KASHMIR OBSERVER®

Friday 02 August 2024 | Srinagar | Vol: 27 | Issue: 181 | Pages: 08 | Price: ₹3

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Kashmir Records 60.67% Rain Deficit



Agencies

Srinagar: Jammu and Kashmir has recorded a rainfall deficit of 44 percent since June 01 to July 31 this year.

According to the data shared by the local Meteorological department (MeT), there has been a deficit of 60.67 per cent rainfall in Kashmir division while Jammu division has recorded a deficit of 34.83 per cent from June 01 to

August 01, 2024 morning. The highest deficit rainfall has been recorded in Shopian with 85 per cent followed by Poonch with 82 per cent.

The data reveals that ten stations out of 20 stations have recorded a large deficient rainfall during the period. The stations include Srinagar, Shopian, Poonch, Kupwara, Kulgam, Kishtwar, Doda, Anantnag, Budgam and Bandipora. | More on P6

Rain **Predicted** For J&K Till Aug 5

he Meteorological Centre Srinagar has predicted significant rainfall and possible adverse conditions over the next ten days in Jammu and Kashmir From August 1 to August 5, an official said that the region can expect generally | More on P6

SED 'Centralizes' Transfer Powers, **Disempowers CEOs & ZEOs**

Observer News Service

Srinagar: The School Education Department Thursday 'centralised' transfer and deputation powers by 'disempower-Chief Education officers (CEOs), Cluster heads and Education Officers (ZEOs) from the mastery

Principal Secretary School Education Department, Alok Kumar in an order said that the decision was taken following the partial modification in previous related orders.

"It is ordered that the powers of rationalization delegated to Principals, Cluster Heads is hereby withdrawn with

immediate effect and henceforth shall be exercised by the Joint Directors, with the prior approval of respective directors," the order reads.

Kumar further ordered that no rationalisation, internal arrangement, deployment or attachment of teaching and non-teaching staff shall be made by the Chie Education Officers and Zonal Education Officers henceforth.

"Any deviation of this order reported, the erring officers shall be dealt strictly under law," Kumar said.

Earlier, CEOs had powers to transfer and deploy the district cadre employees of the department.

Kashmir & Cinema A Symbol Of Oneness: LG

Launches Single Window Portal For Felicitated Winners Of Naya Jammu Kashmir Short Film Making Competition



Observer News Service

Srinagar: Lieutenant Manoj Governor Sinha inaugurated the Thursday I&K Film Conclave, organised by the Department of Information & Public Relations, at Srinagar.

On the occasion, the LG unveiled I&K Film Policy 2024 and launched a slew of initiatives including Single

portal for Film Window Shooting Permissions and Subsidies, J&K Film Screening Series and Frames of Transformation Photography competition. He also felicitated the winners of Naya Jammu Kashmir Short Film Making Competition.

In his address, the LG appreciated the endeavour of the Department of I More on Pe

'European Film Model To Be Replicated In J&K'

Observer News Service

Srinagar: Jammu and Kashmir's Lieutenant Governor Manoj Sinha Thursday said that the administration led by him was working on a model to build better film-shooting facilities on the lines of European countries as efforts were on to make the J&K a global film destination soon.

remember Raj Kapoor's love for film

It wasn't all about just shooting. There has been an organic relation between film shooting and Cinema in J&K. We are trying to revive the Bollywood of yesteryears," LG Sinha said addressing the gathering of famous Bollywood directors, artists, short film makers and film lovers at International Convention Centre on the banks of Dal Lake here, on | More on P6

shooting in Kashmir.

J&K FILM POLICY 2024 WILL ATTRACT, SUPPORT and facilitate film production in the UT."

regional, national and international

e famous Bollywood director explore the offbeat and unexplored Madhur Bhandarkar Thursday locations to give shooting a further fillip. Addressing the J&K said that Kashmir was apt for the film shooting and that Film Conclave at International

We Support Development, Not Expansionism:PM



Press Trust Of India

New Delhi: India and Vietnam on Thursday adopted an action plan to expand their strategic ties with Prime Minister Narendra Modi vowing to work jointly for a rules-based Indo-Pacific and asserting that New Delhi supports development and "not expansionism" in remarks that came amid concerns over China's military posturing in the region.

The two sides signed six memorandums of understanding (MoUs) and finalised three other documents to broadbase cooperation in a range of areas following wide-ranging talks between Modi and Vietnamese Prime Minister Pham Minh Chinh.

It was also decided that India will provide USD 300 million credit line to Vietnam primarily to strengthen the Southeast Asian nation's maritime security.

An agreement was sealed between the central | More on P6

J&K Assembly Polls: EC Orders Transfer Of Officials From Native Districts

Press Trust Of India

Discover

Unexplored

Locations:

Bhandarkar

New Delhi: In a fresh indication that assembly polls in Jammu and Kashmir are imminent, the Election Commission has asked the Union Territory administration to transfer out officers posted in their home districts, an exercise it holds ahead of conducting elections.

The commission has been following a consistent policy that officers directly connected with the conduct of elections in a poll-bound state or Union Territory are not posted in their home districts or places where they have served for a considerably long period.

It has issued similar directions to the chief secretaries of Maharashtra, Haryana and Jharkhand.

It said the terms of the existing legislative assemblies of Haryana, Jharkhand



and Maharashtra were up to November 3, 2024; January 5, 2025; and November 26, 2024, respectively, and elections in these states were due in 2024.

"Further, the election to the legislative assembly the Union Territory of Jammu and Kashmir is also due in the near future," it noted on Wednesday.

It is usual for the poll panel to issue instructions related to transfers of officers ahead of

Lok Sabha and assembly polls. Recently, it had ordered the updation of electoral rolls in Jammu and Kashmir and the three states.

the Tourism department must

In June, it decided to accept applications seeking allotment of 'common symbols' from registered unrecognised parties in the Union Territory.

Whenever assembly elections are held in Jammu and Kashmir, they will be the first since provisions of Article 370 of the Constitution were abrogated and the erstwhile state divided into two Union Territories in 2019.

The electoral exercise in ammu and Kashmir is usually spread over a month.

Following a delimitation exercise, the number of assembly seats has gone up from 83 to 90, excluding those allocated to Pakistan-occupied Kashmir. Last December, the Supreme Court directed the poll panel to hold assembly elections in Jammu and Kashmir by September 30.

KPDCL To Install 40K DT Meters To Curb Power Losses

Observer News Service

Convention Centre on | More on P6

Srinagar: In order to protect distribution transformers (DTs) from damage and curb power losses, Kashmir Power Distribution Corporation Limited (KPDCL) is installing 40,000 DT meters & 1400 feeder meters under the

premier loss reduction scheme of RDSS. This shall be besides 6.85 lakh consumer smart meters

which shall be installed in unmetered flat-rate areas as well those areas where conventional meters have been installed in Kashmir Division over

the next 27 months. Giving details in a press release issued here today, a KPDCL spokesperson stated that DT & Feeder metering shall facilitate real-time monitoring of electrical systems, paving the way for

reliable power supply to the consumers by way of remote monitoring of load and voltage unbalancing. "Installation of feeder meters shall help us in better load forecasting and relay information regarding duration and interruptions in electricity supply in digital mode," he added.

340 feeders have already been integrated with the National Feeder Monitoring System (NFMS) while the rest of the feeders will be covered under

In a big relief to domestic consumers, living in flat-rate non-communicating

areas and areas where convenmeters are installed, to cut down on their consumer bills, Kashmir DISCOM is set to install 6.85 lakh smart meters under RDSS to give option of digital monitoring | More on P6

SC Has 2 Women Judges, **109 In HCs**

Press Trust Of India

New Delhi: As many as 109 women judges are serving in the higher judiciary, including three in the Supreme Court, the government informed the Rajya Sabha on Thursday.

Union Law Minister Arjun Ram Meghwal said in a written reply that at present, three women judges were working in the Supreme Court and 106 in the various high courts.

He also said the Constitution did not provide for reservation for any caste or class of persons in the higher judiciary — the Supreme Court and the 25 high courts.

Since 2018, recommendees for the post of high court judges are required to provide details regarding their social background in the prescribed format, prepared in consultation with the | More on P6

80% Of Lung Cancers Linked to Smoking: Experts

Agencies

Srinagar: Lung cancer remains one of the most prevalent and deadly cancers worldwide, with approximately 80 percent of cases due to smoking.

Doctors said that quitting smoking is the most effective way to reduce lung cancer cases in Jammu and Kashmir (J&K). They added that deteriorating air quality is contribut-ing to the rising incidence of the disease. Dr Zahoor, a leading oncolo-

gist at SKIMS Soura, said that lung cancer has a very strong association with smoking. "It is the most common cancer globally and a leading cause of cancer-related deaths. By quitting smoking, we can prevent more than 80 percent of lung cancers, thereby significantly reducing the cancer burden

and related deaths," he said.
Dr Zahoor added that lung



cancer continues to be a major concern worldwide in terms of incidence and mortality. "Smoking cessation can have a long-lasting and meaningful impact on reducing its incidence rate and associated mortality," he explained. He said all

necessary modalities for evaluating and treating lung cancer are available within the UT.

Dr Sheikh Aijaz, another prominent oncologist in Kashmir, said that lung cancer is currently one of the leading causes | More on P6

Pak Intruder Shot Dead On Border

Press Trust Of India

Jammu: A Pakistani intruder was gunned down by BSF troops along the International Border in Samba district of Iammu and Kashmir, a senior officer said on Thursday.

The officer asserted that anyone stepping his foot on Indian soil with "nefarious design" will meet the same fate.

The 45-year-old unarmed intruder was neutralised near the Khora post in Manguchek area after he sneaked into this side from Pakistan post Tugliyalpur late Wednesday night, officials said.

"At around 10.15 pm, forward duty points (of Border Security Force) observed movement of one human being crossing the International Border from Pakistan. His movement was kept under

observation and was challenged when he entered into this side," Inspector General of BSF, Jammu frontier, D K Boora told reporters near the scene of the incident.

Boora along with other senior BSF and Police officers visited the area this morning despite heavy rains and reviewed the security situation.

"The intruder tried to flee and was fired upon by the alert personnel and neutralised. The search of the area is still going on," the IG BSF said. He said it seems the intrud-

er was deliberately sent to probe the possible gap to be utilised later to push armed terrorists.

"This operation is an achievement and a lesson that anyone trying to step his foot on Indian soil with nefarious design will meet | More on P6

NEET-UG Counseling To Begin Soon In J&K

Agencies

Srinagar: The wait for the successful candidates of NEET examination is almost over as the Jammu and Kashmir Board of Professional Entrance Examination (BOPEE) is all set to call for counseling of candidates.

The counseling is expected to start within a fortnight's time and after which colleges, as per the preferences, will be allotted to the candidates.

After the Supreme Court gave a go ahead to the candidates who qualified the NEET, now the J&K BOPEE has to issue the notification of dates for counseling of the candidates and successful NEET candidates will have to fill their preferences after which colleges will be allotted.

In this regard | More on P6



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'Bad' Cholesterol Among New Risk Factors Of Dementia, **Researchers Call For Addressing Them Early**

Press Trust Of India

oss of vision and high "bad" cholesterol levels have been added to risk factors for dementia, according to a new report by Lancet Commission. Researchers said addressing risk factors

childhood onwards and monitoring them throughout life could help stave off or delay onset of the mental condition, even in people having a high genetic risk.

Quality education for children and reduced exposure to air pollution have been suggested to reduce the risk of the disease, the 2024 Lancet Commission for dementia said.

The international team of authors, led by those at the University College London, UK, found that about nine per cent of global dementia cases could be attributed to the newly added risk factors, with seven per cent and two per cent being attributable to high "bad" cholesterol in mid-life starting at 40 years of age and untreated vision loss in later life, respectively.

Lower education levels in early life and social isolation in later life were other risk factors, each attributable to five per cent of global dementia cases, the authors found. Dementia impairs thinking, memory and decision-making, thereby, impacting one's daily activities. Alzheimer's disease is the most common form of dementia.

The 12 risk factors for dementia previously identified by the 2020 Lancet Commission and linked with 40 per cent of the global cases include lower levels of education, air pollution, along with health conditions such as high blood pressure, diabetes, obesity and depression.

Dementia cases around the world are expected to almost triple by 2050, rising from 57 million in 2019 to 153 million, the

A study, published in February in the journal PLoS ONE, estimated that in India, about 3.4 crore older adults, aged 60 years and above, are living with mild cognitive impairment, affecting their daily lives and activities in some manner.

The authors called for governments and individuals to be ambitious about tackling risks across the course of life for dementia, ar-

guing that the earlier it is addressed the better. We now have stronger evidence that longer exposure to risk has a greater effect



and that risks act more strongly in people who are vulnerable. That's why, it is vital that we redouble preventive efforts towards those who need them most, including those in low- and middle-income countries and socio-economically disadvantaged groups," said lead author Gill Livingston from the University College London.

To reduce dementia risk throughout life, the commission suggested 13 recommendations for governments and individuals, including good quality education for all children and being cognitively active in mid-life.

Other recommendations involved addressing high "bad" cholesterol in mid-life, treating depression effectively and reducing exposure to air pollution through strict clean air policies.

The authors also recommended governments to expand measures to bring down smoking, such as through price control or raising minimum age of buying, and reducing salt and sugar content in foods in stores and restaurants.

In a separate study in The Lancet Healthy Longevity journal alongside the Commission, the authors modelled the economic impact of of implementing some of these recom-

mendations, using England as an example.

They found that addressing policy interventions addressing excess alcohol use, brain injury, air pollution, smoking, obesity, and high blood pressure could help save more than GBP four billion.

Further, about 70,000 years lived in perfect health stand to be potentially gained from such interventions, the authors said.

They added that potential gains may be even greater in low- and middle-income countries and any country where population-level interventions such as public smoking bans and compulsory education are not already in place.

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Subject:- Grant Of Registration of the Proposed Travel unit under the name & Style "Luxoria Trips situated at Hyderbeigh

Public Notice

Whereas I, Mr. Shamshada Begum W/o Nazir Ah Rather R/o Khambiyar intend to apply in the Department of Tourism for registration of my proposed travel unit under the name & style of M/S Luxoria Trips situated at Hyderbeigh Pattan under tourist trade act 1978/82/2011-12.

Whereas I will submit state subject / Domicile certificate, Qualification Certificate, pan cardr \ Experience Certificate(Minimum 5years). Police character certificate, Bank statement (minimum balance 10000), site plan, Affidavit, Rent deed duly attested by sub Registrar, printing material (Latter head / Visiting card) Photograph of the unit (indoor and outdoor) and Two passport size photographs to the department of Tourism as per prescribed checklist I Prior to

Registration of my unit as an Excursion Agency.

Now as per J&K Registration of Tourist Trade Act 1978/82/2011/12) befre my case is processed for my registration by the Competent Authority, the matter is hereby notified for information of general public/Financial institutions/Bank/ Organisation, etc for objection, if any and the same should reach to the Deputy Director Tourism Registration (email id; ddtregl23@gmail.com) within a period of 7days from the publication of this notice in a leading newspaper/newspapers of the valley. No objection beyond a period of 7 days shall be entertained.

Researchers Lay Roadmap For Mitigating Methane Emissions, Call For Urgent Action

Press Trust Of India

ethane emissions, which are rising rapidly, need to be tackled immediately, Leven as the world is focused on addressing carbon dioxide, which primarily drives climate change, according to a study that outlined a roadmap in the direction. However, despite methane being

the second most potent greenhouse gas, only about two per cent of the global climate finance goes towards cutting its emissions, the largest sources of which are agriculture, fossil fuels and decomposition of landfill waste, the researchers noted.

"The world has been rightly focused on carbon dioxide, which is the largest driver of climate change to date," said Drew Shindell from Duke University, lead author of the study published in the journal 'Frontiers in Science'.

"Methane seemed like something we could leave for later, but the world has warmed very rapidly over the past couple of decades, while we've failed to reduce our CO2 emissions. So that leaves us more desperate for ways to reduce the rate of warming rapidly, which methane can do," said Shindell.

The authors called for immediate action, "following the Global Methane Pledge (GMP) to reduce methane emissions by 30 per cent from their 2020 level by 2030." Launched at the 2021 United Nations Climate Change Conference, or COP26, held in Glasgow. UK. the GMP includes 158 participant countries as of March 2024.

The authors laid out three critical imperatives for action -- "reduce, coordinate and incentivise" -- which could be achieved by satellite data, reported methane emissions, and knowledge of how various abatement measures interact with market forces.

Foremost, the course needs to be changed and methane emissions be reduced through "stronger policy-



led action" targeting all major drivers, along with greatly reducing CO2 emissions rapidly, the authors said.

Secondly, efforts should be coordinated to tackle methane and carbon dioxide emissions, as only cutting carbon dioxide won't stop warming quickly enough, while only cutting methane just delays global heating,

However, the authors added that net zero methane emissions is not the target, owing to abatement challenges for some sources and its short lifetime.

Nevertheless, since methane and CO2 each contribute to warming, slashing methane emissions is important both for its own sake to ensure that trajectories consistent with the 1.5 degrees Celsius- or 2 degrees Celsius-temperature goals of Paris Agreement are feasible and for removing carbon dioxide from the air, the scien-

tists said. Thirdly, we need to incentivise and enforce methane abatement,

they said.
"We show that both technological abatement options and systemic and behavioral choices must be addressed to reduce methane emissions," the authors wrote.

Citing examples of India and China (both non-GMP countries), the study authors said mitigating methane emissions in the fossil sector is both large and low in cost, as are reductions in landfill methane in India.

The results suggested that the two non-GMP countries have the potential to achieve major methane reductions with limited financial burdens, they said.

With every tonne of methane emitted to be estimated to cause USD 470-1700 in damage, the authors described addressing these emissions as a "life-saving, cost-effective measure." If the human health-damaging effects of methane emissions on air pollution are considered, the true cost could be up to USD 7,000 per tonne, they said.

The most important mitigations are the (options available) across all sectors that aren't too expensive, because we really need to do everything to reach climate targets such as 1.5 or $\bar{2}$ degrees

Celsius warming," Shindell said.
"Controlling methane from only one sector wouldn't be enough. We need a broad portfolio of actions,' Shindell said, adding that the benefits of methane mitigation nearly always outweighed the net costs.

NOTICE

Objection Will Be Accepted.

Have Changed My Name From ALEEM SHOWKAT KHAN S/O SHOWKAT AHMAD KHAN & KOWSAR JAMEEL TO MOHAMMAD ALEEM S/O SHOWKAT AHMAD KHAN & KOWSAR JAMEELA. In Future I Will Be Known As MOHAMMAD ALEEM S/O SHOWKAT AHMAD KHAN & KOWSAR JAMEELA. If Anybody Is Having Any Objection He/she May Contact Passport Office, srinagar Within 7 Days. After 7 Days No

Government of Jammu and Kashmir District Industries Centre,

PUBLIC NOTICE

The unit M/s Azan Enterprises, IGC Lassipora Pulwama stands formally registered with D.I.C. Pulwama under No. 07/11/01540/PMT/SSI dated: 04.10.2006 for the line of activity "Carding of cotton out of cloth cutting/mill waste and Mfg. of mattresses quilts and pillows", as a proprietary concern of Mrs. Shaista Arshad W/o Arshad Hussain Bhat R/o Rangparistan, Rainawari Srinagar. The promoter of the instant unit has submitted an application to the office of the undersigned wherein she has requested for change of constitution from proprietorship concern of Mrs. Shaista $Ar shad\,W/o\,Ar shad\,Hussain\,Bhat\,R/o\,Rangpar istan,\,Rainawar i\,Srinagar\,to\,partner ship and all the shadow of th$ concern of 01) Mr. Arshid Bashir S/o Abdul Bashir Akhoon R/o House No.138 Nadir Gund Peerbagh Srinagar 02) Mr. Sheikh Khalid Ahmad S/o Sheikh Gh. Ahmad R/o Putrigam Pulwama. Any person (s) or any organization/department having any objection in this behalf should convey in writing to the General Manager DIC Pulwama within seven (07) days from the date of publication of this notice. After expiry of the time frame no objection shall be entertained. General Manager

معامله مندرجة عنوان الصدريين سائله نے ايك درواست بغرض حصول ليگل بيرسر لفيكييك

ہے جس سے عیاں ہے کہ سائلہ ریاست جموں وشمیر کا پشتنی باشندہ ہے سائلہ کا شوہر

ں کےعلاوہ اورکوئی افراد کنہمہ نہیں ہے۔سرٹفییکیپ زیر بحث اجراءکرنے میں اگر 💎 کہا گر

ی شخص کو کوئی عزریاا عتراض ہوتو وہ بعد مشتہرا خبارسات دن کے اندرا ندرآ یے عذریا

نتراض ودالت هذا کودفتری ادقات کے دوران پیش کریں۔ بعد گزرے میعاد کو بی عذریا

فوت ہو چکا ہےاورمتوفی کے وارثان جائز بذیل ہے

District Industries Centre Pulwama

ازنيابت پلهالن

ازنيابت پلهالن

عنوان:۔ درخواست از جانب سروہ بیگم زوجہ مرحمعو بشیراحمہ خان ساکنہ وانیگامپائن 📗 عنوان:۔ درخواست منجانب 🔻 محمد رمضان کمارولد حبیب للد کمار ساکنہ موضع پاہالن مخصیل پٹن پٹن بار ہمولہ بمراد Legal Heir سڑنفکیٹ پٹن بار ہمولہ بمراد اجرائی OBC بحق تحت SRO بحق سجادا حمد کمار وگشن احمد کمار وجاویدا حمد اللہ معلم اللہ معلم معام معلم اللہ مع

اشتهار هرخاص وعام

پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ ہے رپورٹ طلب کی گئ کمار پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے ۔ یں ہے بدسا ملہ واسی اجمار ذات سے تعلق رکھتا ہے اور سائل پلہالن میں رہائش پذیر ہے اور سائل پلہالن میں رہائش پذیر ہے اور مجھی بھی ترک سکونت نہیں کی ہے سائلہ کا کنبہ بذیل افراد پر مشتمل ہے محمد رمضان کمار ولد حبیب للہ مزدوری 52 سال صلح بھر دیں ہے۔ بشراحمه خان ولدمحمہ یوسف خان ساکنہ وانیگام پائن مور خہ 2017-09-05 کو جس سے عیاں ہے کہ سائلہ واقعی امتکار ذات سے تعلق رکھتا ہے اور سائل پلبالن میں گھربلوكام 50سال 28سال گلشن احمد کمار ولد ـ ـ ـ ـ 27سال سائلہ ندکورہ OBC سڑھنکیٹ حاصل کرنے کاخواں ہے اور کنبہ کی سالانہ آمدنی 7800 رویے تک ہے ۔ سرٹفیکیٹ زیر بحث اجراء کرنے میں اگر کی گخص کو کوئی عزرياا عتراض ہوتو وہ بعد مشتہرا خبار سات دن کے اندراندرآ پنے عذریا عتراض ودالت هذا کو دفتری دقات کے دوران پیش کریں۔بعد گزرے میعاد کو بی عذریا عتراض قابل قبول نہیں ہوگا۔

عنوان: درخواست از جانب لطيفه بيهم دختر جانه بيم ساكنة تله گام مخصيل پين بار بموله

اشتهار هرخاص وعام

معامله مندرجه عنوان الصدر میں سائلہ نے ایک درواست بغرض حصول لیگل ہمرسرٹفیکیٹ پیش کی ہے جو کہ زیرکاروائی ہےاس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ا ہے کہ سائلہ ریاست جموں وکشمیر کا پشتنی باشندہ ہے سائلہ کی والدہ متو فیہ جانہ بیگم مورخہ :01-01-202 کوفوت چکی ہےاورمتو فیہ کے وارثان جائز بذیل ہے

	زمینداری	50	لپرمتوفیه	ملام حسن مير
		45	پپر	شيراحمه
تلاق شده	گھر بلوکام	40	بخر	طيفه بيكم
شادی شده		35		ثنا ہزادہ
		30		رشاوه
		52		يسه بانو
		48		نبینه بیگم نبینه بیگم
میں اگر	مج شاح اه کم نر	بەلفىيكىرىن ر	دکنیم نہیں ہے	ی کیملاه دادرکوئی افرا

کوئی عزریاا عتراض ہوتو وہ بعدمشتہرا خبارسات دن کےاندراندرآ پنے عذریاعتراض ودالت هذا کو دفتری ادقات کے دوران پیش کریں۔بعد گزرے میعاد کو بی عذریاعتراض قابل قبول نہیں ہوگا۔

از نیابت تلگام

بمراد Legal Heir سرٹفکیٹ تجق متوفیہ جانہ بیگم

	زمینداری	50	لپرمتوفیه	غلام حسن مير
		45	پیر	بشيراحمه
م تلاق شده	گھر بلو کا •	40	رخر	لطيفه بيكم
شادی ش ر ه		35		شاہزادہ
		30		ارشاده
		52		ريسه بإنو
		48		جبينه بيكم
نے میںاگر	بربحث إجراءكر	_ پر ثفیوکیپ ز	رادکنبمہ نہیں ہے	اس کےعلاوہ اور کوئی اف

عتراض قابل قبول نهيس ہوگا۔

نره بشير

عنوان: درخواست از جانب مدثر احمد دار دلدمجمد مقبول دارسا کنه ما گرے پوره پیٹن بارہمولہ بمراد Legal Heir سرٹفکیٹ

اشتهار هرخاص وعام

معامله مندرجه عنوان الصدرميں سائلہ نے ايک درواست بغرض حصول ليگل ہيرسرٹفيکيٺ پیش کی ہے جو کہ زیر کاروائی ہےاس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ سائلہ ریاست جموں وکشمیر کا پشتنی باشندہ ہے سائل کا والد محم مقبول ڈارولد محمر سجان ڈارساکنہ ماگرے یورہ مورخہ 2001-11-20 کوفوت ہو چکا ہے اور متوفی کے وارثان جائز بذیل ہے

بيوه متوفى 48 فاطمه ببيكم سجاد مقبول ڈار دختر متوفی 27 شائسته بإنو . فت مقبول 21سال __ سائمه جان پسرمتوفی 33سال مزدوری دختر متوفى 32سال گريلوكام س کےعلاوہ اورکوئی افراد کنیمہ نہیں ہے۔ سرٹفییکیٹ زیر بحث اجراءکرنے میں اگر کہا گر

کسی شخص کو کوئی عزریاا عتراض ہوتو وہ بعد مشتہرا خبارسات دن کے اندراندرآ یے عذریا عتراض ودالت هذا کودفتری ادقات کے دوران پیش کریں۔بعد گزرے میعاد کو بی عذریا عتراض قابل قبول نہیں ہوگا۔

FKO

از نیابت پلہالن

عنوان: درخواست از جانب فريده بيكم بيوه مرحموعبدالرشيد نجار ساكنه بين بار ہمولہ بمراد Legal Heir سرٹفکیٹ

معامله مندرجه عنوان الصدرمين سائله نے ايک درواست بغرض حصول ليگل ہير سرٹفيکيپ

پیش کی ہے جو کہزیر کاروائی ہےاس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہےجس سے عیاں ہے کہ سائلہ ریاست جموں وکشمیر کا پشتنی باشندہ ہے۔سائلہ کا شوہر عبدالرشید نجار چودہ سال قبل فوت ہو چکاہے اور متوفی کے وارثان جائز بذیل ہے بيوه متوفى 50سال پېرمتوفی 30سال نيلوفررشيد

25سال ں کےعلاوہ اورکوئی افراد کنیمہ نہیں ہے۔ سرٹفییکیٹ زیر بحث اجراءکرنے میں اگر سکہ اگر ی شخص کو کوئی عزریاا عتراض ہوتو وہ بعد مشتہراخبارسات دن کےاندراندرآ یے عذریا عتراض ودالت هذا کودفتری ادقات کے دوران پیش کریں۔ بعد گزرے میعاد کو بی عذریا

نائب تخصيلدار

عتراض قابل قبول نہیں ہوگا۔

ازنيابت يلهالن

عنوان: مرائي OBC سر ففكيك بحق بازله بشير دختر بشيراحد عام وزامد بشير ولد بشيراحمد عام

اشتهار هرخاص وعام معامله مندرجه عنوان الصدر میں سائلہ نے ایک درخواست بغرض OBC سرٹفکیٹ بذمرہ

عجام پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے ریورٹ طلب کی گئی ہے جس سے عیاں ہے کہ سائلہ واقعی اہنگر ذات سے تعلق رکھتا ہے اور سال پاہالن میں ر ہائش پذیر ہےاور بھی بھی ترک سکونت نہیں گی ہے۔ سائلہ کا کنبہ بذیل افرادیر مشتمل ہے بشيراحه حجام ولدمرحوم غلام محى الدين مزدوري 45سال گھریلوکام 40سال رفيقه بيكم زوجه بشيراحمه زيرتعليم 22سال بازله بشيردختر بشيراحمه 19 سال زامدبشير ولدبشيراحمه 12 سال إعظ بشيرولد بشيراحمه حجام ما کلہ ندکورہ OBC سرٹھکیٹ حاصل کرنے کا خواں ہے اور کنبہ کی مہوار آمدنی 7000 رویے تک ہے ۔ سر شغیکیٹ زیر بحث اجراء کرنے میں اگر کھا گرکٹی مخض کو کوئی رزريلا عتراض موقوه وه بعد مشتهرا خبارسات دن كے اندراندرآینے عذریاعتراض و دالت هذا كو دفترى ادقات کے دوران پیش کریں۔بعد گزرے میعاد کو پی عذریاعتراض قابل قبول نہیں ہوگا۔



Minor Rainfall Turns Srinagar Streets Into Virtual Pools

Srinagar: A few hours of rain on Thursday turned the streets of Srinagar into virtual pools, leaving the local residents annoyed, who raised concerns about the slow progress of the Smart City project.

The key areas such as Khawaja Bazar, MA Road, Lal Chowk, Boulevard Road near SKICC and Sonwar Road, according to news agency-KNO, were among the most affected areas.

The downpour led to severe water logging, causing disruptions in traffic and daily life for locals.

"I can't believe that after all these promises about turning Srinagar into a Smart City, just a few hours of rain can cause this much chaos," said Ubaid, a resident of Khawaja Bazar. "It's embarrassing and frustrating to see our streets look like this every

time it rains," he added.

The slow pace of the Smart City project has been a point of contention among residents, who feel that the infrastructure improvements promised under the initiatives have not been realized.

Dr Faheem, a Pediatrician on MA Road, Srinagar, added that the authorities need to speed up the work. "It's not just about smart gadgets and technology; basic infrastructure needs to be in place first," he said.

Another local, who came from Budgam to attend a function at SKICC Srinagar, said the situation is really bad. "Every time it rains, we face the same problem. The government needs to act fast to resolve this issue. This road is mostly used for VVIP movement, and it's unfortunate to see that only a few hours of rain turned it into a virtual pool," he stated.

DLSA Srinagar Organizes Program For Senior Citizens At Ahata Waqar

Observer News Service

Srinagar: District Legal Services Authority, Srinagar (DSLSA) organized a special performance and cultural event dedicated to senior citizens at Ahata Waqar today.

The event was held under the guidance of Jawad Ahmed, Chairman DLSA (PDJ), Srinagar, and was aimed to provide a recreational and engaging experience for our elders, celebrating their contributions and fostering intergenerational connections.

Students from Candid Higher Secondary School showcased their artistic skills through a variety of performances, including music, drama, and other cultural activities.

The event featured distinguished guests such as Shabir Mujahid, Zeenat Nisar, Vice Principal of Secondary

Chanapoora, Sunita, Tehsil Social Welfare Officer South, Syed Muhammad Yousuf Aajiz, who also released his book "Hasil e Hayaat" during the occasion; Farooq Ahmed, Principal of Candid Higher Secondary School & officials and Para Legal Volunteers of District Legal Services Authority Srinagar.

The performances include Qawwali and a skit by the students. A prize distribution ceremony was held to honor the students for their beautiful performances.

The event was deeply appreciated by all attendees, especially the senior citizens of Ahata Waqar, who expressed their gratitude to the staff for organizing such a meaningful event.

The participants also acknowledged the efforts of the DLSA, Srinagar for consistently taking initiatives for the social, mental, and physical wellbeing of senior citizens



Major Bridges In Srinagar Being Fenced To Prevent Suicide Attempts

Observer News Service

Srinagar: In order to prevent attempts to die by suicide, authorities in Srinagar district of Jammu and Kashmir on Thursday started fencing work on the sides of major bridges in the city.

The move comes after several persons made attempts to die by suicide by jumping into river Jhelum from the bridges in the city.

"The process for fencing the sides of various bridges in Srinagar city has been started to save precious human lives," deputy commissioner Srinagar Bilal Mohi-ud-din Bhat said.

Bhat said detailed a project report regarding fencing has been formulated and Rs 19 lakh each has been earmarked for fencing the sides of Nawa Kadal and Fateh Kadal bridges.

Similarly, a detailed project report (DPR) of Rs 9 lakh has been prepared for Gow Kadal bridge and Rs 29 lakh for Safa Kadal bridge, he added.

Bhat said fencing the sides of Noor Jahan Bridge over river Jhelum at Qamarwari will be completed at a cost of Rs 11 lakh to avoid any further mishap or any suicide incident.

Bolstering Familial, Psychological Values Only Solution: Div Com Kashmir

Majid Nabi

rinagar: Divisional Commissioner Kashmir Vijay Kumar Bidhuri claimed on Wednesday that although fencing off suicide hotspots in Srinagar is a short fix, the best long-term strategy to stop such incidents is to bolster 'psychological and familial' values.

The Div Com Kashmir was apparently referring to the rising suicidal incidences in Srinagar, which he claimed could not be stopped by shortterm solutions.

The district administration, he said, besides deploying joint teams from the State Disaster Response Force (SDRF) and River Police, would ensure the proper fencing of suicide hotspots in Srinagar.

"Fencing off suicide hotspots is a short fix; the solution lies with bolstering family and psychological values to stop people from being more likely to have suicidal thoughts. The district administration has plans to erect fencing around hotspots where suicides have become common," The Div Com told the media, during his visit to review the progress of Balidaan Stambh at Pratap Park here.

Regarding the measures the administration would take to stop the increasing number of suicide incidents in Srinagar, he responded that they would use CCTV to keep an eye out for anyone attempting suicide and that ioint teams from the SDRF and River Police would be deployed well in advance to foil any such attempts.



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

PDD: 0194-2450213 FIRE AND EMERGENCY SERVICES: 2479488,2452222,2452155 CAPD: 18001807011

SMC HEALTH OFFICER: 9469409081 Ambulance: Kashmer EMS Service: +919484100200

AIRPORTS

SHIEK UL ALAM AIRPORT: 01942303311



RAILWAYS



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

HIGHWAY STATUS



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



PRAYERS FAJR 4:06 **ZUHR** 12:37 **ASR** 5:31 7:35 Magrib 9:07 **ISHA**

This Day In History

- 338 BC Macedonian army led by Philip II defeats combined forces of Athens and Thebes in the Battle of Chaeronea, securing Macedonian hegemony in Greece and the Aegean
- 1057 Frederik van Lotharingen elected as 1st
- 1100 King William II of England (William Rufus) is killed by an arrow shot by Sir Walter Tyrell while
- 1542 French troops leave Flanders
- 1552 Treaty of Passau: Emperor Charles V accepts
- France and North American Indian nations at urging of Huron chief Kondiaronk
- 1718 Austrian joins Triple Alliance
- 1798 Battle of the Nile: British Royal Navy under Admiral Horatio Nelson further decimates the
- India Company to the British Crown
- against Turkev
- 1916 World War I: Austrian sabotage causes the sinking of the Italian battleship Leonardo da Vinci in Taranto.
- Siberia in the aftermath of World War I.
- 1928 Benito Mussolini signs peace treaty with
- Abyssinia (Ethiopia) 1932 - Carl David Anderson discovers and
- photographs a positron, the first known antiparticle

Kashmir Electrical Manufacturers Association Srinagar

Election Notification for the Term 2024-2026

This is for the information of General members of Kashmir electrical equipment manufacturing Association, the elections for the office bearers of the Association are in process, members interested in contesting the upcoming elections are urged to submit their nomination papers to the Election Commission for the respective posts.

Election Posts:

- 2. Vice President 3. General Secretary
- 4. Secretary of Finance
- 5. Secretary of Publicity

Important Dates

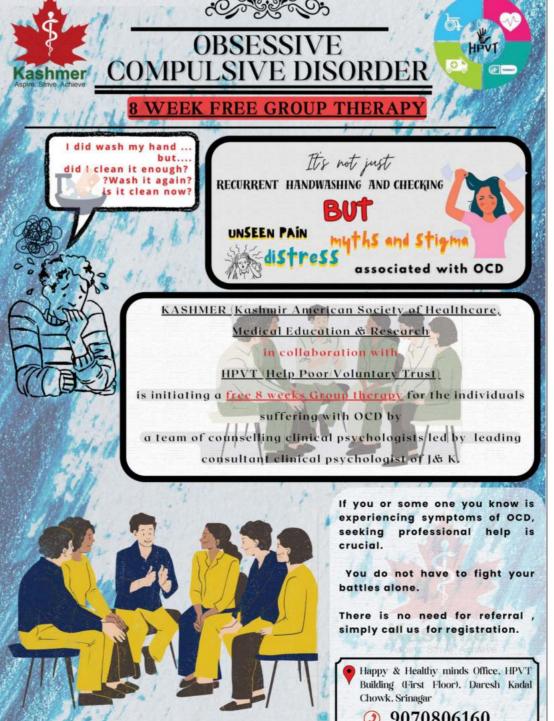
election process.

important bates.		
Start Date for Submitting Nominations:	August 5, 2024	
Last date for Submitting Nominations:	August 8, 2024, by 3:30 PM	
Last date for Withdrawing Nominations	August 10, 2024, by 3:30 PM	
Date of Scrutiny of nominations	11 August 2024	
Date of Election:	August 17, 2024	
Date Announcement of re-	Aug 17, 2024	

All the eligible members are urged to actively participate in the

For Further Inquiries, **Please Contact The Member Election Commission** Mr Nasar ulla Jan On 70064 48747

> **Election Commission** Kashmir Electrical Equipment Manufacturing Association





Srinagar- Leh- (Open)

- 216 BC Second Punic War: Battle of Cannae
- Carthaginian army lead by Hannibal defeats numerically superior Roman army under command consuls Lucius Aemilius Paullus and Gaius Terentius 257 - St Stephen I ends his reign as Catholic Pope
- Belgium Pope Stephen IX [X]
- hunting in the New Forest
- Lutheran religion 1701 - Great Peace of Montreal signed between New
- 1858 Government of India transferred from East
- 1903 Unsuccessful uprising of Macedonians
- 1914 Germany & Turkey sign secret treaty of
- 1914 Russian troops invade Eastern Prussia
- 1918 Japan announces that it is deploying troops to
- 1922 China, hit by a typhoon; about 60,000 die

From KO Archives

Officer Shifted For 7th Time, Goes On Leave

Observer News Service

rinagar - The principal secretary, revenue, Sonali Kumar, has proceeded on leave following the recent transfers and postings in the state administration.

The high-ranking bureaucrat has been transferred for the seventh time in the changes announced vesterday During the two-and-a-Half year tenure of the coali-

tion government, Kumar has been shifted \$ax times from her posts. Before the coalition government[^] came to power,

Sonali Kumar had been made the commissioner secretary, education, on May 1, 2002. Soon after the new government took over, she was transferred to the technical education department as

commissioner secretary in November 2003. In February the next year, she was transferred to industries and commerce, and four months later, in July 2003, to the higher and technical educa-

tion department After serving on that post for one year, she was transferred again in July 2004, and made the principal secretary of the forest department. The government shifted her again in April 2005, this time to the health

and medical education department. Yesterday's revamp, which made her the principal secretary of the revenue department, was the sixth time she was transferred in 2-and-a-half years.

Fed up with the repeated transfers and postings, Sonali Kumar, has gone on leave in protest, sources told the KNS. She has asked the government to grant her leave till October.

(Kashmir Observer, 02 August, 2005)

KASHMIR OBSERVER®

Friday | 02-08-2024

Wayanad Lesson For Kashmir

ver 200 people have died at Wayanad in the South Indian state of Kerala after hillsides collapsed following heavy rains. Many settlements have been leveled and tea and cardamom fields turned into mud. This is a horrifying turn of events in one of India's most popular tourist destinations and should thus be a lesson to us in Kashmir.

India is no stranger to the devastating impact of monsoon rains, which often lead to floods and landslides across the country. With climate change exacerbating weather patterns, extreme rainfall events are becoming more frequent and intense.

In Jammu and Kashmir also, we have already witnessed how a few days of heavy rain in 2014 triggered a Valleywide flood. An overflowing Jhelum sunk Srinagar and swathes of countryside causing a large-scale loss of life and property. Since then, the situation hasn't improved at all. In fact, in several aspects it has become even worse. Srinagar and the larger Valley remains hopelessly vulnerable to another deluge.

This has created a deeply disturbing situation in the Valley. We are, time and again, reminded of our vulnerability to flooding whenever there are two or more days of uninterrupted rain in a warmer season. More so, in Srinagar whose new-found susceptibility to flood threatens to put a question mark on its viability as a summer capital. That is, unless we conceive and execute a course of action that drastically reduces this vulnerability.

If anything, it highlights how little has been done by way of infrastructure building to protect the Valley from flooding. What it means is that in the past decade, we have not been able to increase the capacity to brave one more day of rain. The legitimate question to ask is what were the previous governments doing in these years. Or what has the dredging of Jhelum and the repairing of its embankments done in terms of enhancing our capability to prevent the flood.

Now, what if Kashmir once again experiences the uninterrupted rainfall for a few days? Considering the Valley's erratic weather, such a prospect isn't unlikely. What is doubtful is the administration's ability to face up to this. And largely because the previous governments have built little defense against an extended incessant rainfall. Could Jhelum now carry more water than it did a few years earlier? Not at all. Similarly, could the spill channel carry the excess discharge than it did in 2014? The answer is again no. This is a dangerous state of affairs to be in. One can only hope that the current administration understands the enormity of the challenge and sets about in right earnest building our defences against a repeat of the 2014 scenario, which could be sooner than we are prepared for.



Did You Know?

Consistent Saving And Smart Investments: Key To A Secure Financial Future

Irshad Mushtaq

saving Rs 10,000 monthly and investing wisely, you could potentially grow your wealth to Rs 3 crore+ over 20 years Creating a substantial financial future is achievable through regular saving and wise investment strategies. Here's how saving Rs 10,000 monthly and investing wisely can potentially grow your wealth to Rs 3 crore over 20 years. Start Small, at a young age Think Big

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Over time, the business can generate regular income and appreciate its



Maintain a steady job and save a portion of your salary.

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pounding annual growth rates (CAGR) can yield significant amounts. At a 10% CAGR: Your initial Rs 24,00,000 can grow to approximately Rs

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Consistency is Crucial: Regularly saving and investing Rs 10,000/month can significantly grow your wealth over time.

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Winds Of Change In **India-China Relations**

M. K. BHADRAKUMAR

here is an expectation that Prime Min-ister Narendra Modi would prioritise a historic turnaround in India's relations with China as a legacy of his 15 years in power. Things are indeed moving in such a direction.

A senior Indian official told the national news agency PTI about the need to take a "nuanced approach" towards foreign direct investments (FDI) from China, and that the government is open to considering FDI proposals from Beijing in sectors involving high-end technologies like electric vehicles and batteries as well as modern capital equipment of different types.

This is of a piece with a palpable shift in Indian policy through the past six-month period. The interplay of three key factors accounts for this shift. First, the stabilisation of the border situation, thanks to the new mechanism for managing border tensions — 'buffer zones' to separate the two armies where both sides would withdraw troops and cease all patrols — is having positive fallouts.

Such zones have already been established at five out of the seven flashpoints. The government has not bragged about this remarkable achievement, but its synergy in closer commercial ties matters to both countries who are facing the headwinds of escalating trade barriers worldwide. There has been a steady relaxation of Indian restrictions on visas for Chinese professionals in some select industries.

Second, this pragmatic shift also underscores India's urgent need for Chinese technology, investment and expertise to meet its immediate industrial needs. Last week, Chief Economic Adviser Anantha Nageswaran had stated in the annual economic survey that Delhi should focus on FDI rom China to boost India's exports to the US and other Western countries, and help keep India's growing trade deficit with Beijing in check.

Nageswaran's remark came after Reserve Bank of India data showed that net FDI inflow into India dropped by 62.17 percent year-on-year to \$10.58 billion in 2023-24, a 17-year-low. Simply put, India's ability to attract foreign investment has come under challenge amid a combination of adverse circumstances - global economic uncertainty, trade protectionism and geopolitical risks, etc. Chinese investment can bring funds to India, introduce advanced technology and management experience, and promote the upgrade of Indian industries and the optimisation of its economic structure.

A third unspoken factor is that the geopolitical environment has radically changed. Certainly, Russia has gained the upper hand in the war in Ukraine. This is a crushing blow to

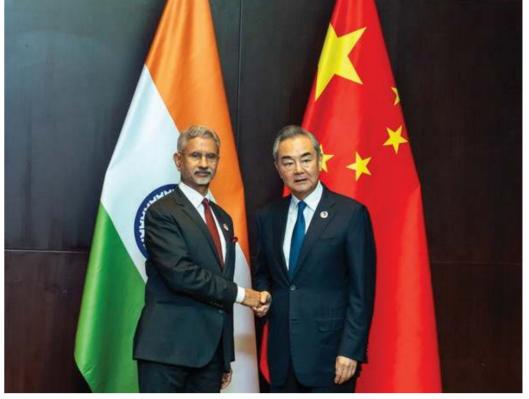
ibility of the US and NATO and is ha a time when the Asia-Pacific is loomii another potential flashpoint. The region – except Japan, perhaps, which is ra tarising — do not wish to see another d NATO-led proxy war in their region. Washington's weaponisation of sa

down well in Southeast Asia. After all, lective West could freeze Russia's reproximately, \$400 billion) and spend est out of it flouting international fina what prevents such brigandage vis-a-v countries of the region?

To be sure, the growing attraction in the southeast Asian region carries sage. Thailand and Malaysia are the gional states to express interest in je bloc. This will naturally further enh relationship with China.

Meanwhile, India's relations with Meanwhile, India's relations with also somewhat under the weather lately following the latter's renewed involvement with Khalistani separatists based in North America. The US allegations of India hatching assassination plots, hinting at the 'smoking gun' leading to the top echelons of the political leadership in Delhi have created a perception that the US has ulterior motives to create pressure points on the country's leadership. Clearly, the US is incapable of understanding the resilience and centrality of India's strategic autonomy.

In such an environment, the Quad has lost its gravitas. Quad is out of step with the needs of the regional countries in Asia-Pacific, where the



Succinctly put,

the phobia whipped up by American think tanks, media and US officials over the Sino-Russian entente has lost traction. India, on the contrary, has strengthened its ties with Russia and is moving towards the stabilisation of its relations with China, making them predictable

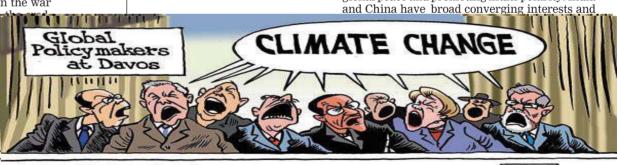
the bloc were forced to align with one of the two rival superpowers.

India is very much attuned to these trends in the ASEAN region. The centrality of ASEAN is the cornerstone of India's Act East policy, whereas, the US pays only lip-service to it and has worked behind the scene to weaken the group's cohesion and unity.

Succinctly put, the phobia whipped up by American think tanks, media and US officials over the Sino-Russian entente has lost traction. India, on the contrary, has strengthened its ties with Russia and is moving towards the stabilisation of its relations with China, making them predictable.

Given the above scenario, the period between now and October when the BRICS is scheduled to hold its summit meeting under the chairmanship of Russia is going to be a formative phase. The latest meeting of the foreign ministers of India and China in Vientiane last week appears to have gone off well

The Chinese readout highlighted Jaishankar's statement that "Maintaining stable and predictable development of the bilateral relations is entirely in the interests of the two sides, and holds special significance to upholding regional peace and promoting multi-polarity. India



Steps taken to cut Carbon emissions ...

> ingia snares the misgivings of the ASEAN states about the US-driven expansion of NATO as a global organisation with focus on the Asia-Pacific. India's reaction has been one of further strengthening its strategic independence. Interestingly, Modi's visit to Russia coincided with the NATO Summit in Washington. (See my blog titled India-Russia ties take a quantum leap in the fog of Ukraine war)

> A recent survey by the ISEAS-Yusof Ishak Institute, a think tank funded by the Singaporean government, showed that in Malaysia, nearly three-quarters of the survey's respondents said ASEAN should favour China over the US if

looking, positive pivot for an enduring friendship between the two nations. The task isn't easy as interest groups have proliferated and US lobbyists are actively interfering. The onus rests ultimately on the Indian leadership to show the courage of conviction.

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 India Punchline



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The Power of Consistency

n a fast-paced and ever-changing world, the path to personal growth and success in one's life lies not in momentary bursts of motivation or in some occasional achievements, but importantly in the daily habits and routines that we cultivate. The seemingly small actions done everyday with precision and meticulousness have the power

to shape our behaviour, mindset, and ultimately our lives. Improving our daily habits is a continuous process, requiring patience, consistency and self-reflection. It is not just about striving for perfection, but for progress as well. Small steps taken consistently over time can lead to significant transformations. Needless to say that incorporating positive daily

habits into our lives is a powerful way to create a positive change. Additionally, it can be beneficial to seek inspiration and guidance from others who have achieved success through their daily habits. It is universally acknowledged that the establishment of daily routines is a cornerstone to prosperity and success. The subtle art of weaving discipline into the

fabric of everyday life does not come without its challenges. However, the rewards are manifold and longlasting. It is through the meticulous crafting of these daily rituals that one can begin to see the transformative power of consistency.

Ranganathan Sivakumar



The Power of Healing

How Resolving Mental Health issues Help Shape Marital Relationships and Stop Intergenerational Trauma

Unaddressed mental

manifest themselves

as disrespect within

health issues can

the relationship.

Untreated mental

health issues can

to project their

frustrations and

and potentially

emotional abuse

cause an individual

insecurities onto their

spouse, resulting in

criticism, disrespect,

tional instability of one or both

partners can lead to inconsis-

tent behavior, frequent shifts in

mood, and conflicts in parenting.

Children growing up in such an

environment are exposed to high

and chronic levels of stress and

volatility which can hinder their

emotional and psychological

development. The chaotic effect

of various mental health issues

doesn't usually remain confined

to the immediate family but

extends beyond it. The erratic

behavior that might result from

various mental health issues can

badly affect social relationships

as people close to the affected

family such as friends and ex-

tended family members may dis-

Wasim Kakroo

ental health, a signifi-cant part of general well-being, profoundly affects various domains of life, including relationships and family dynamics. Marriage is not a single or a simple decision as it affects and gets affected by various factors in and around the two individuals involved. If one or both the individuals involved have had a history of mental health issues before they decide to marry, it might have long term consequences for not only the two partners but also the two families and the children that may be born out of such a marriage. Hence, marrying without attending to the unresolved mental health issues can create a series of troubles that not only affect the marital relationship but also have a ripple effect on subsequent generations, leading to intergenerational trauma. This article talks about how marrying without addressing the mental health issues can have profound and devastating impact not on the lives of the two individuals involved but also on the children born out of such marriages. It also talks about the ways to address the issues that might arise after such marriages happen.

Choosing a Partner for marriage while battling with Mental Health

Our idea and choice of a marital partner and expectations from marriage can be highly influenced by our unresolved mental health issues. Choosing marital partner is not a simple decision as this decision gets affected by our past social and interpersonal experiences since our childhood that shape our idea of who we are and what close relationships mean to us.

Individuals dealing with various mental health problems especially emotional disorders or personality disorders might get attracted towards partners whose personality reflect their inner chaos, subconsciously choosing relationships that are unhealthy or even toxic. As an example, someone with low self-esteem or unresolved trauma may develop attraction to abusive or controlling partners. This decision is not an indication that the two people are genuinely compatible for each other but rather an after effect of their unattended and unresolved



problems, and thus it might lead them into a relationship foundation that is unstable and potentially dangerous.

In addition, mental health issues can cause an impact on one's own decision making and thus can distort one's idea of what constitutes a healthy relationship. Mental health issues such as anxiety, depression, or trauma can normalize abuse and thus make one dependent upon familiar patterns of dysfunction, making it difficult to understand and detect red flags in potential partners. Consequently, the kind of life partner chosen by people with mental health issues might be compromised, setting the stage for future conflicts and misunderstandings.

Miscommunication and Misunderstanding

The width and depth of healthy relationships is heavily dependent upon how effective the communication is between the partners. However, if the mental health issues remain unresolved, they can adversely disrupt one's ability to communicate effectively. Each of the mental health issues can affect the communication differently. Anxiety might lead one into over analysis and misinterpretation of their partner's words, while depression can lead one into withdrawal and lack of engagement with their partner especially in emotionally difficult situations. These barriers in communication promote misunderstandings and bitterness, leading to disruption in connection which hampers their ability to express their needs and emotions adequately. Mental health issues fuel mis-

communication which often results into a cycle of conflict and misunderstanding. The emotional distress caused by mental health issues may lead partners into arguing about matters that would not otherwise look serious to them. This persistent state of tension leads to erosion of trust and intimacy, and hence making constructive resolution of conflicts difficult.

Disrespect and Relationship

Unaddressed mental health issues can manifest themselves as disrespect within the relationship. Untreated mental health issues can cause an individual to project their frustrations and insecurities onto their spouse, resulting in criticism, disrespect, and potentially emotional abuse. This leads into the creation of an environment filled with animosity and negativity, eroding the respect and mutual support that are needed for a thriving marital relationship.

If the mental health issues remain unattended, it leads to pervasive continuation of disrespect that damages the very foundation of the relationship and eventually this might make one or both the partners feel devalued, unheard and unloved. This lack of emotional connection impedes the process of reconciliation, as both spouses become entangled in their grievances

Creating a Chaotic Household

If family member(s) get affected by any mental health issues, it can lead to chaos and unpredictability in a household. The mental instability in marital partner(s) can result in emoof instability and stress, further causing strain in the relationship between the spouses and the family unit as a whole.

The Difficulty of Reconciliation

tance themselves from the chaos.

This isolation increases the sense

One more difficulty created by the mental health issues in such situations is that due to emotional instability and unwillingness to work through their issues mutually, the family members may not be ready for reconciliation. Due to lack of emotional insight, the partner(s) may have difficulties in engaging in a constructive dialogue in order to seek solu-

tions to their marital issues. Mental health issues if left unattended, can lead to defensiveness, denial, and resistance to change. Acknowledging the problems and working towards their resolution gets difficult if these factors remain unaddressed. It can result into make attempting reconciliation As a result, attempts at reconciliation often weaken. This leads to the continuation of conflict within the marriage.

Adverse Childhood Experiences and Intergenerational Trauma

Among all the people living in households marred by unresolved mental health issues, children are the most hit. Such children spend their childhood and many a times even their adolescence witnessing conflict, instability and emotional neglect that puts them at risk of having Adverse Childhood Experiences (ACEs). These experiences, which include exposure to domestic violence, emotional abuse, and parental mental illness, have been linked to long-term physical and mental health problems.

ACEs once experienced might lay a foundation for intergenerational trauma. There is a high likelihood for children who witness and experience ACEs to develop mental health issues themselves, thus continuing the cycle of abuse. They may have difficulties in forming healthy relationships, their stress management may be poor, and their emotions may be dysregulated, thus their overall life may mirror the unresolved issues of their parents.

Furthermore, behavioral problems, academic difficulties, and social challenges can be the manifestation of ACEs in such children strengthening the intergenerational trauma. The adult lives of children scarred by childhood trauma may get affected, adversely influencing their relationships, career choices, and overall well-being. Thus the unresolved mental health issues of one generation might impact the life of next generation as the cycle of trauma continues across generations.

Breaking the Cycle

From the above discussion it has become clear that working on mental health issues before marrying is crucial for breaking the cycle of intergenerational trauma. In this regard, one needs to take some concrete steps towards emotional wellbeing that include seeking therapy, engaging in self-reflection, and developing healthy coping mechanisms. Once a person works on resolving their own personal mental health issues, this can help them make more informed and healthier choices regarding their relationships.

In order to maintain a healthy dynamic in a marriage, it is important that the partners develop open communication and mutual support. They should support and encourage each other to seek professional help from mental health professionals such as clinical psychologists and if need arises also psychiatrists so that they work together towards creating a stable and nurturing environment. This collaborative approach can prevent the escalation of conflicts and foster a strong, respectful relationship.

In addition to supporting each other for mental health needs, the partners also need to cater to the mental health needs within the family unit because difficulties in communication due to mental health issues might lead to issues in parenting as well as communication with other family members. For children to have a strong foundation for their emotional and psychological development, parents need to provide them with a stable and loving environment. The impact of ACEs can be mitigated by early intervention and support that can in turn help children build resilience and healthy coning skills

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How Our Smartphones Change The Way We See Ourselves

Abdusalam Bin Abdulali

he ring of a smartphone does not bring with it the same sense of foreboding as that of a landline.

Being able to set the volume and choose the sound made probably helps. But an incoming call now triggers different feelings for me than those set off by the imposing, black fixed-line telephone which sat in the corner of our house.

That old tech commanded respect. It seemed to impose its own form of dignity on us. We approached only at its behest, rushing to answer its calls with a sense of unease. And when they came, the calls were infrequent and brief. Conversation was minimal.

The landline's fixed physical connection gave it a feeling of inherent stability. It was a wire and it bound us to it. There was no room for anything but direct communication with our callers.

How very different the smartphone is. My relationship with it is almost the exact opposite. I do not leave it behind. It comes with me everywhere I go. It is my favourite toy and my miniature world.

All my senses connect with my smartphone. But the most significant is touch. I never stop touching it

The sense of touch knows no distance; it is about proximity, about peeling away layers. As the French writer Roland Barthes says of touch, "of all the senses, it is the most revealing of facts, unlike sight, which is the most magical."

Touch can be destructive, even profane. Touch exposes it reveals the truth, removes its aura, and strips things of their prestige – it erases distance. You coalesce with what you touch.

When I touch the phone screen, I control my device. Through my device, I feel I control the world. And so the smartphone gives me a sense of freedom.

But this idea of control – over the world and over other people - is an illusion. Nonetheless, it is powerful. I can quickly delete what does not interest me and magnify what does with a swift gesture of the fingers.

The smartphone also brings with it a sense that all the things there are in the world are within the user's grasp and easy to manage. This too is an illusion.

And it is one that pushes against some very fundamental concepts.

Jacques Derrida, the French philosopher and author of The Event of the Thingpoints out that the word "something" comes from the Latin verb "obicere," which means "to confront," "to oppose," or "to lodge

an objection." In this way, a thing can also be referred to as an "object", or something which is defined by the characteristics that separate it from our will.

Derrida wrote: "One thing is the other, the completely different other". In the digital world, this sense of the independent entity of a thing, or an object, is missing. With my smartphone, I don't experience any sense of resistance.

If a smartphone is smart, it's because it eliminates reality's ability to resist. Its smooth surface conveys a sense of ease. On these sleek screens, everything seems easy to manage, everything is accessible.

The absence of resistance in the digital world can lead to a reduction in the richness of experience, but like so many users, I am less concerned with the potential impoverishment this absence might cause. What matters to me is that the world

aligns with my needs. In this way, the smartphone promotes the users' sense of self over everything else. With just a few taps, I can subject the world to my needs. I can reshape it according to my preferences and define the nature of my interactions with others.

A little more conversation, a little less interaction, please? Even when communicating with other people, I can ensure their presence is less present. Text messages can replace voice calls. There can be words without intonation or emotion.

Even if I do choose voice communication, I can send an audio message containing only what I want to say.

I can choose symbols instead of words in text messages, which are designed to carry precise meanings, free from the ambiguity of words and the richness of natural language.

This narrows the language of communication, stripping away secondary meanings and connotations. Consequently, even during direct communication,

the presence of other people is diminished. They disappear as a voice, and a conduit of emotion. Interpretation becomes narrower, moments of silence wane.

Other people become nearly absent. It is as if I am engaging in a totally disembodied form of communication.

What bothers me in mobile communication is when the other person asks, "Where are you?" I often respond with sarcastic astonishment: "I'm on the network", convinced location is irrelevant and communication now transcends geography.

Perhaps the residual need to discover place is a reaction against this greater feeling of absence and a desire for a semblance of the old physicality of communication.

The smartphone delusion

There are other forms of absence imposed by the smartphone, on view all around us.

Today, our ever-present devices the greatest enemy of both spatial and social relations. The smartphone has dismantled all social bonds, from family ties to complex social interactions, turning society into a world of faceless beings.

Each of us is absorbed in our phone, trapped in our own world, fixated on our device, indifferent to the presence of those around us. Our eyes are drawn to our screens even

while sitting among family, col-leagues, or fellow bus passengers, present among them but not truly engaged.

This intensity to exclude our surroundings and focus on self adds to smartphone delusion illusion of power over the world. including my "self". I occasionally feel like a victim of the very device itself. It can betray its owner.

The smartphone becomes an effective informant, constantly monitoring its user. As soon as we enter its algorithmic world, we can feel oppressed by it. It chases us, directs us, and programmes us, showing us what it deems relevant to our concerns. If I search for a specific topic,

it anticipates related suggestions. It also informs those who contact me about my daily minutes-whether I've seen their messages, if I've deliberately avoided responding when I wake up and open my phone, and how late I stay up at night.

Thus, we are subjected to this digital laboratory, behind whose facade are various actors manipulating us, distracting our minds and time.

It seems we are not using our smartphones so much as they are using us, revealing our secrets, manipulating our faculties, affecting our relationships, and defining our interests.

The article was originally published by Al Majjala

J&K Bank Launches "Kisan Ka Samman"Program Our Tribute To Hard-working & Financially Disciplined Farmers Of J&K: Baldev Prakash

Observer News Service

Srinagar: With a view to honour financially disciplined farmers and support the agricultural sector in Jammu & Kashmir, J&K Bank today launched a unique program titled as "Kisan Ka Samman". The program, which will run until September 30, 2024, aims to empower the farmers of Jammu & Kashmir who have shown exceptional financial discipline and promptness in their dealings with the

MD & CEO Baldev Prakash launched the campaign today

in the presence of the Bank's Executive Director Gupta, General Manager (Credit) Ashutosh Sareen, DGMs Rakesh Magotra and Nishikant Sharma and other senior officers here at the corporate headquarters. Divisional Heads of Jammu and Kashmir, along with Zonal and Cluster Heads, also participated in the event via video conferencing.

Speaking on the occasion, MD & CEO Baldev Prakash said, "The program is our tribute to the hard-working and financially disciplined farmers of J&K. It is about recognizing the invaluable

contribution of our farmers and providing them with the necessary support to further enhance their productivity and livelihoods. By strengthening our agricultural lending, we aim to contribute to the overall economic development of the

While emphasizing the Bank's commitment to supporting the agricultural sector, he added that the Bank invites all stakeholders to join hands in this noble endeavor to honor our farmers and boost the agricultural economy of Jammu & Kashmir.

'Kisan Ka Samman'



program will involve the identification of farmers who have consistently renewed their Kisan Credit Cards (KCCs) and demonstrated financial discipline," he

Under the program, the farmers will be honoured with a 'Certificate of Appreciation' at various branches, clusters

and zonal levels. Furthermore, they will be offered additional loan products under the bank's unique "Kisan Dost" scheme to help them upgrade their agricultural infrastructure.

Speaking on the occasion, General Manager Agriculture Ashutosh Sareen said "This program will also spread awareness about Prompt Repayment Incentive (PRI) under KCC, which entails interest subvention of 3% to such eligible farmers and encourage others to avail of the benefits of the subvention provided by the government"

DGM Rakesh Magotra gave a detailed presentation on the concept, objectives and the impact of the program.

Notably, as part of the program, the Bank will target eligible accounts with offer of sanction letters for agriculture term loans at upgrading agricultural infrastructure under the Bank's "Kisan Dost Scheme" and other Agri Term Loan schemes like TL KCC. During the course of 'Kisan Ka Samman' program, the Bank branches will also focus on enhancing the limits of KCC accounts and issuing Digital KCC cards to the farmers.

CONTD. FROM **3RD PAGE**

Kashmir Records

Srinagar, the summer capital of Jammu and Kashmir has recorded a deficient rainfall of 69 percent while Anantnag, Budgam and Bandipora recorded a deficit precipitation of 60 percent, 71 percent and 73 percent respectively.

Against the normal precipitation of 120.5 mm, Srinagar has received just 37.7 mm rainfall during the period. The data further reveals that Kupwara, Kulgam, Kishtwar and Doda have recorded a deficit rainfall of 65 percent, 75 percent, 72 percent and 62 percent respectively.

Seven stations as per the data including Baramulla, Ganderbal, Jammu, Kathua, Pulwama, Reasi and Ramban have recorded a deficit rainfall upto 59 per cent during the period, thus have been categorized in the list of stations where deficit rainfall has been recorded during the period.

Udhampur, Samba and Rajouri stations have, however, recorded normal precipitation in the last two months, the data reveals, adding that overall there has been a deficit rainfall of 44 per cent from June 01 to July 31.

Rain Predicted

cloudy weather with intermittent light to moderate rain and thunderstorms.

He said that these conditions are anticipated to affect many areas in the Kashmir Division and most places in the Jammu Division.

For August 6 and 7, the forecast suggests scattered rain and thundershowers in the Kashmir Division, with more widespread precipitation expected across the Jammu Division.

This pattern is likely to continue with rain and thundershowers at scattered locations from August 8 to 10.

The Meteorological Centre has also issued an advisory due to the potential for intense showers.

These conditions may lead to flash loods cloud bursts landslides mudslides, and shooting stones, particularly in vulnerable areas. Heavy rainfall is expected at a few locations in the Jammu Division.

"Residents are advised to stay informed and prepare for potential disruptions caused by the forecasted weather conditions," the MeT office

While most parts of Jammu and Kashmir received moderate rainfall on Thursday, the torrential downpour in Kishtwar and Pulwama areas triggered flash floods, subsequently the fresh wet spell has brought relief from the heat wave across the Valley.

According to the details, Dachan area of Kishtwar and Khrew area of Pulwama have received torrential downpour today, which triggered the flash floods in these localities.

At some places, the rain water has entered into the shops and houses of people as well, causing huge inconvenience to them.

Moreover, the parts of Jammu and Kashmir received moderate rainfall since the intervening night of Wednesday-Thursday with Katra recorded the highest precipitation of nearly 79mm followed by Jammu with nearly 50 mm rainfall. The heavy rainfall was recorded up to 8:30 AM following which the weather conditions improved across the Jammu division.

Srinagar and Gulmarg were the only stations in Kashmir where heavy rainfall has been recorded with summer capital of Jammu and Kashmir recording a precipitation of 25.0 mm from 08:30 AM to 5:30 PM while Gulmarg has received 18.6 mm rainfall during the period.

Pahalgam and Kupwara stations have however recorded just 2.6 mm rainfall and 1.6 mm rainfall respectively since this morning while the rest of the stations have not received any rainfall.

Kashmir & Cinema

Information & Public Relations for hosting a series of events for filmmakers, industry professionals and cinema

enthusiasts in the Conclave. He said the J&K Film Policy 2024 unveiled today will attract, support and facilitate regional, national and international film production in the UT.

"The film-friendly and pragmatic I&K Film Policy will ensure that heaven on earth is truly a heaven for filmmakers. We will provide high-impact infrastructure, support in sourcing locations and a large pool of professionals, financial incentives to make the filming more attractive in J&K," the

He highlighted that the J&K Film Policy also provides added incentives for films in local languages, thereby promoting regional cinema of J&K. It encourages filmmakers to hire local talent which will lead to employment generation and jobs for the local population of I&K. he added.

Speaking on the new initiatives taken by the government, the LG said the new interventions will have a strong multiplier effect and play a pivotal role in developing J&K- a global Film production hub. Single Window portal will ensure efficient handling of intricate formalities and seamless release of subsidies, he added.

The LG said the new initiative like J&K Film Screening Series is part of systemic and effective reforms to tap into a vibrant and youthful moviemaking culture and to provide space for emerging creators and film enthusiasts to exchange ideas on film aesthetics and strengthen Cine-club culture.

"J&K and Cinema is a symbol of oneness and cannot be seen separately. They are a perfect match. For great filmmakers like Raj Kapoor and Yash Chopra, J&K was not only a shooting destination but also a cultural organism. In the past five years, there has been an effort to reconnect J&K with the culture of Cinema and theatre. Our new initiatives highlight this resurgence," the LG said.

Madhur Bhandarkar, Bollywood film-maker, lauded the LG led UT Administration for progressive Film policy and initiatives to create a vibrant film ecosystem in J&K.

'J&K Film Conclave' offers a platform for collaboration, idea exchange, and pires to build a sustainable and thriving film ecosystem in Jammu Kashmir.

The conclave is hosting a series of workshops on filmmaking, besides insightful panel discussions with film personalities like Rahhat Kazmi, Paragg Mehta, and Mir Sarwar. It also features Award-winning films from the Naya Jammu Kashmir Short Film Making Competition, premiere screening of "Country of Blind" and cultural performances by local artists.

Single Window portal launched will simplify the process of applying for shooting permissions and subsidies. Filmmakers can now apply online for everything from shooting permits to subsidy, making the entire procedure straightforward and user-friendly.

Atal Dulloo, Chief Secretary; Rehana Batul, Secretary, Information; Jatin Kishore, Director Information, senior officials, winners and participants of the Short Film-Making Competition,

industry professionals and cinema enthusiasts were present on the

'European Film

the occasion of J&K Film Conclave. He said that the J&K administration is following a model to build filmshooting infrastructure on the lines of European countries so that J&K becomes a global film destination soon. "In the last five years, we have succeeded in reviving the Cinema culture in J&K. We had rolled a film policy in 2021, but there were some gaps and loopholes. Today, we have launched New Film Policy 2024 where all previous gaps have been filled. The new policy entails Single window cell that will make the film shooting easier for directors and producers interested in shooting in J&K. There will be ease in giving permissions for shooting and also hiring local talent as well," the LG said. "Efforts are afoot to provide a compact film ecosystem to film shooting lovers, directors and producers."

He said that there are subsidy grants for filmmakers in the new policy for both veterans and new filmmakers.

This will help give a better platform, there were some gaps and road blocks in previous policy, in the new policy, issues taken care of. Single window Cell given more powers like giving shooting permission in a hassle free manner, subsidy grants for filmmakers made further attractive, old and new

He said that the road connectivity to the locations is much better today and the J&K administration is committed to fulfil the dreams of every single youth of the UT. Meanwhile, the major highlights of the J&K Film Conclave were unveiling the Film Policy 2024, Launching the Single Window Portal for film shooting permissions and film subsidy, Screening of Naya Jammu and Kashmir Films, Launch of frames

of Transformation Photography Competition, inauguration of J&K film screening series workshops on film making by leading film makers, Panel discussion with eminent film personalities.

Discover Unexplored

the banks of Dal lake, Bhandarkar, said it was a really a great honour to be in Kashmir to be part of the J&K Film Conclave. "I have been coming to Kashmir frequently for the past 17 years. Sometimes, I visit this place twice a year. I have many friends here. The food and locations are amazing. The policies introduced by the J&K Administration to promote film shooting is appreciable. The locations here are breath-taking and I urge the Tourism department to explore the unexplored off beat locations for film shooting," he said.

Today's initiative, Bhandarkar said, will send a big message across the film industry across India and also lure film directors and producers to Kashmir.

"The single window initiative introduced by the J&K administration is quite appreciable. At the end of the day, we need ease in shooting and the step taken by the J&K administration led by LG Manoj Šinha deserves ap-

plause," he said. He said that film shooting always benefits the local population of the place where movies are shot. "Today, the film industry is not just confined to Mumbai only but the South Indian film industry is also making its mark in a big way," he said—(KNO)

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banks of the two countries for rolling out digital payment connectivity.

Chinh arrived in Delhi on Tuesday night on a three-day visit that is aimed at further expanding the comprehensive strategic ties between the two countries.

"In our Act East policy and our Indo-Pacific vision, Vietnam is our important partner... We support development, not expansionism (Hum vistarbad nahi, vikasvad ka samarthan karte hei)," Modi said in Hindi in his media statement.

"We will continue our cooperation for a free, open, rules-based and prosperous Indo-Pacific," he said.

Modi said that both sides decided that cooperation will be strengthened to deal with terrorism and cyber security issues.

"We believe that 'Developed India 2047' and Vietnam's 'Vision 2045' have accelerated development in both countries. This is opening up many new areas of mutual cooperation," Modi said.

"And therefore, to further strengthen our Comprehensive Strategic Partnership, today we have adopted a new plan of action," he said.

Modi said new steps have been taken for cooperation in the field of defence and security.

The two prime ministers also remotely inaugurated an Army Software Park at Telecommunications University Nha Trang. It has been built with New Delhi's development

"The agreed USD 300 million credit line will strengthen Vietnam's maritime security," Modi said.

"We agree that, to realise the mutual trade potential, the review of the ASEAN-India Trade in Goods Agreement should be concluded as early as possible," he said.

Vietnam is a key member of 10-nation ASEAN (Association of Southeast Asian Nations).

"We have decided to focus on the areas of green economy and new emerging technologies. Each other's capabilities in energy and port development will be harnessed for mutual benefit," Modi said.

The prime minister also invited people from Vietnam to the Buddhist circuit in India. "And we want the youth of Vietnam to also take advantage of

Nalanda University."

In his remarks, Modi said India-Vietnam relations have both "expanded and deepened" over the past decade.

"In the last 10 years, we have transformed our relations into a Comprehensive Strategic Partnership. Our bilateral trade has increased by more than 85 percent," he said.

"Mutual cooperation has expanded in energy, technology, and development partnership. Mutual cooperation in defence and security areas has gained new momentum," he said.

"Over the past decade, connectivity has increased. And today we have more than 50 direct flights between us. Along with this, tourism is continuously increasing, and people have also been given the facility of e-visa," Modi said.

KPDCL To Install

of their consumption and daily billing trajectory to the consumers. "All these smart meters will be prepaidenabled and will provide more accurate and real-time consumption details, ushering in a new era of uninterrupted and quality power supply," he said, adding consumers will be able to check energy consumed on their mobile phones.

KPDCL spokesman further stated that the executing agency is in the process of formulating a Project Implementation Plan for smart metering in uncovered areas. "Already under PMDP, over 3.00 lakh smart meters have been installed with nearly 1.20 lakh meters operating in prepaid mode, giving consumers the opportunity to monitor their daily consumption and billing options," he added.

Pak Intruder

the same fate as that of the intruder," Boora said.

The officials said the body of the intruder was recovered near the border fence but nothing objectionable was

The identity of the deceased could not be ascertained immediately, they said, adding the body is being handed over to police for postmortem and other legal formalities.

NEET-UG Counseling

a meet of BOPEE officials is expected to be held tomorrow where the dates will be finalized and notification will be issued accordingly.

"Already things are running late due to issues at the top level. Now, when everything is clear, soon counseling will be held. There are several steps like issuing notification and providing a period to candidates to get information, which are also part of counseling. Before the final counseling, everything has to be in order so that candidates get all the time to complete formalities," Minu Mahajan, J&K BOPEE chairperson said.

She said that it is expected that

within a fortnight's time formal counseling of candidates should begin.

For the last few years, the number of seats for MBBS in Jammu and Kashmir has increased but still candidates with high merit go for colleges like GMC Srinagar, GMC Jammu and SKIMS Srinagar whereas those who don't fall in the merit get new colleges. (KNO)

80% Of Lung Cancers

of death but is preventable and treatable. "New insights into molecular mechanisms and interventions offer hope to the oncological community," he said, adding that despite advancements, the importance of eliminating smoking remains critical.

Doctors said that while lung cancer is predominantly caused by smoking-affecting 90 percent of smokers-tobacco products are still widely accessible. This raises concerns about effectively reducing smoking rates. They explained that the risk of developing cancer decreases when smokers quit, though some risks remain.

Poor air quality is also a factor for non-smokers, contributing to the increasing incidence of lung cancer, they

The main causes of lung cancer, according to doctors, include smoking, secondhand smoke, radon exposure, asbestos exposure, air pollution, and genetic factors. Symptoms to watch for include a persistent cough that worsens over time, chest pain, shortness of breath, unexplained weight loss, coughing up blood, hoarseness, and frequent lung infections such as pneumonia or bronchitis.

Doctors recommend lifestyle changes and risk mitigation strategies to prevent lung cancer. These include quitting smoking, avoiding secondhand smoke, testing for radon, ensuring occupational safety, maintaining a healthy lifestyle, and screening highrisk individuals.

It is noteworthy that the prevalence of smoking tobacco in J&K is 20.8 percent, the sixth highest in India, fol lowing Manipur, Arunachal Pradesh, Tripura, Meghalaya, and Mizoram.

According to National Health Survey figures, tobacco use varies by district: Kupwara 56%, Shopian 52%, Anantnag and Bandipora 49% each, Budgam 48%, Pulwama 44%, Ganderbal 42%, Baramulla and Kulgam 41% each, and Srinagar 38%. GATS 2 data indicates that 35.2% of men, 5.1% of women, and 20.8% of all adults in J&K smoke tobacco-(KNO)

SC Has 2 Women

Supreme Court.

"Hence, since 2018, the data on appointees to that extent is available. Out of 661 high court judges appointed since 2018, 21 belong to the Scheduled Caste category, 12 belong to the Scheduled Tribe category and 78 belong to the Other Backward Classes category till July 25," he said.







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OR SCAN



DIPR Organizes Successful Day-Long J&K Film Conclave At SKICC









Observer News Service

SRINAGAR: The Department of Information and Public Relations (DIPR) hosted a vibrant and engaging first ever Jammu and Kashmir Film Conclave at the Sher-i-Kashmir International Convention Center (SKICC) situated at the banks of world famous Dal Lake.

During the inaugural session, the Lieutenant Governor of Jammu and Kashmir, Shri

Manoj Sinha unveiled the J&K Film Policy 2024 and launched a slew of initiatives including Single Window portal for Film Shooting Permissions and Subsidies, J&K Film Screening Series and Frames of Transformation Photography Competition. He also felicitated the winners of Naya Jammu Kashmir Short Film Making Competition.

The day-long event featured a series of panel discussions, filmmaking workshops, and exclusive film screenings, marking a significant milestone in the region's cinematic landscape.

The conclave's afternoon session commenced with insightful panel discussions focusing on the evolving film ecosystem in Jammu and Kashmir. On the occasion, Director Information, Jatin Kishore spoke about the Jammu & Kashmir Film Policy 2024 and informed that it is designed to simplify processes

and enhance opportunities for the growth of cinema in Jammu and Kashmir.

With the launch of the single-window system, the aim of the department is to simplify the process of permissions and subsidies, so that the filmmakers can focus on their creative endeavours.

Renowned film director Madhur Bhandarkar, director and writer Rahhat Kazmi, casting director-producer Paragg Mehta and Actor Mir Sarwar shared their invaluable perspectives and experiences with the audience.

Workshops on filmmaking were also organised during the conclave with discussions ranging from the global appeal of local narratives to practical insights for aspiring actors and filmmakers.

Highlighting the artistic diversity of the region, the conclave featured screenings of

impactful short films such as "Melting Stones," "I am Valmiki," and "Unveiling Strength: The Women Athletes of Kashmir." Additionally, audiences were treated to the premiere

screening of "Country of Blind," an internationally acclaimed film by director Rahhat Kazmi, based on H.G. Wells' classic story "The Country of the Blind." This marked its firstever screening in India, further

underscoring the conclave's

commitment to showcasing cutting-edge cinema.

Joint Director Information (Hqrs), Vivek Puri; Joint Director Information Kashmir, Mohammad Aslam; Deputy Director Information (AV/PR), Deepak Dubey; Deputy Director Information (C), Sunil Kumar; Deputy Director Information Kashmir (PR), Ahsanul-Haq Chisthi, senior officers and other concerned were also present on the occasion.

7 Years On, Health Centre In Anantnag's Dadoo **Awaits Completion**

Agencies

ANANTNAG: A health and wellness center in Dadoo area of Bijbehara hamlet in Anantnag district is awaiting completion for the past seven years, thereby pushing the local populace to face hardships.

The residents of Dadoo area said that the work on the health and wellness centre was started around seven years ago but the building is yet to be completed.

a centre was working in a rented accommodation, however, due to unknown reasons, it has been shifted to some other place. "In absence of any health facili-

ties, we are being forced to visit other hospitals far from the area," said Mohammad Lateef, a local

He added that the government must either dismantle the building as no work has been done there since years or make it functional on priority basis as the locals are feeling insecure in visiting other hospitals due to the threat of wild animals.

Locals said that women and elderly are unable to visit other

hospitals until anyone would accompany them due to fear of wild animals and dogs

Had there been facilities in Dadoo village, there wouldn't have been any necessity for locals to visit other hospitals for even minor alignments, they said, adding that the abandoned building is being used for anti-social activities and authorities must take cognizance of the issue immediately.

"Every evening you can find youth from different areas enter-ing the building for drug addiction and other anti-social things,"

Authorities must complete the building as soon as possible and equip it with modern facilities so that they won't be forced to visit other places for even minor alignments, they said.

Locals claimed that they have brought this issue into the notice of higher ups several times but their pleas are falling into deaf ears.

They urged the Chief Medical Officer (CMO) Anantnag and other authorities to look into the matter and take immediate steps so that locals would heave a sigh of relief—(KNO)

SUICIDE INCIDENTS:

Admin Decides To Revive Mental Health Helpline

Agencies

SRINAGAR: Following the rise in suicide incidents, the district administration has announced plans to revive a mental health helpline in Srinagar.

This initiative, first launched several years ago, is being revived to provide crucial support and awareness for those struggling with mental health

District Magistrate Srinagar, Dr. Bilal Mohiuddin Bhat said that they are going to revive a helpline number for people who have issues related to mental health.

"Some years back a helpline number was started and had good traffic, but later that could not pick up. Now, we are going to revive it for the people who need awareness and support regarding mental health,"

He said there will be the availability of mental health experts, psychiatrists at Integrated Command and Control Centre (ICCC) located at HMT Srinagar. —(KNO)

MARTYRDOM ANNIVERSARY OF IMAM ZAINUL ABIDEEN

Protests Held Against Killings Of Haniyeh, Parachinar





Observer News Service

SRINAGAR: The martyrdom Abideen, the only male survivor from the household of Prophet Muhammad (Pbuh) in the massacre of Karbala was observed on Wednesday across Kashmir.

Thousands of mourners joined Majalis and processions in Srinagar and other districts to pay tributes to the martyred

However, participants, mainly youth, assembled and raised slogans against the killing of Hamas Leader Ismail Haniyeh and Shia killings in Pakistan at all major places where processions were taken out.

The largest public gathering on the occasion was held at Shalimar in the city outskirts

where thousands of black-clad mourners marched beating their chests and reciting soulstirring elegies for the martyrs of Karbala

The procession commenced from Chandpora and passed through Arabal and later culminated at Imambargah Gulshan Ali. Shalimar late in the night. Aga Sved Hassan al Musavi delivered a sermon at the start of

Other two major processions were carried out at Mirgund and Chenabal, Maulana Masroor Abbas Ansari delivered a sermon before commencement of procession at

At Shalimar and Mirgund people protested killings in Lebanon, Iran and Parachinar while at Chenabal some people raised Indian national flags and raised anti-Pakistan slogans to protest Shia killings in Parachinar province in the country's North West.

Molvi Imran Ansari led a procession in Chenabal. In a first, people raised the Indian tricolor in the mourning procession along with Alam sharif.

The participants chanted pro India and anti-Pakistan slogans and called for an end to Shia killings in Pakistan.

A daylong mourning ceremony was also held at Doonipora, Zadibal. Later, a procession was taken out from Doonipora to Zadibal in which thousands of mourners participated.

Reports of similar processions and gatherings were reported from Budgam, Baramulla and

Paris Bajaj Officials Visit **Srinagar For Official** Launch Of NS 400

Observer News Service

SRINAGAR: Earlier this week, Paris Automobiles made waves in the motorcycle community by launching the highly anticipated NS 400z In Srinagar. The company's officials arrived in Srinagar to officially introduce the new model to the local market, marking a significant moment for motorcycle enthusiasts in the region.

The event, held in the heart of Srinagar, saw key figures from Paris Bajaj, along with local dealers and bike aficionados, come together to celebrate the arrival of the NS 400. The motorcycle, which has already gained a reputation for its powerful performance and sleek design, was showcased in an elaborate unveiling ceremony.

Among the first to own the NS 400 in Srinagar is Irfan,. Sharing his experience, he

launch it here in Srinagar, a city with a deep appreciation for high-performance bikes. We are confident that the NS 400 will redefine the riding experience for many in this region."

This event wouldn't have been possible without the support of Paris Automobiles Managing Director Mr. Hashim and General Manager Syed Mushtaq. Their dedication and commitment to bringing quality products to the local market have played a crucial role in the success of the NS 400 launch in

The Bajaj NS 400 features a robust engine and cuttingedge technology, making it a standout option in its segment. Its design, which combines aggression with elegance, is expected to appeal to a wide range of riders, from the adventurous to the style-conscious.

With the official launch now complete, the NS 400 is avail-



thing I hoped for and more. The power, the handling, and the sheer thrill of riding it through the city streets and the open roads have been amazing. It's a game-changer, and I'm glad I made the decision to be one of the first owners.'

Regional Manager Sales & Service, Manpreet Singh and Naved Mohsin who spoke at the event, highlighted the company's excitement about bringing the NS 400 to Kashmir valley. "The response to the NS 400 has been phenomenal, and we are thrilled to officially

able at all Paris Bajaj dealerships across Kashmir. Customers are encouraged to visit their nearest showroom to explore the new model and take advantage of the special offers available during the launch period.

This event underscores Paris Bajaj's commitment to expanding its presence in the region and offering products that resonate with the local market. The NS 400's arrival in Kashmir is set to elevate the standard for motorcycles in the area, offering an unparalleled riding experience to its customers.

Court Directs Maha Gram Sabha To Resolve Grazing Rights Dispute In Budgam

Allows Both Parties To Utilize Pastureland

Raja Muzaffar Bhat

SRINAGAR: In a significant development, the Court of Sub Judge in Chadoora in district Budgam has ordered that a Maha Gramsabha be held to decide granting of grazing rights to the local population of Branwar , Neegu , Jabbad and adjoining villages as mandated under the Scheduled Tribes and Other Traditional Forest Dwellers (Reignition of Rights) Act also known as Forest Rights Act 2006 -FRA.

In its previous order, the court had ordered for holding of the Gram Sabha but it hasn't been held till date on one pretext or the other.

While disposing of the case titled Ghulam Mohammad Jahara v/s Ghulam Qadir Thekrey and others Sub Judge Chadoora (Civil Judge Senior Division) Mr Mir Wajahat on July 25th 2024 ordered that defendants can utilize the 12 designated pasturelands in Doodh Ganga forest range in Budgam until the final call was taken by the Gram Sabha. The order reads as:

"In presence of all parties to the suit it was agreed that all disputes would be settled if a Maha Gram Sabha for all the pastures is conducted under the supervision of an expert lawyer designated by the court, involving all sub division heads of the concerned departments and in accordance with the law, rules and guidelines issued by the Hon'ble Supreme Court of India. Until Maha Gram sabha is conducted any person enjoying rights recognized by the Forest Department shall continue to do so without interference, until the Maha Gran sabha has the opportunity to deliberate and decide on the rights and preferences regarding this land to avoid any dispute pending decision by Gram Sabha. The defendants are permitted to utilize 12 designated pasturelands till then if permitted by law and officers at the helm of affairs "

Pertinent to mention that plaintiffs Ghulam Mohammad Jahara @ Chowdhary and others had claimed rights over Chaskani Nad meadow which is spread over an area of approximately 20,000 kanals of land located in Doodh Ganga forest range of Pir Panjaal forest division Budgam. The other party Ghulam Qadir Thekrey (defendants) who also belong to Gujjar community allege that Ghulam Mohammad Jahara alias Chowdhary had forcibly taken control over such a huge chunk of meadows and were allegedly earning money from it as the family takes money from Bakarwals of Rajouri and Poonch for grazing their animals in summer months while as majority of the local Gujjar and other pastoralist communities were deprived of these rights.

The matter finally landed in court last year and Sub Judge Chadoora had earlier also issued

some orders and repeatedly it was ordered that the Gram Sabha must decide the matter. Pertinently under Forest Rights Act 2006 also Gram Sabha is the supreme authority to decide upon the claims filed by local population. The Gram Sabha is the adult population of the village (18 years and above) and 50 % quorum is necessary to decide on the Forest Rights Act (FRA) related cases.

Last month one of the applicants (plaintiffs) in the case Saifudin Jahara who is brother of Ghulam Mohammad Jahara along with Abul Rashid Jahara Hangdar had requested DC Budgam to withhold the Gram Sabha which had to meet on July 1st 2024. The Chief Planning Officer-CPO Budgam had written to concerned Block Development Officer -BDO Surasyar to postpone the Gram Sabha. Since then Gram Sabha also called Deh Majlis hasn't been held. Both Saifudin and Rashid as per the

local sources are Chairpersons of the Forest Rights Committee in Branwar and Jabbad panchayat halqas and Gram sabha has the power to change these Chairpersons as well. "The members and chairper-

sons of Forest Rights Committees-FRC in Branwar, Jabbad and Neegu and even many other villages were not appointed by the Gram Sabha and they are under the apprehension that they will lose their posts. These people are totally ignorant of their job and are mostly illiterate. I would suggest local educated people including women be appointed as Chairpersons and Members of the Forest Rights Committee through democratic means by Gram Sabha. Several existing Chairpersons and members of FRC apprehend that gram sabha might vote in majority against a particular family who have taken control over 20,000 kanals of land around Chaskaninar meadows. I want them to also get their share

for grazing but to graze their 70 or 80 sheep they don't require 20,000 kanals of land? This is injustice and violation of the Forest Rights Act 2006. The other party owns around 1000 sheep and they were being deprived of the grazing rights. The court has underscored the importance of the Forest Rights Act. I am sure that Maha Gram sabha will decide the case on merits soon and other villages like Bonen, Jedden, Kutbal, Gogjipathri has also been included as parties in this case and they too have grazing rights on this land "said Advocate Nazeer Ahmad who pleaded this case along with Advocate Umar Shafi

It is important to mention that the Gujjar community of Branwar, Jabbad, Neegu villages in Chadoora Budgam along with some Kashmiri families were denied the grazing rights for their hundreds of sheep in the pasture-land of Chaskani Naad last summer. The said pastureland is located at an altitude of

4000 meters in Doodh Ganga forest range of Pir Panjal Forest Division. As the matter took an ugly turn last year the Chairman DDC Budgam Nazir Ahmad Khan had written to Lt Governor Manoj Sinha and had asked for holding a maha gram sabha to address this issue under Forest Rights Act -FRA. The defendants have welcomed the court verdict and have appealed to DC Budgam to hold the mega Gram Sabha for all the villages who have rights over the pastureland as soon as possible

"We appeal DC Budgam to allow locals to file community claims for Chaskani Nar meadows and then get a gram sabha convened in the area so that this issue is addressed as mandated under the Forest Rights Act 2006" said Ghulam Qadir Ganai a local social activist of Branwar. He along with Ali Mohammad Jahara & Abdul Rashid Gorsi of Jabbad village have also appreciated the court verdict.

Kohli Eyes Milestones As India Takes On Sri Lanka In 1st ODI Today

COLOMBO: As the Men in Blue gear up for their first ODI against Sri Lanka on Friday, all eyes are on star India batter Virat Kohli. Kohli, known for his exceptional record against Sri Lanka, thrives in Colombo, where the entire three-match series will be held. India enters the series on the back of a 3-0 clean sweep in the T20I

In 53 ODIs against Sri Lanka, Kohli has amassed 2,594 runs at an average of 63.26, with 10 centuries and 12 fifties. Across international matches against Sri Lanka, he has scored 4,018 runs at an average of 64.80, including 15 centuries and 18 fifties. His highest score in these contests is 243.

Kohli's record at the R Premadasa Stadium in Colombo is stellar. He has scored 644 runs in 11 matches at an average of 107.33, with four centuries and



one fifty. Fans hope to see more runs from his bat in the three ODIs, as he stands just 152 runs shy of 14,000 ODI runs. Kohli could become only the third player to reach this milestone after Sachin Tendulkar and Kumar Sangakkara.

This accomplishment would make him the fourth Moreover, Kohli is nearing player to reach this milestone, the 27,000 international runs joining Tendulkar, Sangakkara,

of Sri Lanka began on July 27 with the T20I series, where India secured a 3-0 win. The three ODIs are scheduled for August 2, 4, and 7 at the R Premadasa Stadium.

India: 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 Rana.

Sri Lanka: Charith Asalanka (C), Pathum Nissanka, Avishka Fernando, Kusal Mendis, Sadeera Samarawickrama, Kamindu Mendis, Janith Liyanage, Nishan Madushka, Wanindu Hasaranga, Dunith Wellalage, Chamika Karunaratne, Maheesh Theekshana, Akila Dananjaya, Dilshan Madushanka, Matheesha Pathirana, Asitha Fernando.

Match starts at 2.30 PM IST.

Sports Activities Held In Budgam



T20 Forest Cricket League

Kicks Off In Kupwara

Observer News Service

BUDGAM: The Department of Youth Services and Sports Budgam organised various Inter-Zonal District Level competitions across the district on Thursday.

For Under-14, Under-17 and Under-19 boys, the department hosted Chess, Table Tennis and Badminton competitions at GHSS and BHSS

Incharge Activities Ghulam Hassan Khanday and Shakeel ur Rehman along with senior masters Manjeet Singh and Mohd Akram jointly inaugurated the competitions and a large number of boys from all the 12 zones of the district participated. The sports activities are being organised under the supervision of Joint Director Kashmir Mohammad Rashid Kohli due to the vacancy of the Chair of District Sports Officer.

Bilal Rah Wins 'WFF Mr. J&K Bodybuilding' Championship

mark, needing only 116 more

Observer News Service

SRINAGAR: Kashmir's renowned bodybuilder Bilal Rah has won yet another state bodybuilding championship.

Competing at the 3rd Mr. J&K Bodybuilding 2024 competition, sanctioned by World Fitness Federation and organised by Powerhouse Supplement Store Khayam at Tagore Hall on Tuesday, Bilal beat stiff competition to be crowned the overall winner.

State President WFF J&K Ishtiyaq Ahmed Khan presented Bilal with the winner's trophy and a winning prize of Rs. 1 lakh.

After winning the championship, Bilal posted on Instagram:

"Thanks Almighty Allah who bless me with this priceless victory tittle of Jammu and Kashmir overall winner. And it's all because of my prep coach Anas Jeelani.'

"My struggles are paying off finally," Bilal Rah told The Mandate News, "from past 20 years I've been into weightlifting, though being J&K 2024 winner for Bodybuilding was a challenge, I left no stone turned.

Previously, Bilal won the 3rd Mr. J&K Body Building & Men's Physique Championship 2023. The championship was organised by United Intercontinental Body Building Fitness Federation and was billed as the "First Elite Pro-Qualifier Championship in J&K".



Inter School Girls Tournaments Conclude In Bijbehara

ANANTNAG: The Inter School Zonal Level competitions for U-14 girls in Kabbadi, Kho Kho, and Volleyball, organized by the Zonal Physical Education Officer of Bijbehara, concluded successfully at Govt. Middle School Pazalpora Bijbehara. The event began with the Swachhta Shapath Pakwada programme pledge.

A total of 252 students from various middle and high schools within ZPEO Zone Bijbehara participated in the tournaments. Among the results. HS GB Khalil defeated GMS Semthan in the 14 Years Age Group, while as HS GB



Khalil defeated MS Pazalpora in the Kabaddi and same re-

sult was of Kho-Kho game. In this tournament, some notable best performers were Aaniba Showkat and Seerat

Naseer (GMS Semthan), Ar-

beena Jan (HS GB Khalil) in Volleyball and Aroosha Yousuf and Mehki Muzaffer (HS GB Khalil) in Kabaddi. While as Arosha Iavaid (HS GB Khalil), Ruquiya Farooq and Arbeena Dilshad (MS Pazalpora) in Kho-Kho.

Short TAKES

Downtown Heroes Play Indian Air Force In Durand Cup Today

resh from their impressive opening game, Downtown Heroes FC will square off against Indian Air Force FT in their second Group A game of the 133rd Durand Cup at Vivekananda Yuba Bharati Krirangan

The match will kick off at 7:00 PM and will be shown live on Sony TEN 2 SD TV. It can also be streamed live on the SonyLiv app.

Both teams are coming off losses in their opening games. The Heroes were defeated 1-0 by defending champions Mohun Bagan, while Indian Air Force lost 3-1 to East Bengal FC. (Observer News Service)

Olympics: India Lose 2-1 To Reigning Hockey Champions Belgium

The Indian hockey team suffered its first loss of the Olympic Games, going down 1-2 to defending champions Belgium after letting slip a one goal lead in a pool match here on Thursday.

Abhishek gave India the lead in the 18th minute before Belgium made a strong comeback after halftime to score through Thibeau Stockbroekx (33rd) and John-John Dohmen (44th) to seal the win and remain unbeaten in the tournament so far. Both India and Belgium have already qualified for the quarterfinals from Pool B.

Indian Archers Bow Out In Paris: Jadhav, Rai Suffer Early Exits

Indian archer Pravin Jadhav faced a tough defeat on Thursday, losing 6-0 to China's Kao Wenchao in the men's round of 64 at the Les Invalides. This marks the end of Jadhav's second Olympic campaign without a medal, having made his debut at the Tokyo 2020 Summer Games.

The Chinese archer was in superb form, scoring 10s on six out of his nine arrows. On the other hand, Jadhav, aged 28, managed only four 10s, with Kao sealing the victory in just three sets.

Wagar Younis Poised To Become PCB's Chief Cricket Officer

Aqar Younis, a celebrated fast bowler and former captain, is on the verge of being named the Chief Cricket Officer of the Pakistan Cricket Board. Currently, he serves as an advisor to the chairman on cricket affairs.

According to sources, Younis is expected to transition into a role similar to the one held by Rob Key in the English cricket board. This new position will include responsibilities related to the national selection committee and central contracts.

Cardiff Signs Anwar El Ghazi Amid Controversial Contract Termination



ardiff City has bolstered its squad by signing forward Anwar El Ghazi on a one-year contract. The move follows the controversial termination of El Ghazi's contract with Mainz over his support for Palestinians in the Israel-Hamas conflict.

Last October, El Ghazi was suspended by the Bundesliga club due to a social media post about the conflict, and by November, his contract was terminated. A German court recently ruled that the club had wrongfully ended his contract.

Kusale Adds To India's Glory With A Bronze Medal In Shooting

DYSSO Zahoor Ahmed, PA to DC Shabir Ahmed Qureshi and officials

of Forest Department were also

by Kamraj Forest Division, Zangli

Kupwara, with 16 teams from Kash-

mir vying for glory, competing in 30

matches with the final scheduled

for August 20. The inaugural match

was played between Kanwal Tigers

The cricket league is sponsored

present on the occasion.

and Sultan Warriors.

Press Trust of India

KUPWARA: T20 Forest Cricket League

2024 began Thursday at Galizoo

Sports Stadium Kupwara. The tourna-

ment was inaugurated by Additional

Deputy Commissioner Kupwara Mu-

hammad Rouf Rehman in presence of

Lone, Lt.Col. Rajiv of 153 TA, inter-

national cricketer Parvaiz Rasool,

CPO Kupwara, Parvaiz Ahmed

DFO Kamraj, Anurag Arya.

CHATEAUROUX: Indian shooter Swapnil Kusale kept his composure to stage a remarkable comeback and help the country claim its first ever Olympic bronze in the 50m rifle 3 positions event of the ongoing Games here on Thursday.

Kusale shot an aggregate of 451.4 in the eight-shooter final to finish third after being placed sixth at one stage. It took the country's overall tally to three, all bronze, at the Paris Games.

His medal comes following the stunning performance of Manu Bhaker, who clinched the women's 10m air pistol and mixed team 10m air pistol bronze alongside Sarabjot Singh.

All three medals have come in shooting events, which is also a first in India's Olympic history.

Kusale, whose father and brother are teachers in a district school and his mother the sarpanch of Kambalwadi village near Kolhapur in Maharashtra, finished behind China's Yukun Liu (463.6) and



Ukraine's Serhiy Kulish (461.3).

The last time a 50m rifle shooter made it to the Olympic finals was in 2012 London when Joydeep Karmakar finished fourth in 50m rifle prone event, which has been discontinued at the Olympics.

Kusale, who was a ticket collector and draws inspiration from

cricket icon MS Dhoni, was slow to start with but fought his way back to bag the third prize in his very first appearance in the world's biggest sporting spectacle.

The 28-year-old has been competing in international events since 2012 but he had to wait 12 years to make his Olympics debut at the

Nikhat Zareen's Olympic Campaign Ends With Shocking Loss To China's Yu

Press Trust of India

PARIS: In one of the biggest upsets of the Olympic Games boxing competition, two-time world champion Nikhat Zareen (50kg) bowed out after a 0-5 loss to Asian Games gold medallist Wu Yu, completely outmaneuvered by the Chinese in a stunningly lopsided bout here on Thursday.

Nikhat was unseeded for the Games as the International Olympic Committee (IOC), which is holding the boxing competition, doesn't recognise the International Boxing Association (IBA), which conducts the world championship. One of India's strongest medal contenders, she had been tasked to navigate a nightmarish draw.

"Sorry guys," an emotional Nikhat said after the loss. "It was a learn-



ing experience for me. I had not played her before. She was faster. I will analyse this bout once I am home. I was unseeded and this wasn't my first match, she was playing her first, it also impacts. It was an intense bout," she added. "I had worked hard,

prepared myself physically and mentally for this Olympics. I will come back strong."

Meeting each other for the first time, Nikhat was put under pressure by the top-seeded reigning flyweight (52kg) world champion in the opening round itself. Yu was quick off the blocks and though Nikhat tried to counterattack, she wasn't able to connect.

The reason being, Yu's brilliant footwork, which allowed her to consistently switch her stance to avoid the blows.