

## Top Leadership Of Terror Outfits In J&K Wiped Out: LG Says Pak Pushing Foreign Terrorists



Observer News Service

Srinagar: Lieutenant Governor Manoj Sinha on Thursday said Pakistan was pushing foreign terrorists into Jammu and Kashmir as it was frustrated by dwindling local recruitment and increasing faith of people in democracy, reflected in record turnouts during the Lok Sabha polls here.

in democracy, our neighbouring country is frustrated. "A country which is unable to provide basic amenities like two square meals to its own citizens, is sending foreign terrorists here to create instability and disturb peace," he said. The LG said there have been some terror attacks in the Jammu region over the past few months in which several security personnel and civilians lost their lives.

## JK Police Forms 19 Counter Terror Units

The Jammu & Kashmir Police announced the formation of 19 special counterterror units, each led by a Deputy Superintendent of Police (Dy SP), which will be stationed across eight districts affected by terrorism. A top official said that the units will be deployed in various locations including Udhampur District, where they will cover Latti and Panchari, and Kathua District, focusing on Malhar and Bani. | More on P6

**6 SECURITY FORCES GIVEN FULL FREEDOM to deal with terrorists, enemy's evil designs will not be allowed to succeed."**

## Kashmir's Pristine Lakes Turning Into Trash Dumps



Agencies

Srinagar: The seven famous Lakes nestled in Central Kashmir's Ganderbal district are facing an escalating pollution crisis while the experts here have sounded alert, saying that the human impacts would have serious repercussions on the mountainous places. The issue has been exacerbated by the careless disposal of plastic waste by trekkers, who are leaving behind plastic bottles and bags in these otherwise pristine landscapes.

peak season. Local reports reveal that the influx of trekkers is resulting in substantial littering, tarnishing the lake's natural allure. A local trekking guide has raised alarms about the growing problem, calling on visitors and fellow guides to avoid polluting the area. "We urge everyone involved in trekking activities to avoid leaving waste around Veshansar and other nearby areas to help preserve the region's natural beauty," he said. Veshansar, located roughly 30 km from Sonamarg tourist hotspot, attracts numerous visitors each year, significantly benefiting the local economy reliant on tourism. | More on P6

## PM Modi Makes Fresh Pitch For 'One Nation, One Election'

» Secular Civil Code Need Of The Times: PM  
» Says Committed To Big Reforms, World Looking To invest In India

Press Trust Of India

New Delhi: Prime Minister Narendra Modi on Thursday made an unequivocal pitch for a "secular" civil code instead of the current framework which is "communal" and promoted "discrimination", and also for simultaneous polls, as he fronted the ruling BJP's manifesto promises for a uniform civil code and 'one nation one election'.



In his first Independence Day address of his third term from the ramparts of the Red Fort and his 11th consecutive one, Modi invoked the Constitution's directive principles, which recommend a uniform civil code(UCC) across the country, and the Supreme Court's verdicts to make his most forceful backing of the provision, contested by many

parties. "A big section (of society) believes and there is truth in this that the current civil code is in a way a communal civil code. We have lived 75 years with a communal civil code. It is a civil code which promotes discrimination. It divides the country along religious lines and promotes inequality. Now, we have to move towards a

secular civil code. A secular civil code in the country is the need of the hour," said Modi. "This is also the spirit of the Constitution. The Supreme Court has underlined its need many a time, and the dream of the makers of the Constitution should be fulfilled." Turning his focus on the unrest in Bangladesh, he said 140 crore Indians | More on P6

## Longest Ever I-Day Speech By An Indian PM

Prime Minister Narendra Modi on Thursday delivered his longest Independence Day speech at 98 minutes as he addressed the country from the ramparts of historic Red Fort. The 78th Independence Day speech was also the longest by any prime minister in India's history. His longest I-day speech before Thursday was 96 minutes in 2016 while his shortest speech was in 2017 when he spoke for around 56 minutes. On the 78th Independence Day, Modi also became the prime minister | More on P6

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- Reforms Focus Not For Editorials, But To Make Country Strong
- Have Freed Space Sector From Restrictions
- Natural Disasters Increasing Concerns
- Strictest Punishment For Crimes Against Women
- Our Banks Among Few Strong Banks Globally

## Nalin Prabhat To Take Over As J&K DGP



Observer News Service

New Delhi: Highly decorated IPS officer Nalin Prabhat has been appointed as Special Director General of the Jammu and Kashmir Police effective immediately and will assume the role of the force's chief following the retirement of R R Swain on September 30. The Ministry of Home Affairs issued an order confirming Prabhat's appointment, stating that he would take charge after Swain's departure. The order said Prabhat, a 1992 IPS from Andhra Pradesh cadre, is sent to Jammu and Kashmir with "immediate effect" and upon retirement of Swain on September 30, "Prabhat is appointed as DGP, Jammu and Kashmir". Prabhat has a distinguished career marked by multiple accolades, including three Police Gallantry Medals and the Parakram Padak. At 55 years old, Prabhat has an extensive | More on P6



KO Photo | Abid Bhat

## Independence Day Celebrations Held Across Kashmir

Observer News Service

Srinagar: The 78th Independence Day was celebrated with a renewed sense of patriotism and solidarity across Kashmir, with the main function held at Bakshi Stadium, here to honor this historic occasion reflecting the rich cultural heritage and resilient spirit of the Kashmiri people.

The day was marked by a series of events, including flag-hoisting ceremonies, cultural performances, and tributes to the freedom fighters who have shaped the nation's journey held across all the districts.

Apart from the main function, the celebrations were held in all districts where the District Development Council (DDC) Chairman/ | More on P6

## Slain DSP Himayun Bhat Awarded Kirti Chakra

Agencies

Srinagar: Jammu and Kashmir Police on Thursday paid homage to fallen Deputy Superintendent of Police Himayun Muzzamil Bhat, who was posthumously awarded the Kirti Chakra, the country's second highest peacetime gallantry award, on the eve of the 78th Independence Day. "JKP pays #tribute to the Deputy Superintendent of Police Himayun Muzzamil Bhat, who has been posthumously awarded the #KirtiChakra for his extraordinary bravery and sacrifice," Kashmir Zone Police posted on X. Bhat laid down his life while battling a group of hardcore terrorists in Gadole area of Anantnag district in September last year. Colonel Manpreet Singh, Major Aashish Dhochak and Sepoy Pardeep Singh also made the sacrifice in the same operation.

While Colonel Manpreet was awarded the Kirti Chakra, Major Dhochak and Sepoy Singh were conferred the Shaurya Chakra, the third highest peacetime gallantry award. His (Bhat's) unwavering commitment to the nation & his unrelenting courage in the face of danger serve as an inspiration to us all. His ultimate #sacrifice will never be forgotten & we are profoundly grateful for his service. We salute the brave heart, DySP Himayun Muzzamil Bhat, & honor his memory. His legacy will continue to inspire us to serve with courage & distinction," Kashmir Zone Police said. Bhat's Kirti Chakra citation said he displayed "rare courage" and led his column from the front, adding his "extraordinary valour" led to the elimination of one hardcore terrorist. Jammu and Kashmir bagged 31 medals for gallantry, 17 medals for | More on P6

## J&K Contractual Lecturers Demand Pay Parity With Ladakh

Syed Mohammad Burhan

Srinagar: The contractual lecturers in Jammu & Kashmir are intensifying their demands for salary enhancements, citing significant discrepancies between their earnings and those of their counterparts in the Union Territory of Ladakh. Currently, lecturers in Jammu and Kashmir say they are paid Rs 28,000 per month while those in Ladakh receive a monthly salary of Rs 57,700 which has angered contractual lecturers in Jammu & Kashmir. Pertinently, the news of two Doctorate holders who have worked as contractual lecturers in the past, now selling dry fruits on a cart in Shopian created a wave of sympathy for the current unemployed professionals who work on meagre salaries.

Speaking to Kashmir Observer, the contractual lecturers said that they perform the same duties and responsibilities as their peers in Ladakh, yet they are compensated with nearly half the salary. This discrepancy, they say, is causing significant financial strain on them and their families, particularly in a time when the cost of living continues to rise. "We work just as hard as our counterparts in Ladakh, often under more challenging conditions. How can the government justify paying us so much less? It is not just unfair to us as professionals, but it also impacts our ability to provide for our families. We are not asking for anything extraordinary, just equal pay for equal work," said Asif Rashid, a contractual lecturer. | More on P6

## Cloudburst Triggers Flash Floods In North Kashmir



Observer News Service

Srinagar: Several footbridges, link roads were damaged and water entered several houses after cloudbursts triggered flash floods in the upper reaches of north Kashmir's Bandipora district on Thursday, officials said. An official said that a cloudburst hit Arin and Dardpora villages today morning, damaging several footbridges as

well as retaining walls and crops in the area. District development council member, Arin, Gulam Mohiud-din Rather said that flash floods damaged several footbridges, vegetable fields, orchards, and link roads in the twin villages of Arin and Dardpora. He said that one family residing along the Nallah was evacuated after a boundary wall near their | More on P6

## Teenager Dies In Lightning Strike

A 16-year-old boy died while two others were injured in a lightning strike incident at Damhal Hanjipora area of South Kashmir's Kulgam district today, officials said. An official said that | More on P6

## More Rains Till Aug 20: MeT

The fresh wet spell has brought the mercury down across Jammu and Kashmir where below normal temperature was recorded today, thereby ending the heat wave conditions | More on P6

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# Study Links Haem Iron From Red Meat With 26 Pc Increased Diabetes Risk

Press Trust Of India

Haem iron, found in red meat and other animal products, has been linked to a 26 per cent increased risk of type 2 diabetes compared to non-haem iron found in plant-based foods, a new study has found.

While previous studies relied only on epidemiological data, in this study, researchers "integrated multiple layers of information, including conventional metabolic biomarkers, and cutting-edge me-

tabolomics," said lead author Fenglei Wang, a research associate at Harvard T.H. Chan School of Public Health, US.

Metabolomics is the study of small molecules within cells and tissues. "This allowed us to achieve a more comprehensive understanding of the association between iron intake and type 2 diabetes risk, as well as potential metabolic pathways underlying this association," Wang said. The study is published in the journal Nature Metabolism.

The researchers suggested that

cutting down on red meat and adopting a plant-rich diet can help lower diabetes risk.

The findings also raised concerns about adding haem iron to increasingly popular plant-based meat alternatives to enhance their meaty flavour and appearance, they said.

For the study, the researchers used data from 36 years of dietary reports of over two lakh adults, close to 80 per cent of whom were women.

The participants were included from the Nurses' Health Studies I

and II, and the Health Professionals Follow-up Study, which looked at risk factors for major chronic diseases.

The researchers analysed the participants' various forms of iron intake, including haem, non-haem and through supplements, and their type 2 diabetes status.

In a smaller group of over 37,000 participants, the team looked at the biological processes behind the link between haem iron and type 2 diabetes.

For this, data of the participants' plasma metabolic biomarkers,

including those related to insulin levels, blood sugar, lipids and inflammation, were analysed.

The researchers then looked at over 9,000 participants' metabolomic profiles -- plasma levels of small-molecule metabolites, which are substances derived from bodily processes such as breaking down food or chemicals.

"We found that among various types of iron intake, only a higher intake of haem iron was associated with a higher risk of type 2 diabetes," the authors wrote.

# 'How Organs Affect Mental Health By Causing Brain Changes'

Press Trust Of India

Poor organ health leads to poor mental health by bringing changes in brain which cause or worsen depression or anxiety, according to a study that looked at the interconnectedness of the brain, body and lifestyle.

"By looking at brain imaging and clinical data of over 18,000 people, we were able to establish for the first time multiple pathways involving the brain as a mediating factor and through which poor physical health of body organ systems may lead to poor mental health," lead author Ye Ella Tian, a research fellow at The University of Melbourne, Australia, said.

The researchers studied body systems involving organs such as the lungs, heart, liver, along with those related to metabolism and immunity.

Data for their analysis, published in the journal Nature Mental Health, was taken from UK Biobank. Of the over 18,000 participants studied, more than 10,000 reported being diagnosed with a mental health condition such as depression, anxiety or bipolar disorder.

"For each of the seven organ systems (analysed), we found that poorer organ health was significantly associated with higher depressive (and anxiety) symptoms," the authors wrote.

They found that even though the extent to which the brain mediates physical-mental health across organ systems differed, "in gener-

al, (it) showed a strong mediating effect on organs that had strong direct effects on mental health outcomes; namely, the musculoskeletal and immune systems." The team also examined lifestyle factors such as exercise, diet and drinking alcohol, as well as education

and socioeconomic status, and their impact on mental health through their effects on the physical body and the brain.

"We showed that some lifestyle factors, such as physical activity, sleep and diet influence mental health by affecting the physiological



**By looking at brain imaging and clinical data of over 18,000 people, we were able to establish for the first time multiple pathways involving the brain as a mediating factor and through which poor physical health of body organ systems may lead to poor mental health**

function of multiple organ and brain systems," the authors wrote.

They said that adopting behaviours based on these aspects is likely to yield improved mental health outcomes for most people.

The study's results are important, because while it is known in healthcare that body organs and systems affect each other, the knowledge is rarely reflected in scientific studies, according to author James Cole from the University College London.

"So, it's exciting to see these results, as (the study) really emphasises the value in combining measures from different parts of the body together," Cole said.

"Our work provides a holistic characterisation of brain, body, lifestyle and mental health," Tian said.

## AN URGENT APPEAL

(My Daughter Needs Liver Transplant)



I would like to appeal all the generous, kind hearted people that my daughter Seerat Gul R/O Nowgam, Tehsil Sumbal is suffering from Wilson's disease with partial HTN with recurrent ascites and SBP. The patient needs liver transplant as recommended by doctors. The liver transplant estimate is about Rs 40 lacs as certified by Apollo Hospital, New Delhi. Subsequently I request general public, who are bestowed with means and sense of charity and empathy to provide me assistance so that I can save the precious life of my daughter.

**Mushtaq Ahmad Najar**  
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**R/o Nowgam Sumbal**  
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**IFSC Code: JAKAOGAMUDD**  
**Cell No: 9622428470**

### From Office of the Advocate Adv M.A Sofi, Adv Mohammad Umar & Associates

In the case of  
 1. Nisar Ahmad Malik  
 2. Mohammad Shafi Malik  
 Both Sons of Abdul Jabbar Malik  
 Both Residents of Oam Buran Pattan.  
 3. Shakeel Ahmad Malik S/o Ghulam Hassan Malik.  
 4. Tanveer Ahmad Malik S/o Ali Mohammad Malik  
 5. Shazia Bano D/o Jabbar Malik  
 Residents of Ganjipora Buran Pattan & District Baramulla.  
 6. Fayaz Ahmad Malik S/o Mohammad Malik  
 7. Bilal Ahmad Malik S/o Mohammad Shafi Malik  
 R/o residents of Singhpora Tehsil Singhpora District Baramulla.

(Caveators)

Versus  
 Public At Large

In the Petition in terms of Section 148-A

The caveators have reason to believe that Non-Caveator may file any Application, Petition, Ap- peal, Suit or any other type of proceeding before the Hon'ble Court and on the ground of distorted facts/misrepresentation and cooked story and may seed in obtaining some relief/order at their back/in exparte against the caveators and in such eventuality the caveators will be put in irrepa- rable loss and inconvenience. It would be proper that caveators be given an opportunity of being heard by the Hon'ble court before passing any order.

fko Sd/advocate

### PUBLIC NOTICE

I want to change the name on electricity bill bearing consumer ID No: 0217010011995 from Farooq Ahmad Rather S/o Abdul Rashid Rather R/ Gahind Shopian to Arshid Ahmad Shah S/o Mohammad Amin Shah R/o Arihal Pulwama . If anybody has any objection in this regard he/she may file his/her objection in the office of the PDD Sub Division Shopian within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Arshid Ahmad Shah  
 S/o Mohammad Amin Shah  
 R/o Arihal Pulwama fko

### The Jammu and Kashmir State Board Of School Education

New Campus Bemina Srinagar  
 Notice for General Public

The applicant/ candidate whose photograph is published in this notice and claiming to have lost her qualification certificate/s issued under as per below mentioned details:-

Roll No: 708216  
 Class 10th  
 Year & Session Annual Regular 2007  
 Registration: 06NKF708352  
 Name : Zareenah Hassan  
 Father's Name: Gh Hassan Rishi  
 Mother's Name : Shahmeema  
 Date of Birth:- 09-02-1992  
 Residenc:- Gadhanjipora



According to the candidate concerned has approach to this office for issuance of Duplicate Qualification /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 10 & 7 days respectively, from the date of publication of this notice. (Besides the above referred "Qualification / Marks Certificate/s" bearing No: 3914102 be treated as "CANCELLED")

No: F(Cer is-I-DQC)B/KD/24  
 Dated 12-08-2024  
 Assistant Secretary  
 Certificates, KD.  
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عنوان :- درخواست منجانب طاہرہ بانو دختر غلام محمد ناگیو ساکنہ پبیاہن تحصیل پبیاہن بئرض حصول بیگلہ ہیر ٹھیکہ

اشتہار ہر خاص و عام

معاملہ مندرجہ عنوان الصد میں سائل نے ایک درواست بئرض حصول بیگلہ ہیر ٹھیکہ پیش کی ہے جو کہ برکاردانی ہے اس بارے میں پیواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ سائل کا بیانی محمد اقبال ناگیو ولد غلام محمد ناگیو ساکنہ ڈارمٹ پبیاہن جو کہ

بخت Team Leader کام کرتا تھا وہاں پر دل کا دورہ کرنے سے مورنو

02-12-2023 کو فوت ہو چکا ہے متوفی کے پسماندگان میں سے ہے۔

غلام محمد ناگیو والد متوفی 65 سال گھریلو کام

خطیچہ بیگم والدہ متوفی 62 سال گھریلو کام

طارق احمد بھائی متوفی 44 سال کاروبار

تسلیمہ بانو بہن متوفی 42 سال گھریلو کام شادی شدہ

طاہرہ بانو بہن متوفی 40 سال گھریلو کام

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## I-Day: Iconic Lal Chowk Witnesses Festive Spirit Amid Rain

Observer News Service

Srinagar: Lal Chowk, the commercial nerve centre of the valley, was brimming with festive energy as locals and visitors gathered to celebrate Independence Day 2024 amid rainfall on Wednesday.

The highlight of the celebrations was a vibrant "Tiranga Rally" led by students from various schools and sectors, which featured a massive 300-metre-long Indian flag carried through the historic streets of Lal Chowk.

The rally, according to the news agency KNO, was further enriched by the participation of Kashmiri Pandits, who used the occasion to

tional pride.

Adding to the unique cultural flavor of the event, Mohammad Maqbool, an artisan from north Kashmir's Bandipora district, displayed a handcrafted Indian flag on a traditional Kashmiri rug. His creation, exhibited at the Clock Tower, represented a fusion of regional artistry with national pride, capturing the essence of Kashmir's rich cultural heritage.

Local shopkeepers and residents also expressed their joy over the celebrations.

Abdul Rashid, a shopkeeper in Lal Chowk, shared his thoughts: "It's heartening to see people come together to celebrate the nation's in-



promote messages of Hindu-Muslim brotherhood. Their resonant slogans added to the lively atmosphere.

Among the notable participants was Arun Harvani from Ahmedabad, Gujarat, who caught everyone's attention with his body painted in the tricolor. Harvani was seen waving the Indian flag enthusiastically at Srinagar's iconic Clock Tower, becoming a symbol of na-

dependence. It did rain in the morning, but Lal Chowk was jam-packed with activities throughout the day."

Another local resident added, "It's wonderful to see such a diverse range of people participating in the celebrations. It brings a sense of unity and pride in our country."

Earlier in the day, Lieutenant Governor Manoj Sinha addressed the 78th Independence Day gathering at Bakshi Stadium in Srinagar.

## 78th I-Day Celebrations Held At District Court Srinagar

Observer News Service

Srinagar: The celebrations for 78th Independence Day were today held across all the District Court Complexes (DCCs) of Kashmir, during which the respective Principal District and Session Judges (PD&SJs) hoisted the national flag and took salute at the march-past.

At Srinagar, the District Judiciary Srinagar in collaboration with District Legal Services Authority Srinagar celebrated 78th Independence Day in a grand and memorable manner at the District Court Complex Muminabad, Srinagar.

On the occasion, Principal District & Sessions Judge (Chairman, DLSA, Srinagar), Jawad Ahmed hoisted the tricolor and took the salute, acknowledging the selfless dedication of these guardians of our nation.

In his address, the PD&SJ highlighted the significance

of Independence Day and emphasized the judiciary's unwavering commitment to upholding the Constitution and serving the people.

The event was further enriched by a heartwarming cultural program featuring patriotic songs performed by students from Govt. Higher Secondary School, Gund Hassibhat, Govt. Middle School Al-lochibagh Srinagar and Govt. Boys Higher Secondary School Mujgund, Srinagar. The performances resonated with the audience, invoking a sense of national unity and pride.

The celebration concluded with a stirring rendition of the national anthem by Sunila Kumari, (JLA) DLSA Srinagar, along with students of Government Higher Secondary School Gund Hassibhat Srinagar. Their performance added a special aura to the event, leaving the audience inspired and filled with a sense of national pride.

## Ajaz Samad Bereaved



ZOONI BEGUM W/O Late ABDUL GANI DAR left for heavenly abode on Thursday. May Allah rest her soul in eternal peace. Her RASM-E-CHAHARUM shall be observed on Sunday 18/08/2024-Inshallah at our residence, Chandhara Pampore Kashmir. Marhooma was the mother in law of Ajaz Samad, noted Hotelier and DGM Hotel The Lalit Grand Palace, Srinagar.

**BEREAVED**

Faizul Gani Dar (son) | Faisal Gani Dar (son)  
Manzoor Ahmad Dar (son)  
All family and friends.  
9906664416 | 7006724958



Srinagar: Lieutenant Governor of Jammu and Kashmir, Manoj Sinha Thursday inaugurated the Balidan Stambh at Pratap Park in Srinagar's Lal Chowk on the eve of 78th Independence Day.

The Balidan Stambh has been built at a cost of Rs 4.8 crore. LG Sinha was accompanied by other senior officials. They also paid tributes to martyrs in whose honor the Balidan Stambh was built.

## I-Day 2024: Div Com Kashmir, DC Srinagar Hoists National Flag

Observer News Service

Srinagar: The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today hoisted the National Flag at the office premises in a symbolic function to mark the celebration of the 78th Independence Day.

While extending best wishes to the people on the eve of Independence Day, Div Com called the occasion a proud moment for all citizens of the country.

In the journey of Viksit Bharat, he stated that Jammu & Kashmir, particularly the Kashmir region will have a signifi-

cant contribution in materializing the vision of the country.

The function was attended by Additional Commissioner Kashmir, ACR, officers and officials of the Divisional Administration besides Security Officers.

Meanwhile, Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat also hoisted the National Flag on the occasion of the National Festival at the DC Office Complex, here.

He conveyed his heartfelt greetings to the community, extending his best wishes to everyone on this momentous day.

**The function was attended by Additional Commissioner Kashmir, ACR, officers and officials of the Divisional Administration besides Security Officers.**



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

**AIRPORTS**  
SHEIK UL ALAM AIRPORT: 01942303311 ✈

**RAILWAYS**

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

**HIGHWAY STATUS**

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

HIJRI CALENDAR	PRAYERS	
	10 Safar 1446	FAJR
	ZUHR	12:35
	ASR	5: 22
	Magrib	7:21
	ISHA	8: 48

## This Day In History

- 1940 - 45 German aircrafts shot down over England
- 1944 First flight of the Junkers Ju 287.
- 1945 Puyi, the last Chinese Emperor and ruler of Manchukuo is captured by Soviet troops
- 1946 - Direct Action Day: Widespread riots erupt in Calcutta between Muslims and Hindus over whether Pakistan should be a separate state, killing over 4,000 and leaving 100,000 homeless
- 1948 - Arabs blow up Latrun pumping station in Jerusalem
- 1948 - Israeli pound becomes legal tender
- 1953 - Shah of Persia Mohammed Reza Pahlavi & princess Soraya flee to Baghdad & Rome
- 1959 - USSR introduces installment buying
- 1960 - Britain grants independence to crown colony of Cyprus
- 1972 - Morocco King Hassan II's B727 shot during failed coup attempt by General Mohamed Oufkir. Reportedly, King Hassan grabbed the radio and told the rebel pilots "Stop firing! The tyrant is dead!", fooling pilots to break off attack
- 1984 - NASA launches Ampte
- 1987 - Astrollogical Harmonic Convergence-Dawn of New Age
- 1988 - IBM introduces software for artificial intelligence
- 1990 - China performs nuclear test at Lop Nor, PRC
- 1990 - Iraq orders 4000 Britons & 2500 Americans in Kuwait to Iraq
- 2003 - Cristiano Ronaldo (18) makes his debut for Manchester United and the Premier League in a 4-0 home victory over Bolton Wanderers
- 2012 - Wikileaks founder, Julian Assange is granted political asylum by Ecuador
- 2012 - 113 people are killed and over 200 wounded in a series of attacks across Iraq
- 2017 - Lebanon parliament abolishes article 522, which exempted rapists from prosecution if they married their victim
- 2017 - Three suicide bombers kill 27 people outside a refugee camp near Maiduguri in Borno state, Nigeria, Boko Haram suspected

*From KO Archives*

## WIP Wazwaan & A Bridge Too Far

Ghulam Muhammad

Sopore: Even as the long wait for completion of the Hathishah bridge here is over, its formal opening awaits a ministerial indulgence. For a good two months, no minister or VIP has been available to cut the ribbon to enable the people benefit from its erection. The inordinate delay &am generated resentment among the local people who have been inconvenienced due to its absence over the fears.

According to reports, the authorities had slated the formal inauguration of the bridge at least thrice so far. On every such occasion, the engineers had to arrange the customary feast, known as wazwan, for the august guests to partake. Obviously forces alleged, the charges on this account might have to be borne out of the funds provided for the main project.

Reports said the border Security force (BSF) personnel manning the security posts on filler side of the bridge were not allowing any vehicle to pass over the bridge on the plea that no minister had so far inaugurated it formally. However, they allowed some pedestrians selectively prohibiting the general public to walk over the bridge.

It may be recalled the speaker of the legislative assembly, Abdul Ahad Vakil, was the one to crack an occasional whip to get the work on the bridge, which had been going on at a snails pace over the years, speeded up. He held several meetings with engineers and even promised its completion long ago. Now that the work is complete, no minister is available to Commission Bridge.

(Kashmir Observer, August 16, 2000)

KASHMIR OBSERVER®

Friday | 16-08-2024

## Over To Assembly Polls?

With the Union Ministry of Home Affairs (MHA) assuring the Election Commission of India (EC) that it is ready to provide adequate security personnel to conduct free, fair and peaceful assembly elections in Jammu and Kashmir, the decks have by and large been cleared for the first Assembly election since 2014. Both the Home Secretary Ajay Kumar Bhalla and the Chief Election Commissioner Rajiv Kumar, Commissioners Gyanesh Kumar and Sukhbir Singh Sandhu are said to have been "on the same page" on the need for adequate security for candidates as well as ensuring peaceful conduct of the democratic exercise.

During his recent visit to Jammu and Kashmir, the CEC Rajiv Kumar made all the right noises about holding Assembly polls in the union territory. He said time has come to give the people of J&K their own government through elections, adding that "no internal or external intervention will be allowed to derail the democratic process." These are welcome statements but somehow some skepticism about the Election Commission of India's seriousness about holding Assembly polls in the union territory persists.

There is reason to believe now that the elections are set to be announced in the near term in line with the Supreme Court deadline to hold the exercise in the UT before the September 30 deadline. But people in the UT are keeping their fingers crossed. This is because both the central and the UT governments have exhibited little urgency to hold Assembly elections over the past five years. All assurances to this effect have turned out to be false. This despite the fact that the situation has visibly improved in the region. The militancy in Kashmir Valley has progressively reduced which is borne out by the drastic drop in the number of militants and by the disappearance of unrest and stone throwing. And by that yardstick this is the most conducive atmosphere imaginable for a free and fair electoral exercise.

True, parts of Jammu division have witnessed a steady surge in militant activity creating a degree of uncertainty about the poll process based on enhanced security threat perception. But it is also true that some Kashmir observers argue that the centre may be reluctant to hold polls in the UT not just because of the renewed militancy in Jammu but also because of the prospect of the elected government asserting itself against centre's ongoing policies in the region. But these are unfounded fears. All polls in Jammu and Kashmir, more so in the Valley, have been held under the shadow of gun since 1989. Today the overall security situation is far better than it ever was over the past three and half decades. So, the ECI should hold the exercise without any further delay.



Did you know ?

## Learning Before Earning

Irshad Mushtaq

From a young age, developing strong listening skills is crucial for smart decisions and financial independence. Learning before earning is key; prioritize gaining knowledge over chasing money. Combine hard work with good judgment for success.

Developing strong listening skills is crucial because they enable you to make smart decisions and take appropriate actions, ultimately leading to financial independence. Many people struggle to meet basic needs such as food and shelter because they believe that hard work and luck are all that's required to succeed. However, this isn't entirely true; it's essential to realize that learning comes before earning. Cultivating learning habits in early childhood lays the groundwork for developing essential skills. Therefore, when you're young, prioritize gaining knowledge and skills over merely chasing money. Hard work is most rewarding when combined with good judgment and timely decisions, significantly enhancing your chances of success.

A successful mindset revolves around continuous learning and understanding, which are even more crucial than just working hard. Achieving financial independence requires not just diligence but also a commitment to learning, embracing new ideas, and skill-building. Learning about saving and investing is vital. The allure of quick riches through shortcuts is deceptive; real success demands vision, creativity, and persistent learning. Understanding passive income is especially important. This involves making your money work for you, creating wealth without constant effort. Investing wisely, be it in gold, real estate, stocks, or mutual funds, offers solid paths to financial growth.

It's important to acknowledge that financial success often matures with age. Many parents achieve significant financial milestones around ages 40-50. Expecting the same level of success by 20 or 21 is unrealistic. Youth should be dedicated to learning—shortcuts and get-rich-quick schemes, even though enticing, often lead to trouble. Offers like today's "easy Rs 500" might seem appealing, but they can be misleading. Concentrate on genuine learning and building a solid foundation for the future.

Small savings of rupees 500, 1000, or 1500 per month from a young age, invested through Systematic Investment Plans (SIPs) in mutual funds, can accumulate substantial wealth over time. Starting early with these small investments will significantly benefit your financial future.

Learn from the insights of @IrshadMushtaq, writer, investor, entrepreneur & Founder of MI Securities! Connect for valuable financial advice at [miscurities@bp.sharekhan.com](mailto:miscurities@bp.sharekhan.com)

## Mindful Fridays

# On Lack of Privacy in Joint Families

Lack of privacy affects mental health in joint families

Wasim Kakroo

People have lived in joint families for centuries throughout the world in many cultures, including our own. Although its prevalence has somewhat decreased over time for a variety of reasons, joint families are still the norm in our culture, or at least serve as a temporary stage before families split up after siblings marry. Joint family is a situation in which people from many generations live in the same household, share resources, responsibilities, and everyday life.

Technically speaking, in joint families, there is a big family wherein individual families reside, we call it family within the family. Though this way of communal living has its own benefits in the form of built-in support systems, sharing of responsibilities, and a sense of belonging, it is also surrounded by challenges when it comes to issues of preserving privacy.

For marital partners and their children within each small family within the joint family, privacy is not just a luxury but a necessity for mental health and well-being. In this article, we will be discussing why maintaining privacy in joint families is important and how maintaining or not maintaining the privacy impacts the mental health of marital partners and their children.

### The Importance of Privacy in Joint Families

Within a joint family, privacy tends to be compromised due to the close proximity of family members in the household. Marital partners might have a hard time getting some privacy, without other family members watching or listening in. Children in such families, too, may have a hard time in finding their own physical as well as emotional space.

In order to facilitate honest and open communication between married partners, it is necessary that privacy within the joint family be established, maintained and respected. By doing so, they can have the private space they need to resolve conflicts, discuss personal matters, and express their love for one another without fear of rebuke or condemnation from others, so that a deep emotional connection gets established between the marital partners as well as with their children. A strong marriage depends on creating and preserving this strong emotional bond, which also keeps the family stable.

By establishing and maintaining privacy, people can preserve their sense of self in a joint family, where the group identity is given more importance than individual identity. Personal private space can help married couples to explore their interests, hobbies, and occupations without insistent scrutiny. Children in such families need to have privacy as it is essential for developing autonomy and self-confidence so that they have mental and emotional growth.

When marital partners and their children sense that they are constantly being observed or judged by the members of extended family, it can lead to a stressful atmosphere. This can eventually lead to chronic stress, which is harmful to mental health. Maintaining privacy encourages a calmer, more peaceful living environment and helps to lessen stress.

### Challenges in Maintaining Privacy

Even though it's important, maintaining privacy in a joint family can be difficult. It might be hard for married couples and their kids to have time by themselves because of the limited spaces and shared areas. Additionally, traditional beliefs and social norms



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lies are the norm, people from various family units are expected to get involved in each other's lives to a large degree. Consequently, this may lead to a breach of a couple's private life. This breach includes unwanted guidance from older relatives. It might also include the expectation that the couples should spend more time with their extended family rather than spending it with their immediate family that includes their spouse and their kids.

One more area that takes a hit if privacy is not maintained in joint families is the privacy in practicing parenting. Parents from joint families may face difficulties in raising their children in line with their own values and ideals without interference from other family members. Parents in such families may feel undermined and judged that can lead to conflicts and stress in the joint family.

### Strategies for Maintaining Privacy

Maintaining privacy in a joint family can be very difficult, but married couples and their children from each of the individual family units in a joint family can try to find a midway between living together and having their own space. Following are some useful strategies:

Setting clear boundaries is one of the best ways in which members from each individual family unit in a joint family can preserve privacy. Marital partners should inform other family members from the extended family in a joint family that they need private time and space, and agree on certain times or places that are not to be disturbed.

Whenever and wherever possible, separate spaces in the house should be designated for individual family units. This could mean having separate bedrooms or maybe just a small part of a room designated for a particular family member. By creating personal space, even in a shared space, you can greatly improve privacy.

Every family member should know how important it is to respect each other's privacy. This means not going into someone's personal space without asking, not eavesdropping on private conversations, and not giving unwanted advice about personal issues. When we respect privacy, it helps us trust and respect each other more in the family.

Keeping privacy in a joint family mostly relies on clear communication. Married couples need to discuss their need for privacy with each other and with other family members. Being upfront and truthful about what they ex-

pect helps prevent confusion and reduce possible arguments.

Joint families can succeed when they strike a balance between spending time together and being on their own. Married couples and their kids should be encouraged to spend valuable time with the larger family, but also to follow their own hobbies and do things separately. This mix helps with staying connected and growing as individuals, which is important for mental well-being.

### Impact on Mental Health

When privacy is established and respected in a joint family, it helps improve the mental well-being of married couples and their kids from each individual family unit. The benefits include:

1. Improved Relationship Satisfaction: Married couples who have the space to grow their bond without frequent interference tend to feel happier and closer emotionally. This helps create a strong and helpful home atmosphere.
2. Enhanced Emotional Well-being: Privacy gives people the space to think about their feelings, learn from their experiences, and take care of themselves. This freedom to handle their emotions is very important for keeping a healthy mind and avoiding problems such as anxiety and depression.
3. Healthy Child Development: Children who have their own space and privacy tend to grow up having a strong sense of identity and self-worth. They also learn to understand personal limits and form good friendships, which are key abilities for later in life.
4. Reduced Family Conflicts: When we honor privacy, it lowers the chances of arguments within the family. Setting clear limits and talking openly can reduce confusion and make sure everyone's needs are taken care of.

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

# Broken Bonds

Mushtaq Hurra

Conquering the moon and Mars is undoubtedly an extraordinary accomplishment of man, digging deeper into mantle and core of the earth is indeed a phenomenal feather to his crown, flying gigantically monstrous airplanes high above different strata of atmosphere sounds startlingly mind-boggling, profound reduction in distances between men and countries with the advent of swift modes of transportation and communication to unimaginable levels is unbelievably stunning, exploring and unraveling the mysteries of universe is testimony to his incredible technological prowess, but, neither his muscular fortitude nor his mental mettle stations him at the throne of the world as the viceroy of Allah. It is rather the exceptional attribute of love, sympathy and compassion which elevates him beyond the heights of celestial hierarchy. These are the angelic attributes and virtues which earn him the appellation like Ashraful Makhlooqat (Crown of creations).

Unlike other biological creatures on the planet, man is born with a unique trait to bond with others. His birth decides his blood relations, and his upbringing and education determines his social relations. This beautiful ability to connect with others bestows him prominence and distinction in the world. Maintaining and nourishing the relations crowns him as the head of the world. So, this innate ability to take care of his affinities and relations with his fellow men and women, is the basic mantra of being human. Even Allah SWT has cautioned man not to breach the uterine and non-uterine relations.

Prophet Muhammad Sala-Lahu Alihi Wasallam used to exhibit deep reverence, respect and love for his relatives and friends.



His unparalleled ties with His four friends who later succeeded him, has attained proverbial and axiomatic stature in the history of Islam. So, the quality of bonding with others, makes ibni-Adam the standout creature on the planet. The elixir that irrigates the human relations, is love and sympathy.

A few decades back, human relations were strong and healthy. We used to make frequent visits to our relatives' homes which would cement the bonds stronger and healthier. I vividly remember how my mother and my grandmother used to visit our different relatives periodically. And they would always take maize cobs, stone-fruit and seasonal green yields, indigenously grown vegetables and even pickles to our different relatives' homes as a token of love and

gratitude. Unlike modern day junks like pastries, cakes, juices and carbonated beverages, our illiterate ancestors were quite health conscious. Pride, conceit, show-off and greed had no place in their lives. Now, our ego freezes our feet to visit our relatives' homes. Even siblings living under one roof hardly talk to each other albeit a few exceptions. Parents are being abandoned and sent to old-age homes. The mess in our relations is evident in our behavior with our families and communities. Demonic traits coupled with social media incarceration has reduced us to mere mammals.

Though the technological deluge has adversely changed our preferences and priorities, we can't blame it alone for the bitterness in our relations. We can't afford to keep away from tech-



**Our digital connections have become vibrantly stronger but our real relations have become weaker, brittle and fragile. We have thousands of online friends across the globe but have lost our real well-wishers, sympathizers and friends**

nological advancements because such languid and lackadaisical approaches will make others trample us under their feet.

Nonetheless, our innate virtues and basic human attributes have become dormant, vices and demonic traits have grown corpulent. Our enslavement to digital gadgets has fanned the flames. We must learn to use the technology prudently and sagaciously. Ironically, we have fallen prey to its ugly pangs. The inundation caused by our easy access to different social media platforms and sites, has sunken us all in the sea of unconsciousness, insensitivity and oblivion. We waste our time and resources on the screens. Our digital connections have become vibrantly stronger but our real relations have become weaker, brittle and fragile. We

have thousands of online friends across the globe but have lost our real well-wishers, sympathizers and friends.

Now, whom to blame for the chaos and the decline in our relations? Who should be held responsible for the strangulation of the prime human attributes? Who should be reprimanded for the tumbling values? Why have we made the yoke of slavery as our destination? Who is the culprit?

**Obviously, all of us!**

Avarice, greed, lust, jealousy, hatred and boasting have dethroned us from the elite position of Ashraful Makhlooqat. These vices have blemished our angelic character, and our wickedness has done all the damage to our precious human values. Crisis of deterioration and disintegration is rapidly growing in our relations. We no longer visit our sisters' homes in person. We no longer bother to meet our relatives and friends periodically.

Let's all delve deeper into the burgeoning crisis and the rift in our relations. We should not let technology decide our fate. It is meant to mitigate our woes and hardships but we have chosen its nasty wrath. We have happily put on the yoke of digital slavery around our minds and hearts. Parents, teachers and other concerned stakeholders must teach our children the judicious use of the technology. And we all must work hard to imbibe values and virtues in our young people. Let's all pledge to restore the rich legacy of our value system which is attributed to Lalded, Shaikhul Alam and other revered saints. We must work tirelessly to teach our children to hold human bonds in high esteem and reverence.

The Author is a Teacher and a Columnist. He can be reached at mushtaqhurra143@gmail.com

## Kolkata Rape Case, And All That's Wrong With India's Medical System

Bharti Mishra Nath

The heinous incident at Kolkata's RG Kar Medical College, where a female resident doctor was allegedly raped and murdered on the institute's premises on August 9, has sparked nationwide outrage among the medical community. Doctors from several hospitals across India have announced an indefinite strike to protest the gruesome crime. They have declared that all elective services (non-urgent and not medically necessary) will be suspended until a thorough investigation is completed. The strong reactions from resident doctors working in government colleges are understandable given the challenging conditions they face.

Doctors at government hospitals, often located on sprawling campuses, work in dark and poorly maintained areas. Security is lax in many sections of these hospitals, lacking technology or CCTV to monitor potential perpetrators. In contrast, private hospitals generally offer better security and working conditions, with improved access control and a safer environment.

Numerous cases have highlighted the vulnerability of women in the medical profession to sexual attacks, intimidation, and violence from patients, their attendants, hospital staff, colleagues, seniors, and teachers. Even female patients are at risk.

The Kolkata incident evokes memories of the horrific assault on nurse Aruna Shanbaug at KEM Hospital in Mumbai in 1973. Aruna

remained in a coma for 42 years before passing away in 2015. In May 2023, Dr Vandana Das was murdered by a drug addict brought to Kottarakkara Taluk Hospital in Kollam, Kerala. In 2019, in West Bengal, a mass resignation of doctors occurred after a mob attacked a junior doctor, triggered by the death of a patient and allegations of medical negligence.

"We care for patients, work long hours, and sacrifice our personal time. Yet, when a patient dies, relatives often blame us," says Dr Nikita Jain, a junior resident at a government medical college. "Who will safeguard our safety, our lives, and our well-being? It is shocking how we are treated, especially in light of recent incidents," she adds.

### A Tough Road For Students

According to NMC data from February 2024, among those who dropped out of medical programmes, 153 were MBBS students and 1,117 were in postgraduate courses. In the past five years, at least 122 medical students, including MBBS students and postgraduate doctors, died by suicide due to academic pressure, burnout, mental health challenges, hostile work environment, and punitive bond policies.

For students entering the medical profession, distress, mental stress, and uncertainty begin as soon as they fill out the NEET (National Eligibility cum Entrance Test) form. Many who qualify the NEET struggle with the vast medical syllabus and consider dropping out but are often compelled to continue



due to financial constraints. Conditions for postgraduate residents, especially in larger medical colleges, are particularly dire.

Most states impose bond conditions on medical students at all levels—undergraduate, postgraduate, and super-specialty. There are two types of bonds: 'seat leaving' bonds and 'service' bonds. The former impose heavy fines on students who leave their courses prematurely, particularly postgraduate students, to deter resignations and avoid perceived waste of medical education.

Service bonds require doctors to work in the state's healthcare system for 1-5 years after completing their education, with penalties ranging from Rs 10 lakh to Rs 1 crore for breaking the bond.

The NMC mandates a compulsory three-month residency posting at the district level for all postgraduate residents.

In May, Divesh Garg, a 26-year-old resident doctor at a private medical college in Dehradun, died by suicide. His parents cited poor working conditions and harassment by seniors as factors

leading to his death. Despite the pressure, he could not resign due to the prohibitive cost of the seat-leaving bond. In response to his death, the government of Madhya Pradesh abolished the seat-leaving bond policy, becoming the first Indian state to do so.

Despite these challenges, young doctor interns often remain silent for fear of being bullied, victimised, or failing internal exams.

### Immediate Action

In the recent Kolkata incident, the semi-naked body

of the postgraduate doctor was found in a seminar room, underscoring the inadequate facilities for resident doctors, who lacked a designated rest area in a medical college in central Kolkata.

There is no proper support staff for resident doctors to manage emergencies and other needs at night. Strict safety measures, such as cameras and security personnel, are essential in hospitals. Resting areas for resident doctors are basic necessities," says Dr Vasundhara Pawar, Vice President of the All India Medical Stu-

dents' Association.

The operation of medical colleges needs to be regulated by the government and the NMC. The government must instruct the NMC to ensure safe and dignified working conditions for resident doctors. Mere assurances on paper are insufficient without concrete action.

"At this moment, we expect the government and the NMC to investigate this case impartially, free from high-level influence or manipulation. A joint committee with resident doctors and NMC officials should be formed to address the issues faced by on-field doctors," says Dr Pawar.

Medical colleges must invest in suitable and safe lodging facilities for resident doctors. The long-overdue need for legislation to address violence against doctors and the abolition of punitive bonds must be urgently addressed. Disciplinary bodies at the college, state, and national levels should ensure that students can raise their concerns without fear of persecution.

Additionally, stipend scales vary across states, with many medical residents receiving inadequate compensation. It is the responsibility of medical colleges to provide well-structured education in a supportive environment without overburdening students.

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 NDTV.com

## Top Leadership Of

Sinha asserted the Jammu and Kashmir administration will soon put an end to such incidents.

"I want to tell the people of Jammu and Kashmir that we will soon be able to curb such incidents and we will never allow the evil designs of the neighbour to succeed. The people of Jammu have specifically never supported terrorism and I am hopeful that people support the war against terror," he said.

The LG lauded the Jammu and Kashmir Police for bagging around 60 medals for gallantry or meritorious services, including five Shaurya Chakras.

"Narco-terrorism is a big challenge for us. The administration has adopted a zero-tolerance policy towards narco-terrorism and terrorism. We are attacking the network of narco-terror and the administration is committed to making Jammu and Kashmir drug-free," he said.

Sinha said a 'Balidan Stambh' has been constructed in Srinagar as a tribute to the personnel of the Army, police and paramilitary forces who laid down their lives in the line of duty in Jammu and Kashmir.

"I bow my head to the bravehearts of the Army, police and paramilitary forces who gave their blood to lead Jammu and Kashmir on the path of peace and development. These bravehearts' only dream was to see Jammu and Kashmir preserve the thousands of years of heritage and move forward with the pledge of swaraj," Sinha said.

The LG said the 'Balidhan Stambh' will always inspire the youth to think about the sacrifices of the martyrs, he said.

Sinha urged the people of Jammu and Kashmir to turn up in large numbers for the assembly elections in the Union territory.

"The works that have taken place in the past five years have strengthened the belief of common people in democracy. The recent Lok Sabha elections are a living example of it."

"The voter turnout in these elections was the highest in any general election in the past 35 years. I am hopeful that in the coming assembly elections, the voter turnout will increase," he added.

He said for the first time, people of J&K, especially people of Kashmir expressed faith in democracy. "For the first time, there was record participation of people in Lok Sabha polls. This shows how democracy was strengthened in J&K in the past five years. I am hopeful that people will break the Lok Sabha poll percentage record in Assembly polls," the LG said.

He said that the J&K administration left no stone unturned in the past five years to make UT touch new heights in development. "The leftover sections who were deprived of their rights for the past 70 years were given due recognition. Today, SC, ST, OBC, Valmikis, PoJK-WPRs are living a dignified life with full voting rights," he said.

The LG said that post G20 meeting in Srinagar in May 2023, tourism influx showed a significant increase in the UT. "Last year, 2.11 Crore tourists visited J&K. This year, till June 30, over 1 Crore tourists visited J&K. I am hopeful by the year's end, there will be record tourist arrivals," he said.

The LG said that for the first time Amarnath cave shrine and Gurez were connected with the power grid. He said that by the year end, J&K Industrial policy will be renewed. "We have requested the GoI to make the new Industrial policy more Industry friendly and more features will be added to the new policy," he said.

The LG said that in 2019, J&K Bank was in losses and with hectic efforts, today, the institution is a profit earning institution of the UT. "This institution is no longer confined to a few people but it's a peoples' bank now," he said.

**PM Modi Makes**  
are concerned over the safety of Hindus and other minorities in the neighbouring country and expressed the hope that normalcy will soon be restored there.

India has always wished peace, happiness and prosperity for Bangladesh and wants its development journey to continue, said Modi, who sported a multi-coloured Rajasthani leheriya print turban with a white kurta and churidar.

While hailing the rise of women in every sector, he expressed deep concern over incidents of crimes against them, amid an outrage over the recent rape and murder of a doctor in Kolkata. He asked state governments to move with "utmost urgency" to ensure swift justice in such cases.

In the 98-minute address to the nation, his longest Independence Day speech, Modi asserted that it is India's golden era and that a 'Viksit Bharat' by 2047 awaits the country.

The prime minister also reiterated his push for ridding Indian politics of casteism and nepotism, calling for entry into public life of one lakh youngsters with no family ties to politics so that the fresh blood brings in a new mindset that enriches democracy. They can join any political party they want, he added.

Noting that students spend lakhs and crores for medical education abroad, the prime minister also said the government will create 75,000 new medical seats in the next five

years. Both a nationwide UCC and 'one nation one election' have been part of successive BJP's manifestos. While some BJP-ruled states are working to roll out a uniform civil code, the Centre has so far not taken any legislative measure for its implementation nationally.

The Law Commission had started consultations for it last year. A committee headed by former President Ram Nath Kovind had consulted political parties across the spectrum and submitted to the government its report, favouring simultaneous elections. Opposition parties had conveyed their strong objections to the concept.

Modi also cautioned citizens against those who cannot digest the country's rise, saying some people cannot think of India's welfare. The country will have to avoid these people who are sunk in the depth of despair, he added.

He said a handful of people nursing such "vikriti" (perversion) can be a cause of destroying everything and pave the way of anarchy. "It inflicts such harm on the country that we will have to make a fresh beginning to repair the damage."

"They are dreaming to destroy everything. The country will have to understand it," he said, without making any direct reference to anyone or any incident.

There are uncountable internal as well as external challenges, the prime minister said, asking foreign powers to be not part of plans against India or be concerned with its progress as the country's growth is tied to human-kind's welfare.

His remarks came in the backdrop of opposition parties seizing on a recent report of Hindenburg Research, which has charged the SEBI chairperson Madhabi Buch with conflict of interest in probing the Adani group of companies, to target the market regulator and the government. The ruling BJP has in turn accused the opposition, especially the Congress party, of being hand in glove with the US-based short seller to bring about economic anarchy due to its "hate" for Modi.

In his address, Modi asserted that India's 140 crore citizens can achieve the goal of a prosperous and developed country if they walk shoulder to shoulder with a united resolve.

He further said his government has worked to break the mindset of living with status quo by rolling out big reforms aimed at changing the lives of the middle class and the poor. The commitment to reforms is the blueprint for growth and is not borne of any political compulsion but the dedication to nation first, he added.

Modi said it is the "golden era" for India, especially in the global context, and exhorted people to not let go of this opportunity.

In his third term, Modi said he has seen global investors being very keen to invest in India and asked states to come out with a clear policy and to woo them pro-actively. Only the central government cannot do it, as investments will have to be made in states, the prime minister said.

He asked over three lakh governance units spread across the country -- from local bodies to districts and states -- to carry out at least two reforms every year to make people's lives easier.

Pitching for the dignity of citizens, he said nobody should complain they did not get what was due to him.

Underlining the need for modernity and technology in every sector, he said his government has been working on this and its policies have strengthened every field.

Corporate honchos of Indian origin are making a name for themselves globally and have enhanced the country's standing, he said, adding that on the other hand over one crore women have become "lakhpati didi". "This is a matter of equal pride for me."

Modi said his government has modernised the country's infrastructure, be it in road, rail, port, schools and hospitals. It has also ensured saturation coverage of welfare schemes, he said, adding that when every beneficiary is covered any taint of "casteism and communalism" is ruled out.

In a clear swipe at opposition parties, he said some people are glorifying corruption and asserted that he wants to create an "atmosphere of fear" among the corrupt. His fight against corruption will continue, Modi said. He also pitched for reviving "Nalanda Spirit" in education so that instead of Indians going abroad for study, overseas students should come here.

He also outlined India's commitment to become a global leader in semiconductor production, and said the country will become an industrial hub in manufacturing.

There may be challenges and shortages of resources but people united in goals can overcome this to achieve their target, he added.

Speaking of his goal for 'Viksit Bharat' by 2047, he said people from all corners of the country have offered suggestions for the agenda, including reform in justice system and how to make it self-reliant in different fields.

## Longest Ever I-Day

to hoist the tricolour on Independence Day and deliver a speech for the third highest time. Modi delivered his first Independence Day speech in 2014, which lasted for 65 minutes.

His speech in 2015 lasted for about 88 minutes. This was Modi's 11th address as PM and his first after taking charge for a third term.

In 2018, Modi addressed from the ramparts of the Red Fort for 83 minutes. Subsequently, in 2019, he spoke for nearly 92 minutes, which was his second-longest to date.

In 2020 Modi's I-day address lasted for 90 minutes.

His Independence Day speech in 2021 lasted 88 minutes and in 2022 he spoke for about 74 minutes.

Last year, Modi's speech was 90 minutes long.

Before Modi, Jawaharlal Nehru in 1947 and IK Gujral in 1997 had the longest speeches at 72 and 71 minutes, respectively.

Nehru and Indira also gave the shortest speeches on record at 14 minutes in 1954 and 1966, respectively.

Former prime ministers Manmohan Singh and Atal Bihari Vajpayee also gave some of the shortest Independence Day speeches from the Red Fort.

Singh's speeches in 2012 and 2013 lasted only 32 and 35 minutes, respectively. Vajpayee's speeches in 2002 and 2003 were even shorter at 25 and 30 minutes.

## Nalin Prabhat To Take

background in counter-insurgency operations, having previously led the Greyhounds, a highly specialised anti-Naxal unit, in Andhra Pradesh.

His experience includes significant roles within the Central Reserve Police Force (CRPF), where he served as Inspector General of Operations and Additional Director General in the Kashmir region.

As part of a recent administrative reshuffle, the government curtailed Prabhat's tenure as Director General of the National Security Guard (NSG) and facilitated his inter-cadre deputation from Andhra Pradesh to the Union Territories cadre (AGMUT) for an initial period of three years.

Prabhat's extensive experience in Jammu and Kashmir equips him well for the challenges ahead.

His previous assignments in the region have fostered a deep understanding of its complex security landscape, which includes ongoing threats from terrorism and internal unrest.

Observers suggest that Prabhat's expertise could be pivotal in addressing the region's security needs during this politically sensitive period.

His career is characterised by exceptional bravery and dedication to public service. His numerous awards, including the Police Medal for Gallantry with two bars, serve as a testament to his commitment and effectiveness in high-stakes security environments, say experts.

The appointment of Prabhat as DGP of Jammu and Kashmir is expected to bring a strategic approach to the region's law enforcement, with hopes that his leadership will significantly contribute to maintaining peace and stability in one of India's most challenging areas.

## Slain DSP Himayun

meritorious service and two medals for distinguished services in the award list announced on Wednesday.

## Independence Day Celebrations

Chairperson hoisted the tricolour and addressed the participants.

This year's celebrations held particular significance, with 'Swachhta Pakhwada,' a fortnight-long cleanliness campaign launched by the Government of India under the Swachh Bharat Mission, held to accelerate efforts to achieve universal sanitation coverage. Plantation drives were organized under the theme 'Ek Ped Shaheedon Ke Naam' to pay rich tributes to the martyrs who sacrificed their lives in the line of duty, and Tiranga Rallies were also held as part of the 'Har Ghar Tiranga' campaign.

In Anantnag, the Independence Day was celebrated with great fervor and enthusiasm with the main function held at Shaheed Himayun Muzaffar Memorial Govt. Degree College Boys Anantnag, where Chairman District Development Council Anantnag, Mohammad Yousuf Gorsi hoisted the National Flag and took salute at the parade.

In Baramulla, the main Independence Day 2024 function was held at Showkat Ali Sports Stadium, Baramulla. Chairperson of the District Development Council (DDC), Safina Baigh, ceremoniously hoisted the National Flag, inspected the parade, and took the salute during the March Past.

In Budgam, the Independence Day 2024 was celebrated with full zeal and patriotic fervour across the District Budgam today.

The main function was held at Sports Stadium Budgam, where Chairman DDC Budgam, Nazir Ahmad Khan hoisted the National flag and took salute at the march-past parade.

In Ganderbal, the 78th Independence Day was celebrated with great enthusiasm and patriotic spirit at Qamaria Stadium Ganderbal today. The event was marked by the hoisting of the National Flag by the District Development Council (DDC) Chairperson, Nuzhat Ishfaq, who also took the salute during an impressive march-past presented by contingents from the JKP, CRPF, SSB, PTS Manigam, Home Guards, SPO Ganderbal, and students from various schools.

In Kupwara, the main Independence day function was held at District Police Lines (DPL) Kupwara where Chairman District Development Council Kupwara, Irfan Sultan Panditpori hoisted the National Flag, inspected the parade and took salute at March-past which was presented by contingents of CRPF, Women battalion of JKP, IRP, JKP, Home Guards, PPF, Special Commandos of police, NCC Cadets and school children.

In Kulgam, the main function was held at District Police Lines Kulgam where Chairperson, District Development Council (DDC) Kulgam, Mohammad Afzal Parrey hoisted the National Flag and took the salute at the march past presented by the contingents of CRPF, JKP, JKP Ladies Police Group, District police band and Home guard, NCC besides school children and other contingents.

In Bandipora, a grand event was held at S.K. Stadium to commemorate Independence Day, where Chairperson District Development Council, Abdul Gani Bhat hoisted the National Flag, inspected the parade, and took the salute from the march-past.

## Cloudburst Triggers

house collapsed due to heavy water

flow. Similarly, another cloudburst in the upper reaches of Chandaji blocked the Bandipora-Gurez road and caused waterlogging in several houses in Pazzalpura area its adjoining areas.

The official said that there was, however, no loss of life reported in the incident, while a footbridge got washed away.

He further said that teams have been sent to the area to assess the damage.

Intermittent moderate to intense rainfall continued across the Kashmir Valley on Thursday morning.

## Teenager Dies

the lightning hit Banward Bala area in DH Pora following which the rescue operation was launched.

"A boy died in the incident, while two others sustained injuries. Police and civil administration rushed to the spot shortly after the incident," he said.

The deceased has been identified as Mukhtar Ahmad Chouhan, son of Mohammad Hussain Chouhan, from Bangward Bala while the injured was identified as Rafakat Ahmad Chouhan, also the son of Mohammad Hussain Chouhan, from Bangward Bala.

Bashir-ul-Hassan, Sub Divisional Magistrate (SDM) Noorabad, told KNO that the lightning strike incident occurred between 6:00 and 6:30 AM in Bangward.

"Three children were near a tree with their livestock when the lightning struck. A boy, aged 15-16, lost his life, and two others were injured, one with minor injuries," he said, adding that soon after the incident, the concerned magistrate reached the spot, and immediate relief was provided.

The SDM urged people to stay away from trees and riverbanks during bad weather conditions.

## More Rains

in the Valley as well. As per the details, Srinagar recorded a maximum temperature of 23.9 degree Celsius, which was 5.5 degree below normal while 8.3 mm rainfall was recorded at the station till 05:30 PM.

Qazigund, a gateway of Kashmir, has recorded a rainfall of 3.4 mm while the mercury at the station settled at 21.4 degree Celsius.

In Pahalgam, the mercury settled at 20.2 degree Celsius while at Kupwara, Kokernag and Gulmarg, a famous ski resort, the mercury settled at 25.0 degree Celsius, 21.1 degree Celsius and 17.4 degree Celsius respectively.

However, below normal temperatures were also recorded in Jammu division today with Jammu recording a maximum temperature of 32.4 degree Celsius.

Banihal recorded a maximum temperature of 23.1 degree Celsius while Batote, Katra and Bhandarwah recorded a maximum temperature of 23.7 degree Celsius, 28.0 degree Celsius and 23.6 degree Celsius respectively.

Moreover, it has been learnt that intense showers occurred at many places in Kashmir today while strong winds were also reported from Baramulla and other areas including Khawaja Bagh area where a vehicle suffered damage as well.

Pertinently, the weatherman had forecasted the possibility of intense showers for a brief period & heavy rainfall in Jammu division, which may lead to flash floods, landslides, mudslides and shooting stones over vulnerable places of J&K till August 20.

Director Meteorological department (MeT), Dr Mukhtar Ahmad has

said that light to moderate rains and thundershower would occur at many places of J&K till August 20.

Besides, the MeT has also predicted water logging in low lying areas and increase in water level in Tawi & other flood channels of Jammu division during the next five days.

## Kashmir's Pristine

Trekkers often rest at Shutkadi Sonamarg along the River Sindh before continuing their journey. The lake is also known for its trout, which is a major draw for tourists. The fisheries department is actively working to curb illegal fishing in the area.

The Kashmir Great Lakes Trek, covering several lakes including Krishnasar, Gangbal, Satsar, and Gadsar, offers a range of trekking experiences for adventurers. However, the rising pollution is beginning to jeopardize the unique charm of these treks.

An expert said that these human impacts on mountain ecosystems disturb biodiversity across all trophic levels, from microbes, plankton to higher animals with little understood consequences for the whole ecosystem. (KNO)

## J&K Contractual

Rashid said their lower pay not only affects their current living conditions but also their future, as they are unable to save adequately for retirement or invest in their children's education.

Pertinently, the feeling of being undervalued and overworked is widespread among the contractual teaching community in Jammu and Kashmir.

"Every month, we struggle to make ends meet. The disparity in salaries is a clear indication of how little the government values our contribution to the education system," Shazia Mir, another lecturer, said.

"It's demoralizing and makes us question our worth as educators. We deserve the same respect and compensation as our colleagues in Ladakh."

The lecturers said they have approached various government bodies, including the Directorate of Higher Education, however, they say their demand for an enhanced salary has not been met.

"If our demands are not met, we will have no option but to escalate our protest. We have been patient for too long, it is high time the government recognizes our plight and takes concrete steps to ensure that we are paid fairly," said Shafia, another aspirant.

A senior government official wishing anonymity declined to comment on the issue, but added that it has been brought to government's attention.

## JK Police Forms

"In Reasi District, they will operate in Pouni/Ransoo, Mahore/Chassana, Gulabgarh, and Passana. Doda District will see units in Dassa/Kastigarh and Assar, while Kishtwar District will have units in Dachhan and Drabshalla," he said.

Also, Ramban District will be covered by units stationed in Ramsoo, Chanderkote/Batote, and Sangaldam/Dharamkund. Rajouri District will have a unit in Kalakote, and Poonch District will see units in Baffiaz/Behrangalla, Mandi/Loran, and Gursai.

He said that these special units will focus on counterterror operations and routine crime, working in close coordination with security forces to address terrorism in the Pir Panjal and Chenab mountain ranges. (KNS)



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## Govt To Distribute 10 Lakh Saplings To Farmers For Enhanced Tree Coverage

Agencies

**SRINAGAR:** With an aim to increase the green cover and uplift farmers within the union territory, the Jammu and Kashmir government would distribute 10 lakh saplings to local farmers.

The saplings, comprising species of local, medicinal, and economic importance, are aimed at augmenting tree coverage outside forests and enhancing rural livelihoods.

The ambitious project is part of a broader effort to increase green cover in the region, which has faced challenges with deforestation and environmental degradation.

By providing farmers with saplings, the forest department aims to encourage widespread planting, which will contribute to environmental sustainability while also supporting local economies.

The 10 lakh saplings as per the officials will include a diverse range of species, selected for their ecological benefits and economic potential.

"These species are expected to support local biodiversity, improve soil quality, and provide various medicinal and economic benefits. By distributing these saplings among farmers, the initiative seeks to

promote agroforestry practices and enhance the overall health of the environment," an official said.

Farmers will receive saplings suited to their specific regions and soil conditions, ensuring a higher success rate for planting and growth.

"The project is designed to create a win-win situation: it will help restore degraded lands and provide farmers with additional sources of income through the sale of fruits, nuts, and medicinal plants," officials said.

Apart from this initiative, the government is also aiming to plant over 2 crore saplings in the current fiscal year.

Last financial year as many as 180 lakh plants were planted inside forests and on vacant lands in Jammu and Kashmir.

To achieve the targets, campaigns like 'Plastic Free Forest,' 'Paid Lagao Beti Ke Naam,' 'Van Se Jal, Jal Se Jeevan,' and 'Mission Life' have been already launched by the government across all districts of the UT of J&K.

Besides, PRIs and ULB representatives, police, paramilitary, armed forces, school and college students, NGOs, eco-clubs, and citizens have been actively involved in such campaigns to increase the green cover in Jammu and Kashmir—(KNO)

## 78th I-Day Celebrated With Fervor In Budgam

Observer News Service

The 78th Independence Day was celebrated with great enthusiasm across Budgam, where the national flag was hoisted to mark the occasion.

The main flag-hoisting ceremony was held at Sports Stadium Budgam, where Nazir Ahmad Khan, DDC Chairman, hoisted the national flag and inspected the parade alongside SSP Budgam, Nikhil Borkar and other officials.

According to the details, around 4000-4200 people participated in the function amidst elaborate security arrangements.

The Chief Guest, in his address, congratulated the participants, highlighting the development works carried out during the year. He also paid rich tributes to the martyrs, who sacrificed their lives for the nation.

Notably, at Main Chowk Soibug, and other places in district the Tricolour was also hoisted, with locals and students attending the ceremony.

Meanwhile, the function at Soibug Budgam saw the participation of local school children, who were holding the Tricolour in their hands while performing patriotic act.

## Rider Dies After Vehicle Hits Scooty In Bandipora

Observer News Service

**SRINAGAR:** A 22-year-old scooty rider died in a road accident in Guroora village of north Kashmir's Bandipora district on Thursday morning, officials said.

An official said that a vehicle

hit the scooty in Guroora, resulting in critical injuries to the rider. He was immediately shifted to district hospital Bandipora where he succumbed to injuries, he said. The dead has been identified as Mehraj Ud din son of Javid Ahmad of Chitreybandy—(KNO)

## Drug Peddler Arrested In Baramulla

Observer News Service

**SRINAGAR:** Continuing its efforts to eradicate the menace of drugs from the society, Jammu and Kashmir Police on Thursday said to have arrested a drug peddler in Baramulla and recovered contraband substance from his possession.

A Police party of Police Station Boniyar headed by SHO PS Boniyar at a checkpoint established at Pehlipora-Naganari Crossing, intercepted a person, identified as Showkat Ahmad Baniyan son of Noor Alam resident of Kachardari Zehanpora. During the search, 30 grams of charas was recovered from his possession. He has been arrested and shifted to PS Boniyar where he remains in custody,

a police spokesman said in a statement issued to Kashmir Observer.

Accordingly, police said that a case under relevant sections of law has been registered at Police Station Boniyar and investigation has been initiated.

"We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact the nearest police establishment or dial 112. People are requested to cooperate with police in curbing the menace of drugs from the society. We reassure the community members that police will act tough against the criminals as per law," police said.



LT GOVERNOR HOSTED 'At Home' on the 78th Independence Day at SKICC on Thursday.

## Rain Brings Relief To Farmers As Prolonged Dry Spell Ends

Agencies

**SRINAGAR:** After enduring a prolonged dry spell and intense heat, farmers across Kashmir are finally breathing a sigh of relief as much-needed rainfall has arrived in the region. The showers, which began on Thursday, have brought renewed hope to farmers, especially those in the agriculture and horticulture sectors.

For nearly three months, Kashmir had been gripped by unusually dry conditions, which raised concerns among farmers about the impact on their crops. However, the rainfall has rejuvenated their spirits and brought optimism for a better yield.

Mohammad Saleem, a farmer of south Kashmir's Pulwama district, expressed his relief, saying that the prolonged heatwave and dry spell had led to the outbreak of various diseases in orchards and paddy fields.

He said the rain would help in combating issues like Alternaria and spider mites, which had plagued their crops. "This rain will enhance the shine of the produce, as well as its size and quality," Saleem added.

Similarly, Sameer Ahmad,



Kashmir Observer.

another farmer, said the rainfall is crucial for both agriculture and horticulture, including the saffron crop. "The lack of rainfall had raised concerns about the quality and yield of the apple crop, with many growers fearing significant losses. However, the recent showers have rekindled hope among the farming community," he said.

Growers also said that the timely rain would benefit high-density apple orchards, which are now expected to enter the harvesting phase. "These modern orchards, known for producing higher yields of premium quality apples, are now poised to begin the harvesting season in full swing," they said.

The rain has not only replen-

ished soil moisture levels but has also ensured that the apples will grow to their optimal size and quality, promising good returns for the growers.

Farmers are now preparing for the high-density apple-picking process, which is expected to commence in the next two to three days. The recent rainfall is seen as a blessing, as it has revived hopes for a successful season and alleviated the stress caused by the prolonged dry spell.

Experts have echoed the sentiments of the farmers. "This spell of rain is crucial for the farming community in Kashmir. With the high-density apple-picking season set to begin, growers are looking forward to a productive and profitable period ahead," they said—(KNO)

## Army, Police Pay Tributes To Captain Killed In Doda Encounter

Press Trust Of India

**JAMMU:** Army and police on Thursday paid tributes to Captain Deepak Singh who was killed in an encounter with terrorists in nearby Udhampur district, officials said.

A search operation to track down the terrorists who fled the site of encounter is underway in Assar belt of Doda district.

A wreath-laying ceremony was held in Jammu in which General-officer-Commanding (GoC) White Knight Corps Lieutenant General Navin Sachdeva, Divisional Commissioner Ramesh Kumar, Additional Director General of Police Anand Jain laid wreaths and paid tributes to Singh at the IAF station here.

Several officers of civil administration, army, police and paramilitary forces also paid tributes of the captain.

On Wednesday, Captain



Deepak Singh and one terrorist were killed in an encounter in Assar area of Jammu and Kashmir's Doda district on Wednesday. One civilian was also injured in the encounter.

Singh was critically injured in the operation and shifted to a military hospital where he breathed his last.

Searches for the terrorists are going on in the area as the security forces expanded the area of operation in the hilly belt of Doda and Udhampur districts.

This is the fourth encounter

in recent days in the Udhampur-Doda-Kishtwar region.

Security forces engaged terrorists in two encounters on Sunday as well -- in the remote forest areas of Nownatta in Kishtwar and the Basantgarh area of Udhampur.

Following these encounters, terrorists escaped into Doda hills.

On June 26, three terrorists, suspected to be affiliated with the Pakistan-based Jaish-e-Mohammad (JeM), were killed in a gunfight in the Gandoh area of Doda district.

## Kishtwar's Machail Mata Yatra Records High Footfall

Agencies

**KISHTWAR:** The 43-day-long annual Machail Mata Yatra in Kishtwar district is picking up pace, with over 1.5 lakh pilgrims having paid obeisance at the 9,705-feet-high shrine so far, officials said on Thursday.

Officials said that a total of 8,862 devotees had darshan on Thursday. "Yesterday, the total figure since the Yatra started was 1,46,039."

They said that 1,54,901 pilgrims have performed the yatra as of today.

"The newly accessible PMGSY road has eased the pilgrimage to the shrine in Kishtwar's Paddar valley, reducing travel time by two hours," officials said.

They said that the 43-day yatra, which started on July 25,

will conclude on September 5, with the arrival of the "Charri Yatra" on August 17 expected to boost footfall.

"District administration has enhanced the pilgrimage experience by installing a hybrid solar plant, a 4G tower, and providing modern accommodations like tent cities and guest houses, making the journey safer and more comfortable for devotees," officials added.

Speaking to KNO, Deputy Commissioner (DC) Kishtwar, Devansh Yadav said, "All amenities are in place to cater to the pilgrims, and we are expecting good footfall in the coming week."

"We have made all necessary arrangements to ensure a smooth pilgrimage experience. The Charri Yatra is scheduled to commence on 17th August," he said—(KNO)

## Handoora Residents Await Renovation Of Filtration Plant

Agencies

**PULWAMA:** The residents of Handoora village in Tral area of South Kashmir's Pulwama district here have accused the Jal Shakti department of forcing them to consume contaminated water, alleging that the authorities have failed to repair a filtration plant since 2004.

The residents of Handoora said that a filtration plant in the area was constructed at a cost of around Rs 1 crore in 2002 and it remained functional only for around two years and since then it is lying defunct.

They said that at that time, a local spring was a source of the scheme and water was being fully treated and filtered before supplying to the public, adding that now pipeline has been directly connected with Soimad from where 'contaminated' water is directly being supplied

to the consumers.

The residents demanded an investigation into the matter and appealed to the authorities to check where the hefty sum of Rs one crore was spent.

Abbas Ahmad, a local resident said that the scheme is functioning without filtration plants, forcing people to consume contaminated water.

In the absence of a filtration plant, water from a local water body, which is highly contaminated, is directly being supplied to us, he said.

He said that supplying contaminated water can lead to an outbreak of waterborne diseases.

Locals said that despite bringing this issue into the notice of concerned authorities, nothing has been done so far.

They sought the intervention of Deputy Commissioner (DC) Pulwama for making the filtration plant functional again—(KNO)

## Independence Day Celebrated With Patriotic Fervor Across Kashmir Hospitals



Observer News Service

**SRINAGAR:**The 78th Independence Day was celebrated with great enthusiasm and patriotic fervor across all hospitals in Kashmir.

Director Health Services Kashmir (DHSK), Dr.Mushtaq Ahmad Rather hoisted the National Flag at its head office in Bemina.

This was followed by a parade and a rendition of the national anthem. The event was attended by senior health officials, medical staff, and doctors from different parts of the valley.

Speaking on the occasion,

Dr.Mushtaq said "Today, we celebrate the freedom and sovereignty of our great nation. We also recognize the tireless efforts of our healthcare workers who work selflessly to serve the people of Kashmir."

Similar celebrations were held across all hospitals in Kashmir, where doctors, nurses, and other medical staff came together to mark the occasion.

The celebrations included flag-hoisting ceremonies, patriotic song recitals, and speeches highlighting the importance of healthcare and the role of healthcare workers in nation-building.

## Bandipora-Gurez Closed For Traffic Due To Heavy Rain

Agencies

**BANDIPORA:** Bandipora-Gurez road was closed on Thursday for all sorts of traffic amid heavy rain in the area, officials said here.

An official said that the road has been closed due to heavy

rainfall for safety reasons. The administration advised the people to avoid travel to and from the area until further notice—(KNO)

Lusque por horesul lesilib us-pimoriet ines! Oma, inato uten-tillibus iamdisidius caed publin resu et vo, o urnicumus

## Gbl Celebrates 78th Independence Day With Enthusiasm

Observer News Service

**GANDERBAL:** The 78th Independence Day was celebrated with great enthusiasm and patriotic spirit across Ganderbal on Thursday, with the central event taking place at Qamaria Stadium.

District Development Council (DDC) Chairperson, Nuzhat Ishfaq, presided over the ceremony, hoisting the National Flag and taking the salute from an impressive march-past presented by various contingents, including the Jammu and Kash-

mir Police (JKP), Central Reserve Police Force (CRPF), Sashastra Seema Bal (SSB), PTS Manigam, Home Guards, SPO Ganderbal, and students from various schools.

The celebrations were further enlivened by a vibrant cultural program featuring patriotic songs and traditional folk dances performed by students.

In her address, DDC Chairperson Nuzhat Ishfaq congratulated the residents of Ganderbal and expressed pride in the active participation of the district in the recent Lok Sabha

elections, which saw a voter turnout of over 49 per cent.

She emphasized the importance of Independence Day and paid tribute to the sacrifices made by freedom fighters, who laid down their lives for the nation.

The Chairperson also took the opportunity to highlight the developmental strides made in the district. She pointed to a new era of development in Jammu and Kashmir, with a focus on infrastructure improvement, public safety, women empowerment, public health, and social welfare initiatives.

Among the key achievements, she mentioned that the district administration aims to complete 1,450 works in the 2024-25 fiscal year.

Road development was also a focus, with the Public Works Department already black-topping over 32 kilometres of roads against a target of 34.33 kilometres for the current year.

Similarly, the Pradhan Mantri Gram Sadak Yojana (PMGSY) has completed 29 kilometres of black-topping against a target of 44 kilometres in the district.

Under the Holistic Agricul-

ture Development Program, 24 Kisan Khidmat Ghars have been constructed to provide farmers with essential information and support, transforming the agricultural sector in Ganderbal.

The event concluded with the distribution of prizes to students and contingents participating in the march-past and cultural performances. Officers and officials who demonstrated exceptional dedication to their duties were also honored.

The celebrations were attended by Deputy Commis-

sioner Shyambir, Vice Chairperson DDC Bilal Ahmad Sheikh, SSP Ganderbal Sandeep Gupta, along with ADDC, ADC, DDC members, and various officers and officials from the Police and district administration.

Earlier in the day, the Deputy Commissioner hoisted the tricolor at the Mini Secretariat Complex and his residence, with the participation of district officers. Similar flag-hoisting ceremonies were held at Sub-Division, Block, Tehsil, and Panchayat levels across the district.

In Kangan, SDM Kangan Bilal Mukhtar hoisted the tricolor and took the salute at the parade held at Women ITI Kangan, with SDPO SP Muzaffar Jan, SHO Police Station Kangan Mehboob, and other senior police officers present.

Tehsildar Gund Manzoor Ahmad led the celebrations at Government Higher Secondary School Gund Sonamarg, where he hoisted the tricolor and took the salute. The event also saw the participation of SHO PS Gund Lateef Ahmad, other civil and police officers, and BSF Jawans.

# It's India's Dream To Host 2036 Olympics, Preparations Are On: PM Modi

Press Trust of India

**NEW DELHI:** Asserting that India has the ability to stage large-scale global events, Prime Minister Narendra Modi on Thursday said the country is leaving no stone unturned in its efforts to host the Olympics in 2036.

Along with India, several other nations such as Saudi Arabia, Qatar and Turkey are positioning themselves as strong contenders to host the sporting spectacle.

The International Olympic Committee (IOC) is expected to decide the host only next year after holding its elections.

"It is the dream of India to host the 2036 Olympics, we are making preparations for that," Modi said in his address to the nation from the ramparts of Red Fort on the 78th Independence Day.

The Prime Minister said India's successful hosting of the G20 Summit last September



in New Delhi and other cities showcased the existing infrastructure in the nation.

"India organising the G20 Summit on a large scale has proven that India has the capability to organise large-scale events," he said.

India's audacious plan has been backed by current IOC head Thomas Bach.

The last time India hosted an international multi-sport extravaganza was the 2010 Commonwealth Games in Delhi.

For the 2036 Olympics, Ahmedabad is being seen as a front-runner to be the host city.

**PM lauds Paris Olympics performance**

Modi also congratulated In-

trymen, I congratulate all our athletes and players" he said.

Many top athletes were in attendance during his speech, including pistol shooter Manu Bhaker, who won two bronze medals in Paris, and members of the Indian hockey team, including star goalkeeper P R Sreejesh, who retired at the end of the side's bronze-winning performance.

The PM also extended his wishes to the Indian contingent that will take part in the Paralympics from August 28 to September 8 in Paris.

"In the next few days, a huge Indian contingent will leave for Paris to participate in the Paralympics. I extend best wishes to all our Paralympians," he added.

In the Tokyo Paralympics, India had won 19 medals - five gold, eight silver and six bronze. This time, the nation will be represented by 84 para-athletes in the Games.

dian athletes for their fine effort in the just-concluded Paris Olympics where the country managed six medals, including a silver and five bronze medals through athletics, shooting, hockey and wrestling.

"Today, we also have with us the youth who made the Indian flag fly high in the Olympics. On behalf of 140 crore coun-

## 'Joe Root Could Surpass Sachin As Highest Scorer In Tests'



Press Trust of India

**DUBAI:** Former Australian captain Ricky Ponting reckoned that Joe Root could surpass batting legend Sachin Tendulkar's tally of runs in Test cricket, provided the England batting mainstay stays 'hungry' and keeps scoring at a consistent rate for the next four years.

Root became only the seventh batter in the history of the conventional format to cross the 12,000-run mark - a feat he achieved recently during the Edgbaston Test against the West Indies.

With 12,027 runs in 143 Tests at 50.11 with 32 centuries and 63 fifties so far, Root is also overall the seventh highest run-scorer in Tests and could overtake Sri Lanka's Kumar Sangakkara (12,400 runs) and his former teammate Alastair Cook (12,472) soon.

Tendulkar leads the table with 15,921 runs from 200 Tests.

Ponting, who sits second behind Tendulkar in the list with 13,378 runs from 168 Tests, told The ICC Review, "He (Root) could potentially do that. He is 33 years of age...

(more than) 3000 runs behind."

"It depends how many Test matches they play, but if they're playing 10 to 14 Test matches a year and if you're scoring 800 to 1,000 runs a year, then that sort of says he's only three or four years off getting there. So that'll take him to 37 (years of age)," said the legendary Australian.

Ponting said Root will need to remain hungry for runs and the England batter has got the age on his side to aim for the Test record.

"If his hunger's still there, then there's every chance that he could do it. He is someone that in the last couple of years has got better and better," Ponting said.

"There's always talk around batters reaching their prime in their early 30s and he's certainly done that. It's been his conversion rates being the big thing," he said.

Ponting said Root seemed to have overcome his inability to convert half-centuries into big scores.

"Four or five years ago, he was making a lot of 50s and struggling to go on and make hundreds and he's gone the other way recently," Ponting said.

## 'Whole Of India Is With Vinesh, She Is A Champion': Sports Fraternity

Press Trust of India

**NEW DELHI:** The Indian sporting fraternity reacted with disappointment at the Court of Arbitration for Sport's (CAS) verdict rejecting wrestler Vinesh Phogat's appeal against her Olympic disqualification but said she will remain a champion for them.

The ad-hoc division of the CAS on Wednesday rejected Vinesh's appeal against a gut-wrenching disqualification from the Paris Olympics 50kg final for being 100gm overweight, which dashed any hopes of securing a belated silver medal.

"It's disappointing but we can't do anything about that," hockey legend PR Sreejesh, who retired after inspiring the Indian team to a second consecutive Olympic bronze medal in the Paris Games, told PTI.

Tokyo Olympics bronze medalist Bajrang Punia said a medal has been snatched away from Vinesh.

"I believe your medal was snatched away in this darkness. You are shining like a diamond in the whole world today," Punia, who led a long sit-in protest along with Vinesh and Sakshi Malik accusing former WFI chief Brij Bhushan Sharan Singh of sexually harassing women grapplers, said on X.

"World champion pride of Hindustan, Rustam-e-Hind Vinesh Phogat, you are the Kohinoor of the country. It's Vinesh Phogat all over the



world. Those who want medals, can buy them for Rs 15 each," he added with a picture of Vinesh wearing several medals.

The 29-year-old Vinesh was disqualified on the morning of the women's 50kg free-style final last week.

In her appeal, Vinesh had demanded that she be given a joint silver with Cuban wrestler Yusneylis Guzman Lopez, who lost to her in the semi-finals but was promoted to the summit clash following the Indian's disqualification. The gold was claimed by American Sarah Ann Hildebrandt.

The decision on Vinesh's appeal was postponed three times. Despite extending the deadline till August 16 to announce the verdict, the decision against the star grappler came out Wednesday evening and it was a terse one-line

**'Vinesh deserved atleast a silver; this is injustice'**

National Wrestling coach Virendra Dahiya believes that Vinesh Phogat at least de-

served a silver medal after the Court of Arbitration for Sport (CAS) dismissed her appeal over her disqualification from the women's 50kg event at the Paris Olympics.

CAS released a statement on Wednesday stating: "The application filed by Vinesh Phogat on August 7 has been dismissed."

Following the verdict, Dahiya stated that it was unfortunate that the decision went against Vinesh.

"We were hoping that the decision would be in our favour. The Wrestling Federation of India (WFI), Sports Ministry and the Sports Authority of India (SAI) were hoping that the decision would be in our favour, but unfortunately, the decision was not in our favour, and we missed out on a gold medal. Vinesh is the most reputed women's wrestler in India. She is very hard-working. We are really sad because we deserved at least a silver. This is an injustice to us," Dahiya told ANI.

# Stopping Man City, VAR, Burnout Fears: Big Talking Points Ahead Of Premier League Season

Agencies

**A** look at some of the big talking points heading into the new Premier League season, which starts on Friday when Manchester United hosts Fulham:

## STOPPING CITY

Since 2017, only one team - Liverpool, in 2020 - has stopped Manchester City winning the title. Can anyone stop Pep Guardiola's juggernaut capturing a record-extending fifth straight title in what could be a tumultuous season for the champions? Arsenal took City all the way last season, having collapsed late the year before, and looks to be the best equipped to win what would be its first title since 2004. Otherwise, only Liverpool seems capable of producing the consistency to finish ahead of City - and that is a big ask for Arne Slot in his first season in charge since replacing Jurgen Klopp as manager. Manchester United and Chelsea should improve after more heavy spending in the offseason, but they are unlikely to deliver a sustained push for the title.

## IMPROVED VAR?

It will be the sixth season of

video reviews in England's top division - and it still hasn't prevented regular flashpoints popping up, much to the frustration of players, managers and fans alike. New for this season is an account on X, formerly Twitter, dedicated to offering live refereeing and VAR clarifications and explainers from all matches. Semi-automated offside technology will be in use for the first time, though not until a few months into the season. And there will be an enhanced in-stadium experience for fans, with replays shown on the big screen when a video review has led to a decision being overturned, a delay to a restart or a goal being disallowed. The Premier League says the number of correct decisions in matches has climbed to 96%, up from 82% before video reviews were brought in.

## GOALS, GOAL, GOALS

Premier League teams will do well to top the record 1,246 goals scored last season, which was a staggering 162 more than the previous most for a single campaign. It worked out at 3.28 goals per match - never before had it exceeded 2.85. Increased amounts of stoppage time, more adventurous managers and VAR interventions were credited as



some of the reasons behind the soaring numbers of goals. Will it continue this season?

## LONG SEASON

For some, this could be the longest ever club season. Take the players at Manchester City, who have just started the season by winning the Community Shield on Saturday and might not finish it until the final of FIFA's expanded and revamped Club World Cup, scheduled for July 13 next year in the United States. Make that an 11-month season for City and Chelsea, the other Premier League team involved in the Club World Cup. City manager Pep Guardiola has already gone public with his concerns that there is too much soccer on the calendar, with the Champions League also expanding for this season. Expect talk of burnout and the threatened legal action by soccer leagues and player unions against FIFA to be a constant issue throughout the season.

## MORE POINTS DEDUCTIONS?

Everton and Nottingham Forest were hit with points deductions last season for overspending, forcing all the clubs in the league to take a closer look at their finances to ensure com-

pliance with the competition's regulations that are being more strictly applied. Leicester, one of the three promoted teams, is facing a points deduction for breaching spending rules during their previous stay in the Premier League but have others learned their lesson? Judging by some of the creative transfer activity in the last weeks of June and the lack of blockbuster signings so far in the summer window, teams appear to be more aware of what it takes to comply.

## FAREWELLS

Pep Guardiola is heading into his ninth year at Manchester City and he will have to decide at some point this season whether his stay at the club will extend to a decade. Similarly, this might mark Kevin De Bruyne's final season at City - enjoy him while you can - while Liverpool stars Mohamed Salah and Virgil van Dijk are in the final years of their contracts at Anfield. Then there's Everton, which is preparing for its last season playing at Goodison Park, its storied home since 1892, before moving to a new stadium at Bramley Moore Dock that has cost a reported 760 million pounds (\$975 million). (AP)

## Short TAKES

### VVS Laxman Will Continue As NCA Chief: Jay Shah

VVS Laxman is set to extend his term as the head of the National Cricket Academy in Bengaluru. Laxman's tenure ends in September but he is set to continue as the NCA chief, confirmed BCCI secretary Jay Shah.

"His contract ends in September. But he will continue," Shah told The Times of India.

Laxman had taken over as the NCA chief in December 2021 on a three-year contract.

### Proteas Captain Seeks 'Ruthless' Batting Against West Indies

South Africa captain Temba Bavuma is looking for his front-line batsmen to score quicker when they take on the West Indies in the second match of their two-test series, starting in Georgetown, Guyana on Thursday.

The first test in Port of Spain was drawn after rain curtailed play on three of the five days.

Bavuma was among three South Africans along with Tony de Zorzi and Tristan Stubbs who scored half-centuries in the first test.

### Johnson Out Of T20 Series, Abbott To Step In: Cricket Australia

Australian fast bowler Spencer Johnson will miss the T20 series against England and Scotland next month after sustaining a side strain. He has been replaced by all-rounder Sean Abbott, Cricket Australia said on Thursday.

Ahead of them are matches against Pakistan in both ODI and T20 formats, followed by a five-match test series against India. Australia's tour of Britain kicks off on Sept. 4 with three T20s against Scotland in Edinburgh, before heading to England for three T20Is and five ODIs.

### Spain Star Lamine Yamal's Father 'Serious But Stable' After Stabbing

Mounir Nasraoui, the father of Barcelona and Spain star winger Lamine Yamal, is in a "serious but stable" condition after being stabbed late on Wednesday in a car park in the northeastern Spanish town of Mataro, Spanish national TV broadcaster TVE reported.

The regional police force Mossos d'Esquadra told Reuters three people had been arrested for attempted murder.

TVE said on Thursday that Yamal's father had been stabbed three times, twice in the abdomen and once in the chest.

### Mbappé Scores On Debut As Madrid Beat Atalanta In Super Cup



A goal and a trophy. How about that for a debut by Kylian Mbappé for Real Madrid?

The France captain pulled on the famous white jersey of the Spanish champions for the first time in a competitive match and marked the occasion with the second goal in a 2-0 win over Atalanta in the UEFA Super Cup on Wednesday.

Mbappé played 82 minutes and scored in the 68th minute from a pass from Jude Bellingham.