

## Relief In Sight As MeT Predicts More Rains



KO Photo | Abid Bhat

### Observer News Service

Srinagar: The Meteorological Centre Srinagar has predicted brief spells of rain and thundershowers at a few places during the day from August 3rd to 5th, with light to moderate rain expected at many locations towards the night and early morning.

and thundershowers likely at many places towards the night and early morning. Between August 6 and 8, scattered rain and thundershowers are forecasted for the Kashmir Division, while the Jammu Division may experience these conditions at numerous locations. From August 9 to 11, rain and thundershowers are anticipated at isolated spots in Kashmir Division and more widespread across Jammu Division. The Met Centre | [More on P6](#)

## 5 Policemen, Teacher Sacked For Terror Links In J&K

### Observer News Service

Srinagar: The Jammu and Kashmir government on Saturday sacked six government employees, including five policemen in terms of Article 311 of the Constitution of India for their deep involvement in anti-national activities. "The activities of these below mentioned employees had come to the adverse notice of law enforcement and intelligence agencies, as they found them thickly involved in activities prejudicial to the interests of the State evidencing their involvement in terror related activities," said a government spokesperson in a statement. Saif Din, Selection

Grade Constable in Police Department S/o Quasim Din R/o Shigani Bhallesa District Doda A/P Javid Nagar, Bali Charana Naki Tawi, Jammu, is a notorious drug peddler, a habitual offender and a mastermind for generation and distribution of narco terror funding. He is a deeply motivated and committed drug peddler as well as an Over Ground Worker for the terrorists of a proscribed terrorist organization like Hijabul Mujahidin. He had established drug channels which are being used by anti national agencies/ elements to smuggle weapons, narcotics and to facilitate infiltration of terrorists in J&K. Farooq Ahmad Sheikh, Head Constable in Police Department | [More on P6](#)



## 'Terror Facilitators, Drug Traffickers Won't Be Spared'

### Press Trust Of India

Jammu: Facilitators of terrorists, drug traffickers and illegal miners will not be spared regardless of their clout, Union minister Jitendra Singh said in Jammu and Kashmir's Kathua district on Saturday.



Addressing 'Empowering Youth for Viksit Bharat' programme, organised at Government Degree College in Hiranagar in Kathua -- part of Singh's Udhampur parliamentary constituency, the minister said a campaign has been launched jointly by the administration and police to deal with illegal miners,

drug cartels and bovine smugglers in the region. "All-out efforts are being made by the local administration and police to deal with these challenges. No one will be spared, irrespective of their clout or political affiliation when it comes to confronting smugglers, illegal miners and | [More on P6](#)

## UAPA, NDPS Cases Must Be Prioritised: IGP



IGP Kashmir VK Birdi chaired a crime review meeting at Police Control Room Kashmir which was attended by all range DIsG, all district SSPs, JDP ZPHQ and all in-charge Pairvi cells of Kashmir Zone and other senior officers. "At the outset

of the meeting, the participating officers briefed IGP Kashmir about the overall crime situation of the Kashmir Zone and highlighted their efforts in preventing crime and improving the quality of investigation," a police | [More on P6](#)

## WAR CLOUDS HOVER OVER WEST ASIA

### Haniyeh Killed By Projectile: IRGC Agencies

Tehran: Fears of a regional war grew further in West Asia after Iran's elite Islamic Revolutionary Guard Corps (IRGC) released a statement disclosing that Hamas political chief Ismail Haniyeh was killed using a "short-range projectile" launched from outside of his accommodation in Tehran. In a statement issued on Saturday, the IRGC said that based on investigations conducted so far, the attack against Haniyeh "was carried out by firing a short-range projectile carrying about 7kg [15.4lb] of explosive materials and launched from outside the guests residency".

It added that Israel will receive "a harsh punishment in due time and place" for Haniyeh's assassination, which, it said, was "supported by the criminal government" of the United States.

The IRGC's statement is different from an investigation published by Western media that indicated a bomb was smuggled into Haniyeh's guest house months before his stay there last week.

Israel has neither confirmed nor denied a role, while the US has said it "was | [More on P6](#)

## Leaf Miner & Heatwave Kashmir Apple Growers Face Double Trouble

Amid the ongoing heatwave and prolonged dry spell, apple growers in several areas of Kashmir are deeply concerned as a leaf miner pest continues to infect their orchards for the fourth consecutive year. Farmers said that the pest has wreaked havoc on their orchards over the past three years. "Wherever the pest was found in the last three years, the produce was less shiny and smaller in size, as this insect | [More on P6](#)

## Ruhullah Urges HM To Release J&K Prisoners

### Demands Shifting Of Convicts, Under-trials Back To J&K On 'Humanitarian Grounds'

### Observer News Service

Srinagar: Member of Parliament from Srinagar parliamentary constituency, Syed Aga Ruhullah Mehdi Saturday said that he met Union Home Minister Amit Shah in Delhi and requested action on the prolonged detention of numerous prisoners from Jammu and Kashmir.

who are held without trials for years now. And also asked for the transfer of those who are under trials and not convicted yet, to the jails of J&K."

Ruhullah also shared a copy of the letter submitted to the Home Minister, that reads, "I as the representative of people of J&K would like to bring to your notice that several of our people have been incarcerated from different parts of the Valley. Many of them are convicted, under trials or are being held without a trial and | [More on P6](#)

## 'Declared Unfit Due To Obesity A Decade Ago'

### SC Orders Fresh Medical Test For UPSC Candidate

### Press Trust Of India

New Delhi: Nearly a decade after a person succeeded in the civil services exam but was declared "temporarily unfit" to be a civil servant due to obesity, the Supreme Court came to his rescue on Friday by ordering the UPSC to conduct his medical examination afresh.

The top court used its special powers under Article 142 of the Constitution, directing the Union Public Service Commission (UPSC) to conduct a fresh physical fitness test for Rakesh Shivam Prakash, who ranked 93 in the civil services exam held in 2014 but lost out due to "unacceptable" Body Mass Index (BMI).

The BMI of the candidate was at 31.75, which is higher than the prescribed standard of 30. He was declared "temporarily unfit" and consequently, denied employment. He could not take part in the



second medical test scheduled on July 14, 2015.

Article 142 of the Constitution empowers the top court to pass "any decree or order necessary for doing complete justice in any case or matter pending before it".

Exercising this power, a bench comprising Justices P S Narasimha and Pankaj Mithal said, "Having considered the facts and circumstances of the case, we consider it appropriate to grant a limited relief.

This will be to direct the respondents (UPSC and others including the Department of Personnel and Training) to re-schedule the re-medical test that was to be conducted on July 14, 2015, which the petitioner unfortunately missed." The bench, however, rejected the plea seeking a direction to the UPSC for allocation of service to the person with all consequential benefits at par with other similarly placed candidates of the 2014 test.

"At the outset we reject the prayer (allocation of service) made by the petitioner for allocation of service and consequential benefits against Civil Services Examination, 2014," Justice Narasimha said in the judgement.

"Considering the fact that the original re-medical examination was to happen in 2015 and almost a decade has passed by, we direct that in the event | [More on P6](#)

## India A Food Surplus Country: PM

### Says We Are Working To Provide Solutions For Global Food Security

### Press Trust Of India

New Delhi: Prime Minister Narendra Modi on Saturday said India has become a food surplus country and is also working to provide solutions for global food and nutritional security.

The Prime Minister said agriculture is at the centre of India's economic policies, and the Union Budget 2024-25 has given a big push to sustainable and climate-resilient farming and developing a complete ecosystem to support Indian farmers.

He was addressing the 32nd International Conference of Agricultural Economists (ICAE), which is being organised in India after 65 years.

Recalling the last International Conference of Agricultural Economists, Modi mentioned that India was then



a newly Independent nation, and it was a challenging time for the country's agriculture and food security.

"Now, India is a food surplus country," he said, adding that the country is the number one producer of milk, pulses and spices in the world.

Also, the country has become the second-largest producer of foodgrains, fruits, vegetables, cotton, sugar and tea.

"There was a | [More on P6](#)

## J&K Gets Best Award In Organ Donation

### Observer News Service

Srinagar: On the occasion of 14th Indian Organ Donation day, Jammu & Kashmir was awarded best emerging State/UT in organ donation and transplantation at a function held at Bhim Hall in Dr Ambedkar International Centre, New Delhi.

The event was hosted by the National Organ & Tissue Transplant (NOTTO). The award was presented by the Union Minister of State (MoS) for Health & Family Welfare and Chemical & Fertilizers Anupriya Patel.

On behalf of J&K UT, Team SOTTO J&K comprising Dr Elias Sharma, Nodal Officer, SOTTO J&K & HoD Urology & Kidney Transplantation, | [More on P6](#)

## 5th Anniversary Of Art 370 Abrogation

### BJP Plans Mega Functions In J&K

### Agencies

Jammu: The Bharatiya Janata Party (BJP) is planning mega functions across Jammu and Kashmir on the 5th anniversary of revocation of abrogation of Article 370 & 35A, which provided the northernmost Himalayan state some special perks and status.

Union Minister for Geology & Mines and party's election Incharge of J&K G Kishan Reddy also arrived in Jammu to chalk out poll preparedness strategy with the party's core group.

Party leaders said that the celebrations will span from August 5 to September 15,

with several programmes and events scheduled during this period.

"The plan has been cleverly chalked out to merge with the assembly election campaign, which is likely to be held after culmination of Shri Amarnath ji yatra, as the full election commission is also scheduled to visit the Union Territory in next few days. According to party sources, senior BJP leaders, including union ministers, will visit the union territory to participate in the festivities," sources in the BJP said.

Union Minister for Geology & Mines and party's election Incharge of | [More on P6](#)

## J&K Rallies For Cleanliness

### Over 2 Million Participate In Swachhata Pakhwada

### Observer News Service

Srinagar: A massive sanitation drive has swept across Jammu and Kashmir, with over 2.25 million citizens participating in various activities during the ongoing Swachhata Pakhwada (Cleanliness Fortnight).

The initiative, spearheaded by the Department of Rural Development & Panchayati Raj (RD&PR), witnessed enthusiastic participation from across the region. From bustling cities to remote villages, residents engaged in activities like cleanliness drives, health camps, awareness campaigns, street plays (Nukkad Natak),



and waste collection through Swachhata Vans.

On the campaign's first three days, more than 27587 activities were conducted, and participants collectively spent

over 1.4 million minutes in diverse initiatives, as reported on the official IT monitoring dashboard (www.shuchitangram.in) developed by Directorate of | [More on P6](#)

## Over 4.85 Lakh Yatris Visit Cave Shrine

### Observer News Service

Jammu: Another batch of over 990 pilgrims, including 152 women, left a base camp here for the two main base camps in Kashmir early Saturday to embark on the annual Amarnath Yatra, officials said.

This was the smallest batch of devotees leaving Jammu's Bhagwati Nagar base camp since the commencement of the 52-day-long yatra from the twin base camps of Pahalgam in Anantnag district and Baltal in Ganderbal district on June 29.

More than 4.85 lakh pilgrims have so far visited the cave shrine situated at the height of 3,880 metre, housing an ice-shivling. The | [More on P6](#)



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Union Secy MeitY Inaugurates Girls Hostel At NIELIT Srinagar

Observer News Service

Srinagar: A newly constructed Girls Hostel at NIELIT Srinagar was inaugurated by S. Krishnan, Union Secretary, Ministry of Electronics and Information Technology (MeitY) Prerna Puri on Thursday.

Commissioner Secretary IT J&K, Dr. Sanjay Kumar Dhurandher, Executive Director, NIELIT HQ; Saleem Khan, SIO, NIC J&K; Vinu Kumar AR, Scientist-G, CDAC Trivandrum; Dr. Sanjay Kumar Dhurandher, Executive Director, NIELIT HQ welcomed the chief guest, S. Krishnan and other dignitaries were also present on the occasion.

S. Krishnan interacted with students and conducted a thorough inspection of the newly constructed hostel.

He reviewed the facilities available for students, with particular attention to amenities for persons with disabilities (Divyangjan).

He emphasized that the new Girls Hostel is a significant step

towards providing the necessary and emerging skills to the youth of Jammu and Kashmir.

Ashaq Hussain Dar DIC NIELIT J&K, gave a detailed PowerPoint presentation highlighting the various activities and achievements of the NIELIT J&K center.

Union Secretary also toured the campus, where he appreciated the efforts of NIELIT J&K in imparting IT training across the Union Territory of J&K and added that NIELIT J&K is enthusiastic, and wishes to launch new activities to benefit the local students, Industry and Government agencies.

S. Krishnan encouraged the youth to contribute towards making India a talented nation.

Additionally, Union Secretary interacted with the interns participating in the MeitY-sponsored Work-Based Learning (WBL) program and observed a demonstration of the Kashmiri Carpet Taleem Generation Application, developed by NIELIT Srinagar. He also visited the newly established MeitY-sponsored Drone Lab.

Div Com Conducts Late Night City Tour

Reviews Progress Of Work On Different SSCL Projects

Observer News Service

Srinagar: Divisional Commissioner Kashmir Vijay Kumar Bidhuri conducted a late night City tour on Friday to visit various Srinagar Smart City Limited project sites to inspect the progress of ongoing developmental, upgradation & beautification works.

He was accompanied by CEO, SSCL, Dr Owais Ahmad; Deputy Commissioner Srinagar, Dr Bilal Mohi-Ud-Din Bhat; Chief Engineers of R&B, SSCL, KPDCCL, ASP Traffic and other officers.

The Divisional Commissioner conducted extensive visits to Balidhan Stambh, Jahangir Chowk, Kaksarai & Naqishband Sahib & inspected physical progress of developmental & upgradation works.

On the occasion, Div Com issued a slew of directions to the officers regarding the qualitative execution of works and adherence to respective timelines of the projects.

He stressed on intensifying the pace of upgradation works at



Jahangir Chowk, Kaksarai and Naqishband Sahib for the smooth movement of traffic and beautification of landscape.

Later, Div Com visited Sanatnagar and Nowgam Flyover to take stock of ongoing construction works. On the occasion, he directed CE R&B to expedite the pending works so the Flyovers shall be fully dedicated to the general public as soon as possible.

Meanwhile, Div Com opened

Nowgam Flyover for traffic on a trial basis. He said the operation of Nowgam flyover shall bring huge respite to the general public and ensure smooth movement of traffic.

Meanwhile, Div Com instructed KPDCCL for illumination of important buildings & infrastructure on the eve of celebration of Independence Day to create an ambience of festivity and vibrant & colorful visuals across the city.

Traffic Police Seizes Over 200 E-rickshaws, Auto-Rickshaws For Violations

Agencies

Srinagar: The city traffic police authorities have launched a crackdown against E-rickshaws and auto-rickshaws operating in Srinagar, seizing over 200 vehicles for various violations, including over 40 E-rickshaws driven by minors in the last week.

A senior traffic police official told the news agency—KNO that the drive targets both petrol-driven auto-rickshaws and E-rickshaws, focusing on checking vehicle documents and driving licenses.

"The ongoing drive is aimed at auto-rickshaws and E-rickshaws operating in the city without proper documentation or driving licenses. Over 200 such

The ongoing drive is aimed at auto-rickshaws and E-rickshaws operating in the city without proper documentation or driving licenses. Over 200 such vehicles have been seized in the past week," he said.

The officer said that during this drive, more than 40 E-rickshaws were confiscated because they were being driven by minors.

An officer supervising the campaign said they have consistently warned against allowing minors to operate any type of vehicle, yet numerous violations have been observed.

The senior officer added that while this drive is part of regular enforcement activities, there will be an intensified effort in the coming days across various locations in Srinagar. "During the drive, many petrol-driven auto-rickshaws were found operating without necessary documents. Some were fined, while others were seized for relevant violations," he added.

Notably, several videos have circulated on social media showing minors driving E-rickshaws, prompting netizens to call for action.

Advertisement for 'انتقال پر ملاں' (Transfer of Shares) featuring a portrait of a man and text in Urdu/Hindi.

NORTHERN RAILWAY E-AUCTION NOTICE. The Senior Divisional Commercial Manager, Northern Railway, Firuzpur for and on behalf of President of India invites E-Auction from eligible and registered bidders for the following works over Firuzpur Division.

Office Of The Executive Engineer Construction Division Kashmir J&K Sports Council Srinagar, Bakshi Stadium Srinagar, NOTICE INVITING TENDERS

Tender Notice: fresh E-NIT No: 14 of 2024-25 D A T E D: 02.08.2024

For and on behalf of Lieutenant Governor, UT of Jammu & Kashmir, e-tenders are invited on percentage basis from approved and eligible bidders registered with J&K Govt. CPWD, Railways and other State/Central Government for the following work:-

Table with 8 columns: S. No., Name of work, Adv cost (Rs. in lacs), Earnest Money Deposit, Class of Contract, Administrative Approval No. & date, Cost of Tender documents, Time of Completion.

Position of Funds = Under Capex 2024-25

Position of TS = Accorded

1. The Bidding documents consisting of qualifying information, eligibility Criteria, specification, Drawings, bill of quantities (B.O.Q) Set of terms and conditions of contract and other details can be seen/downloaded from the departmental Website www.jktenders.gov.in as per schedule of dates given below:-

Table with 2 columns: J. Critical Dates Table, and details of dates for tender notice, bidding documents, bid submission start/end, and opening of bids.

3. The Cost of the tender documents shall be deposited into the bank account by the bidder for which the following information can be used by the bidder. (No Demand Draft shall be entertained).

The bidders must upload the scanned copy of bank payment acknowledgment slip.

SC/CDK/e-01/1418-21

DIPK-NB-1157/24 dated: 03-08-2024

Ex. Engineer, CDK J&K Sports Council

Office Of The Executive Engineer R&B Division Kupwara

NIT No. 15-Kupwara/2217-25 of 2024-25 e-tendering DATED: - 02-08-2024

For & on behalf of Lieutenant Governor of J&K Union Territory, e-tenders [in single cover system] are invited on item rate basis from approved and eligible Contractors registered with Union Territory J&K Govt. CPWD, Railways and other state/Central Governments for the followings works:-

Table with 9 columns: S. No, Name of Work, Est. Cost (Rs. in Lacs), Coif of V/Occ. (in approx), Earnest Money (in approx), Time of Completion (in days), Time & Date of Opening of Bid, Class of Contract or, Major Head of Account.

Position of AAA :- Accorded

The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

Table with 2 columns: S. No, Name of Work, and details of dates for tender notice, bidding documents, bid submission start/end, and opening of bids.

TERMS AND CONDITIONS :-

The Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopy any short fall found in the soft copy the tender shall be rejected.

a. Bids must be accompanied with cost of Tender document in shape Treasury Challan (Under Account Head 0059) (Treasury Challan) must be written boldly the Name of Work, Name of Contractor alongwith NIT No. & Sr. No of NIT in favour of Executive Engineer R&B Division Kupwara (tender inviting authority) and Earnest money /Bid security in shape of CDR/FDR pledged to Executive Engineer R&B Division Kupwara. The Issuance date of the Treasury Challan and CDR/FDR Must be in between the date of Downloading to Bid Submission end Date

b. The Successful Bidder has to produce an amount equal to 5% additional performance security deposit of the allotted cost. The same shall be released after successful completion of the defect liability Period of the work. The EMD of 2% successful bidders shall be released after receipt of 5% Performance Security.

c. The Additional Performance Security shall be released only after the 50 % Successful completion of the work.

72. All other terms and conditions shall be the same as per detailed and stock issue rates of 2024-25 circular instructions issued by the higher authorities from time to time.

73. The key construction material shall have to be arranged by the contractor of his own as per the quality/specifications.

1. Cement = JKPC Brand 2. Steel of all sorts = SAIL certified (The sail certificate shall have been produced /deposited in the division by the AEE concerned at the time submission of the work done bills). No extension in quantities/Cost is allowed in any case.

No. 2217-25 DT: 02-08-2024

Executive Engineer R&B Division Kupwara.

DIPK-4077/24 dated: 03-08-2024

Emergency services and transport information including Traffic Police, AIRPORTS, RAILWAYS, and HIGHWAY STATUS.

HIJRI CALENDAR 28 Muharram 1446 and PRAYERS schedule for FAJR, ZUHR, ASR, Magrib, ISHA.

This Day In History

- 1914 - US declares neutrality on the outbreak of WWI
1916 - Denmark cedes Danish West Indies, including the Virgin Islands, to the US for \$25 million
1918 - Adolf Hitler receives the Iron Cross first class for bravery on the recommendation of his Jewish superior, Lieutenant Hugo Gutmann
1919 - The Communist Bela Kun comes to power in Hungary
1943 - Soviet units reach suburbs of Orel
1943 - USAAF bombs Germans in Troina
1946 - An earthquake of magnitude 8.0 hits northern Dominican Republic. 100 are killed and 20,000 are left homeless.
1947 - The Supreme Court of Japan is established.
1956 - Indonesia says it will not pay debts to the Netherlands
1960 - Rocket propelled USAF research aircraft sets record at 2,150 MPH
1962 - Nelson Mandela captured by South African police
1964 - Civil rights workers Michael Schwerner, Andrew Goodman & James E Chaney, bodies discovered in an earthen Mississippi dam
1964 - North Vietnam torpedos US ships Gulf of Tonkin
1971 - US launches 1st satellite into lunar orbit from manned
1979 - USSR performs nuclear test at Eastern Kazakh/Semipalinsk USSR
1983 - France performs nuclear test
1983 - Revolution in Burkina Faso
1990 - European community proposes a boycott of Iraq
1993 - Rwandan Hutus & Tutsis sign peace treaty in Arusha
2007 - NASA's Phoenix spaceship is launched.
2012 - 45 people are killed by a suicide bombing in Abyan, Yemen

From KO Archives

Vaishno Devi Board Snaps Ties With J&K Bank

Observer News Service

JAMMU- The Shri Mata Vaishno Devi Shrine Board has snapped its 20-year-old ties with the Jammu and Kashmir Bank in what appears to be a fallout of the bickering between Governor S.K. Sinha and the state government.

The board - which controls the popular Hindu shrine of Vaishno Devi in Jammu and of which Sinha is the chairman - has withdrawn all its money from the bank and transferred it to the ICICI Bank, sources said.

Sinha, whose bickering with Chief Minister Mufti Mohammed Sayeed over a host of issues is only too well known, directed the board to withdraw all accounts from the Jammu and Kashmir Bank, the sources said.

The state government is a major shareholder in Jammu and Kashmir Bank Ltd.

The shrine board had a Rs.1 billion deposit with the bank, the source said. It had been rendering several services to the shrine board free of cost.

The shrine board had had its deposits with the bank since 1986, when the former was set up. The Vaishno Devi shrine attracts more than 5.5 million pilgrims.

The governor and chief minister have earlier sparred over the duration of the pilgrimage to the Hindu cave shrine of Amarnath in Kashmir. While the governor wanted it to last for two months, the chief minister insisted on one month.

Sinha, who also heads the Shri Amarnath Shrine Board, finally had his way.

The chief minister was worried over the impact of a longer pilgrimage on the security of the state, as a large number of troops and police forces are committed to guard the pilgrimage route.

He had also pleaded that the fragile ecology of the routes to the Himalayan shrine, located at a height of 13,500 feet, could not withstand the rush of pilgrims.

More than 200,000 pilgrims have visited the shrine so far this year, (IANS)

(Kashmir Observer, 04 August, 2005)

# Man Up, Woman?

Competency vs. Likeability. The former may not be enough if you are a womxn

Sabzara Ali

“**Women who use feminine language in the workplace are often seen as less competent. So, to be recognised at the workplace, women are often advised to switch to more “forceful language”, or to “man up.”**

If you are a woman looking forward to pursuing a traditionally male-dominated profession, this simple strategy can increase your chances of being hired: Man Up. According to a recent study by Michigan State University, using male language to describe themselves in the application process can make women appear more suited for typically masculine jobs.

What is masculine language, and why is it favored in the workplace?

The patriarchal standards of masculinity have shaped the men's language to a great extent.

Traditionally, men speak in a forceful, abstract, and authoritative way. Men, for example, are more likely to use direct imperatives such as, “Get it done”. Women, on the other hand, tend to use a tentative, indirect, and communal speech, relying on collaborative directives such as “let's do it”. Since men have dominated the workplace for a long time, masculine styles have now become the gold standard for communicating in professional spaces. As a result, women who use feminine language in the workplace are often seen as less competent. So, to be recognised at the workplace, women are often advised to switch to more “forceful language”, or to “man up.”

However, the question remains: does Manning Up actually fix all of the issues that women face in the workplace because of their unique speaking styles? In reality, no, because these masculine styles contradict the characteristics of socially acceptable feminine speech. Thus, utilizing these styles diminishes women's likeability in the workplace, which in turn can limit women's professional advancement chances.

When women begin speaking like men, they have to face the social backlash for violating gender norms. Traditionally, men are expected to be “hardcore” and “tough” and women are expected to be “sensitive” and “soft spoken.” When women break these norms and switch to a more masculine style of speech, society usually dislikes them because these styles



make them appear less feminine, and therefore, less of a woman. The Psychologist Linda Carli's experiment provides evidence for this. In her experiment, she found that women who spoke assertively were seen as more competent and knowledgeable by the audiences, but they were less likable to both men and women.

The potential downside of appearing less likable might outweigh the benefits of coming across as more competent through the use of masculine language. This could particularly place women at a disadvantage in hiring processes. This is because women using masculine styles like assertiveness are often perceived as “bossy,” “rude,” and dismissive of others' perspectives. This in turn diminishes their perceived suitability for the workplace. In a meta analysis of dozens of studies, it was found that women who assert their ideas and advocate for themselves are often viewed as less hireable by managers. Although they are seen as equally competent, they are liked less than men who engage in the exact same behaviors.

Further, use of masculine lan-

guage can attract negative feedback from the employers. Ultimately, this can make it harder for women to advance in their careers. It happens because women are evaluated more on their interpersonal traits such as likeability than on their actual skills. Therefore, it becomes important for women to care about how they sound.

By telling women to change their speech, we are reinforcing the notion that women's speech is intrinsically flawed. This can make women feel that they are unfit for jobs traditionally held by men, which, in turn, can prevent them from considering these jobs. Psychologist Tanja Hentschel found that when employers use stereotypically masculine language in job ads, female candidates view these jobs as unwelcoming. They don't apply as often and expect lower chances of success.

Women contribute in workplaces all over the world. As such, the work force carries a responsibility to make changes in their working culture to ensure that women are not discriminated against because of their distinct speech styles. Workplaces should

be open to different communication styles. Managers should be trained to recognize unconscious biases in professional language. Clear criteria for evaluating candidates should prioritize performance—not personality or communication style. And if communication metrics are necessary, these should focus on results. Recruiting ads should also use and be checked for gender-neutral language to encourage women to apply for these positions.

We're all entitled to express ourselves how we want, and especially through language. However, why do workplaces expect women to make compromises because of the sexism in so-called professional language. Rather than “manning up,” I think it's time for the professional world to try womaning it up instead.

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

*The author is a sophomore at Smith College*

Official statements often conceal more than they reveal, so the apparent unity of the foreign ministers of the Quadrilateral Security Dialogue on July 29 in Tokyo masked some disagreements between India and its Quad partners — America, Japan, and Australia — on Russia's invasion of Ukraine, but highlighted agreement on a free, open, and secure Indo-Pacific.

India has strong trade and investment with its Quad partners: it even has a free trade agreement with Australia. But undercurrents of friction between them are coming out into the open, especially over India's neutrality on Russia's war in Ukraine.

This became obvious when Eric Garcetti, America's ambassador in New Delhi, said on July 10, just two days after Prime Minister Narendra Modi's trip to Russia that there was no strategic autonomy in conflict. The differences existed even before that. More than two years ago, External affairs minister Subrahmanyam Jaisankar said, with reference to Russia's illegal assault on Ukraine on June 3, 2022, that Europe should grow out of the mindset that its problems were the world's problems.

Only a week later, Japan and India were poles apart when Japanese Prime Minister Fumio Kishida said Ukraine today could be Asia tomorrow. Generally, Asia-Pacific countries are afraid that China will see how the West handles the Ukraine crisis to assess its chances of taking over Taiwan and indulging in expansionist activities in their region.

Japan joined the West in imposing sanctions on Russia and will also sell Patriot missiles to Ukraine. The Quad foreign ministers backed the territorial integrity of Ukraine, unlike Modi and President Vladimir Putin during their summit in Moscow from July 8-9. Ukraine's territorial integrity was not mentioned in Russian and Indian joint statements, which mentioned

the conflict “around Ukraine” rather than in Ukraine. All told, however, India's strong backing for the principle of “territorial integrity” is essential, if only because it applies to its state frontiers with Pakistan and China — and China's boundaries with other Asian neighbours — as much as it applies to Europe. New Delhi does not believe that solutions will emerge on the battlefield. That message should be directed more strongly towards the aggressor, which is Russia.

Differences with Japan, an important Asian friend, and since long, far more economically advanced than China, which threatens the territory of both countries, have also been apparent in other ways. In June, friendly Japan sanctioned an Indian tech company, Si2 Microsystems, based in Bengaluru, for its alleged role in helping Russia evade Western sanctions imposed because of its invasion of Ukraine. (Companies in China, Kazakhstan, the UAE, and Uzbekistan were also sanctioned).

As for China, the Quad foreign ministers did not name it in their communiqué, but fear of Chinese imperialism in the South China Sea and against Taiwan has led the US, Japan, the Philippines, and South Korea to upgrade their defence ties. On July 28, the US revamped its military command in Japan, giving Japan a “direct leadership role” over American forces in operational planning in both peacetime and in potential crises. The US has also pledged \$500 million in military support to the Philippines amid South China Sea disputes.

On the security front, the Quad



Anita Inder Singh,

foreign ministers also stressed the importance of adherence to international law, particularly as reflected in the United Nations Convention on the Law of the Sea, to address challenges to the global maritime rules-based order, including in the South and East China Seas. They reiterated their strong opposition to “any unilateral actions that seek to change the status quo by force or coercion”. China remained the elephant in the room.

Beijing's official Global Times sarcastically commented that hyping up the “China-threat” rhetoric is “a typical US way of inciting security anxiety”, so as to make some regional countries rely more on the US-led bloc. The Quad, it pointed out, is a partnership, but not yet an alliance. (It did not say because of India, probably because it was blaming America). Beijing sees the Quad becoming “a major source of creating antagonism and confronta-

# India's Quad Equation

tion in the Asia-Pacific region”.

India's Quad partners and several Southeast Asian countries wish to intensify measures to counterbalance Beijing. The South China Sea may be far away from India, but remains crucial for India's strategic interests, including energy security.

And if the US strengthens military bonds with allies, India benefits from the general build-up in Asia against China, without contributing much to security outside its immediate Indian Ocean neighbourhood. All the more so as India is not getting closer to resolving its border dispute with China. Nor is it getting closer to dealing with its trade deficit surpassing \$38.11 billion in the initial five months of the current year.

US support for the centrality of the Association of Southeast Asian Nations (Asean) in the Indo-Pacific leads other Quad members to follow suit. India declared that political, economic, and security cooperation with Asean is its top priority. But India has tended to view itself as the centre of the Indo-Pacific because Delhi thinks the word “Indo” implies India. This interpretation has never been accepted by Asean or any Quad partner. Even if India is the only non-ally in the Quad, “Acting East” should lead to strengthening economic and ties with Southeast Asian countries, against China, which is the main threat to their security and India's. And the UN Charter and the territorial integrity of states must always be respected. Those were the main messages of the Quad foreign ministers' meeting.

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

“**As for China, the Quad foreign ministers did not name it in their communiqué, but fear of Chinese imperialism in the South China Sea and against Taiwan has led the US, Japan, the Philippines, and South Korea to upgrade their defence ties**

# Is Regular Exercise the Secret to a Happier Life?

Make time for gym and exercises

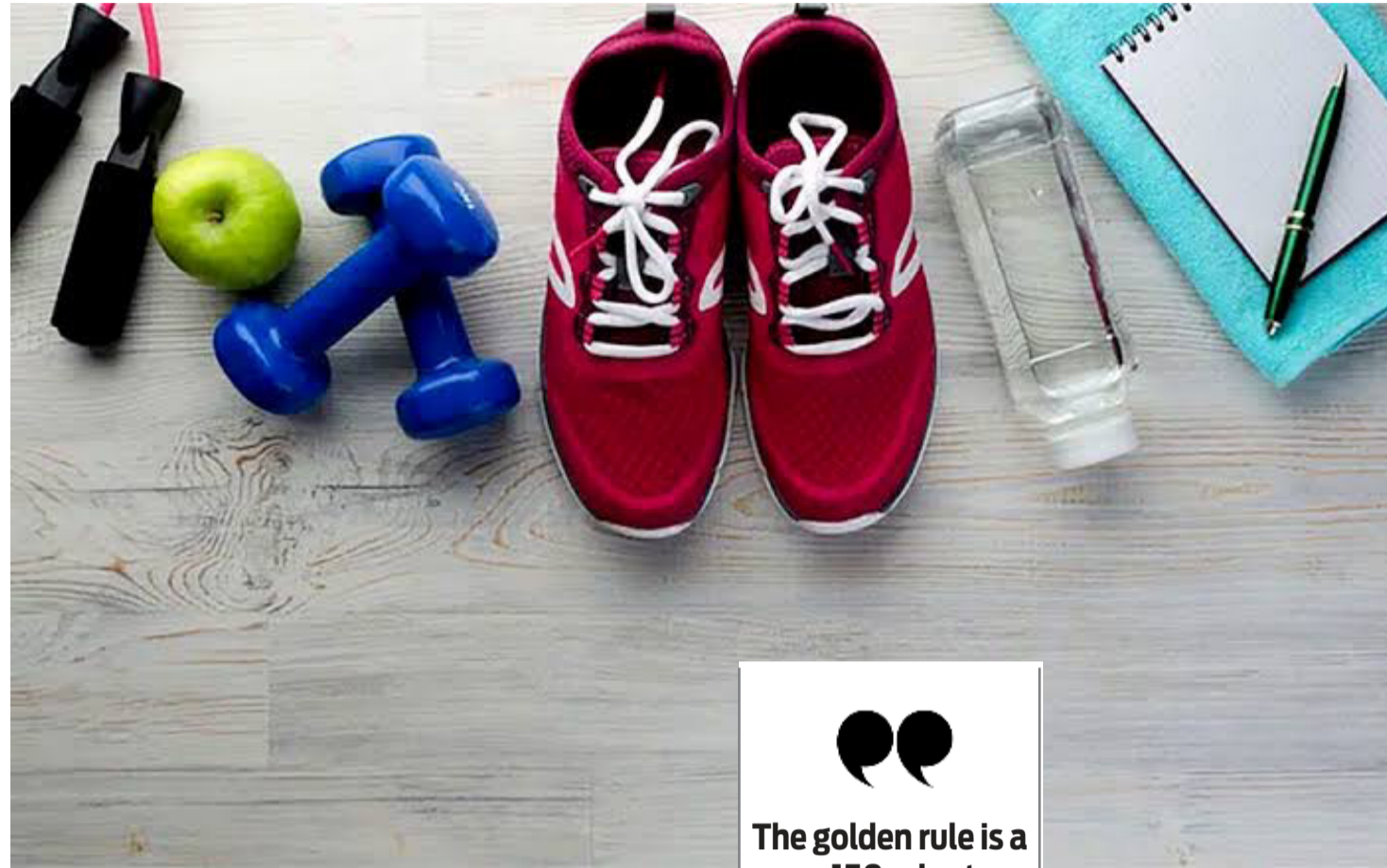
Ikkz Ikbal

In an era where our lives are dominated by constant connectivity, unending to-do lists, and escalating stress, the importance of daily exercise has never been more critical. It's not just about staying fit or looking good; it's about nurturing your mental health, enhancing your energy levels, and building resilience against the pressures of modern life. Daily exercise serves as a powerful antidote to the chaos, offering a sanctuary where you can reset, recharge, and refocus. It's a commitment to yourself, a daily promise to prioritize your well-being amidst the whirlwind of today's fast-paced world.

The gym isn't just a place to shape the body; it's a crucible where mind and soul are forged anew. It's a sacred haven of discipline, patience, and persistence. Each visit is an escape from the daily grind, a refuge from the chaos of life. Enter angry, sad, frustrated, or anxious, and watch these burdens dissolve as you focus solely on self-improvement. This isn't merely a gym—it's a sanctuary.

Imagine a world where regular exercise becomes the panacea for all your woes. It invigorates your health, sharpens your mind, and fortifies your body. Exercise doesn't just boost energy; it unleashes an unstoppable force within you. It carves lean muscle with the precision of a sculptor, obliterates health risks, and manages your weight with effortless grace. And let's not forget the euphoric lift to your mood and the promise of a longer, richer life. Sounds extraordinary, right?

But here's the catch: owning a gym membership or contemplating one isn't enough. The magic lies in using it. The gym offers a kaleidoscope of exercise options, ensuring your routine remains as vibrant and exciting



as a carnival. Say goodbye to monotony and tedium—every day at the gym is a fresh adventure.

## Benefits of Gym Workouts

Picture this: daily gym visits that transform your cardiovascular system into a powerhouse, fortify your muscles to superhero strength, and maintain your weight with the ease of a feather floating on a breeze. Your mental health flourishes, and the specter of other health conditions recedes into oblivion.

Each session strengthens your heart, enabling it to pump with the effortless power of a finely tuned engine. Blood pressure? Perfectly balanced. Blood sug-

ar? In check. Cholesterol? Not a problem. The gym is your ally against depression and anxiety, turning these foes into mere shadows.

The golden rule is a mere 150 minutes of moderate-intensity aerobic activity each week—though the truly dedicated will surely surpass this threshold, seeking the ultimate in health and fitness. Perhaps a 30-minute session five times a week, or maybe you prefer to break it into two invigorating 15-minute bursts per day. Find the rhythm that dances in harmony with your life.

Strength exercises? Aim to target all major muscle groups two

**The golden rule is a mere 150 minutes of moderate-intensity aerobic activity each week—though the truly dedicated will surely surpass this threshold, seeking the ultimate in health and fitness**

to three times a week, with a sacred 48-hour rest between sessions for recovery. A total-body workout twice a week or more focused sessions targeting specific groups—whether it's leg day or arm day—just ensure those muscles get their deserved rest.

When it comes to weight loss, exercise is the magic wand. Cardio is your fiery dragon, burning calories and banishing fat. Yet, do not underestimate the power of strength training—it's the knight that optimizes your muscle-to-fat ratio and fortifies your bones. There is no Holy Grail of weight-loss exercises; the best one is the exercise you will do consistently, with joy and fervor. Whatever

gets your heart racing and body moving, while keeping you motivated, is your golden ticket to shedding pounds.

So, step into the gym, your sanctuary, and embark on a journey of transformation. Let the weights be your tools, the treadmill your path, and the gym your sanctuary where mind, body, and spirit converge in an epic saga of personal triumph.

## Embrace Exercise: Your Key to Thriving in a Fast-Paced World

In today's fast-paced world, it's easy to feel overwhelmed by the demands of work, family, and daily responsibilities. Yet, amidst the hustle and bustle, there lies a powerful antidote to stress and fatigue—exercise. Whether it's a heart-pumping cardio session, a serene yoga class, or a strength-training routine, making time for physical activity is not just a luxury but a necessity.

Exercise is your secret weapon for reclaiming control over your life. It recharges your energy, sharpens your focus, and enhances your resilience. Even amidst the busiest schedules, carving out time for a workout can transform your day, turning chaos into calm and stress into strength.

So, take that first step. Prioritize your health and well-being. Embrace the sanctuary of the gym or the tranquility of a home workout. Remember, it's not about finding time; it's about making time. In the grand tapestry of life, your well-being is the most precious thread. Invest in yourself, and watch as exercise becomes your greatest ally in navigating the demands of our fast-paced world.

*The author has a PG in Biotechnology and is Administrator Maryam Memorial Institute Pandithpora Qaziyabad. He tweets @Ikkz Ikbal*

# How to Journal for Mental Health

Sharon Martin

Journaling is the practice of writing down your thoughts and feelings regularly. A journal is a private space to express yourself without judgment. You can use it to record and reflect on your experiences, both good and bad. The best part is that journaling is simple, inexpensive, and can easily be modified to fit your needs and goals. And while journaling can't replace mental health treatment from a qualified professional, it can be a useful addition or way to accelerate your healing or personal growth.

Let's take a look at how journaling can aid mental health and then I'll share some tips for getting started.

## The Benefits of Journaling

Regular journaling can provide numerous mental health benefits including the following.

- **Self-Reflection and Insight.** Writing about one's experiences encourages introspection, leading to greater self-awareness and understanding of your thoughts, feelings, behaviors, and emotional triggers. Greater awareness can help us make meaningful changes and build healthier habits. It can also help you clarify your values and goals.
- **Stress Reduction.** Journaling helps reduce stress by providing a safe outlet for expressing worries and fears. It's a "holding space" for worries and stressors, allowing you to put them aside so you can be productive, mindfully present, or sleep—and return to them when you're ready. Writing can help you process difficult

emotions, gain clarity, reframe negative thoughts, and view situations more objectively. Regular journaling is associated with fewer stress-related doctor visits, lower blood pressure (Baikie & Wilhelm, 2005), and decreased insomnia (Harvey & Farrell, 2003).

- **Anxiety and Depression.** Research has shown that regular journaling can help us cope with distressing experiences and alleviate symptoms of depression and anxiety (Chan & Horneffer, 2006; Krpan et al., 2013).
- **Healthy Habits.** Recording your goals and tracking your progress provides accountability that can also aid in creating healthy habits.
- **Emotional Processing.** Writing can help us process difficult emotions such as anger, shame, and sadness. It can help you understand and manage emotions more effectively, leading to improved emotional regulation and resilience.
- **Increased Happiness.** A journal can help you recognize your accomplishments and how far you've come. It can also help you remember pleasurable experiences and happy memories. According to happiness expert Gretchen Rubin, reflecting on good times boosts happiness in the present.

## How to Start Journaling

To begin, choose a medium for journaling. I prefer a notebook and a good quality pen, but there are also many apps to choose from or you can use a basic Word document.

Don't worry about proper grammar or spelling; the goal is to express yourself freely. You can use bullet points or run-on sentences. Your writ-

ing can be sloppy or neatly printed. Doodle in the margins, if you like. Make your journal your own!



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## Schedule Time for Journaling

It doesn't matter when you journal, but it is important to

set aside a consistent time; this will make it easier for you to do it. Some people find that writing in the morning helps them set intentions for

the day, while others prefer to journal at the end of the day so they can reflect on the day's events and clear their minds before bed. You can experiment with different times to see what works best for you.

rupted time to journal daily. Choosing a comfortable place to write, investing in quality materials, such as notebooks and pens, or pairing it with a

## Types of Journaling

Journaling can take many forms and you may want to try a few or combine them to

meet your needs.

- **Free-form journaling** is the most straightforward. It's unstructured so you can write about whatever comes to mind and allows for maximum creativity. It's flexible but can be intimidating if you're not sure where to begin.
- **Guided journaling** involves using prompts to direct your writing and guide you toward self-reflection, problem-solving, and developing new insights and skills. Guided journals address a wide array of mental health and interpersonal challenges, such as grief, anxiety, anger management, setting boundaries, and parenting. Guided journaling can be particularly helpful if you struggle with knowing what to write about or want more guidance to overcome a specific struggle.
- **Gratitude journaling** is another popular approach that involves writing about things you are thankful for. This practice can shift your focus from negative to positive experiences, enhancing your overall mood and outlook.
- **Bullet journaling** combines elements of a journal, to-do list, and planner. It involves bullet-point lists and short entries to track tasks, goals, and moods or symptoms. Many people enjoy using colorful pens and art to decorate their bullet journals.
- **One-sentence journaling** is simply writing one sentence per day that reflects your experiences or emotions. This is an easy way to start a journaling habit and you may be surprised

by how much is captured in only a few words.

## What to Journal About

As noted earlier, journaling is incredibly flexible. You can write about anything that comes to mind. Here are some ideas to get you started:

- Things you're worried about
- The events of your day and how you felt about them
- A memory that continues to be upsetting
- Something you're grateful for
- A problem that you haven't been able to solve
- Something stressful
- A happy memory
- Your goals for the next week, month, or year
- Something that makes you angry (or sad or afraid)
- A situation that you can't stop thinking about
- Something you're proud of
- Your dreams
- Record your mood 3 times per day (try a descriptive word and a number from 1-10 to describe the strength of the feeling)
- Keep track of habits you're trying to make or break (such as water consumption or smoking)

Remember, there's no right or wrong way to journal. The most important thing is to find a method that works for you and to make it a consistent part of your routine. Give it a try and see how journaling can help you build resilience and navigate life's challenges with confidence and clarity!

*The article was originally published by Psychology Today*

## SKIMS Celebrates Organ Donation Day: Director SKIMS Pledges to donate his organs

Srinagar: Director SKIMS Dr. Ashraf Ganai pledged to donate his organs today on Organ Donation Day organised by Kidney Transplant Unit, Sher-I-Kashmir Institute of Medical Sciences. While speaking on the occasion Dr. Ashraf Ganai took the pledge to donate his organs. He lauded the organising committee for conducting the awareness campaign and added these programs are important to sensitise the general public. He said SKIMS will start up a liver transplant program for which the plan is being worked out and other transplants will also be scaled up, he added.

religious and social experts discussed in detail the various perspectives on organ donation. Retired Justice Bashir A Kirmani made a lucid speech and said the laws are facilitating and supportive to the organ donation initiatives however, he said issue needs to be understood in wider social & religious context to support this noble cause. He stressed that there is a need to sensitise the people, to evolve a support system with a wider mechanism and individual efforts for greater motivation. The religious scholars including Maulana Mufti Nazir A Qasmi, Aga Syed Mudasir Hasan Rizvi, Mr Navtej Singh Sikh community leader while deliberating on



the subject unanimously underscored the importance of organ donation and said that organ donation is permitted under law and the stand of all religions is clear on organ donation as it is a noble

cause serving humanity. Director Health Services Dr. Mushtaq A Rather in his address emphasised on importance of organ donation in saving lives and enhance quality of life who are

suffering from life threatening diseases and need organ donation. He also highlighted the role of various organisations like NOTTO & SOTTO. Prominent broadcaster Mr Satish Vimal appreciated the

organising committee for organising the awareness program and said that these initiatives are cornerstone to spread awareness which reaches general masses. Organising Chairman & HOD Urology & Head Kidney Transplant Unit Prof. Arif Hamid welcomed the guests and all the participants and said that these programs go a long way to create much needed awareness about organ donation. He said today's program is critical in highlighting the role of organ donation in saving multiple lives. Prof. Muzaffar Maqsood Wani, Department of Nephrology highlighted the importance of Organ Donation across the globe. While sharing the facts and

figures of organ donation programs at multiple levels, he emphasised the need of awareness amid a huge gap of organ availability and urged everyone to pledge to donate and support this life saving initiative. The program was focussed to raise awareness amongst the masses to understand and pledge for organ donation in their lifetime. This day has been declared by NOTTO as the organ donation day and various programs are conducted throughout the country to raise awareness about organ donation. Under the patronage of Director SKIMS Dr. Mohd Ashraf Ganai the Kidney Transplant Unit SKIMS organised the event today.

### CONTD. FROM FRONT PAGE

### Relief In Sight

has issued a warning of intense showers in brief periods, which could lead to flash floods, cloudbursts, landslides, mudslides, and shooting stones in vulnerable areas of J&K. Heavy rainfall is also expected at some locations during the next three days. Residents are advised to remain cautious and stay updated on weather alerts. Meanwhile, Kupwara in north Kashmir was the hottest place in Jammu and Kashmir on Saturday while the Valley has witnessed a respite from the heat wave amidst the forecast of spells of light to moderate rains and thundershowers for the next 48 hours.

Details reveal that Srinagar, the summer capital of Jammu & Kashmir, recorded a maximum temperature of 33.1 degree Celsius while Qazigund, a gateway of Kashmir has recorded a day temperature of 28.4 degree Celsius.

Pertinently, Qazigund was the only place across J&K where the heat wave was recorded on Friday.

However, Kupwara was the hottest place in J&K on Saturday with 34.0 degree Celsius while the mercury in Pahalagam, Kokernag and Gulmarg, a famous ski-resort, settled at 28.1 degree Celsius, 30.5 degree Celsius and 22.4 degree Celsius respectively.

Jammu stations however, recorded a further dip in the mercury with Jammu recording a maximum temperature of 31.0 degree Celsius.

As per the data, Banihal has recorded a maximum temperature of 22.2 degree Celsius while Batote, Katra and Bhaderwah recorded 23.1 degree Celsius, 27.0 degree Celsius and 26.8 degree Celsius respectively.

### Kashmir Apple

sucks all the nutrients from the trees," they said. Initially confined to the Zainapora area of Shopian district, the pest has now spread across almost the entire Kashmir region.

Experts said the spread of this disease is due to the roots imported from Italy and other countries, which require proper quarantine to check for diseases. They said that while some government-level quarantine guidelines are followed, private companies often neglect these essential protocols, leading to outbreaks of such diseases.

Abbas Ahmad, a fruit grower from Dachnipora in Anantnag, described how the pest lays web layers from one branch to another, even reaching the trunk and fruit. "This pest, numbering in millions, is sucking all nutrients from the tree, causing the fruit to remain small. It damages leaves and trees as well," he said, adding that visitors to the pest-affected orchards have complained of allergies and other issues with their throats and noses.

Ahmad said the disease seems to spread faster in hot weather. "If you delay insecticide by just a day, the whole orchard gets involved," he said.

Growers said that despite spraying insecticides several times each year, the pests keep reappearing. We have also observed premature fruit fall and reduced fruit quality and size in affected orchards, they said. They said the prolonged dry spell has exacerbated the situation, with red mite infestations hitting many orchards. "We have been spraying pesticides, fungicides, insecticides and other treatments to maintain the quality of their produce. However, the dry spell has led to smaller, less shiny, and less tasty fruit, especially for those without irrigation facilities," they said.

Bashir Ahmad Basheer, chairman of the Kashmir Valley Fruit Growers Cum Dealers Union, said that the prolonged dry spell will impact the horticulture sector and has caused potential losses due to low fruit quality. Diseases like leaf miners and red mites also spread in hot weather, he added.

Senior scientists from Sher-e-Kashmir University of Agricultural Sciences and Technology-Kashmir (SKUAST-K) have identified the pest as a "leaf miner" - an invasive insect that likely arrived four or five years ago.

While leaf miners were reported some time ago, their presence has increased in the past two years. Despite this, the pest is manageable if growers consistently follow advisories, the scientists added.

### 5 Policemen,

S/o Ab Aziz Sheikh R/o Ibkoote Tangdar, District Kupwara, along with two other employees namely Khalid Hussain Shah and Rahmat Shah (both working as Constables in J&K Police) received huge consignment of narcotics from drug smugglers across the LoC from Pakistan

occupied J&K. He had contacts with the Pakistan based terrorists, who have been involved in smuggling of narcotics, weapons and money across the LoC.

Khalid Hussain Shah, Selection Grade Constable in J&K Police S/o Mehboob Shah R/o Chaniyora Payeen Tangdar, District Kupwara, along with two other employees namely Feroq Ahmad Sheikh and Rahmat Shah (both working as Constables in J&K Police) received huge consignment of narcotics across the LoC from Pakistan

occupied J&K. Being a resident of Tangdar Karnah, Kupwara, he used his expertise of local terrain and topography to establish contacts with narcotic drug smugglers across the border in PoJK and was at the forefront of running a drug cartel in Kupwara-Karnah region.

Rahmat Shah, Constable in J&K Police S/o Manzoor Hussain Shah R/o Panjowa Pingla Haridal, Karnah, District Kupwara had received huge consignment of narcotics from across the LoC for peddling it to other parts of the country, including local market for profit motive and for a larger game plan of adversary agency to destabilize J&K. Being a resident of Haridal village in Karnah, Kupwara, leveraged his knowledge of the local terrain and topography to establish connections with the narcotic smugglers across the border in PoJK.

The above persons, namely; Feroq Ahmad Sheikh, Khalid Hussain Shah and Rahmat Shah, had established contacts with the Pakistan based terrorists involved in smuggling of narcotics, weapons and money across the LoC to India. They used to smuggle drugs from Pakistan and money generated through the illegal trade of these drugs was being used for fuelling unrest as well as financing the terrorism activities in the Kashmir Valley and other parts of the Country. They were in contact with a large number of drug peddlers and Over Ground Workers of proscribed terrorist organizations and was a part of modus operandi for arranging funding for terrorism in Kashmir valley and other parts of the Country.

Irshad Ahmad Chalkoo, Selection grade Constable in J&K Police S/o Saifu-Din Chalkoo R/o Sillikote Uri, District Baramulla had developed close relationship with the terrorist associates of the area and started working as an Over Ground Worker with the proscribed terrorist organization, Lashkar-e-Taiba. He was in close contact with various Kashmiri origin terrorists based in PoJK, through encrypted messaging applications and had received Arms/ammunition for further delivery to the terrorists. Being the resident of Uri, District Baramulla, he utilized his knowledge of the local terrain to establish contacts with terrorists based in PoJK. He used to assist terrorist groups, during infiltration, by providing logistics and transportation of their illegal arms and ammunition in the interior areas of Kashmir Valley.

Nazam Din, Teacher in the Education Department S/o Qayam Din R/o Kirni Havelli, District Poonch is a highly motivated and committed drug peddler and an Over Ground Worker of terrorists of Hizbul Mujahideen outfit. He had received consignments of narcotics from across the LoC for onward delivery to the drug peddlers even in Punjab. He was in constant touch with hard core terrorists in Pakistan, who exfiltrated for terrorist training and are currently active in terrorist activities from PoJK. He smuggled drugs from Pakistan and money generated through illegal trade of these drugs, it was used for fuelling unrest as well as financing the terrorism activities in the Kashmir valley, as well as other parts of the Country, being an important source in the narco terror system.

The Government has adopted a Zero tolerance policy towards the anti-national elements who have been taking advantage of being in the Government service.

### 'Terror Facilitators,

facilitators of terrorists," the minister of state in the Prime Minister's Office said. Singh said all sections of the society should come together to support the administration in its effort to curb the use of psychotropic drugs, rampant cattle smuggling and illegal mining.

"Those who are pushing children of others into drugs must realise that their own wards are not safe at all as they are prone to taking to the menace because they are living in the same society," he said during the programme.

The minister urged the college administration to organise special classes to educate the youth about the dangers of drug use.

"Their energy and talent cannot be sacrificed at the altar of these crimes," Singh

said, emphasising the importance of protecting students' future as they will be the architects of 'Viksit Bharat'. He also asked people to take a pledge against such illegal activities and strengthen government measures aimed at ushering in greater transparency and more honest governance.

The minister called for breaking the nexus between terrorists and drug dealers. On measures taken to deal with rising incidents of terror in the area, Singh said the Village Defence Guards have been strengthened and provided with sophisticated weapons.

"Defence forces and other law enforcing agencies have recalibrated their strategy to take on the challenges posed by terrorists in a more effective manner," he said.

Singh highlighted that Kathua district has seen rapid development in the last 10 years of the Narendra Modi government. Later, the Union minister, along with Deputy Commissioner, Kathua Rakesh Minhas, held a 'public durbar' to hear people's grievances and demands. A large number of grievances were redressed on the spot, an official statement said.

According to the statement, Singh directed the district administration to fulfill citizens' demands in a time-bound manner within the spirit of 'Jan Bhagidari'.

### UAPA, NDPS Cases

spokesperson said. "Besides general crime, the meeting revolved around investigation of cases falling under UAPA, status of property attachment in UAPA cases, terror related and terror financing cases, detention under PSA and NDPS/Narco-terror cases," he said.

"In addition, action taken under preventive measures, pending inquest proceedings and arrest of absconders was also discussed. The district SSSP gave power-point presentations highlighting their crime prevention efforts, status of investigation and disposal of crime in their respective districts," he added.

IGP Kashmir stressed upon the participants to improve the quality of investigation so as to improve the conviction rate. IGP Kashmir reviewed the general crime investigation and appreciated the dedication and commitment exhibited by all the districts in reducing the crime rate and improving the overall law and order situation.

He directed the officers to devise a robust pairvi system to get conviction of the NDPS and UAPA cases so as to break down narco criminal and terror ecosystem.

He also directed the in-charge Pairvi cells to review their cases periodically so that the same are submitted for judicial determination within the prescribed period.

IGP Kashmir also stressed upon the officers to conduct training sessions for the Investigating Officers (IO's) with regard to the new laws.

Birdi directed the district heads to organize regular workshops focusing on NDPS cases in order to improve upon the pendency in drug-related offenses.

He also advised district heads to take a proactive role in overseeing and chairing regular crime meetings within their respective districts.

He also reiterated the commitment of JK Police to transparency, accountability and swift resolution of cases to ensure timely justice and well-being of the public.

### Haniyeh Killed

not aware of or involved in" Haniyeh's killing that threatens to plunge the Middle East into further conflict amid Israel's relentless war on the Gaza Strip.

The Palestinian leader and his body-guard were killed in an Iranian government guest house in Tehran in the early hours of Wednesday.

Haniyeh had gone to the Iranian capital to attend the inauguration of Iran's newly elected President Dr Masoud Pezeshkian.

According to a security analyst, quoted by Al-Jazeera, the narrative Iran will adopt to describe the method of assassination of Ismail Haniyeh will shape its response to Israel. On Saturday, the IRGC accused Israel of being behind the assassination, supported by the American government. Tel Aviv is yet to claim any credit for the killing of Hamas's political chief. Haniyeh was buried in a Muslim ceremony in Doha, Qatar Friday.

building. Qaddoumi recounted that he saw thick smoke and later discovered that Haniyeh had been killed. He believes the attack was carried out by an aerial projectile, possibly a missile or shell, which caused significant damage to the building," reports The New Arab.

Haniyeh, who was appointed the chief of Hamas's political bureau in 2017, had been living permanently in Doha, Qatar, since 2019. He was known for travelling across the region to build support for the organisation. He was also a former Prime Minister of Palestine between 2006 and 2007.

Haniya's assassination has sparked fears of a wider regional conflict and of a direct confrontation between US backed Israel and Iran if Tehran retaliates.

In April, Iran launched hundreds of missiles and drones at Israel. The barrage came less than two weeks after an Israeli strike on an Iranian diplomatic mission in Syria and it marked the first time Iran had launched a direct military assault on Israel despite decades of enmity dating back to the country's 1979 Islamic Revolution.

Iran does not recognize Israel and supports anti-Israeli militant groups including Hamas and Islamic Jihad.

### SC Orders Fresh

the petitioner qualifies in the medical re-examination, he shall neither claim appointment in the 2014 batch, nor will he be entitled to seniority in the catch in which he could be appointed," it said.

The court also clarified that if Prakash clears the medical test, his services shall commence from the date of the appointment.

"This is an exceptional case in which we have exercised our jurisdiction under Article 142 of the Constitution of India to do complete justice and as such, the present decision shall not be treated as a precedent in any case," it added.

### Ruhullah Urges

are being held in different parts of the country."

"I would like to further bring to your knowledge that most of the prisoners held without a trial happen to be young individuals, it is unfair on part of the government to hold these people at an age that is decisive for career and nation building. So believe their release to be imperative and call upon the government to release the prisoners without a trial at the earliest," he wrote in the letters.

The letter further reads that the weather conditions of the Kashmir province of Jammu and Kashmir are different from the rest of the nation. Those prisoners who are convicted or are under trial should be shifted to the valley on humanitarian grounds. "It is also difficult for the relatives of these prisoners to meet them in different parts of the country both physically and financially."

### J&K Gets Best

GMC Jammu, Dr Sanjeev Puri, Joint Director SOTTO J&K, Anshu Sharma, Media Consultant and Irfan Lone, Transplant Coordinator received the award.

The families of Deceased Donors were honoured and felicitated. The theme of the function was to honour the efforts made by various individuals and organisations leading the mission of Deceased Organ Donation and Transplantation in India.

The Minister praised the noble deed of the donor families for the extraordinary feat. She stressed the need to prevent end stage organ failures as well as promoting Cadaveric donation in India.

Guests in the event, Dr Vinod K Paul, Member (Health) NITI Aayog, Apurva Chandra, Secretary, H&FW, Gol and Dr Atul Goel, DGHS, Gol presented their ideas for promoting organ donation and transplantation in India. Director NOTTO, Anil Kumar presented the vote of thanks.

### BJP Plans Mega

J&K G Kishan Reddy, Prabhari J&K Tarun Chugh, Seh Prabhari J&K and Prabhari Goa Ashish Sood arrived in Jammu and chaired the party's core group meeting.

Union Minister, Dr Jitendra Singh, J&K BJP president Ravinder Raina, General Secretary (Org) Ashok Koul, MP Lok Sabha Jugal Kishore Sharma, MP Rajya Sabha Gulam Ali Khatana, former Deputy CMs Dr Nirmal Singh and Kavinder Gupta, NJP J&K general secretaries Sunil Sharma, Dr D K Manyal, and Vibodh Gupta, party vice president, Shakti Parihar, senior leader Devender Singh Rana, party chief spokesperson Sunil Sethi also participated in the meeting.

Speaking to the media, Union Minister K G Kishan Reddy said, "Party's meeting to mobilize masses with national wide campaigns like Har Char Tringa and

Ek Pad Maa Ke Nam is going on and this meeting is also part of this chain". He said leaders also deliberate on reaching out to more and more people to communicate the government's schemes. He said party's meetings is routine and upcoming elections also discussed.

On celebration of abrogation of Article 370, party's General Secretary and Former MLC Vibodh Gupta, "The celebrations will kick off with 'Ekatma Mahotsav Rally' on August 5, 2024 at Bana Singh Stadium, RS Pura on August 5, where a target of over 50,000 participants has been set, they said, adding that five tricolours (Tirangas) will be unfurled at polling booths across all assembly segments of J&K".

He added that public rallies will be organised in each of the 90 assembly segments of J&K on August 14. From August 6 to 10, rallies will be held in every district of J&K, featuring senior BJP leaders and union ministers. From August 25 to September 15, public rallies will continue across all assembly segments in J&K, sources said, adding that the J&K BJP unit has been instructed by the Central leadership to ensure that the August 5 celebrations are historic and inclusive.

"August 5, 2019 is a very important day in our lives. On this vital day 5 years back, a historic blunder was corrected and we, the people of Jammu & Kashmir, united completely with the rest of India, and are now able to enjoy all the rights, and the liberties and are progressing on the path of development," said Vibodh Gupta.

Vibodh Gupta, while addressing the media persons said that on this day, "Ek Vidhan, Ek Nishan, Ek Pradhan" mission of the party was fulfilled in letter and spirit. This day essentially granted all the rights to the neglected and the oppressed communities like PoJK displaced, WPRs, Gujjar-Bakerwal, Paharis, OBCs, Valmiki, Gorkhas, which were denied justice for 7 decades. After decisive steps by Modi government, these communities were given citizenship rights, their wards could get admission in professional college, could get government jobs, proprietary rights on lands etc.(KNO)

### Over 2 Million

Rural Sanitation, Department of Rural Development & Panchayati Raj, J&K to cover the day-to-day activities from August 1st to 15th. The mass rallies were held in all the 20 districts of J&K, under the leadership of ACDs, ACPs, BDOs, other officers and field officials of the department.

645 people have also downloaded the "Swachhata Pledge Certificates" from the website in first-three days. Two IEC Vans, dispatched by LG, traversed rural areas of Srinagar district and several panchayats in Pulwama district. These mobile units played a vital role in disseminating messages of swachhata (cleanliness), raising awareness, and educating the public on the significance of hygiene practices.

During the "The Shuchita Sangram" event, several pivotal initiatives were inaugurated aimed to foster a culture of cleanliness across J&K, encouraging active participation from all community members. A Signatures campaign as a collective effort to engage the community in different sanitation related initiatives.

"Ek Ped Shaheedon Ke Naam", a ceremonial planting was conducted, symbolizing the community's tribute to the martyrs, underscoring the campaign's spirit of respect and remembrance.

"The Shuchita Sangram" represents a crucial milestone in J&K's journey toward a cleaner and healthier environment. The two-week campaign aspires to instill a deep-seated sense of responsibility among citizens, motivating them to actively participate in sanitation efforts and uphold the values of cleanliness in their daily lives. This initiative reflects the collective resolve of the government and the people of J&K to achieve the vision of a Swachh J&K.

### Over 4.85 Lakh

natural formation, which has now melted completely, is the main reason behind the declining number of pilgrims over the past week.

Officials said that around 5,000 pilgrims are still visiting the cave on a daily basis to offer their prayers. The pilgrimage will enter its final phase on August 14 when the 'Charri Mubarak', the holy mace of Lord Shiva, will join the yatra in Pahalagam.

Officials said the 37th batch, comprising a total of 991 pilgrims, who also included 41 sadhus and nine sadhvis, left Bhagwati nagar base camp for the valley amid tight security arrangements around

3.30 am. While 815 pilgrims are heading for the traditional 48-km Pahalgam route, 176 yatrins have opted for the 14-km Baltal track, the officials said.

### India A Food

time when India's food security was a concern for the world. Now, India is working to provide solutions for global food security and global nutritional security," he said at the conference, attended by about 1,000 delegates from around 70 countries.

Therefore, Modi said, India's experience is valuable for discussions on food system transformation and will benefit the global south.

The Prime Minister reiterated India's commitment to global welfare as a 'Vishwa Bandhu'. He highlighted various mantras put forward by India on various fora, including 'One Earth, One Family and One Future', 'Mission LIFE' and 'One Earth One Health'.

He underlined India's approach of not viewing the health of humans, plants and animals in silos. "Challenges before sustainable agriculture and food systems can only be tackled under the holistic approach of One Earth, One Family and One Future," he said.

Modi emphasised the importance of the agriculture sector in the Indian economy and highlighted the work done by his government in the last 10 years for the growth of the farm sector in a sustainable manner. "Agriculture is at the centre of India's economic policies," he said.

In Indian agriculture, 90 per cent of farmers own very little land, and these small farmers are the biggest strength of India's food security, Modi said.

He pointed out that a similar situation is prevalent in several developing countries in Asia, making India's model applicable.

The Prime Minister also said India has provided 1,900 new climate-resilient varieties of crops in the last 10 years.

India is promoting chemical-free natural farming, he added. He also said the country is moving towards achieving the 20 per cent ethanol blending target in petrol.

The conference will highlight India's proactive approach to global agricultural challenges and showcase the nation's advancements in agricultural research and policy.

The Prime Minister also acknowledged the seriousness of the nutrition challenge, along with water scarcity and climate change. He presented Shri Anna, Millet, as a solution given the superfood's quality of minimum water and maximum production.

Modi expressed India's willingness to share India's millet basket with the world. In his speech, he also talked about how India is leveraging digital technology in the agriculture sector.

He also mentioned the PM Kisan Samman Nidhi, where money is transferred to the bank accounts of 10 crore farmers with a single click, and a digital public infrastructure for digital crop survey that provides real-time information to farmers and enables them to make data-driven decisions.

He emphasised that crores of farmers will benefit from the initiative and improve their economic condition. Modi also spoke about a huge campaign for the digitisation of land, where farmers will be given a digital identification number for their land and the promotion of drones in farming, where 'drone didis' are trained to operate them.

These steps will not only benefit the farmers of India but also strengthen global food security, he added. Union Minister for Agriculture and Farmers' Welfare Shivraj Singh Chouhan, Member of NITI Aayog Ramesh Chand, Conference President Matin Qaim and Secretary of DARE and DG, ICA Himanshu Pathak were also present on the occasion. The conference will provide a platform for young researchers and leading professionals to present their work and network with global peers. It aims to strengthen partnerships between research institutes and universities, influence policymaking on both national and global scales, and showcase India's agricultural progress, including advancements in digital agriculture and sustainable agri-food systems. The triennial conference, organised by the International Association of Agricultural Economists, is being held from August 2-7. The theme for this year's conference is "Transformation Towards Sustainable Agri-Food Systems."

## Two Months On, R&B Chief Engineer Post In North Kashmir Remains Vacant

Agencies

**SRINAGAR:** The prolonged absence of the Chief Engineer, Roads & Buildings (R&B) Department in north Kashmir has disrupted the department's official operations and caused considerable inconvenience to contractors across the region for the past two months.

Contractors from various areas in north Kashmir, including Baramulla, Bandipora and Kupwara, said that the vacant position of Chief Engineer has severely impacted their work. They said there are delays in the processing of the bills and other official work, which has created economic uncertainty for many of them.

"We have been facing considerable hardship for the past two months due to the vacant R&B Chief Engineer position in north Kashmir. This situation has led to delays in billing procedures and stoppages in other official

work," said Mushtaq Ahmad, a contractor from Baramulla. "Despite completing our projects, the pending bills are causing us significant financial stress."

Javid Ahmad, another contractor, said, "Whenever we approach the department for payment, we are told to wait until the vacant Chief Engineer position is filled. This has been the case for the past two months."

Naseer Ahmad Mir, President of the Contractors Association in Bandipora, expressed his frustration over the prolonged vacancy, saying it has hindered both departmental operations and contractors' activities. "It is unfortunate that such a key position has remained vacant for the past two months. This has severely impacted our work and caused unnecessary delays," he said. Mir urged the government to fill the position as soon as possible to prevent further suffering for contractors in north Kashmir. —(KNO)

## Z-Morh Tunnel To Open For Public By Sept 15



Agencies

**GANDERBAL:** The much-awaited 6.5 kilometre Z-Morh tunnel, a crucial infrastructure project, is expected to open for transportation by September 15 this year, the officials informed on Saturday.

Notably, the vehicles will not be charged a toll fee to travel through the tunnel.

Officials privy to the development said the tunnel will remain operational throughout the year, similar to other tourist spots in the Valley.

"This development promises uninterrupted access to the scenic Sonamarg area, even during the severe winter months," they said.

Launched in July 2020, the Z-Morh tunnel project in Gagangheer area of Central Kashmir's Ganderbal district represents a substantial investment by the central government, with a total cost of Rs 2400 crores.

Approximately 1,500 personnel, including officers, engineers, supervisors, and drivers, were deployed to ensure the project's timely completion.

This workforce has been instrumental in adhering to the project's schedule, aiming to boost local tourism by offering winter access to Sonamarg's snowy landscapes.

The tunnel is equipped with comprehensive facilities to ensure safe and seamless travel during winter.

Previously, avalanches along certain sections of the Hung road necessitated the closure of the Sonamarg road in December, forcing tourists to turn back at the Gagangheer area. The road typically reopened for transportation in May. With the new tunnel, this seasonal disruption will be a thing of the past.

Officials further added the tunnel on schedule, describing it as a major achievement. Once opened, the journey time from Gagangheer to Sonamarg will be significantly reduced to just half an hour, they said.

The construction company, APCO, has played a crucial role in the completion of this project. After 15 years of operation, the tunnel's management will be handed over to NHIDCL—(KNO)

## CS Calls For Taking Additional Measures To Clean Wular Lake



Observer News Service

**SRINAGAR:** Chief Secretary, Atal Dulloo on Saturday held a meeting of Wular Conservation & Management Authority (WUCMA) to make assessment of the measures taken for cleaning and beautification of the waterbody besides increasing tourist footfall to the largest freshwater lake in the country. Besides ACS Forest Department, the meeting was attended by Chairman, JK Pollution Control Committee; Secretary, R&B; Chief Executive Director, WUCMA; DC, Baramulla/Bandipora besides other concerned officers.

The Chief Secretary took this occasion to impress upon the Authority to make strenuous efforts to cleanse the whole lake area besides acting tough against the encroachers.

He also enquired about the beautification works executed by the Department to increase footfall of tourists to this lake. He exhorted upon the lake authorities to pace-up the ongoing works besides creating other facilities there to woo the tourists.

Dulloo maintained that the water body is a picturesque location studded with many of the popular sites in its periphery. He observed that the place has a great potential for development and could come-up as a great tourist attraction in the valley.

He told the DCs to give as-

sistance to the lake Authority to make it the best location in terms of facilities and scenic beauty existing there.

On this occasion, the ACS Forests, Dheeraj Gupta, remarked that the Department has taken several steps to improve the overall ecosystem of the lake. He also gave out that the three focus areas for the Department are Dredging whole lake area, updating of management plan and tourism promotion to bring livelihood to the locals residing there.

It was revealed that the JK-PCC is continuously monitoring the pollution levels in the lake and suggesting measures to tackle it. It was made out that the solid waste management is given the prime focus for the same is the primary detriment for the lake waters.

It was further disclosed that the total lake area is around 130 sq kms and the entire periphery of 84 kms has been demarcated by geo-tagged boundary pillars. It was added that so far 11 kms of vulnerable boundary has been consolidated by bunds/chain-link fencing and this year, the Department is contemplating to cover 15 more kilometers of such boundary to evict the encroachers.

Moreover, it was revealed that 5 sq kms of lake area has been dredged so far at a cost of Rs 196 Cr and 22 sq kms more critically silted area is to be dredged now. It was said

that a revenue based model is being worked out to take the task towards completion.

Regarding the generation of livelihoods through tourism promotion, it was given out that construction of 2.5 kms non-motorable walkway is under execution through R&B Department which is expected to be completed by October this year.

The meeting was further apprised that a Delta Park at Baniyari and Dyke Park at Garroora are also under progress. The installation of water fountains near vantage are going to be completed this year along with extending the walkway by another 2.5 kms upto Vantage from Naz Nallah and developing Watlab, Adipora-Ninglee cycle track.

Regarding the pollution control measures it was given out that installation of 5 real time water quality monitoring systems through JK PCC/ DEERS would be commissioned during this year. In addition, out of 23 inlets that bring water, 6 are prioritized for treatment using artificial wetlands technology.

WUCMA is partnering with RUDA for Solid waste management which will include collection, segregation and disposal of solid waste on scientific lines. In the first phase, 3 villages (S.K Payeen, Garroora and Zurimanz) are taken as pilot during the current year, the meeting was informed.

'BETE ANMOL' SCHOLARSHIP SCHEME

## In Five Years, JK Utilises Over 85 Percent Of Funds For Girl Education

Agencies

**SRINAGAR:** In the past five years, authorities in Jammu and Kashmir have utilised more than 85 percent of funds allocated under 'Bete Anmol' scheme.

Official data reveals that from 2019-20 to the academic year 2023-24, a total of Rs 967.25 Lakhs were allocated under the 'Bete Anmol' scheme out of which authorities have utilised Rs 823.61 Lakhs.

About the Stipend and Scholarships, the figures reveal that a total of Rs 991.5 Lakhs were allocated out of which Rs 725.41 Lakhs were utilized.

According to the official figures, in 2019-20, a total of Rs 120 Lakhs were allocated for the Bete Anmol scheme out of which only Rs 100 Lakhs were

utilized followed by allocation of Rs 180 Lakhs and utilisation of Rs 175.68 Lakhs in year 2020-21.

It also states that in the year 2021-22, a total of Rs 180 Lakhs were allocated for the scheme out of which Rs 174.7 Lakhs were utilized by the JK government.

Likewise, in 2022-23, a total of Rs 150 Lakhs were allocated to Jammu and Kashmir government of which Rs 129.53 Lakhs were utilised followed by allocation of Rs 337.25 Lakhs and Rs 243.7 Lakhs in year 2023-24.

Earlier this week KNO reported that in past four years, the School Education Department has not utilized full funds allocated under the Revex budget for elementary and secondary level education.

## Director JKEDI Interacts With Kashmiri Innovators, Startups

Observer News Service

**SRINAGAR:** Jammu & Kashmir Entrepreneurship Development Institute (JKEDI) on Saturday held an interaction session with the leading innovators of Kashmir valley. The session was aimed at identifying the various challenges faced by the aspiring entrepreneurs and innovators of the region and the possible solutions that can be offered to overcome the same.

Interacting with the innovators on the newly launched Startup Policy 2024-27, Rajinder Kumar Sharma, Director JKEDI assured them full support and stressed upon the commencement of seed fund process as soon as the operational guidelines of the Startup Policy are notified.

He urged the innovators to

come up with more ideas that would transform the entrepreneurial landscape of the UT of Jammu & Kashmir. The meeting concluded with a roadmap for future collaborations, mentorship and the access to JKEDI's programs and services thereby empowering the Innovators to turn their ideas into successful ventures.

The session was attended by notable innovators and entrepreneurs like Presidential Awardee Refaz Ahmad Wani (Wani Farming Tools Industries LLP), Bilal Ahmad Mir (Solar car patented innovator), Afsha Jan (Al-Rizq Foods) and several others.

The interactive session was organized by Centre for Innovation, Incubation and Business Modelling (CIIBM), a program vertical of JKEDI.

## Pulwama Police Arrests Notorious Drug Peddler

Observer News Service

**PULWAMA:** In a significant crackdown on drug trafficking, a police party from Police Post Newa established a Naka checkpoint in the Karewa of Nowpora Nagam. During the operation, a drug peddler identified as Jalal-u-din Sheikh, son of Gh Mohd Sheikh, resident of Wampora Nagam, District Badgam, was apprehended. He was found in possession of 06 bags of poppy straw-like substance and a digital weighing machine, carried in his vehicle, a Ford Figo bearing Registration No. DL10CF 2319.

A case, FIR No. 156/2024, has been registered at Police Station Pulwama

under relevant sections of law. The weight of the seized poppy straw-like substance was found to be 76kg. The vehicle used in the commission of the crime has also been seized, and the accused was arrested on the spot.

The investigation into the matter is ongoing, and more recoveries and arrests are expected as the police intensify their efforts to combat drug trafficking in the region.

Our consistent actions against drug peddlers aim to end this menace of drug addiction. We hope this reassures community members and encourages them to come forward with any information about drug peddling in their neighborhoods.

## Annual Consultation On Protection Of Children With Disabilities Held

Observer News Service

**SRINAGAR:** The Juvenile Justice Committee of the High Court of Jammu & Kashmir and Ladakh organized its Annual Consultation on the "Protection of Children with Disabilities" at the Sher-i-Kashmir International Conference Centre (SKICC) in Srinagar. The event was inaugurated by Chief Justice (A) Tashi Rabstan, who also serves as Chairman of the Juvenile Justice Committee. The consultation saw the participation of Justices Atul Sreedharan, Sindhu Sharma, Javed Iqbal Wani, Mohd. Akram Chowdhary, and Mohd. Yousuf Wani, with other Hon'ble Judges attending virtually.

The event, held in collaboration with the Supreme Court of India's Child Welfare Committee, UNICEF, Agri Industries Vikas Chamber, and the Social Welfare and Tribal Affairs Departments of J&K and Ladakh, gathered a diverse group of stakeholders. Attendees included heads of various departments, Principal Magistrates of JIBs, Medical Officers, academicians, police officers, social activists, and other experts from Jammu & Kashmir and Ladakh.

Chief Justice Rabstan addressed critical is-

ssues faced by children with disabilities and discussed efforts needed to provide them with equal opportunities. He emphasized the importance of collaborative efforts among stakeholders and praised NGOs for their role in uplifting the lives of these children.

Justice Atul Sreedharan shared data on children with disabilities, highlighting the correlation between quality healthcare and education facilities and lower disability ratios. Justice Sindhu Sharma stressed the importance of safeguarding and empowering children with disabilities, calling for effective implementation of laws, inclusive education, comprehensive healthcare, and social inclusion.

Justice Javed Iqbal Wani focused on legislative frameworks that protect the rights of children with disabilities, including the Juvenile Justice Act and the Rights of Persons with Disabilities Act, emphasizing the need for stringent enforcement of these laws.

Amit Kumar Gupta, Member Secretary of the Juvenile Justice Committee, provided an overview of the program, aiming to foster collaboration, share insights, and develop an action plan for the protection and support of children with disabilities.

## Jammu Police Arrests Absconder Evading Arrest For 16 Years

Agencies

**JAMMU:** In a breakthrough, Jammu Police has arrested an absconder evading arrest for the last 16 years.

The accused has been identified as Muhammad Akram, son of Ghulam Rubani, a resident of Morh Udhampur.

Akram was involved in case FIR No. 112/2008 under Section 379 IPC.

In a statement issued, the police spokesman said that the relentless efforts of the police led to Akram's capture and the execution of a warrant under Section 512. He was produced before the

Special Excise Court in Jammu today, marking a significant achievement in the enforcement of justice. He said that this arrest underscores Jammu Police's commitment to ensuring that no criminal can evade the law indefinitely, providing relief and reassurance to the community—(KNO)

**OFFICE OF THE PRINCIPAL  
GOVT. DEGREE (PG) COLLEGE  
BHADERWAH (UT of J&K)**

(NAAC Accredited 'B' Grade Cycle-2)

E-mail : principalgdcbbhaderwah@gmail.com, Ph/Fax: 01997244155/Mob: +919419910916  
website: www.gdcbbhaderwah.ac.in

Dated : 31 - 07 - 2024

For and on behalf of LG JKUT, the college invites sealed quotations for fares from registered Tour Operators/Travel Agencies of Jammu and Kashmir for following routes for local transportation, excursions, local site seeing, industry visits etc.

The rates should be valid through financial year 2024-25. The quotations should reach to the office of the undersigned within ten days from the date of publication of this notice. A detailed Terms & Conditions document can be had from the office against a cash payment of Rs 50/-

The Routes are:

GDC Baderwah	Guldanda	GDC Baderwah
GDC Baderwah	Jai Valley	GDC Baderwah
GDC Baderwah	Patnitop	GDC Baderwah
GDC Baderwah	Sanasar	GDC Baderwah
GDC Baderwah	Thanthera	GDC Baderwah
GDC Baderwah	Khellani Top	GDC Baderwah
GDC Baderwah	Padhri	GDC Baderwah

The agency should be available for other kinds of Co-Curricular events outside the UT as and when such need arises.

Sd/- Principal  
Govt. Degree College  
Bhaderwah

DIPK-4025-24  
DT: 03/08/2024

**Government of Jammu & Kashmir  
DEPARTMENT OF RURAL DEVELOPMENT & PANCHAYATI RAJ  
OFFICE OF THE HALQA PANCHAYAT  
MADWAN-A BLOCK HAJIN  
Panchayatmadwann@yahoo.com**

Ho: Pyt/Madwan-A/2024-25/36-39 Dated: 27.07.2024

**AUCTION NOTICE**

It is for the information of general public that Panchayat Halqa Madwan-A has desired to carry out the auction of growing grass in plantation beat Madwan as per the provision of J&K Panchayat Raj Act 1989. In this regard, all interested individuals are hereby intimated for participation which is scheduled on (Wednesday) 7th August, 2024 at 10.30 AM.

In this context, all interested participants are required to deposit an amount of Rs: 2000.00 (rupees two thousand only) as security (refundable) in cash only. Furthermore, highest bidder of the auction shall have to pay the amount after the conclusion of auction.

Note: security Deposit shall only be accepted up to 01.00pm on said date.

**DIPK-3997-24  
DT: 03/08/2024**

**Panchayat Secretary  
Halqa, Madwan-A**

**OFFICE OF THE CHIEF MEDICAL  
OFFICER GANDERBAL  
VICE-CHAIRMAN DISTRICT HEALTH SOCIETY GANDERBAL  
(OLD DISTRICT HOSPITAL, DUDERHMA GANDERBAL)**

**CANCELLATION NOTICE**

In view of No response to Dasti Quotation issued by this office under endorsement No. No. DRHS/NHM/Gbl/24/1199-2002 Dated: 23-07-2024 for supply of refreshment items during the financial year 202-4-25 stands cancelled Ab-initio.

No. DRHS/NHM/Gbl/2024-25/2241-44 Chief Medical Officer  
Dated: 02-08-2024 Vice-Chairman District Health Society  
Ganderbal

DIPK-4024-24  
DT: 03/08/2024

**Jammu & Kashmir Bank Limited  
Estates Department  
Zonal Office Srinagar  
Website: www.jkbank.com**

**PREMISES REQUIRED**

The Jammu & Kashmir Bank invites offers from owners of premises for outright purchase/ on lease basis for housing its ATM at Kanikadal-Habbakadal, Srinagar.

Carpet Area of Premises	Location
Upto 120 Sft (Ground Floor)	Kanikadal-Habbakadal, Srinagar (Preferably Main Market)

The interested parties/persons owning the premises and having a clear title over the property should submit their offers at Estates Dept Zonal Office Srinagar, M.A Road Srinagar by or before **22-08-2024**.

The tender documents and the terms and conditions relating to same can be obtained in person from Zonal Office mentioned above during working hours and also can be downloaded from Bank's website [www.jkbank.com](http://www.jkbank.com) from **01-08-2024**.

The Bank reserves the right to cancel/reject any/all offer(s) without assigning any reason thereof.

**Note: Only those parties having valid commercial permission of the offered premises need to apply.**

Ref: jkb/zo sgr/Est/24-20 Sd/-  
Dated: 30-07-2024 Zonal Head

Registered office : Corporate Headquarters, M.A.Road, Srinagar 190001, Kashmir, India  
CIN: L65110JK1938SGC000048; T: +91 (0)194 2481 930-35; F: +91 (0)194 248 1928;  
E: info@jkbank.com; W: www.jkbank.com

DIPK-NB-1177-24  
DT: 03/08/2024

## Heartbreak For Bhaker As She Misses Out On Grand Treble At Olympics

Press Trust of India

**CHATEAUROUX:** The sensational Manu Bhaker's dream of a grand treble went up in smoke after she lost the tie-shoot for bronze medal to Hungarian Veronika Major by the narrowest of margins in the women's 25m sports pistol event at the Olympic Games here on Saturday.

In a high-quality final, Bhaker gave it her all and was placed No.1 among eight shooters for a brief period, but she could not maintain her consistency and eventually finished.

Nonetheless, the 22-year-old will return home with her twin bronze-medal feat in women's 10m air pistol and mixed team 10m air pistol partnering Sarabjot Singh.

The affable Indian shot 28 in the final to be tied at third place along with Veronika after the



Manu Bhaker (left) and Veronika Major (right) compete in the eighth series of five shots. The Indian missed two of the five shots to aggregate three points, while Veronika drilled in four

bullets into the target to clinch the third spot, leaving Bhaker to pack up her kit and leave her firing station.

Expectations were really high from Bhaker to bring home a hat-trick of medals given her awe-inspiring form. She stood up to the challenge even after slipping to sixth position early in the final.

The first series was a disaster in which Bhaker missed three out of five targets, but gradually she cut down on the errors and bounced back in the second and third series, shooting two consecutive 'fours' to take her points tally to 10 going into the elimination round.

The elimination round was topsy-turvy to say the least. Bhaker's chances waxed and waned until she took the top spot for a brief period in the seventh series (fourth elimina-

tion round).

However, South Korea's Jin Yang wrested back the top spot immediately even as Bhaker slipped to tied third with a rank bad three misses in the eighth round, which saw her slump from second spot to joint third with Veronika on 28 points.

The shoot-off was nerve-jangling for both the marks-women and Bhaker had three clear shots out of five on target, while Veronika had four.

Bhaker's finish just outside the medal bracket once again brought to the fore the saga of fourth-place finishes for Indian shooters in the quadrennial showpiece.

She joined the likes of Joydeep Karmakar (men's 50m rifle prone, 2012 London), Abhinav Bindra (men's 10m air rifle, 2016 Rio) and Arjun Babuta (10m air rifle, 2024 Paris Olympics).

### Short TAKES

#### Paris Olympics 2024 India Schedule Day 9

Here's India's full schedule for 4 August (Day 9) at Paris Olympics 2024 (All timings in IST):

##### SHOOTING:

25m Rapid Fire Pistol Men's Qualification-Stage 1: Vijayveer Sidhu and Anish Bhanwala — 12.30 pm

25m Rapid Fire Pistol Men's Qualification-Stage 2: Vijayveer Sidhu and Anish Bhanwala — 4.30 pm

Women's Skeet Qualification (Day 2): Maheshwari Chauhan and Raiza Dhillon — 1 pm

Women's Skeet Final (If qualified): Maheshwari Chauhan and Raiza Dhillon — 7 pm

##### GOLF:

Men's Individual Stroke Play (Round 4): Shubhan- kar Sharma and Gaganjeet Bhullar — 12.30 pm

##### HOCKEY:

Men's Quarter-finals: India vs Great Britain — 1:30 pm

##### ATHLETICS:

Women's 3000m Steeplechase Round 1: Parul Chaudhary — 1:35 pm

Men's Long Jump Qualification: Jeswin Aldrin — 2:30 pm

##### BOXING:

Women's 75kg Quarterfinals: Lovlina Borgohain vs Li Qian of China — 3:02 pm

##### BADMINTON:

Men's Singles Semi-finals: Lakshya Sen vs Viktor Axelsen (Denmark) — 3:30 pm

##### SAILING:

Men's Dinghy Race 7 and 8: Vishnu Saravanan — 3:35 pm

Women's Dinghy Race 7 and 8: Nethra Kumanan — 6:05pm.

### Sports Activities Held In Ganderbal



Observer News Service

**GANDERBAL:** The Department of Youth Services and Sports District Ganderbal held a series of Inter-School Zonal Level sports competitions across the district on Saturday under the ongoing Swachhata Pakhwada campaign.

In Zone Kangan, an inter-school zonal level Volleyball competition for boys under 19 years took place at the Zonal Office Ground in Kijpara Kangan. Sixty-seven student players from the zone participated. The final match featured BHSS

Manigam and BHSS Chattergul, with BHSS Manigam winning the match 2-1 in sets.

In Zone Hariganiwan, an Inter-School Zonal Level Kho-Kho competition for boys under 19 years was held at the BHSS Hariganiwan Ground. BHSS Kullian emerged victorious over BHSS Hariganiwan by one inning.

Simultaneously, Zone Ganderbal organized several events, including a Cleanliness Drive, painting competition, football competition, plog run, and quiz competitions in various educational institutions throughout the district.

### Kamran's 129, Sohaib's Fifer Ignite Anantnag District Level Tourney

Observer News Service

**ANANTNAG:** The Department of Youth Services and Sports Anantnag is hosting the District Level Under-19 Cricket Tournament at two venues.

At HSS Bhijbehra, HSS Mahind won the toss and batted first against HSS Furrah, making 135 runs. Shahis Saleem and Suhaib scored 38 and 34 runs, respectively. In response, HSS Furrah were bowled out for just 55 runs, with Sahil Manzoor taking 4 wickets in 2 overs for only 10 runs.

In another match at the same venue, HSS Veeri batted first and set a formidable target of 194 runs, with Kamran playing a magnificent unbeaten innings of 129.

HSS Achabal, in their chase, were bowled out for 94 runs. Rouf's brilliant bowling spell of 3 overs, taking 3 wickets, ensured an easy win for HSS



Veeri by a margin of 99 runs.

Meanwhile, at Sports Doo-ru, HSS Vessu won the toss and opted to bat, setting a target of 133 runs, with Sahil Rafeeq scoring a brilliant 73 runs. HSS YK Pora were all out for 73 runs while chasing, with Sahil Rafeeq being declared Man of the Match.

In another contest, HSS Checki Wangund chose to field first, restricting HSS Akingam to 92 runs. Danish Hashim top-scored with 35 runs. Despite his efforts, HSS

Checki Wangund fell short in their chase, being bowled out for 84 runs. Danish Hashim was named Man of the Match for his all-round performance, scoring 34 runs and taking 3 wickets.

In the final clash, HSS Kabamarg won the toss, decided to bat, and set a target of 116 runs. HSS Damhall, in their chase, were bowled out for just 74 runs. Sohaib from HSS Kabamarg was declared Man of the Match for his brilliant 5-wicket haul.

### District Level Under-19 Table Tennis Tournament Concludes In Budgam

Observer News Service

**BUDGAM:** Department of Youth Services and Sports' Inter-Zonal District Level Table Tennis Tournament for Boys and Girls Under-19 came to end on Saturday at Boys Higher Secondary School here. The event was inaugurated by Activity Section DYSSO Budgam Ghulam Hassan Khanday and Shakeel ur Rehman.

The tournament witnessed participation from students across all 12 zones of the district, representing both government and private schools.

The organizing committee ensured a seamless and well-coordinated tournament, highlighting the commitment of the Department of Youth



Services and Sports Budgam to promoting sports and physical activities among the youth.

Ghulam Hassan Khanday and Shakeel ur Rehman lauded the efforts of the participants and organizers, emphasizing the importance of such events in building a healthy

and active community.

"This successful tournament is a testament to the department's continuous efforts to provide opportunities for young athletes to excel and encourages them to pursue their sporting aspirations," the department said in a press release.

### New National Cricket Academy Set For Inauguration In Bengaluru

Press Trust of India

**BENGALURU:** A new National Cricket Academy (NCA) is set to be inaugurated here soon and it will have 45 practice pitches and an Olympics-sized swimming pool along with other facilities, BCCI secretary Jay Shah said on Saturday.

Shah informed that the new NCA in Bengaluru will also feature 'state of the art training, recovery and sports science facilities'.

"Very excited to announce that the BCCI's new National Cricket Academy (NCA) is almost complete and will be opening shortly in Ben-

galuru," Shah wrote on X.

"The new NCA will feature three world-class playing grounds, 45 practice pitches, indoor cricket pitches, Olympic-size swimming pool and state-of-the-art training, recovery and sports science facilities.

He said the initiative will help the country's current and future cricketers develop their skills in the best possible environment.

The current NCA is based in the premises of the M Chinnaswamy Stadium and the BCCI is in process of starting NCAs in Jammu and Kashmir as well as in the North East.

## Algerian Boxer Imane Khelif Clinches Medal At Paris Olympics After Gender Outcry

Agencies

**VILLEPINTE:** Boxer Imane Khelif of Algeria clinched a medal at the Paris Olympics in an emotional fight Saturday that followed days of sharp scrutiny and online abuse as misconceptions about her gender have exploded into a larger clash about identity in sports.

Khelif defeated Anna Luca Hamori of Hungary 5:0 in the quarterfinals of the women's 66-kilogram bout. Khelif will win at least a bronze medal after defeating Hamori for the second victory of her tumultuous second trip to the Olympics. Hungary's boxing association said it planned to contest the matchup with the International Olympic Committee but still let the fight go ahead.

Khelif faced outcry after the banned International Boxing Association claimed she failed an unspecified eligibility test to compete last year over elevated levels of testosterone. She won her opening bout at the Paris Games on Thursday when op-

ponent Angela Carini of Italy tearfully abandoned the fight after just 46 seconds.

The unusual ending became a sharp wedge to drive into an already prominent divide over gender identity and regulations in sports, drawing comments from the likes of former U.S. President Donald Trump, "Harry Potter" writer J.K. Rowling and others falsely claiming Khelif was a man or transgender.

At a Paris Games that has championed inclusion and seen other outcry over an opening ceremony performance featuring drag queens, LGBTQ+ groups say the hateful comments could pose dangers to their community and female athletes.

Khelif's win was emotional — she went to the center of the ring, waved to her fans, knelt and slammed her palm on the canvas, her a smile turning to tears. She left the ring to hug her coaches while her fans roared, weeping during their embrace and as she walked out.

IOC President Thomas Bach on Saturday defended Khelif and fel-



low boxer Lin Yu-ting of Taiwan. Khelif and Lin were disqualified in the middle of last year's world championships by the IBA, the former governing body of Olympic boxing after what it claimed were failed eligibility tests.

Both had competed in IBA events for several years without problems, and the Russian-dominated body — which has faced years of clashes with the IOC over judging scandals,

leadership decisions and financial issues — has refused to provide any information about the tests, underscoring its lack of transparency in nearly every aspect of its dealings, particularly in recent years.

"Let's be very clear here: We are talking about women's boxing," Bach said Saturday. "We have two boxers who are born as a woman, who have been raised a woman, who have a

passport as a woman, and who have competed for many years as women. And this is the clear definition of a woman. There was never any doubt about them being a woman."

The IBA, which is led by an acquaintance of Russian President Vladimir Putin, disqualified Khelif last year but has not released more details on the tests, calling the process confidential. It faced the unprecedented punishment of being banned from Olympic participation in 2019 following years of conflict with the IOC.

"What we see now is that some want to own the definition of who is a woman," Bach added. "And there I can only invite them to come up with a scientific-based new definition of who is a woman, and how can somebody being born, raised, competed and having a passport as a woman cannot be considered a woman?"

"If they are coming up with something, we are ready to listen," Bach added. "We are ready to look into it, but we will not

take part in a sometimes politically motivated cultural war."

On Saturday, Khelif fought aggressively from the opening bell, snapping a crisp left jab while the fighters circled. Her fans chanted her first name repeatedly midway through the opening round, and she bounded forward to throw a combination.

The exhausted fighters had a halfhearted hug after the bell, but they touched fists and exchanged smiles right before the verdict was announced. They touched hands again when Khelif held down the ropes to allow Hamori to leave the ring in a traditional boxing gesture of sportsmanship.

Khelif, who had failed to medal at the Tokyo Games held in 2021, will face Janjaem Suwannapheng of Thailand in the 66-kg semifinals on Tuesday at Roland Garros. Suwannapheng, a silver medalist at last year's world championships, upset defending Olympic champion Busenaz Surmeneli a few minutes before Khelif's victory.

As for Lin, also a two-time

Olympian, she would clinch her first medal Sunday if she beats Svetlana Staneva of Bulgaria. Lin won her opening bout Friday comfortably over Uzbekistan's Sitora Turdibekova.

Amid the scrutiny, both Khelif and Lin have received only cheers from the crowds at North Paris Arena.

"What is going on in this context in the social media, with all this hate speech, with all this aggression and abuse, and fueled by this agenda, is totally unacceptable," Bach said.

The reduced field at the Paris Olympics boxing tournament — which has the fewest number of total boxers since 1956 — means that many fighters can clinch medals with just two victories. Boxing awards two bronze medals in each weight class, which means every semifinalist wins a medal.

The Olympic sport reached gender parity for the first time in Paris, inviting 124 men and 124 women just 12 years after women's boxing made its Olympic debut. (AP)

### Deepika Kumari Loses in Paris Olympics Amidst Dramatic Quarters

Indian archer Deepika Kumari fell short in her quarterfinal match at the Paris Olympics, losing 4-6 to Korea's Suhyeon Nam. Despite starting strong by winning two of the first three sets, a misfire — a shot scoring only seven — in the fourth set allowed Nam to push for and win the final set.

Deepika's journey had been marked by an initial victory over Germany's Michelle Kroppen with a score of 6-4. However, she could not sustain the momentum against Nam.

### Paris Olympics: Djokovic, Alcaraz Eye Gold In Final Duel

Novak Djokovic and Carlos Alcaraz will clash for the coveted men's tennis singles gold medal at the Paris Olympics on Sunday, reigniting a compelling old-vs.-young rivalry. The two last met in the Wimbledon final three weeks ago, where Alcaraz triumphed with relative ease.

At 37, Djokovic would be the oldest Olympic tennis singles champion since the sport returned to the Games at Seoul in 1988.

At 21, Alcaraz would be the youngest of all time.

### France Triumphs Over Argentina Amid Controversy at Paris Olympics



France's soccer team leveraged a racially offensive song about their African heritage as motivation to secure a 1-0 victory over Argentina in the quarterfinals of the Paris Olympics. The match unfolded amid heightened tensions stemming from a racism scandal involving Argentina's senior team players.

Following the win, players from both teams clashed on the field, further escalating the situation. France captain Alexandre Lacazette and midfielder Enzo Millot acknowledged the impact of the offensive video on their performance and motivations.