	18.07.2024				
2	Bid Submission date start	19.07.2024				
		25.07.2024				
4	Submission of original Earnest Money Deposit along with Tender document	26.07.2024				
	Fee in shape of Demand Draft.					
5	Bid opening Date	27.07.2024				

The bid document of the tender accompanied by the Bid Security Declaration pledged to Accounts Officer Member Secretary UT Level Purchase Committee be uploaded on the website www.jktenders.gov.in along with all relevant papers. The tenders shall be opened on 27-07-2024 at 11:00 AM or any other date convenient to tender opening authority in presence of tenderers who may like to be present. The other specification/terms and conditions are mentioned in detailed tender document.

Member Secretary (UTLPC)
Department of Fisheries

No: -DOF-ACTT/ DIPK-3141/24

Dated: 18-07-2024.

## KASHMIR OBSERVER®

Friday | 19-07-2024

## **Uncertainty About Polls**

lthough Assembly elections are due to take place later this year, the surge in militant attacks in Jammu and Kashmir is reportedly forcing some reassessment of the situation. This despite the fact that the Election Commission of India's (ECI) has expressed its commitment to adhere to the Supreme Court's September 30 deadline for holding the polls. But the central government will have to take a final call on whether to go ahead with the exercise or not.

The spate of attacks, particularly in Jammu division, has intensified concerns. In the last three months, 11 soldiers and 10 civilians have been killed in various attacks. As the region grapples with the heightened threat, the Union government and security agencies are working to ensure a secure environment. However, the looming question remains: will Jammu and Kashmir be able to conduct its assembly elections as mandated by the Supreme Court, or will the security situation necessitate a delay? The coming weeks will be critical in determining the path forward for the Union Territory's democratic process.

On the surface, however, the union territory seems to be on track to hold the polls later this year. This was indicated by the PM also in his speech during his recent Yoga Day visit to Srinagar. Since then, the union home minister Amit Shah and the BJP president JP Nadda have held their separate Kashmir meetings, apparently to rally their party for the upcoming polls. While Shah's meeting was held in New Delhi, Nadda flew to Jammu to meet the senior J&K BJP leaders. The main focus of these meetings is said to be the review of the party's election strategy, expand its base, and address areas where the BJP's vote share declined during the 2024 Lok Sabha elections.

However, the delay in announcement of the polls by the Election Commission is sowing doubts in the minds of people that the union government may be interested in yet again deferring the exercise. And this time on specious grounds of the surge in violence. However, regional politicians have expressed hope that Assembly elections will after all be held by the Supreme Court's September deadline. They have rightly argued that J&K has witnessed all elections since 1989 under the shadow of gun, with much worse violence.

On the face of it, the preparations for elections are on course. But until the elections are not announced there is every reason for the people to doubt the prospect of the exercise being held. Here's hoping that the government ends the uncertainty about this in the near future and the ECI announces the polls.



Did you know?

## Penny Shares are Risky for First-time Investors

Irshad Mushtac

nvesting in penny shares( low value shares) can be a risky venture for first-time investors. It's important to do your own research and consider other options like blue-chip stocks, ETFs or mutual funds through SIP.

Low-priced value shares may be attractive at first, with high returns due to low prices like Rs. 2, 5, 10, and 20, and getting a huge quantity for a small amount. However, there are several reasons why investing in penny stocks may not be the best option for beginners or putting all amounts. One key reason for penny shares is that the company's business may not be may be low. It is important for investors d analysis before investing in any stock, especially penny stocks.

Furthermore, penny stocks may be more susceptible to manipulation by stock market operators due to low volume. They may promote these stocks through social media or other channels, making it difficult for investors to make attractive, but informed decisions and protect their investments is very important Instead of focusing on penny stocks, firsttime investors may want to consider investing in ETFs (exchange traded funds) and portfolios of blue-chip companies as well-established companies and focus on mutual funds through SIP, reducing risk and providing more stability to the investment portfolio.

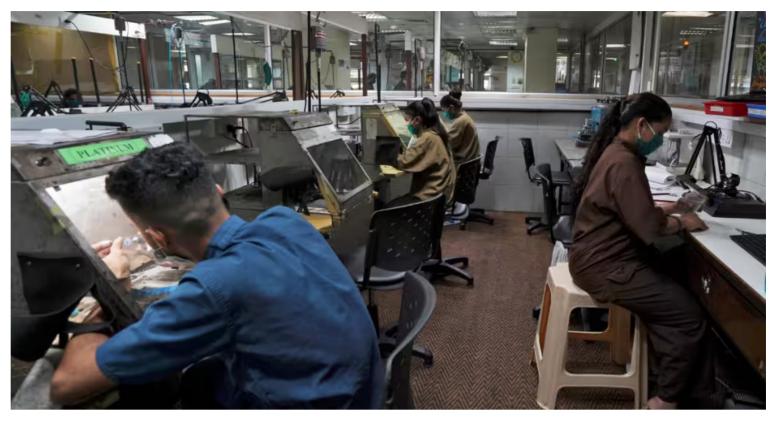
However Diversifying your portfolio across different sectors and industries is also important to minimize risk and maximize returns.Remember over diversification does not make any sense, it leads to compromise on less returns, consult trusted services for portfolio creation. conclusion, while penny stocks may look good, it is important for first-time investors to exercise caution and choose their investments wisely. Investing in quality shares from strong companies, such as blue-chip stocks, and utilizing SIPs in mutual funds can be safer and more reliable ways to build wealth over time. By taking the time to research and evaluate potential investments carefully, investors can avoid the pitfalls of penny stocks and make more informed decisions about where to put their hard-earned money, as money is working for you in investment so putting

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.

money wisely is more important.

## Towards growth with jobs

The first Budget of NDA 3.0 should focus on job-creating growth, with incentivised labour-intensive sectors, trade policy steps, and linking MSMEs with global supply chains



Nagesh Kumar

A visit to any of the shopping malls or departmental stores would show how their shelves are now dominated by goods not Made in India – whether it be garments, including simple shirts and trousers, or artificial flowers, glassware, crockery, plastic ware, furniture, decorative items, among other household goods, often sold under Indian brand names

aving laid a path for capexled robust economic growth in the post-Covid era, the National Democratic Alliance (NDA) 3.0's first Budget should now turn attention to fostering jobcreating growth by harnessing the potential of labour-intensive sectors. This would not only need their incentivisation but also trade policy measures and linking micro, small and medium enterprises (MSMEs) with

global supply chains. Assessments made by different organisations corroborate the dvnamism of the Indian economy, stimulated largely by the huge expansion of infrastructure spending by the government. This has made India the world's fastest-growing large economy. The macro-fundamentals also remain sound, with bulging forex reserves and a modest current account surplus in the last quarter of FY24. What continues to

prises. Their expansion would help to spread the effects of economic growth through creation of direct and indirect jobs and this, in turn, would foster MSMEs.

Despite India's natural advantage in labour-intensive sectors arising from its abundant labour, Indian-made goods are increasingly giving way to imported goods. A visit to any of the shopping malls or departmental stores would show how their shelves are now dominated by goods not Made in India

 whether it be garments, including simple shirts and trousers, or artificial flowers, glassware, crockery, plastic ware, furniture, decorative items, among other household goods, often sold under Indian brand names. These are products of rather simple technology, which have been made by Indian MSMEs and larger firms for decades. What has happened to them?

In an effort to become the "fac-

are the affected parties in the case of consumer goods do not have an effective organisation to plead with the government for recourse to trade remedies

Governments around the world are becoming aware of the threat of dumping and are taking action. The US, generally a champion of free trade, followed by the European Union, have recently imposed 100% tariffs on imports of electric vehicles, among other goods from China to protect their domestic firms from possible dumping by the dominant producer.

As organised retail is the conduit for the imported consumer goods, these chains could be imposed certain performance requirements in the form of export of MSME-made products for every dollar of imports of consumer goods. This would also help in linking MSMEs with the global supply



cient logistics (Gati Shakti), and the production-linked incentive (PLI) scheme, among others. However, the focus of PLI has been on 14 strategic sectors. While they tend to be capital and technology intensive

and are important for strategic reasons, they may create jobs mainly for skilled workers.

Going forward, it is also critical to put a massive thrust on labour-intensive consumer goods sectors such as textiles and clothing, leather goods, food processing, furniture, kitchenware, gems and iewellery. These are the sectors generally dominated by MSMEs and other informal sector entermarkets, with the expanding middle class becoming an easy target The threat of dumping to destroy MSMEs and millions of jobs, is rea The government needs to act not only to protect these industries but also to foster them to create more jobs, taking advantage of growing NDA 3.0 government so

Some of the policy actions would include simply limiting imports of labour-intensive consumer goods through tariffs and non-tariff barriers. The multilateral trade rules provide for trade remedies for import surges and injury to domestic players. India has been acting on the complaints of domestic players for injury and taking anti-dumping action. However, the relatively unorganised structure of MSMEs that

R&D by industry, accorded in the Interim Budge could consider restoring weighted tax deductions of the past and provide for utility models or petty patents to encourage incremental in-The first Union Budget of the

NDA 3.0 government should be said to a new focus on job-creating economic growth that will foster inclusive, balanced, and sustainable prosper-

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



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

#### MAIL YOUR LETTERS

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## Not Counting the Greatest Blessing

that it can be snuffed out at a moment's notice is, I suppose, always present, but the realisation and the appreciation of one's blessings hardly materialises. Atleast, perhaps, not until man comes face to face with the tragedies himself silience to suffer ones own difficulties with greater dignity, and yet sometimes it leave a sense of embarrassment over the inability to overcome ones own problems some of which might appear comical in comparison.

he makes a mountain out of a mole hill? He looses and wastes everything: precious relations, the faith of a loved ones, a kind friend; all that is worthy of preservation in the name of fear, indignity, dishonour, and other perceived things and amazingly spawn these very same emotions in their reactions.

Yet, there are people, who de-

situations unmanageable even in imagination, do not fail to share a word of care, of kindness: a scarce commodity.

Today, I met an old schoolmate of mine who has undergone grievous losses in a short period of time. This weighed heavily on my heart and compelled me to write this. Hope you will forgive my rant.

Ahsan Ul Haq Shah

or of someone quite familiar. The cold hard stare of the circum-



# Do You Have Anxiety Disorder?

## Here how much psychotherapy can help

#### **Wasim Kakroo**

nxiety disorders are severe mental illnesses that pro-Aduce intense worry or fear that persists over time and might possibly get worse. We all experience anxiety from time to time, but those who suffer from anxiety disorders tend to experience it more frequently, and it has a very detrimental and intrusive effect on their quality of life.

Research has found that women are more prone than men to experience anxiety, and hence experts now advise that screening for anxiety disorders should be done as part of regular medical care for women and girls over the age of 13.

#### What are the various types of anxiety disorders?

The various types of anxiety disorders are as follows:

- Generalized Anxiety Disorder: In generalized anxiety disorder (GAD), there is excessive worry and anxiety about many different things. It is challenging to control this worry, and it frequently changes from one worry to another.
- **Agoraphobia:** Agoraphobia is an intense and illogical fear of being trapped in a situation from which there is no way out. People frequently avoid situations where they might feel terrified, helpless, or imprisoned out of a fear that they will exhibit panic symptoms or other symptoms in front of others.
- Panic disorder: The symptoms of panic disorder include frequent, severe panic attacks that come on suddenly and without much or any warning. Rapid breathing, a heightened sense of fear, and rapid heartbeat are just a few of the physical and emotional signs of a panic attack.
- **Social Anxiety Disorder:** A fear of social situations is a symptom of social anxiety disorder (SAD), formerly known as social phobia. This phobia may be focused on certain scenarios, such public speaking, or it may be more broadly focused on a numerous social interactions.
- **Selective Mutism:** A childhood anxiety disorder called selective mutism affects

speech. When children experience anxiety, humiliation, or dread in particular situations, such as at school or around strangers, they are unable to speak

**Specific Phobias:** A specific phobia is an overpowering, unreasonable, and excessively fearful reaction to a particular situation or object. People who have a specific phobia exhibit acute symptoms such as sweating, sobbing, shaking, a quick heartbeat, and accelerated respiration when they come in contact with the source of their fear

#### What are the various types of psychotherapies that clients can opt

Since no two people experience anxiety the same way, hence there is no "one size fits all" treatment. What works for one individual may not work for another.

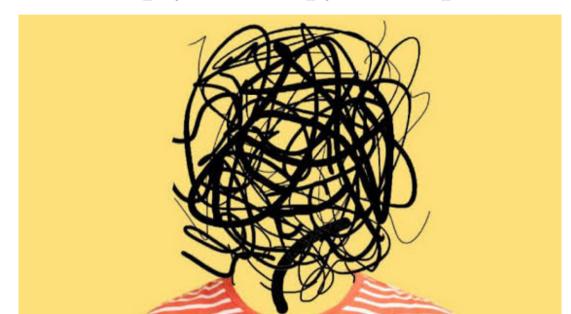
Knowing as much as you can about your therapy options and then customizing them to suit your requirements is the greatest strategy to combat anxiety. Working with a professional therapist to find the greatest fit can be helpful in many situations

Through therapy, you may learn more about how you feel, why you feel that way, what triggers you, and how you could alter how vou react to them. Some therapy models impart useful methods for reframing negative thoughts and altering behaviors.

There are various types of therapies available for clients to opt for. Few evidence based psychotherapies include:

- Cognitive Behavior Therapy
- Mindfulness based cognitive
- Acceptance and Commitment Therapy (ACT)
  Dialectical Behavior Therapy
- Metacognitive Therapy
- Psychodynamic Therapy Eye-Movement Desensitization and Reprocessing (EMDR)

A particular type of therapy or the elements of various therapies are used as per the joint consensus of the therapist and client. Usually competent therapists use eclectic method, i.e, they use tailor made treatment by choosing elements from various therapies as per the



requirements of the case.

#### How does a psychotherapist help you to deal with anxiety?

Therapist in a private and confidential atmosphere through their non-judgmental, warm and scientific approach, encourages you to open up about how you have been feeling because of anxiety. Because anxiety is unreasonable, we may feel ashamed of what we're going through, which makes it easier for us to keep our suffering a secret from loved ones and even from ourselves. It can feel quite relieving to simply admit how much you've been suffering.

Therapists don't make their clients feel foolish or judged for feeling nervous. On contrary, therapists take your anxiety very seriously and understand everything you're saying. And whatever you share with a skilled therapist won't come as a surprise to them as they've dealt with a lot of cases just like yours.

It might be difficult to understand how anxiety started and "why you," as the saying goes, because it frequently feels so disconnected from what is actually happening to you and around you. A is qualified and experienced in assisting you in sorting through your past events to determine exactly how you may have built anxiety as a coping method. In order to learn how to handle



#### IT MIGHT BE DIFFICULT TO UNDERSTAND HOW **ANXIETY STARTED AND** "WHY YOU," AS THE **SAYING GOES,** because

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your anxiety, your therapist might encourage you to confront your worries and take risks that can make you feel anxious. Additionally, they can help you to develop brand-new abilities (including mindfulness, cognitive defusion, acceptance, tolerance for uncer-

tainty etc) that may at first seem foreign to you. Your initial response to your therapist's suggestions may be skepticism: "I can't do that," "That's too scary," and "That might work for other people but not for me" are common beliefs people have when they first learn about various anxiety-relieving skills and strategies. All the different types of such skills might seem counterintuitive to clients as they might have been using problematic coping strategies such as avoidance, escapism and distractions of various types to deal with their anxiety.

Though it's natural and understandable to feel skepticism and fear, consider this: if you don't believe in your therapist, there is no possibility that therapy will be effective. Even though you may have doubts about whether therapy will help, if you believe your therapist, there is at least a probability that it will if the therapist's theories are sound. Therefore, the only choice vou have that gives you a chance for success is to trust your therapist.

The significance of having faith in your therapist is related to what I've found to be one of the single strongest predictor of a client's success in anxiety therapy as it might motivate you to do your therapy homework.

Although therapy is a place to learn and practice anxiety-reduc-

tion techniques, genuine change doesn't take place during therapy sessions. What matters most is how well you use the lessons you've gained in therapy outside of therapy sessions. I tell my clients that the actual healing does not happen in the session itself; the actual healing happens in-between the sessions where the client works patiently and persistently on what has been discussed in the session.

In my experience, clients who do their therapy homework improve, and clients who do not do their therapy homework do not improve. whether they are my own clients or the clients of the counselors I've supervised.

It frequently calls for risk-taking and doing things that appear counter-intuitive to complete therapeutic homework. In order to achieve long-term relief from their anxiety, clients who are successful in therapy generally approach it with a willingness to endure the shortterm suffering brought on by therapeutic homework.

For instance, a client with contamination OCD (fear of germs) can be encouraged to touch objects they believe to be filthy (such as door handles, floors, toilets, and garbage cans) and then be told not to wash their hands, despite feeling like they are running the danger of being ill. Or a client who is anxious about losing a relationship may be advised to cease asking their spouse for assurance, even though the uncertainty is intolerable and the assurance feels good.

You must experience anxiety in the short term if you want your anxiety to improve. In general, clients who are willing to push past momentary worry improve, whereas those who are unwilling to do so do not.

I sincerely hope that whatever we discussed above regarding anxiety and how a therapist can help you in dealing with it might prove useful as you begin your journey to treat your anxiety. Although it could seem intimidating at first, if you put in the effort, you will succeed!

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

## Pets: Are You Aware Of The Risks To Human Health?

#### **Honor Whiteman**

Those of you who have a cat, dog, bird or any other animal in your household will likely consider that pet to be member of your family, and rightly so.

Pets offer comfort and companionship, and we can't help but love them. In fact, when it comes to dogs, a recent study found the famous "puppy dog eyes" glare triggers a whopping 300% increase in owners' oxytocin levels - the "love hormone" involved in maternal bonding.

What is more, pets offer a number of benefits to human health. In December 2014, Medical News Today reported on a study that associated household pets with stronger social skills in children with autism. And in May 2013, a study published in the journal Circulationlinked pet ownership to reduced risk of heart disease.

But while pets can benefit our health in a number of ways, they also have the potential to spread infection and cause human illness. Campylo-

Most of us have heard of Campylobacter. The bacterium is one of the most common causes of diarrhea in the US, estimated to affect more than 1.3 million people annually.

As well as diarrhea, infection with Campylobacter - called campylobacteriosis – can cause cramping. abdominal pain and feverwithin 2-5 days of exposure to the bacteria.

While most cases are caused by exposure to contaminated food - particularly meat and eggs – and water, it can also be contracted through exposure to stool of an infected animal including dogs and cats.

According to PetMD, around 49% of dogs and 45% of stray cats

in their feces. It is most common in puppies and kittens younger than 6 months.

It should be noted that infection with Campylobacter is rarely lifethreatening, though individuals with weak immune systems, young children and the elderly are most at risk.

#### Tapeworm, hookworm and roundworm

Dipylidium caninum is caused by ingestion of fleas that carry the tapeworm larvae. This can happen when the animal grooms itself.

D. caninum can be passed to humans, though the risk of infection is very low. It most commonly occurs in young children who accidentally swallow an infected flea.

According to the Centers for Disease Control and Prevention (CDC), flea control is the best way to reduce the risk of D. caninum infection in both pets and humans.

Ancylostoma brazilense, A. caninum, A. ceylanicum and Uncinaria stenocephala are just some of the species of hookworm that can infect cats and dogs.

The hookworm parasite can be shed in the feces of animals, and humans can contract it by coming into contact with infected feces or contaminated soil and sand where such feces have been.

Hookworm infection in humans most commonly causes a skin condition called cutaneous larva migrans (CLM), in which the hookworm larvae penetrate the skin. This causes a red, itchy and sometimes painful rash.

In rare cases, specific strains of hookworm can infect the intestines of humans, causing abdominal pain

Toxocariasis is an infection caused by the transmission of Toxocara parasitic roundworms - from dogs and cats to humans. According to the CDC, almost 14% of Americans have Toxocara antibodies, indicating that millions of us have been exposed to the parasite.

In dogs and cats infected with Toxocara, eggs of the parasite are shed in their feces. Humans can contract the parasite by accidentally swallowing dirt that has been contaminated with

Though it appears human exposure to Toxocara is high, most people infected with it do not develop symptoms or become sick. In the rare cases people do become ill from toxocariasis, the condition may cause inflammation and vision loss in one eye (ocular toxocariasis), or abdominal pain, fever, fatigueand coughing due to damage to various organs (visceral toxocariasis).

#### Salmonellosis

Though not as cute and fluffy as kittens and puppies, reptiles - such as turtles, snakes and lizards - are owned by around 3% of households in the US.

There is no doubt reptiles are interesting creatures and can make brilliant pets, but they are also a carrier of Salmonella - a bacteria responsible for salmonellosis. Humans can contract the bacteria simply through touching a reptile and ingesting the

According to the CDC, more than 1 million people in the US become ill from Salmonellainfection each year. Of these illnesses, more than 70,000 are caused by contact with

Within 12-72 hours of being in-

experience diarrhea, fever and abdominal cramps that last around 4-7 days. While most people fully recover without treatment, others may need to be hospitalized.

Turtles are a main culprit of Salmonellainfection in the US. The sale of turtles less than 4 inches was even banned by the US Food and Drug Administration (FDA) in 1975 because of their high disease risk particularly among young children, the elderly and people with weak im-

Rabies is one of the most severe diseases that humans can contract from dogs and cats, as well as smaller animals such as ferrets. A recent study reported by MNT found the disease kills around 59,000 people worldwide every vear.

Rabies is a disease that infects the central nervous system (CNS). Caused by a bite from an animal infected with rabies virus, the disease causes fever, headache and weakness, before progressing to more severe symptoms - including hallucinations, full or partial paralysis, insomnia, anxiety and difficulty swallowing. Death normally occurs within days of more serious symptoms appearing.

#### According to the CDC, domestic animals accounted for 8% of all rabid animals reported in 2010.

In the US, for instance, the most common way domestic animals can contract rabies is through a bite from infected wild animals, particularly foxes, raccoons, skunks and bats. Symptoms normally occur 1-3 days after infection and include excess salivation, paralysis and unusual shy-

If an owner suspects their pet may have been bitten by a rabid animal they must take them to a veterinarian for care immediately, even if they have been vaccinated against the virus. Any person who believes they may have been bitten by a rabid animal must seek immediate medical care.

Despite its name, parrot fever does not only occur in parrots – all birds can be affected. However, human transmission of the disease most commonly involves parrots, parakeets, macaws, cockatiels and poultry – particularly turkeys and ducks.

Also known as psittacosis, parrot fever is a bacterial disease caused by a bacterium called Chlamydia psittaci that humans can contract through inhalation of birds' secretions, including urine and feces.

If a person becomes infected with C. psittaci, symptoms usually appear around 10 days after exposure. These may include fever, nausea and vomiting, diarrhea, fatigue, chest pain and shortness of breath.

In more severe cases, infection with C. psittacican cause inflammation of the brain, liver and other internal organs. It can also reduce lung function and cause pneumonia.

#### **Toxoplasmosis**

Toxoplasmosis is a disease caused by a single-celled parasite - Toxoplasma gondii. It is most commonly contracted in humans through ingestion of undercooked or contaminated meat.

However, humans can also contract T. gondiiby coming into contact with cat feces or any area or object contaminated with cat feces, as felines are carriers of

#### through skin, but infection can occur if the parasite is accidentally ingested.

Very few people become ill from the infection as the human immune system is normally able to fight it.

If the infection does present symptoms, these may include swollen glands and muscle aches and pains. In very severe cases, T. gondiiinfection may cause damage to the brain and other organs, or eye damage.

Pregnant women, elderly individuals, young children and people with weakened immune systems are at highest risk of developing symptoms from T. gondii infection. Cat-scratch disease

very rarely mean to scratch us, it does happen. And while many of us think nothing of a small graze from a cat's claw, it has the potential to cause more damage than you may think. Cat-scratch disease (CSD) is caused by a bacterium called Bartonella henselae, which around 40% of cats carry at some point in

Although our cute little kitties

no signs of illness. B. henselae is most common in kittens under the age of 1 year, and since kittens are more likely to scratch during playtime, they are most likely to spread the bacterium to humans.

their lifetime, though most show

An early sign of CSD can be an infection at the site of the scratch around 3-14 days after it occurred, characterized by swelling, pain and tenderness. Headache, fever, loss of appetite and fatigue may also present. and in very rare cases, CSD can affect the brain, heart and other organs

Children under the age of 5 years and individuals with weakened immune systems are most likely to experience severe symptoms from CSD

#### What can be done to prevent petrelated infections?

It is clear pets can harbor an abundance of germs that can be passed to humans, but there are a number of ways pet-related infections can be prevented:

- Wash your hands hygiene is key for preventing the majority of pet-related infections. After coming into contact with pets, their saliva or feces, hands should be washed thoroughly with warm, soapy water. A scratch or bite from a pet should also be cleaned immediately
- Pick up and dispose of feces - quickly disposing of your pet's feces, particularly in areas where children may play – can prevent the spread of disease to humans and other animals
- Avoid scratches and bites the best way to avoid infections from pet bites and scratches is to avert them in the first place. If you are scratched by a cat, dog or other animal, clean the wound immediately with warm, soapy water. A cat or dog bite may require medical attention due to the risk of rabies or other serious infection
- Get your pet vaccinated and routinely evaluated - visit a veterinarian regularly to ensure your pet is healthy and to prevent infectious diseases. Also, ensure your pet is up-to-date with the required vaccinations.

lihood of a person catching a disease from their pet is low, particularly if the correct precautions are taken.

It is important to note that the like-

The article was originally published by Medical News Today

#### CONTD. FROM **FRONT PAGE**

#### **Doda Gripped**

searched on Thursday morning but nothing linked to the suspicious movement was found on the ground, the officials said.

On the search operation in Doda, launched following the killing of the four soldiers, including a captain, the officials said despite inclement weather and challenging terrain, security forces are conducting the operation to track down the terrorists. They are determined to eliminate them and restore peace in the area, they added.

"Security forces on the ground are engaged in a well-coordinated operation against terrorists with whom we had contact yesterday and today as well. The operation is under progress and we will get success soon," Deputy Inspector General of Police, Doda-Kishtwar and Ramban Range, Shridhar Patil told reporters in Kastigarh, around 30 km from the spot of the Monday attack.

He, however, refused to share more details citing the continuation of the operation.

On Thursday attack, the officials said the terrorists after opening fire on the temporary camp inside the school building fled into a dense forest area.

Meanwhile, Kashmir Tigers, a shadow group of proscribed Pakistan-based Jaish-e-Mohammad (JeM) terror outfit, released a purported video of the Monday attack on social media that showed a brutal display of running a knife on the throat of an army officer.

Army sources dismissed the video as doctored and said the attack had taken place around 9 pm on Monday. It is simply a propaganda video by

It is simply a propaganda video by Pakistani terror handlers to mislead and create fear among the people, the sources said.

The Doda district, which was cleared of terrorism in 2005, has witnessed a series of attacks since June 12 when six security personnel were injured in a terror attack in Chattergala pass, followed by a firefight in Gandoh the next day which left one policeman injured.

Three terrorists were killed in a daylong operation in the Gandoh area of the district on June 26, while another encounter occurred in the Ghadi Bhagwah forest on July 9.

Since the beginning of this year, 27 people, including 11 security personnel, a village defence guard and five terrorists, have been killed in nearly a dozen terror attacks in six districts of the Jammu province.

The officials said Additional Director General of Police (ADGP), Law and Order, Vijay Kumar will oversee operations against the terrorists who infiltrated from across the border and are hiding in the higher reaches of otherwise peaceful Jammu region.

#### **LG Calls For**

technology sector.

The demand for professionals in engineering and technology companies has increased. "Today, the industry is looking for a workforce with a specific skill set. Our focus should be on building capacities in accordance with the skills required for existing and future job positions, he said.

He congratulated the Chairman, Kashmir College of Engineering & Technology Raja Aijaz Ali, and the entire team for their endeavour to strengthen the technological excellence in academia, innovation and nurturing a future-ready skilled workforce.

The inaugural ceremony was attended by Rajeev Rai Bhatnagar, Advisor to LG; Prof. Nilofer Khan, Vice Chancellor Kashmir University; Vikramjit Singh, Commissioner Secretary Industries & Commerce department; Vidhi Kumar Birdi, IGP Kashmir and other senior officials.

Raja Aijaz Ali, Chairman, Kashmir College of Engineering & Technology; Dr Syed Jalal Ahmad, Principal along with faculty members and staff of the college were present on the occasion.

#### **Calls On People**

holy pilgrimages in Jammu Kashmir. Syeed Fakhrudin Hamid, Deputy Commissioner, Anantnag; members of Terathraj Sidhlakshmi Peeth Trust and devotees in large numbers were present.

#### **KU Declares**

normally, and the Heads, Directors, and Coordinators of the departments, campuses, and centres must ensure that examinations and other administrative activities are conducted as per schedule.

#### **Schools Resume**

also teachers. The teaching process started immediately. Although a good number of students were absent," said a class-6 girl.

The parents had been demanding an extension of summer vacation owing to the hot and humid weather.

Ironically, the summer vacations for colleges and universities have just started and will end in the second half of next week.

"In Kashmir, colleges are closed from July 15 for summer vacation, but schools reopen on July 18 after just 10 days. How are younger students supposed to stay cool when college students get to chill at home? Can the Director of School Education explain the logic behind this decision?," the J&K students association had said in a post on X

The association urged the Lieutenant Governor to reconsider the decision. "Given the intense heat, it would be a great relief to extend the summer vacation for young students," it said.

The school education department issued a cleanliness advisory on X and ordered the Chief Education Officers, Zonal Education Officers, and heads of Institutions to follow the same.

It asked the officials to ensure that all premises, including classrooms, corridors, and common areas, are thoroughly cleaned.

"Clean and disinfect water tanks to ensure safe drinking water," it said.

#### **Probe Ordered**

angry protests by his family and relatives, demanding the dead body of their kin to be returned as well as a one-time refund of the amount they had paid for his treatment.

To vent their rage, the protesters damaged road barriers outside the hospital and obstructed traffic on the main road, demanding that the erring doctors be held accountable for the alleged murder of their kin.

"The doctors treating the patient at Paras Hospital did not let us meet him, but instead gave us an assurance that he would be well. They later said his condition had deteriorated and we must promptly provide Rs. 3 lakh for treatment," said one of the relatives, protesting on the road.

"We were crestfallen the moment doctors informed us that he is no more. Isn't this an injustice meted out to the poor, who pay high prices for superior care, only to be met with dead bodies?" he questioned and broke-down.

The family is now demanding a thorough investigation into the case and the return of the money paid to the hospital.

The Paras Hospital management later in a handout said the patient who died of cardiac arrest was admitted in the hospital from another hospital on July 16, Tuesday.

"After clinical evaluations, the patient was taken for the bypass surgery. His family was counseled about the critical nature of the procedure and the high-risk associated with the surgery and were kept informed consistently during this time," the handout read, adding, despite the best efforts of our medical team, the patient's condition deteriorated as he was a high-risk patient and was critical throughout. He succumbed to cardiac arrest during the family meeting with the hospital authorities.

"We regret to inform you that Mr. Gulzar Ahmed Sheikh aged 46 years, who was brought to Paras Hospital, Srinagar on July 16 from another hospital in a critical condition passed away today due to cardiac arrest," they

Meanwhile, the Chief Medical Officer (CMO) of Srinagar has requested the Principal of GMC Srinagar to depute a cardiologist to Paras Hospital to conduct a detailed inquiry into the patient's death.

The communique from the CMO, available with Kashmir Observer, reads, "Subsequent to the death of a patient in the cardiology department at Paras Hospital Sonwar, it is requested that one cardiologist may kindly be deputed tomorrow at 10:00 am to facilitate a detailed inquiry regarding the death of the patient."

#### **Paras Hospital**

surgery and were kept informed consistently during this time. Despite the best efforts of our medical team, Mr. Gulzar Ahmed's condition deteriorated as he was a high-risk patient and was critical throughout. He succumbed to cardiac arrest during the family meeting with the hospital authorities

Our heartfelt condolences go out to his family during this difficult time. The hospital's authorities, including doctors and administrative staff, are constantly communicating with the family, providing support and assistance throughout this challenging period. Every effort was made by our dedicated team of senior doctors and surgeons to save Mr. Gulzar Ahmed. At Paras Health, we strive to provide high-quality and compassionate care to all our patients. We extend our deepest sympathies to his loved ones in this hour of sorrow".

#### **Omar To Camp**

the Provincial President of NC's youth wing, conducted a meeting with youth workers from district Samba at Sher-e-Kashmir Bhawan in Jammu. Jan emphasized the importance of adequate arrangements to ensure the success of Abdullah's tour. "This is not just a gathering but a movement," he declared, urging the youth workers to bolster the party's foundation.

National Conference Youth Zonal Vice President Hameed Chaudhary addressed the meeting, highlighting the serious challenges facing the youth today and encouraging relentless effort to strengthen the party.

Ajay Kumar Sadhotra, Additional General Secretary of NC and a former minister, expressed grave concerns about the rising terrorist attacks in the Jammu division. He accused the NDA government at the Center of policy inaction regarding terrorism. "Laxity in dealing with the situation is not good for national security," Sadhotra warned, challenging the government's claims of peace and normalcy in Jammu and Kashmir. (KNO)

#### **PM Modi Chairs**

place amid a rush of terror attacks in Jammu and Kashmir; hours before the meet two soldiers were injured in an encounter in J&K's Doda district, where forces have been engaged in a prolonged operation to flush out terrorists linked to the killing of four Army personnel this week.

Last month PM Modi chaired a review meeting to assess the security situation in J&K.

He spoke to Shah, National Security Advisor Ajit Doval, and Lt Governor Manoj Sinha, and was given an overview of the security-related situation, including armed forces' counter-terrorism operations.

Sources said the PM directed full deployment of armed forces' counterterror capabilities.

J&K Police have launched a major operation against increased terror activity in the region, which has seen 48 Army personnel, including officers, killed in action over the past 32 months

Police sources said multiple individuals suspected of aiding terrorists had been arrested, and large numbers of paramilitary and army troops were conducting search ops based on intelligence reports.

Four Army personnel, including an officer, were killed in action in Doda beginning late Monday.

That was the second major encounter in Jammu in a week; five soldiers were killed in Kathua in a coordinated terror strike, which included use of armour-piercing bullets, on military transport trucks.

Last month six soldiers were injured and nine civilians killed. The latter died after terrorists attacked a bus full of pilgrims in Reasi. The bus fell into a gorge and 33 people were also hurt.

a gorge and 33 people were also hurt.
In May an Air Force personnel was killed after vehicles were attacked in Poonch district.

Terrorist attacks, which started in Poonch and Rajouri, have now spread across Jammu, the region that was free from terrorism till a few years ago.

#### **2 Terrorists Killed**

sector of the north Kashmir district. The alert security forces noticed

the movement of the terrorists and challenged them. Two terrorists were killed in the exchange of fire, they said. The operation is underway.

#### **SC Directs NTA**

that a person involved in holding the test took money for filling up the OMR sheets of certain candidates.

Questioning the claims about leak of question paper on social media platform 'Telegram', the bench said, "You have to bear in mind that the idea of somebody doing this was not to make a national charade. People did it for money. So, it was not to bring disrepute to the exam and somebody was doing it to make money which is evident. Mass leakage requires contacts also at that level so that you connect to all such key contacts in different cities"

The bench, also comprising Justices JB Pardiwla and Manoj Misra, which commenced the crucial hearing on a batch of petitions related to the controversy-ridden medical entrance exam, said it has "social ramifications".

The top court adjourned the cases listed ahead of the NEET-UG pleas, saying "We will open the case today. Lakhs of young students are waiting for this, let us hear and decide."

The bench asked the petitioners to show that the paper leak was "systemic" and affected the entire examination, warranting cancellation.

"Re-examination has to be on concrete footing that the sanctity of the entire test was affected," the CJI said.

On the issue of the ongoing probe, the bench said, "The CBI probe is on. If what the CBI has told us is revealed, it will affect the investigation and people will become wise."

The bench is hearing more than 40 pleas, including those filed by the NTA, which conducts NEET-UG, seeking transfer of cases pending against it in various high courts over alleged irregularities to the Supreme Court to avoid multiple litigations.

On July 11, the top court had adjourned till July 18 the hearing of the pleas, including those seeking cancellation of NEET-UG 2024, re-test and a probe into alleged malpractices, as the responses of the Centre and the NTA were yet to be received by some parties.

More than 23.33 lakh students had taken the test on May 5 at 4,750 centres in 571 cities, including 14 overseas.

In their affidavits filed earlier in the apex court, the Centre and the NTA had said that scrapping the exam would be "counterproductive" and "seriously jeopardise" lakhs of honest candidates in the absence of any proof of large-scale breach of confidentiality.

The National Eligibility-cum-Entrance Test-Undergraduate (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.

#### **NHAI Doubles Toll**

fee charged and presence of the vehicle in the toll lane.

In accordance with already established rules, the statement said NHAI aims to enforce the standard procedural guidelines for affixation of FASTag on the front windshield of the assigned vehicle from inside.

The statement said any FASTag that is not affixed on the assigned vehicle as per standard process is not entitled to carry out Electronic Toll Collection (ETC) transaction at a User Fee Plaza and will have to pay double toll fee as well as can be duly blacklisted.

Issuer banks have also been directed to ensure fixation of the FASTag to the assigned vehicle on the front windshield at the time of issuance from various Point-of-Sale (POS), it added.

NHAI collects user fee on National Highways as per the National Highway Fee (Determination of Rates and Collection) Rules, 2008. At present, user fee is collected for approximately 45,000 km of National Highways and Expressways at around 1,000 Toll Plazas on National Highways across the country.

With a penetration rate of around 98 per cent and over 8 crore users, FASTag has revolutionized the Electronic Toll Collection system in the country.

This initiative of charging a double user fee for non-affixation of FASTag will help to make toll operations more efficient and ensure seamless & comfortable journeys for the National Highway users

#### **India Gears Up**

held here, the first time in India, between July 21-31 at Bharat Mandapam. Sources said Prime Minister Modi may inaugurate the event on July 21. However, there is no official word on it yet

The number of UNESCO World Heritage Sites in India grew to 42 with the 'Sacred Ensembles of the Hoysala' finding a place in the coveted list last September, the Archaeological Survey of India (ASI) had said.

These sites include 34 in the cultural category, seven in the natural category and one mixed property.

They include the Red Fort, Humayun Tomb and Qutab Minar in Delhi, Taj Mahal in Agra, ancient Nalanda university ruins and the Mahabodhi Temple in Bihar, Sacred Ensembles of the Hoysalas in Karnataka and Santiniketan in West Bengal.

Currently, India has the sixth largest number of (UNESCO) sites in the world. The countries that have 42 or more world heritage sites are Italy, Spain, Germany, China and France, the ASI said in an earlier statement.

#### No Tents In

it necessary to regulate this activity to prevent further ecological damage and ensure the area's tranquillity.

"Consequently, the installation of tents in Gulmarg will now only be permitted after securing prior approval from the GDA. Moreover, visitors wishing to install tents in Gulmarg are required to apply via email at gulmarggda@gmail.com or contact the GDA through WhatsApp at 8803993001. No tents will be allowed without prior permission from the GDA, ensuring that all camping activities are conducted in a controlled and eco-friendly manner."

"The measure is part of the GDA's ongoing efforts to protect Gulmarg's unique environment while accommodating the needs of tourists responsibly. For more information and updates, visitors are advised to contact the Gulmarg Development Authority directly," it reads further.







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### **Five Specially-Abled Students** From Abhinandan Home Pass With Outstanding Results

**Agencies** 

SRINAGAR: At least five specially-abled students from Abhinandan Home, Rambagh, Srinagar, have successfully passed their 11th class examinations with remarkable results.

Sharing this achievement Mudasir Ahmad, Principal of Abhinandan Home, said all five students who appeared for the exams this year passed with flying colours.

"For these specially-abled students, Abhinandan Home was their only hope, providing them with the necessary support and resources to excel academically," Mudasir said. "Over the years, hundreds of specially-abled students from the school have successfully completed their schooling here."

He said five students who excelled in their 11th class exams include Mehran Syed (420 marks), Shahid Shafi (392 marks), Sadiq Sarwar (374 marks), Yawar

Manzoor (374 marks), and Tasif Ahmad (362 marks).

Earlier, 17 students from the school had passed their 12th class examinations with flying colours, while five students had passed their 10th class examinations this year.

The students credited their success to their dedicated teachers who worked hard and taught them despite numerous challenges. They acknowledged the extra effort required for specially-abled students to succeed, which often needs to work twice as hard as their peers. They also expressed gratitude for the unwavering support from their parents, teachers and others who believed in them.

The students, however, said there is a lack of educational opportunities beyond the 12th grade for specially-abled students. "There are no separate college facilities available for them," they said. —(KNO)

## **LG Releases 'Cultural Encyclopedia Of Dard Tribe'**



**Observer News Service** 

SRINAGAR: Lieutenant Governor Manoj Sinha Thursday released the book 'Cultural Encyclopedia of the Dard Tribe' authored by Dr Suheel Rasool Mir, at Raj Bhawan.

In his address, the Lt Governor extended his felicitations to the author Dr Suheel Rasool Mir for exploring the remote landscapes and intricate cultural nuances, customs, language and social structures of Dard tribe, through the book.

He appreciated the Shinon Meeras – Shina Cultural Centre at Gurez, Indian Army for preserving traditional wisdom and knowledge, heritage and culture of Dardi people for future generations.

Highlighting the significant

contribution of the Tribal community in nation building, the Lt Governor called for collective efforts from all stakeholders in preserving and promoting the rich customs, culture, and linguistic wealth of the tribal community.

On the occasion, the Lt Governor also released the second edition of 'The North Kashmir Gazette', a joint endeavour of Kashmir Writers Association and the Army.

Maj. Gen. Girish Kalia, GOC, Vajr Division; Dr Suheel Rasool Mir, author of Cultural Encyclopedia of Dard Tribe; Fida Firdous, President Kashmir Writers Association; senior officials of Army, members of Shina Cultural Centre and Kashmir Writers Association were present.

#### **Chugh Pays Tribute To Karbala** Martyrs On Youm-e-Ashoora

al Secretary Tarun Chugh who is also party Incharge of Jammu & Kashmir and Ladakh, marked the solemn occasion of Youme-Ashoora by paying heartfelt tributes to the martyrs of Karbala.

Chugh emphasized the significance of peace and unity, extending prayers for harmony

**Observer News Service** and prosperity not only in Jammu & Kashmir but across the

> He stressed the importance of brotherhood and coexistence. urging communities to come together in the spirit of mutual respect and understanding.

> Chugh reiterated BIP's commitment to fostering a peaceful and inclusive society, where every individual's rights and beliefs are respected.

## **DGP, Other Senior Officers Interact With Probationary IPS Officers**

**Observer News Service** 

SRINAGAR: A group of 28 probationary IPS officers (76 RR batch) from the Sardar Val-labhbhai Patel National Police Academy (SVPNPA), Hyderabad, visited the Police Headquarters J&K as a part of their Study-cum-Cultural tour. During their visit, the officers interacted with Shri R.R. Swain, IPS, Director General of Police, J&K, and other senior officers, gaining valuable insights into the workings of J&K Police.

In his welcome address, Shri M.K. Sinha, IPS, ADGP (Headquarters/Coordination) PHQ/Security J&K, introduced the officers to the geographical uniqueness of the region alongside the distinct policing-related challenges. Thereafter, he underlined the crucial position held by the Jammu and Kashmir Police in

the overall security grid.

It was followed by a detailed presentation by Shri Iftikhar Talib, JKPS, SP Operation, Srinagar, who briefed the probationers on the pivotal role played by the Special Operations Group (SOG) of Jammu & Kashmir Police on the anti-terror front. His presentation covered the genesis of SOG, its achievements, and



future challenges. His presentation also focused on the capabilities of SOG covering both intelligence generation as well as conducting kinetic operations.

Speaking on the occasion, the Director General of Police I&K shared his thoughts on the unique challenges faced by the Jammu and Kashmir Police over the past three decades. He also dwelled upon topics like hybrid terrorism and the coordinating role of the Jammu & Kashmir Police among the various security and intelligence agencies operating in the region.

The probationers were also engaged in an absorbing question-and-answer session where the senior officers responded to the queries, fostering a deeper understanding of the UT's law enforcement machinery and its

different constituents.

Following the interaction, Shri Saurabh A. Narendra, IPS (P) presented the vote of thanks on behalf of the visiting group.

The session concluded with the presentation of a memento to the coordinating officer, Shri Sandeep Singh, by the Director General of Police [&K. DGP [&K also received a souvenir from the Director General, SVP National Police Academy (NPA).

Shri Nitish Kumar, IPS ADGP CID J&K, Shri V.K Birdi, IPS IGP Kashmir, Shri B.S. Tuti, IPS IGP (Headquarters/POS) PHQ/ Traffic J&K, Ms. Nisha Nathyal, IPS DIG (Headquarter) PHQ, AIsG of PHQ, and other senior officers were also present on the occasion.

## J&K Bank Provides Multi-Purpose Vehicle To Shri Amarnath Shrine Board

**Observer News Service** 

SRINAGAR: As part of its ongoing commitment to corporate social responsibility, J&K Bank has donated a multi-purpose vehicle to the Shri Amarnath Shrine Board (SASB).

The Bank's MD & CEO Baldev Prakash today handed over the keys of the vehicle to CEO (SASB) Dr. Mandeep K Bhandari (IAS) at Raj Bhawan in presence of Additional CEO (SASB) Rahul Singh (IFS) and other officials from the Bank and the Board.

Commenting on the occasion, MD & CEO Baldev Prakash stated, "We are honoured to support the Shri Amarnath Ji Shrine Board in ensuring the well-being and safety of the yatris. This initiative underscores our commitment to community welfare and reflects our dedication to facilitating a healthy and safer experience for pilgrims."

CEO (SASB) Dr Mandeep Bhandari thanked the Bank for the goodwill gesture and said that the donation of multipurpose vehicle was a significant step towards improving the transportation facilities



along the challenging terrain of the Shri Amarnath Ji Yatra route.

Notably, by facilitating the transportation of yatris requiring medical assistance, this initiative aims at providing immediate health facilities to the yatris and contribute to their overall well-being. Additionally, the vehicle can be utilized to ferry essential yatrarelated equipment and items to the base camps, thereby enhancing the logistical capabilities of the pilgrimage.

Meanwhile, the Bank com-

missioned a new Branch at Bhoond in Kathua district of Jammu. Cluster Head (Kathua) Parshotam Kumar inaugurated the branch along with Chairman (DDC Kathua) Col. Mahan Singh amid a gathering of valuable customers, local residents and Bank officials.

Speaking on the occasion, Chairman (DDC Kathua) reiterated the people's unwavering trust in J&K Bank and commended the Bank's commitment towards the economic development of people living across the UT of J&K.

## **PET Scan Services Launched** At State Cancer Institute, **GMC Jammu**

Agencies

**SRINAGAR:** The much-awaited PET scan services were inaugurated at the State Cancer Institute, GMC Jammu on Thursday.

The Nuclear Medicine team, headed by Prof Ashutosh Gupta, Principal GMC Jammu and a renowned cancer specialist, performed the first PET scan. Other team members from Nuclear Medicine and Radio Diagnosis included Dr Rahul

The new PET scan machine, procured for INR 13 crores by &K Medical Supply Corporation, is the latest generation PET scan by Wipro GE Company, Discovery IQ, he said, adding that the model installed has the highest NEMA sensitivity and quantitation accuracy, which ultimately provides enhanced patient care, comfort, and satisfaction.

Dr Gupta said the PET CT will soon be linked with ra-



Sharma, Prof Kulbhushan Gupta, Dr Rajeev Gupta, Dr Abdul Waheed, Dr Sudheer Sharma, Ms Sumaira, Ms Lata and other supportive staff.

Four PET scans were conducted today under the supervision of Dr Deepak Kumar, Medical Superintendent of the State Cancer Institute.

Dr Ashutosh Gupta said that this achievement is a landmark not only for GMC Jammu but also for the people of the Jammu region who have suffered greatly due to the non-availability of this vital facility essential for treating and monitoring cancer patients.

diation therapy machines to be installed in the State Cancer Institute, to ensure that all radiation planning is done on PET-based imaging. This will make radiation treatment very precise and accurate, he said.

The State Cancer Institute is a prestigious project funded by the Government of India for INR 104 crores.

Principal GMC Jammu further said that efforts are being undertaken to keep the user charges for PET scans and other facilities at the State Cancer Institute at a very affordable level so that poor patients can utilise the facilities—(KNO)

## **Successful Hemiglossectomy With Submental Flap Reconstruction Performed At GMC Anantnag**

**Agencies** 

ANANTNAG: Government Medical College (GMC) Anantnag achieved a significant milestone with successful completion of a hemiglossectomy with neck dissection and sub mental flap reconstruction.

The procedure, according to Kashmir News Observer, was performed on a 30-year-old man from Kishtwar.

According to the statement, the man a frequent tobacco chewer presented with a tongue lesion. "Imaging and biopsy confirmed the diagnosis of locally advanced squamous cell carcinoma with nodal metastasis. A CT scan delineated the full extent of the disease," it said.

Following comprehensive clearance from the anesthesia department, the patient underwent a hemiglossectomy with neck dissection and reconstruction using a submental flap, it

"This type of advanced can-cer surgery with tongue reconstruction using a submental flap is the first of its kind in the new medical colleges. Previously, such high-end surgeries were only performed at GMC Srinagar and SKIMS Soura," it added.

The surgical procedure was a collaborative effort led by Dr Aamir Yousuf and Professor Dr Sajad Majid Qazi from the ENT department, with support from Dr. Zaffar Malik, Dr. Shaista, Dr. Khalida, and Reyaz Ahmad from the anesthesia team.

Given the complexity of surgery, involving the vital airway tract, anesthesia expertise was provided by Dr. Rukhsana Najeeb, who is also a Professor of Anaesthesiology and Critical Care and the Principal of GMC Anantnag, it said.

"Postoperatively, the patient is recovering well and is currently on RT feed," it said. —(KNO)

## Deteriorating Road Conditions Spark Protest In Old Town Bla

**Agencies** 

BARAMULLA: Residents as well as the shopkeepers of Old Town Baramulla in north Kashmir on Thursday staged a protest against authorities, accusing them of subjecting the stakeholders to immense sufferings.

The protestors, while raising slogans against the concerned department, blocked the road leading to Khadniyar, thus halting traffic movement for some time.

the authorities of neglecting them, alleging that they have been going through the worst due to dilapidated road conditions. "Dilapidated road condi-

tions are giving a tough experience to the residents as well as commuters. Despite

No.:-CDPO/Poshan/Trgm/Estt/24/294-94

Dated: 16/07/2024

multiple requests to the authorities for mending the vital road, nothing fruitful was witnessed on the ground. Our The protesters accused pleas have fallen into deaf ears," the protestors said.

The protestors while demanding immediate renovation of this vital road, which connects Baramulla town with rest of the peripheral areas, urged the Lieutenant Governor led administration to look into the matter, so that it could give a sigh of relief to them.

Additional Meanwhile. Deputy Commissioner (ADC) Baramulla while visiting the protestors pacified them and assured them of needful at the earliest. The ADC was accompanied by the Executive Engineer PMGSY, AEE and Naib Tehsildar besides, DO PP old town—(KNO)

Child Dev. Project Officer

Poshan Project Trehgam

**GOVERNMENT OF JAMMU AND KASHMIR** 

## **OFFICE OF THE** CHILD DEVELOPMENT PROJECT OFFICER **POSHAN PROJECT TREHGAM KUPWARA**

Email.id: cdpotrehgam98@gmail.com

Tentative selection List of Sahayikas (Anganwadi Helpers) of Anganwadi Centre of Poshan Project Trehgam in response to the Advertisement Notice No. 01 of 2024 dated: 23-02-2024

The Tentative Selection List in response to this office Advertisement Notice No.01 of 2024 dated: 23-02-20-24 is hereby issued for information of general public and Objections from aggrieved applicants if any, are hereby invited by this office which should reach this office within 10 days from date of publication of the ibid Selection list. No objection shall be entertained after expiry of last date granted

or t	or the same.					
	Index Name of the Selected No. Candidate with Parentage		Name of the Anganwadi Centre for which selection is made	Markes obtained in class 10th with % age	Total Merit in points	Remarks
	1	Shabeena Mahmood W/O Mushtaq Ahmed Dar	Dar Mohalla Kunan Ward no 06	187/500 = 37.4	37.4	Tentatively Selected
	2	Mehrun Nisa W/o Ghuiam Qadir Dar	Malwari Kunan Ward no 4	215/500 =43.00	43.00	-do-
	3	Tehmeena Bano W/o Zahid Gulzar Malik	Malik Mohalla Gugioosa Ward no 04	220/500= 44.00	44.00	-do-
	4	Shafqat Ahad W/o Taraq Ahmed Wani	Mir Mohalla Gugioosa Ward no 04	278/500= 55.6	55.6	-do-
	5	Tahira Akhter W/O Shafiq Ahmed Sofi	Sofi Mohalla Marhama Ward no 06	229/500= 45.8	45.8	-do-
	6	Yasmeena Maqbool W/O Mudasir Ahmed Shah	Shah Mohalla Shumnag Ward No 02	304/500= 60.8	60.8	-do-
	7	Mir Nusrat Ali W/o Tariq Ahmed Bhat	Kal Mohalla Trehgam Ward No 04	235/500= 47.0	47.00	-do-
		Sumaira Tabasum D/O Sharif-u-din pir	Pir Mohalla Herri Ward No 04	399/500= 79.8	79.8	-do-
	8	Arjumand Bano W/O Sabzar Ahmed Dar	Dar Mohalla Hundi Ward 06	270/500= 54.0	54.00	-do-

DIPK-3130-24 No.:-CDPO/Poshan/Trgm/Estt/24/294-96 Child Dev. Project Officer DT: 18/07/2024 Dated: 16/07/2024 Poshan Project Trehgam

#### **Missing Man's Body Retrieved** From River Jhelum In Awantipora

**Agencies** 

SRINAGAR: A body of a 35-year-old man was retrieved from the Jhelum river in Barsoo village of south Kashmir Pulwama district's Awantipora area on Thursday.

Reports reaching the news agency CNS said that the lifeless body of the man, who had gone missing since 15th July's morning, was found in the Jhelum river today.

The deceased man has been identified as Abid Manzoor Dar (35) son of Manzoor Ahmad Dar, a resident of Barsoo. Abid was said to be working as a construction material supplier. Regarding the person's missing, a report was also registered in a concerned police station.(CNS)

#### **GOVERNMENT OF JAMMU AND KASHMIR** OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER **POSHAN PROJECT TREHGAM KUPWARA** Email.id: cdpotrehgam98@gmail.com

Tentative selection List of Sanginis (Anganwadi Workers) of Anganwadi Centre of Subject:-Poshan Project Trehgam in response to the Advertisement Notice No.01 of 2024 dated: 23-02-2024.

The Tentative Selection List in response to this office Advertisement Notice No.01 of 2024 dated: 23-02-20-24 is hereby issued for information of general public and Objections from aggrieved applicants if any, are hereby invited by this office which should reach this office within 10 days from date of publication of the ibid Selection list No objection shall be entertained after expiry of last date

8	ranted for the same.					
	Index No.	Name of the Selected Candidate with Parentage	Name of the Anganwadi Centre for which selection is made	Markes obtained in class 12th with % age	Total Merit in points	Remarks
	1	Shazia Mohi ud din W/O Firdous Ahmed Zargar	Gani Mohalla Trehgam Ward no 05	226/500 = 53%	53.00	Tentatively Selected
	2	Tahmeena Nargis W/o Shiekh Rohail Afzal	Sheikhpora Trehgam Ward no 4	434/750 =57.86	57.86	-do-

DIPK-3125-24

DT: 18/07/2024

## Suryakumar To Lead India In T20Is v Sri Lanka; Rohit, Kohli To Play ODIs

**Press Trust of India** 

NEW DELHI: Big-hitting batter Suryakumar Yadav was on Thursday named captain of the Indian T20 team for this month's three-match series against Sri Lanka, while ODI skipper Rohit Sharma and Virat Kohli made themselves available for the 50-over rubber against the same team next month.

Shubman Gill has been named vice-captain for both the formats. The team will depart early next week for the tour which will mark the beginning of new head coach Gautam Gambhir's three-year

Riyan Parag, who scored seven half-centuries in the Vijay Hazare Trophy, and Delhi speedster Harshit Rana are the two new faces in the ODI squad.

Seasoned all-rounder Ravindra Jadeja, who retired from T20Is along with Rohit and Kohli after India's World Cup



triumph in the Caribbean last month, did not find a place in the ODI squad.

Having shouldered the team's pace-bowling responsibility for a prolonged period, lead pacer Jasprit Bumrah was rested on expected lines.

The first T20 International

by games on July 28 and 30. All the ties will be played at the Pallekele International Cricket

The ODIs will be held on August 2, 4 and 7 at the R Premadasa Stadium in Colombo.

Suryakumar, 33, was chosen both chairman of selectors Ajit Agarkar and Gambhir.

It is learnt that the two had a word with Pandya on the issue on Tuesday and conveyed to him that a long-term option in Suryakumar was being considered. Pandya is expectedly there in the T20 squad and has opted out of ODIs due to personal reasons.

#### The squads:

**T201 squad:** Suryakumar Yadav (C), Shubman Gill (VC), Yashasvi Jaiswal, Rinku Singh, Riyan Parag, Rishabh Pant (WK), Sanju Samson (WK), Hardik Pandya, Shivam Dube, Axar Patel, Washington Sundar, Ravi Bishnoi, Arshdeep Singh, Khaleel Ahmed, Mohd Siraj.

ODI squad: Rohit Sharma (C), Shubman Gill (VC), Virat Kohli, KL Rahul (WK), Rishabh Pant (WK), Shreyas Iyer, Shivam Dube, Kuldeep Yadav, Mohd Siraj, Washington Sundar, Arshdeep Singh, Riyan Parag, Axar Patel, Khaleel Ahmed, Harshit

## India Begin Women's Asia Cup **Defence Against Arch-Rivals Pakistan**



**Press Trust of India** 

**DAMBULLA:** The Women's Asia Cup is set for a blockbuster start when defending champions India take on arch-foes Pakistan in a prime-time clash here on Friday, with the eight competing teams hoping to firm up their combinations ahead of the T20 World Cup in October.

Harmanpreet Kaur's India are the team to beat going into this iteration of the Asia Cup, having won the competition three out of four times in the T20 version and each of the four times in the 50-overs format.

Additionally, India are also the most successful team in the Women's Asia Cup T20 with 17 wins in 20 matches. They beat Bangladesh in the final of the last edition in 2022.

India's record against Pakistan has also been stellar in the shortest format with 11 wins against three defeats in 14 matches so far and Kaur's team will lean on it in addition to the rich form shown in recent outings to clinch the Group A clash here.

While India are coming off a 1-1 draw against South Africa earlier this month with the second of the three T20Is being washed out, Pakistan will be short on game-time as well as confidence since their last outing was in England in May when the hosts blanked them 3-0.

Smriti Mandhana's rich form with the bat will be India's greatest weapon at the top of the order but the biggest gain from recent allformat outings has been the way their bowling has shaped up, with pacers and spinners putting on a combined show.

India pacer Pooja Vastrakar's eight wickets across three outings against South Africa indicate her form but additionally, Radha Yadav's successful return to the mix of spinners has been encouraging.

The spin attack also includes Deepti Sharma, Sajeevan Sajana and the sprightly Shreyanka Patil.

Even though Pakistan retained Nida Dar as skipper for the Asia Cup, the squad has undergone significant overhaul since the debacle in England.

Three players, Iram Javed, Omaima Sohail, Syeda Aroob Shah, who have not played any matches so far this year were included with the uncapped Tasmia Rubab while six others were dropped.

Teams (from): India: Harmanpreet Kaur (c), Smriti Mandhana, Shafali Verma, Jemimah Rodrigues, Richa Ghosh (wk), Uma Chetry (wk), Pooja Vastrakar, Deepti Sharma, Arundhati Reddy, Renuka Singh, D Hemalatha, Asha Sobhana, Radha Yadav, Shreyanka Patil, Sajeevan Sajana.

Pakistan: Nida Dar (c), Aliya Riaz, Diana Baig, Fatima Sana, Gull Feroza, Iram Javed, Muneeba Ali, Najiha Alvi (wk), Nashra Sandhu, Omaima Sohail, Sadia Iqbal, Sidra Amin, Syeda Aroob Shah, Tasmia Rubab, Tuba Hassan.

The match starts at 7pm IST on

## 'My Youth My Pride': Summer **Activities Begin In South Kashmir**

over Hardik Pandya, the desig-

nated vice-captain during India's title run in the Americas.

Star all-rounder Pandya is

three years younger to the

Mumbai swashbuckler but

was not the preferred choice of

**Observer News Service** 

**SRINAGAR:** The J&K Sports Council launched summer activities for Kashmir division under the banner of "My Youth My Pride 2024-25" on Thursday from Tral in south Kashmir.

The activities were inaugurated at the Indoor Sports Hall, Tral, by Divisional Sports Officer, Kashmir, Divisional Sports Officer, Central, the Manager of Bakshi Stadium, along with other officials.

Approximately 200 athletes (boys and girls) participated in the Thang-Ta event, witnessed by 250 spectators at the Indoor Sports Hall, Tral. Similarly, 150 athletes and 200 spectators were involved in a Kabaddi compe-



tition held at the Sports Stadium, Pulwama.

The playfeld in Pampore was vibrant with Tennis Ball Cricket activities, engaging 48 players and 140 spectators.

Furthermore, the playfield in Devsar, Indoor Sports Hall, and Indoor Hall in Qaimoh, Kulgam, were bustling with Kabaddi, Badminton, and Kho Kho events respectively, attracting 180 athletes and captivating an audience of 240.

Also, special sports activities were conducted at the Sports Stadium, Shopian, where six volleyball teams, four cricket teams, and 50 athletes participated in Taekwondo events, drawing the admiration of 700 spectators.

## J&K Fencing Athletes Shine At Commonwealth C'ship In New Zealand



**Observer News Service** 

SRINAGAR: J&K fencers representing India made the nation proud by securing 1 silver and 3 bronze medals at the Commonwealth Fencing Championship in New Zealand.

Harshit Kohli won a silver medal in the Sabre team event; Shreya Gupta earned a bronze medal in the Sabre individual event; Chhavi Sharma took home a bronze medal in the Sabre team event while Sufyan Waheed Sohil won a bronze medal in the Epee team event.

It is noteworthy that Harshit Kohli and Chhavi Sharma are the trainees at the JKSC's Khelo India State Centre of Excellence for Fencing, while Shreya Gupta and Sufyan Waheed are being trained at the National Centre of Excellence in Gujarat and Patiala, respectively.

Secretary, Youth Services and Sports, Sarmad Hafeez, congratulated all the medalists and praised their exceptional performance at the prestigious Commonwealth Fencing Championship.

Secretary, J&K Sports Council, Nuzhat Gull, also complemented the athletes, calling it a proud moment for the entire J&K.

## **Short TAKES**

#### **Central Paris Locks Down For Olympics As Athletes Arrive**



rench security forces began locking down large parts of central Paris on Thursday ahead of the hugely complex Olympics opening ceremony next week on the river Seine.

The opening parade along six kilometres of the river led to the closure of riverside central districts. Anyone wanting to enter the highest-security "grey zone" will need a security pass.

With the opening ceremony just eight days away, the City of Light is transforming awith 10 million spectators expected.

#### **India Holds Steady in FIFA Rankings Amid Global Shifts**

India remains in the 124th position in the FIFA men's rankings, even as global football heavyweights reshuffle their standings. The latest rankings, released on Thursday, underscore India's ongoing challenges on the international stage.

India's men's football team has faced setbacks, failing to advance to the third round of the 2026 World Cup Qualifiers after losses to Qatar and Afghanistan. In Asia, India ranks 22nd, positioned behind Lebanon, Palestine, and Vietnam.

Argentina strengthened their top spot. France remains second while Spain climbed to third. England and Brazil complete the top five.

#### **England Score Fastest Team 50 In 2nd West Indies Test**

England continued with its aggressive approach to record the fastest-ever fifty in just 4.2 overs against the West Indies on the first day of the second Test here on Thursday.

Opener Ben Duckett (33 off 14 balls) and Ollie Pope (16 not out off 9 balls) hit 10 boundaries between them as England eclipsed their own record of reaching the team total of 50 in 4.3 overs against South Africa in 1994.

In the list of fastest team fifties, England hold the first three positions with their third fastest coming against Sri Lanka in 5 overs in 2002.

#### **Borussia Dortmund Signs Serhou Guirassy From Stuttgart**

orussia Dortmund finally completed the signing of Guinea forward Serhou Guirassy from Bundesliga rival Stuttgart on Thursday after an injury-related

Guirassy's expected transfer was delayed when a medical examination revealed an injury sustained while playing for Guinea at the end of last season

The 28-year-old Guirassy joins on a four-year deal. He scores 28 Bundesliga goals last season. Altogether, he scored 44 times in 58 games in two seasons for

#### **Adrien Rabiot Departs Juventus After Five Memorable Years**

Midfielder Adrien Rabiot is leaving Juventus as a free agent after five years at the Serie A side, the club announced on Thursday.

The France international joined Juventus in 2019 after securing five Ligue 1 titles with Paris St Germain and claimed Serie A in his debut season.

Throughout his tenure, Rabiot made 212 appearances for Juventus across all competitions, contributing to two Italian Cup victories and playing a key role in the club's successes.

## Argentina Tops FIFA Rankings As Govt Hits Back At Critics Of Team's Racist France Song

Argentina was confirmed as the world's No. 1 team in the FIFA men's rankings on Thursday, as the national government doubled down on defending the players who celebrated winning the Copa America by singing a racist song targeting No. 2-ranked France.

The fallout of the chant sung late on Sunday in Miami which mocked the African heritage of some France players continued four days later, including a rebuke to Argentina's critics by the vice president in its far-right government.

Argentina's government on Wednesday fired one of its leading sports officials who urged Lionel Messi and the president of the Argentine Football Association to apologize.

The sports under-secretary, Julio Garro, spoke after FIFA said it was looking into the incident and English club Chelsea started a disciplinary process against its midfielder Enzo Fernandez. He broadcast the footage on social media from the Argentina team

Fernandez later published an apology on his Instagram account, which disappeared by Thursday, saying he was "truly sorry. That video, that moment, those words, do not reflect my beliefs or my character." However, a defiant post by

the vice president of Argentina, Victoria Villarruel, on social media hit back at the country's "No country with a colonial history is going to put us down

for a song sung on a field nor for speaking a truth that nobody wants to admit," Villarruel "Enough of pretending to be

offended, hypocrites. Enzo I am with you, Messi thanks for everything! Argentines always keep your heads high! Long live Villarruel said Argentina's

history had been forged by people of all races: "We never forced our way of life on anyone, nor will we tolerate that someone tries to do the same

The song refers to France



players being "all from Angola," having parents from Nigeria and Cameroon, and also includes an offensive reference to Kylian

Mbappé.

One of Fernandez's French teammates at Chelsea, Wesley Fofana, who is Black, described

the video as "uninhibited racism." France players Jules Koundé and Mike Maignan also posted critical comments about the

Argentina incident.

The chant was first sung by Argentina fans in Qatar ahead of the 2022 World Cup final a penalty shootout after a thrilling 3-3 draw. FIFA President Gianni Infan-

against France. Argentina won

tino has said soccer and its 211 national federations must have a zero tolerance approach to racism and in May committed to relaunching a task force to monitor incidents.

Argentina has topped the FIFA rankings since April 2023 and has extended its lead over second-placed France, which lost in the European Championship semifinals to Spain.

Euro 2024 winner Spain rose five places to No. 3. Beaten finalist England moved up one place, swapping with No. 5 Brazil. Copa America beaten finalist Colombia rose three places to

Morocco is at No. 14, with the 2022 World Cup semifinalist dropping two places as Africa's top-ranked men's team. The United States dropped five places to No. 16, one ahead of its CONCACAF regional rival

No. 18 Japan is the highestranked Asian team.