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**CONGRESS ALLIANCE TALKS** 

# Rahul, Kharge Arrive In Srinagar



**Press Trust Of India** 

Srinagar: Leader of Opposition in Lok Sabha Rahul Gandhi and Congress president Mallikarjun Kharge arrived in Srinagar on Wednesday on a two-day visit to Jammu and Kashmir to take stock of the party's preparations for the upcoming assembly elections in the Union Territory and explore a likely alliance with the National Conference.

The two leaders are visiting the UT for key meetings in connection with the three-phased assembly elections beginning September 18, a senior Congress

There were no official meetings scheduled for the two leaders for Wednesday, he said.

The two leaders will engage in extensive discussions with party leaders and workers of 10 districts of the Kashmir valley on Thursday. The meetings will begin at 10 amafter which the two are likely to interact with the media here.

They are also likely to meet National Conference (NC) lead-ership to discuss a possible prepoll alliance.

After wrapping up interactions here, they will fly to Jammu in the afternoon to continue their | More on P6

#### **Congress-NC Alliance Hits Roadblock**

s Congress party and National Conference are likely to forge an alliance for Assembly elections in Jammu and Kashmir, talks on lacktriangleseat sharing are stuck on Doda Assembly Constituency. Sources said that both the parties want to contest on Doda seat which traditionally has remained a stronghold of Congress party. "The coordination committee of both the parties have | More on P6



THE TWO LEADERS WILL ENGAGE in extensive discussions with party leaders and workers of 10 districts of the Kashmir valley on Thursday."

# **BJP Likely To Hold CEC Meeting On August 25**

Agencies

New Delhi: As the Election Commission of India announced the dates of the state assembly elections in Haryana and Jammu and Kashmir, the BJP is making preparations and is likely to hold its Central

Election Committee meeting headquarters in Delhi.

According to a top source, "The CEC meeting will be held on August 25 for both Haryana and I&K. The names of the candidates will be discussed and decided in the I More on P6

**Assembly Elections** 

# **MCC Violations: Command & Control Centres Set Up In J&K**

**Observer News Service** 

Jammu: Jammu and Kashmir authorities on Wednesday set up command and control centres in Jammu and Srinagar to check violations of the Model Code of Conduct in force for the upcoming assembly elections, officials said.

The centres have been established at the offices of chief electoral officer at the twin capital cities to curb the spread of misinformation and uphold the integrity of the electoral process, an official statement said.

Round-the-clock control rooms have also been made functional in all 20 deputy commissioners' offices.

The model code of conduct came into force in Jammu and Kashmir on Friday with the announcement of the schedule for the assembly elections in



the Union Territory. Assembly polls will be held in three phases -- September 18, September 25 and October

1.The counting of votes will be held on October 4. Equipped with state-ofthe-art infrastructure, the command and control centres would keep a close vigil on all poll-related activities,

ensuring prompt action, including against any suspected case of fake news, said the statement from the office of the chief electoral officer.

"In addition to electronic channels, the Command and Control Centre is also keeping a strict vigil on social media channels and media portals | More on P6

Over 28K **Defacements** Removed

Within 72 Hrs

he J&K Election Department has removed more than 28 thousand defacements across Jammu and Kashmir within 72 hours after the announcement of J&K Assembly Election 2024. With the announcement of the Assembly Election in Jammu and Kashmir on 16 August 2024 by Election Commission of India (ECI), the Commission had issued directions for the effective enforcement of provisions of Model Code of Conduct (MCC) in J&K Union Territory. Taking the ECI directives regarding the implementation of MCC after the | More on P6

**GAZA BACKLASH** 

#### Israeli Film **Festival In Mumbai Cancelled**

**KO Web Desk** 

New Delhi: The National Film Development Corporation (NFDC) has cancelled the Israel Film Festival in Mumbai in response to an online signature campaign against the event. The festival was scheduled to be held at the National Museum of

Indian Cinema (NMIC) between August 21 and 22, 2024. A group of citizens on Monday urged the National Film Development Corporation of India to cancel a festival showcasing Israeli films, sched-uled to be held in Mumbai on Wednesday and Thursday at the National Museum of Indian Cinema.The signature campaign was organised by the India Palestine Solidarity Forum, an informal group dedicated to raising awareness about the ongoing genocide in Gaza

"This screening by the NFDC [National Film Development Corporation] is shamefully being held at a time, when the entire world is witness to Israeli war crimes, the ongoing Holocaust and the genocide in Gaza, and across all of Palestine," the | More on P6

#### Apni Party's Election Manifesto Out

## **Bats For Restoration Of Statehood, CM Powers**



Majid Nabi

Srinagar: The Apni Party on Wednesday released its manifesto for the assembly elections, promising to press the Centre for constitutional guarantees to preserve culture and special identity of Jammu and Kashmir, and to work for the restoration of statehood of the Union territory.

"The Apni Party will press for constitutional guarantees to preserve the culture and special identity of Jammu and Kashmir, similar to the provisions of

Article 371 in some north-eastern states. This includes land and job protection, addressing the people's sense of loss," the manifesto read.

It also promised the annulment of existing central laws that were extended to J&K following the abrogation of Article 370

"The Apni Party will revisit and restore all the laws that were withdrawn or amended over time. Our party will secure constitutional guarantees for the protection of land and job security for local | More on P6

#### **List Of 8 Candidates**

ammu and Kashmir Apni Party on Wednesday released its first list of eight candidates for the upcoming assembly elections in the union territory, according to a party spokesperson. The list was recommended by Mohammad Dilawar Mir, chairman of the party's parliamentary affairs committee, and was approved by party president Syed Mohammad Altaf Bukhari, the spokesperson said. Earlier in the day, the Apni Party released its manifesto for the assembly elections, promising to press the Centre for constitutional guarantees to preserve culture and special identity of | More on P6

# Er Rashid Moves Delhi **Court Seeking Bail**

**Court Seeks** NIA's response

New Delhi: A Delhi court has sought the National Investigation Agency's response on an application filed by jailed Kashmiri parliamentarian Rashid Engineer seek-

ing regular bail. Sheikh Abdul Rashid, popularly known as Engineer Rashid, was arrested in a 2017 Jammu and Kashmir terror funding case. He defeated former chief minister and National Conference leader Omar Abdullah in Baramulla in the 2024 Lok Sabha polls.

Additional sessions judge ASI) Chander lit Singh notice to the NIA on Tuesday and directed it to file its response by August 28.

The court had earlier granted Rashid custody parole to take the oath of office on July 5. Rashid has been in jail since



2019 after he was charged by the NIA under the Unlawful Activities (Prevention) Act in the alleged terror funding case. He is at present lodged in Tihar jail.

The former MLA's name cropped up during the investigation of Kashmiri businessman Zahoor Watali, who was arrested by the NIA for allegedly funding terrorist groups and separatists in the Valley.

The NIA had filed a charge sheet against several individuals, including Kashmiri separatist leader | More on P6

#### **Govt Report On Wetlands: HC Seeks Response**

**M** Ahmad

Srinagar: J&K and Ladakh High Court has directed Amicus Curiae to file response to the status report filed by the government regarding conservation and protection to wetlands in Kashmir.

Hearing a public Interest Litigation, a Division Bench of Chief Justice (Acting) Tashi Rabstan and Justice Moksha Khajuria Kazmi observed that a status report in terms of order dated 9 September 2022 has been filed.

Subsequently, advocate Nadeem Qadiri, Amicus Curiae, sought time to file response and suggestions, if any, to the status report filed by the au-thorities. "The respondents shall provide all possible assistance to the learned Amicus Curiae during his visits to different wetland sites," the court added. | More on P6

#### Absence Of Doctor At Jammu Hospital

## **Dying Man Gets CPR** From Son, Probe Ordered

**Press Trust Of India** 

Iammu: A 71-vear-old man died on Wednesday allegedly because there was no one to give him CPR at a hospital in Ramban district, an official said. Ghulam Nabi Bhat, who

was suffering from Chronic Obstructive Pulmonary Disease, was rushed to Sub-District Hospital in Banihal by his son Altaf Ahmad, but he was forced to per-Cardiopulmonary Resuscitation (CPR) on him



because there was no doctor or paramedical staff available at the moment.

A video of the son trying to revive his father on a hospital bed has gone viral since. After half an | More on P6

#### **CMO Ramban Refutes Allegations**

■he CMO office Ramban has strongly refuted the allegations that no medical staff attended an elderly person at Sub-District Hospital Banihal and "after half an hour since his arrival, the patient was rushed to the casualty room where he was declared dead. "This statement is incorrect and misleading," Chief Medical Officer Ramban, Kamal Je Zadoo said. | More on P6

Preventing 2014-Like Floods

# **HC Grants Govt Week's Time To File Compliance Report**

M Ahmad

Srinagar: The High Court of J&K and Ladakh has granted the government week's time for filing a composite compli-ance report, detailing steps as regards prevention of floods in Kashmir Valley.

Hearing a Public Interest Litigation filed by an NGO Environmental Policy Group, a division Bench of Chief Justice (Acting) Tashi Rabstan and Justice Puneet Gupta passed the directions after government advocate Faheem Nissar Shah submitted that status report is ready and sought a short adjournment of one week to file the same. While granting him the time, the court directed that a copy of the same shall be provided to Amicus Curie "who shall then submit his response within



one week." It has been listed on 26 September for further consideration

On the previous date of hearing, the court underlined that preventing the possibility of recurrence of devastating flood like 2014 remains its prime importance and had directed authorities to file a detailed affidavit, detailing steps taken in terms of various orders passed by the Court from time to time in this regard.

prime "What is of

importance for this Court is to prevent the possibility of recurrence of such a devastating flood, which had occurred in September, 2014 for which a number of directions have been issued by this Court, including directions issued on 18.08.2017 and 11.09.2017," the court had said

"This Court, vide order dated 9.10.2017 with regard to the directions issued from time to time particularly on 18.08.2017 and 11.09.2017 reminded the authorities that the Court is not powerless in matters involving public interest," the Division bench had said, adding, "It was further observed that this Court is sufficiently empowered to take such action which would constrain the authorities to follow the dictates of law."

The Court, | More on P6

#### J&K FFRC Imposes 9 Lakh Fine To **Private School**

Agencies

Srinagar: Jammu and Kashmir Committee for Fixation and Regulation of Fee of Private Schools (FFRC) has imposed a fine of Rs 9.60 lacs to a private school in Srinagar for not complying to its orders.

According to the FFRC orders, the school management have been directed to pay the fine within ten days.

FFRC in an order said that on May-20-2024, penalty of Rs 3.20 lacs was imposed on the school Management of Minto Circle English Medium Senior Secondary school, Aloochi Bagh, Srinagar.

It also said that the penalty was imposed on account of the school charging excess money against the fees determined by this committee.

In terms of Rule 12 sub clause (e) and (f), the noncompliance of | More on P6

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# **Indian Student In UK Develops Revolutionary Carbon-Extracting Biomaterial**

**Press Trust Of India** 

n Indian student at University College London (UCL) is working on a new construction biomaterial that uses living microorganisms to extract carbon dioxide (CO ) from the atmosphere, which has the potential to dramatically reduce carbon footprint if mass-produced and widely adopted by the building industry. Prantar Tamuli, a master's

degree student in biochemical engineering department at UCL, recently unveiled the material as part of an art installation at St Andrews Botanic Garden in Scotland. It incorporates living cyanobacteria into translucent panels that can be mounted on to the interior walls of buildings and as the microorganisms embedded within the panels grow using photosynthesis, they pull carbon dioxide out of the air.

"My aim by developing the C-ELM material is to transform the act of constructing our future human habitats from the biggest carbonemitting activity to the largest carbon-sequester-ing one," said Tamuli.

Through a biomineralisation process, the captured carbon dioxide is affixed to calcium to create calcium carbonate, locking away the carbon. A kilogram of the biomaterial, known as a cvanobacterial engineered living material or C-ELM, can capture and sequester up to 350g of carbon Comparatively, dioxide.



the same amount of traditional concrete would emit as much as 500g of carbon dioxide. Therefore, a 150 square metre wall cladded with such C-ELM panels could lock away approximately one tonne of carbon dioxide.

The promise of this kind of biomaterial is tremendous. If mass produced and widely adopted, it could dramatically reduce the carbon footprint of the construction industry. We hope that to scale up the manufacture of this C-ELM and further optimise its performance to be better suited for use in construction," said Professor Marcos Cruz of UCL Bartlett School of Architecture and co-director of the Bio-Integrated Design Programme.

Tamuli developed C-ELM under the guidance of research supervisors during his earlier MSc degree in Bio-Integrated Design. Over the COVID-19 lockdown in London, he developed a

new process for culturing the cyanobacteria at his home without access to his lab or conventional equipment.

Dr Brenda Parker of UCL Biochemical Engineering and co-director of the Bio-Integrated Design Programme added: "By breaking down traditional disciplinary silos we can enable discoveries such as these. It is an exciting moment where biotechnology has the potential to transform how we design and build more sustainably.'

A patent for the C-ELM technology has been filed by UCL's commercialisation company, UCL Business. Tamuli says he was inspired to develop the material by studying stromatolites, natural stony structures formed over millions of years from sediments trapped by some of the Earth's most ancient living organisms, algal mats. He focused on the species Kamptonema animale, a

photosynthetic cyanobacterium that grows in long strands, making it easy to bind the microorganisms to the surrounding material within the panels. The calcium carbonate that the cyanobacteria produce helps to strengthen and reinforce the panels.

The panels themselves are designed to offer a range of cosmetic and structural benefits for buildings. They are lightweight, sound translucent absorbing, enough to transmit light through and thermally insulating so as to enhance the energy efficiency of buildings.

The first such panels were publicly demonstrated at an installation inside the 'Bioscope' pavilion at St Andrews Botanic Garden. Designed by the design collective Studio Biocene, the display showcased lowcarbon and low-impact construction methods that mimic a natural environ-

Keves emphasised the po-

tential for governments and

health services to fund and

promote crafting as part of

a broader approach to en-

hancing public well-being.

However, the researchers

cautioned that the study's

correlational nature means

more research is needed to

out an experimental study

to measure well-being be-

fore and after significant

periods of crafting," Dr.

establish causation. next step would be to carry

Keyes added.

#### Office of the Executive Engineer, R&B Division Sopore.

Subject:- Invitation of tenders.

Reference:- This office NIT:35 and 36 of 2024-2025 e-tendering issued under No: 3127- 36 and No: 3137-46 dated: 16.8.2024

"CANCELLATION"

Due to enforcement of Model Coode of conduct ( MCC) in the UT of J&K and in view of return of NIT by the information department dated: 17.8.2024 the tenders invited by this office NIT No:35 and 36 of 2024-25 are hereby cancelled.

> **Executive Engineer** R&B Division Sopore.

No: 3203-05 DIPK-5118/24 Date: 21.08.2024

#### **PUBLIC NOTICE**

I have change my name from Shameema W/o Ghulam Nabi Wani To New Name Shamim W/O Ghulam Nabi Wani. In Future I will be known as Shamim W/O Ghulam Nabi Wani. Now I have applied for renewal of my passport bearing no; K5588874 with updated particulars. If anybody has any objection in this regard he/she may file his/her objection in the office of the Regional Passport Office Srinagar within a period of seven days from the date of publication of this notice. After that no objection

#### **PUBLIC NOTICE**

My name has been wrongly written in my Pension Book as Surinder Singh while my correct name is Silinder Singh S/o Chanda Singh R/o Chand Mohalla Near Bus Stand Hardu Surash Khag Budgam . which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the Concerned office within a period of seven days from the date of publication of this notice. After that no objection shall Silinder Singh S/o Chanda Singh

R/o Chana Mohalla Near Bus Stand Hardu Surash Khag

bmg

## **PUBLIC NOTICE**

My name has been wrongly written in my J&K Bank Account bearing ac no: 0618040800002626 as Shabir Akram Ganie while my correct name is Shabir Akram S/o Mohd Akram Ganie R/o Paripora Magam which needs to be corrected. if anybody has any objection in this regard he/she may file his/her objection in the office of the Branch Manager J&K Bank Magam within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Shabir Akram S/o Mohd Akram Ganie R/o Paripora Magam

#### From The Office Of The M/S Tawoos **Ahmad Parray Advocate At Budgam**

In the Case of: Gh Mohammad Ganie, Ab Rahim Ganie Bashir Ahmad Ganie, Gh Rasool Ganie Sons of Abdul Samad Ganie Residents of Kulbugh, Tehsil Khansahib district Budgam

Arif Mohammad

Son of Abdul Samad son-in-law of Ghulam Mohammad Ganie Resident of Hawoora A/P Kulbugh

...Caveators

Public at large

..Non-Caveators

Caveat Petition in terms of Section 148A of C.P.C. Be it known to the public at large /interested persons that the Caveators have reason(s)/apprehension(s) to believe that Non-Caveators may file any suit/petition/ proceedings before the Hon'ble court of jurisdiction

against caveators on the ground of distorted facts/misrepresentation and cooked up story and may succeed in obtaining some order exparte against the caveators and in such eventuality the caveators will be put to an irrepa rable loss and inconvenience. It is prayed before the Hon'ble Court that in the event of any petition or other case being filed by any member of public at large/interested person, no interim order or any protective order be passed without granting the caveator an opportunity of hearing. M/s Tawoos Ahmad Parray Advocate At Budgam

Dated 21-08-2024

#### **NOTICE**

I Nisar Ahmad Shah S/o Hafiz Ullah Shah R/o 77, Lane 3, Umar Colony B, Lal Bazar, Srinagar- 190023 want to correct my name in Adhaar bearing Aadhar no:- 4945 8697 5736 from Syed Nisar Ahmad Shah to Nisar Ahmad Shah. I want to re-issue for the same. Regard this, if anybody is having any objection may file the same to the Concerned Adhaar centre within a week at the most, after that no claim should entertained.

آفسآف دى ايكزيك ومجسريك درجهاول مخصيل وا گوره

مظهرا فروزه بانو دختر غلام احمه بث ساكنة موضع شملر ن تخصيل وا گوره ضلع بار جموله کوسکونت دار ہےاور نظہر تاریخ پیدایش 2003-03-01 ہے مظہر کواپنی تاریخ پیدائشی سرٹفیکیٹ نکانی مطلوب ہے اگرکسی شخص بااشخاص کوکوئی عذریااعتراض ہوتو وہ سات یوم کے اندر ایکزیکیٹومجسٹریٹ تخصیل آفس یا BDO واگوره میں پیش کرے معیاد گزرنے بعد کوئی بھی عذریااعتراض قابلِ قبول نہیں

عنوان: درخواست منجانب انيس نزير ولدنزيرا حمر حجام ساكنه موضع پابهال تخصيل بيڻن بمرادا جرائی OBC سرٹفیکیٹ بذمرہ حجام

اشتهار هرخاص وعام

معامله مندر دبيعنوان الصدر مين سائل نے ايك درخواست بغرض OBC سرتفيكيٹ بذمره تھام پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہےجس سے عیاں ہے کہ سائل واقعی کمار حجام سے تعلق رکھتا ہے اور سائل سلطان یورہ تخصیل پیٹن میں رہائش یذیر ہے اور بھی بھی ترک سکونت نہیں کی ہے سائل ندکور OBC سر فلیکیٹ حاصل کرنے کا خواں ہے اور کنبہ کی مہوارہ آمدنی 7400 رویے تک ہے ۔ سر تفیکیٹ زیر بحث اجراء کرنے میں اگر کہ اگر کسی تخص کو کوئی عزریا ا عتراض ہوتو وہ بعد مشتہرا خبار سات دن کے اندرا ندر آینے عذر یاعتراض ودالت ھذا کو دفتری ادقات کے دوران پیش کریں۔بعد گزرے میعاد کو بی عذریاعتراض قابل قبول نہیں ہوگا۔ FKO,

# **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 F/o Seerat Gul R/o Nowgam Sumbal A/C No: 0729-0420-0000-0089 J&K Bank Branch: Gadakhud Gamdoo IFSC Code: JAKAOGAMUDD Cell No: 9622428470

#### The Jammu And Kashmir **Board Of School Education**

**New Campus Bemina Srinagar** 

I have passed/appeared in Secondary School Examination (Class- 11th)under Roll No:. 213006067 Session: Annual Year 2024 through the Jammu and Kashmir Board of School Education. Due to the error committed by the concerned School/parent/Board,



against Mother's Name as Saleema Begum Instead of Shakeela Begum Now, I have applied for correction/rectification of error in the

Jammu and Kashmir Board of School Education. New Campus Bernina. Srinagar, if any person has any objection in this regard, may file the same in the office of the Assistant Secretary, Certificates-KD within seven days from the date of Publication of this notice, after the expiry of said period no objection will be entertained.

Name: Sagib Shameem F/N: Shameem Ahmad Bhat M/N: Saleema Begum DOB: 17-09-2007

Residence: Khumina Baharbad Sonawari Bpr

Ph: 9797926733

fko

Government of Jammu and Kashmir Office of the Naib Tehsildar Khenpeth **General Public Notice** 

It is inform to all general public through the medium of public notice that the applicant namely Assadullah Mir S/o Mohd Qasim Mir R/o Mirgund produced the school certificate medical, immunization card and affidavit countersigned by Judicial Magistrate Pattan/Public Notery affidavit in favour of self Assadullah Mir S/o Mohd Qasim Mir R/o Mirgund according to which his her date of birth is shown as 07-03-1955. Now the applicant intends to obtain DOB certificate if any body has any objection regarding the issuance of DOB certificate may visit office of the undersigned within a period of seven days after that no objection shall be entertained.

# از دفتر نائب تحصيلداريين

منوان: درخواست منجانب شبيراحمه حجام ولدمجمه سلطان مجام ساكنه بإنجى ويره تخصيل پيڻن بمرادا جرائی OBC

۰ ۲۰۰۰ معامله مندرجة عنوان الصدر مين سائل نے ايک درخواست بغرض OBC سرٹشکيپ بذمرہ حجام پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس ے عیاں ہے کہ سائل واقعی تجام ذات سے تعلق رکھتا ہے۔ اور سائل ہانجی ویرہ میں رہائش پذیر ہاور بھی بھی ترک سکونت نہیں گی ہے سائل کا کنبہ بذیل افراد پر مشتمل ہے عا ئىشە بىگىم زوجەمجىر ساطان مىمرىسىدە 37سال ثبیراحد حجام ولد محمسلطان ملازم SPO 36سال سائل مذکورہ OBC سرٹفیکیٹ حاصل کرنے کا خوال ہے ۔ سرٹفیکیٹ زیر بحث اجراء لرنے میںاگر کہا گرکش شخص کو کوئی عزریاا عتراض ہوتووہ بعدمشتہراخبارسات دن کےاندر ندرآ ہے عذریاعتراض ودالت ھذا کودفتری ادقات کے دوران پیش کریں۔بعد گزرے میعادکویی عذرياعتراض قابل قبول نهيس ہوگا۔

# Arts And Crafts May Boost Mental Health, Finds Study

**IANS** 

new study on Friday showed that engaging in arts and crafts may be crucial in the fight against mental health problems suffered by millions of people globally.

research participating in creative activities significantly enhances people's sense of life satisfaction, happiness, and the belief that life is worthwhile, suggesting that arts and crafts could play a key role in promoting public mental health.

Dr. Helen Keyes of Anglia Ruskin University in the UK, the lead author, highlighted the meaningful impact of crafting, noting that its positive effects on well-being were more significant than those of employment.

"Crafting provides a sense of achievement and a meaningful route to selfexpression, which is not always the case with employment." she explained. The study evaluated public

engagement with cultural,

digital, and sporting activities. The researchers controlled for variables such as gender, age, health, employment status, and deprivation levels to assess the general impact of creative arts on well-being.

Participants reported their levels of happiness, anxiety, life satisfaction, and whether they felt life was worthwhile.

They also noted their engagement with crafts over the past year, with 37.4 per

cent confirming participation in at least one craft activity. Those involved in arts and crafts reported higher levels of happiness and life satisfaction, as well as a stronger sense that life is worthwhile, comparable to the benefits of being em-

ployed. Despite these positive findings, the study did not find a link between crafting and reduced loneliness, potentially due to the solitary nature of some crafts. Dr.

Crafting **provides** a sense of achievement and a meaningful route to selfexpression, which is not always the case with employment

### **EXTENSION OF PERIODICITY OF SPECIAL TRAIN**

For the convenience of Rail Passengers, Northern Railway has decided to extend the Periodicity of the run of following special train as per details given below:-

Train No.	From	То	Days of Run	Notified Upto	Extended Period
04624	Shri Mata Vaishno Devi Katra	Varanasi	Sunday	25.08.2024	01.09.2024 to 08.09.2024
04623	Varanasi	Shri Mata Vaishno Devi Katra	Tuesday	27.08.2024	03.09.2024 to 10.09.2024

Rest information will hold good.

RailMadad

Helpline No.

For detailed information regarding stoppages and timings of above train, please call RailMadad Helpline No. 139 or visit enquiry website www.enquiry.indianrail.gov.in

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# **CS Reviews Functioning Of Transport Department**

Asks For Improving Challan Disposals, **Strictness Against Violators** 

**Observer News Service** 

Srinagar: Chief Secretary, Atal Dulloo, today chaired a meeting of the Transport Department to review its functioning.

Besides the Secretary, Transport; the meeting was attended by IG Traffic; Transport Commissioner; MD RTC; Director, Motor Garages and other concerned officers.

During this meeting the Chief Secretary enjoined upon the Traffic Police to carry out the follow-up inves-

tion of helmets and increasing the monitoring of revenue collection in RTC buses to stop its pilferage.

In his presentation, the Secretary Transport, Niraj Kumar apprised the meeting about the overall performance of the Department regarding implementation of different projects and schemes.

He informed the meeting that of the 3, 16, 330 hard copies of driving licenses, 2, 40, 000 had been dispatched till now.

About the action against



tigation in each accident happening on the roads. He made out that the traffic violators should be booked as per the law without showing any kind of leniency

He asked them to show results on ground by expediting the completion of projects taken-up by the Department. He also called for taking steps for standardiza-

traffic violators the RC/RP of 8194 vehicles had been recommended for suspension by the Traffic department and 5380 notices issued to habitual offenders. It was further given out that 1347 suspension of licenses of habitual offenders had been forwarded for suspension by the Traffic department and 1098 notices issued against the violators.

# Fire Breaks Out At **Hotel In Civil Lines**

Majid Nabi

Srinagar: The attic portion of a hotel in Rajbagh area of the civil lines was damaged in a fire incident here this afternoon, officials said.

The fire, according to the officials, broke out in a five storey hotel Lucky Akbar in Rajbagh, damaging its attic portion. However, no loss of life or injury was reported in the incident.

They said the fire tenders and staff of three nearby stations were pressed into service to contain the fire, which according to officials, broke out around 1: 30 in the afternoon.

Confirming the incident, Assistant Director Fire Services Aqib Hussain Mir said the fire broke out in the attic portion of a hotel in Rajbagh which was later contained and the cause of the fire is being ascertained.

"The control room received information about the fire incident at around 1:40 at a hotel in Rajbagh. The fire operation was launched as soon as the information was received and the staff and fire tenders of the three nearby stations were pressed into service to bring the fire under control," Mir told Kashmir Observer, adding, the cause of fire is being ascertained

# **AAC Condoles Demise Of Party Member**

**Observer News Service** 

Srinagar: Awami Action Committee (AAC) Wednesday expressed deep sorrow and grief over the demise of Ghulam Mohiuddin Saad, the Halqa President of the organization's of Patthar Masjid, Dallal Mohalla,Halqa

AAC in a statement hailed Saad's invaluable services to both the organization and the Mirwaiz family as unforgettable.

It extended condolences and sympathy to the bereaved family on behalf of party head Mirwaiz Umar Farooq

In a condolence statement, the AAC said the deceased dedicated his entire life serving the or-

ganization, both alongside its founder, Shaheed-e-Millat Mirwaiz Moulana Mohammad Farooq, and after his martyrdom, with the current head of the organization, Mirwaiz Umar Farooq. He remained steadfast in his principle stance of the organization until his death.

Saad's demise has created a void within the organizational circles, and his notable services will be remembered for a long time.

Meanwhile, a delegation from the organization visited Patthar Masjid, Dallal Mohalla, to attend the deceased's funeral prayers and conveyed Mirwaiz's condolence message to the grieving family.

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#### إنقال يُرملال

بي خبرانتهائي دُ كھ كے ساتھ دى جاتى ہے كه اہليه پيرزادہ حاجى فاروق احمر قادري ساكن اندرونی کاٹھی دروازہ( حال علمدار کالونی نویورہ )20 راگست <u>203</u>4ء ممطابق **14**رصفر المظفر 1446 ھۇلاس دارفانى سے رخصت ہوگئیں۔ مرحومه کی اجماعی فاتحة خوانی بروز جمعه 23 راگست 2024ء اُن کے آبا کی مقبرہ واقع كتوريندى مخدوم صاحبٌ مين بعداز تماز جعددُ هائي بجاَداكي جائے گي (إنْ شَاءُ الله ) سوگوارال پیرزاده حاجی فاروق احمر قادری

علمداركالوني نويورهسري نگر

9419018180, 7889537121



# **DEO Srinagar Reviews Arrangements For Assembly Elections**

Observer News Service

Srinagar: In order to review the progress of arrangements being put in place with regard to conduct of upcoming General Elections to Legislative Assembly in all Eight Assembly Constituencies of the District, a meeting was held under the Chairmanship of the District Election Officer (DEO) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat at Meeting Hall of the DC Office Complex here today.

The DEO took a detailed appraisal from all Assistant Returning Officers and Officers of the line Departments about the arrangements being made at Polling Stations Collection / Distribution Centers and at designated Strong Rooms in Srinagar.

On the occasion, the DEO stressed on ensuring all requisite/Assured Minimum Facilities (AMF) facilities at all designated Polling Stations, Distribution/Collection centers and Strong Rooms,

The DEO directed the Officers to work with utmost coordination

# Srinagar Police Establishes Special Helpline

to ensure free and fair elections, the Srinagar Police has introduced a special helpline number to report any objectionable messages that may violate election laws and the Model Code of Conduct (MCC) in the district.

The move comes following the directions of the Election Commission of India.

The Srinagar police in a post on X wrote the initia-

to complete all assigned tasks related to the conduct of the Assembly Elections-2024. He stressed that Assured Minimum Facilities (AMF) at each and every Polling Station viz Permanent ramps, drinking water, toilet facilities as per norms of ECI.

The DEO stresses the officers

of India, Srinagar Police has designated 9596222551 as the

tive follows the directives of

the Election Commission of

India (ECI).

"In compliance to the directions of Election Commission special mobile phone no. for reporting of objectionable msgs in violation of Election laws & MCC through SMS or Social Media platform," Srinagar police wrote.

to focus on meticulous preparations to reflect the commitment of conducting a successful Assembly Election in 2024 in the District.

The DEO emphasized officers to uphold electoral laws, regulations, and ethical standards to ensure the integrity and fairness of the electoral process.



TRAFFIC POLICE: 9419993745, 01998-266686 PCR: 0194-2452092,2455883 PDD: 0194-2450213 FIRE AND EMERGENCY SERVICES:

2479488,2452222,2452155 CAPD: 18001807011 SMC HEALTH OFFICER: 9469409081 Ambulance: Kashmer EMS Service: +91 94841 00200

**AIRPORTS** 

SHIEK UL ALAM AIRPORT: 01942303311

Sgr-Jammu highway - ( Open )



**RAILWAYS** 

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

#### **HIGHWAY STATUS**



**CALENDAR** 16 Safar 1446

**PRAYERS FAJR** 4:27 **ZUHR** 12:35 **ASR** 5:17 Magrib 7:16 **ISHA** 8:41

## This Day In History

- 1942 Brazil declares war on Germany, Japan & Italy
- 1943 Soviet troops free Karkov
- 1944 Adolf Hitler orders Paris to be destroyed
- 1953 Shah of Iran returns to Tehran
- 1956 US President Eisenhower and VP Richard Nixon renominated by Republican convention in San Francisco.
- 1958 Great Britain performs atmospheric nuclear test at Christmas Island. 1962 - Failed assassination attempt on French
- president Charles de Gaulle
- 1962 USSR performs nuclear test at Novaya Zemlya USSR
- 1963 NASA civilian test pilot Joe Walker in the X-15 rocket plane achieves a world record altitude of 354,200 feet (107,960 m, 67 miles)
- 1964 Guinee, Liberia & Ivory Coast form joint market
- 1968 The Society of Labour Lawyers (SLL) publishes an 'interim report' about alleged discrimination in Northern Ireland; the report is heavily criticised by unionists.
- 1971 Approximately 130 non-Unionist councillors announce their withdrawal from participation on district councils across Northern Ireland in protest against Internment (allowing suspected terrorists to be indefinitely detained without trial)
- 1972 Rhodesia is expelled by the International Olympic Committee for its racist policies.
- 1982 Israeli General Ariel Sharon urges Palestinians to discuss peaceful coexistence
- 1984 The United Democratic Front, an internal coalition of anti-apartheid groups in South Africa, organizes a highly successful boycotts of the Colored and Indian elections to parliament.
- 1985 Airtours Boeing-737 crashes at Manchester airport, 55 killed
- 1986 Gas from Volcano Chamberoen kills 1,734 (Cameroon)
- 1986 NASA announces tests designed to verify ignition pressure dynamics

#### From KO Archives

# Gunmen loot Budgam village

Mushtaq Aftab

HADURA (BUDGAM)- Police are on the lookout for some unidentified gunmen who 'raided' several houses in a village here to extort money. They decamped with the booty ranging between Rs five and Rs 2,000. In another case, where a shopkeeper was relieved of Rs 8,800, an FIR No 2472 was lodged with the police on Friday.

According to reports, unidentified ' gunmen swooped on Chil Yech village in this district at about 8 p.m. on Sunday. They forced their entry into several residential houses asking the inmates not to leave their premises. Then they went on relieving them of whatever they had in cash on gunpoint. Reports identified the victims as Muhammad. Yousuf Wani, Muhammad Shafi, Abdur Rahman Dar, Jahangir Alam, Jalal-ud-din Paul, Fayaz Ahmad Sofi, Nazir Ahmad Paray, Ghulam Rasool Guiri, Amma Paray and Abdul Rasheed Gujri. The gunmen managed their escape under the cover- of darkness. Villagers lodged a complaint with the police who launched a manhunt to nab the gunmen.

Earlier, on Friday, some unidentified gunmen waylaid Abdul Ahad Sheikh, of Danchera, when he was on his way back home from Utligam in Beerwah area. They relieved him of Rs 8,800. An FIR was lodged with police at Beerwah on the same day. However, no arrest has been made so far. Unidentified gunmen also snatched Rs 400 from a shopkeeper of Utligam on the same day.

(Kashmir Observer, August 22, 2000)



# KASHMIR OBSERVER®

Thursday | 22-08-2024

# **Mpox Outbreak**

hile the world is basking in the triumph over Covid-19 pandemic that killed millions of people around the world, another contagion is upon us: it is called Mpox, the latest public health emergency. The disease like Covid also spreads by contact between people, mainly through close contact, and occasionally from the environment to people through objects and surfaces touched by a person with Mpox. What is more, the disease can spread from humans to animals who are susceptible to virus, and also from animals to humans. The Mpox already caused a global outbreak in 2022. Now it has become a multi-country outbreak, leading to a WHO public health emergency. The disease can be fatal too, between 0.1 percent and 10 percent of people who have become infected with Mpox, have died.

Mercifully, a vaccine exists. However, mass vaccination, which was rolled out during the COVID-19 global pandemic, has not been recommended yet. Meanwhile, the disease has got some foothold in our part of the world. Some cases have already been reported in Pakistan and Pakistan Occupied Kashmir. And this should be a case of deep concern for us.

On a positive note, the centre has taken note of the development. The airports, ports and border authorities have been directed to remain vigilant in response to the global rise in Mpox cases. So far, there is no reported case of Mpox in the country. According to the current assessment, the risk of a large outbreak in the country is low. But that should be no reason for any complacency. It is time that the Government invests in creating public awareness about the disease without triggering undue panic. The contagion is unlike Covid-19 but may never reach the level of the latter's penetration. Covid-19 had wrought havoc in India but ultimately infection died down as the country developed a herd immunity. One of the factors for this was that India experienced a nationwide explosion of Covid infections during the virulent Delta wave in the beginning of 2021. Thousands died as a result. This, together with a successful vaccination programme, could be credited to have built mass immunity among the people.

Mpox is altogether a different disease and much worse, in some aspects. Complications of Mpox infection include permanent skin scarring. We need to be particularly on guard against the disease in the Valley as it is a tourist place. We get tourists not just from the rest of the country but also from across the world. So, it is time that the government initiates steps to screen the arrivals in the Valley both by air and the road.



Did You Know?

# Financial Literacy: The Missing Piece in Our Education System

Irshaad Mushtaq

any people hesitate to invest due to gaps in education and mindset. Factors like acceptance, attitude, and financial literacy play a significant role. Our education system heavily emphasizes traditional subjects, often overlooking crucial aspects of financial education. From an early age, students are steered towards professional roles and high grades, neglecting the importance of financial wisdom.

Financial literacy isn't a standard part of most curricula, leaving many individuals unaware of essential finance and investment concepts. As a result, people spend long hours working yet fail to learn how to make their money work for them, perpetuating a cycle of hard work over financial acumen. Understanding finance and investments requires strategic thinking and an early start. Unfortunately, many realize the importance of investing too late, making it harder to adapt.

It is crucial to foster financial awareness early on, appreciating the significance of financial planning and investing. Globally, most millionaires and billionaires owe their wealth to smart investments, not just hard work. While hard work builds capabilities, true wealth creation necessitates savvy investments.

The unfortunate truth is that many of us struggle financially because we lack education in financial literacy. Financial education is key to achieving financial freedom. We can learn much from those who have succeeded in life through wise financial decisions. Although money isn't everything, it is a vital tool that allows us to meet our basic needs and enjoy a better quality of life.

Without money, we face numerous limitations: we can't purchase basic things, medicine, travel, eat comfortably, educate our children , pay school fees, access healthcare, or arrange significant life events like weddings & houses. To cover our basic necessities, we need money. Thus, it is imperative to educate ourselves about

financial management early.

By becoming smarter about finances and investing, we can save time and reduce stress, allowing more quality time with our families. While money may not be the ultimate goal, it is an essential tool for living comfortably and is worth our time and effort to understand deeply. Financial literacy should be a core part of our educa-

tion to ensure everyone has the opportunity for financial well-being. Financial literacy is the missing piece in our education system. Don't get left behind!

Learn from the insights of @IrshadMushtag, writer, investor, entrepreneur & Founder of MI Securities! Connect for valuable financial advice at misecurities@bp.sharekhan.com

# **NC Should've Made Its Draft Election Manifesto Public for Comments**

July 1st , the J&K ational Conference constituted a committee headed by its senior leader and former Finance Minister Abdul Rahim Rather to develop the party's manifesto for the upcoming assembly election. After the approval from party President and Vice President, the party General Secretary Ali Muhammad Sagar issued an official order regarding the formation of the Election Manifesto Committee. The manifesto committee had been tasked to present a draft of the manifesto within 45 days but the same was not made public and instead the party came up with the full fledged Election Manifesto on Monday August 19th 2014. In addition to Abdul Rahim Rather, senior party leaders including Mian Altaf Ahmed, Aga Syed Ruhullah Mehdi, Justice (retd) Hasnain Masoodi, Ajay Kumar Sadhotra, Nasir Aslam Wani, Rattan Lal Gupta, Sakina Itoo, Sharifuddin Shariq, Muhammad Yousuf Taing, Prof Nisar Ali, Khalid Najeeb Suhrawardy, Adv Muzaffar Ahmad Khan and Adv Shaukat Ahmad Mir were nominated as members of this manifesto committee.

Election manifestos have been prepared by local political parties in the past as well but majority of the promises have not been fulfilled. This is why, in 2014, I had suggested that the Election Commission must make sure that Election Manifestos of political parties be declared as a legal document supported with an affidavit. In case a majority of the promises are not fulfilled by the political parties who come to power, legal action should be initiated against them.

During the 2014 elections, I had analysed NC's 2008 election manifesto and most of the promises were not fulfilled between 2008 to 2014 when the party was in power. Similarly, when PDP came with its election manifesto in 2014 (An Aspirational Agenda) majority of the promises remained unfulfilled.

#### What NC had promised in 2008?

Among other things, the National Conference in its 2008 Election Manifesto had made the following promises, most of which remained unfulfilled even as the party remained in power for 6 vears with Congress

- uncheckedRestoration of
- uncheckedFormation of th and Reconciliation mission uncheckedRevocation of
- AFSPA and DDA
- uncheckedSetting up Hill Councils for Chenab & Pir Panjal regions
- uncheckedSetting up a Women's University

These promises were not ful-

filled. However, there were some important agendas that had been incorporated in NC's 2008 election manifesto like the enactment of a strong Right to Information law . The party fulfilled this promise and enacted a strong law, J&K RTI Act 2009, on March 20th 2009. Unfortunately, this law like many other erstwhile state laws were repealed after the abrogation of Article 370. Infact, this author along with my other associates of J&K RTI Movement had been in touch with Mr Omar Abdullah and Mr Abdul Rahim Rather those days (Oct-Nov 2008) when the manifesto was being prepared and our suggestions on RTI had been well considered but after coming to power frequent discussions could not be held except one meeting with Chief Minister in 2010-2011.

#### What PDP promised in 2014

The Peoples Democratic Party (PDP) also came up with its election manifesto in 2014 known as "An Aspirational Agenda." Its draft was also not made public. The document was attractive but remained unfulfilled as the PDP-BJP Govt collapsed and prior to that Mufti Mohammad Syed expired while he was the Chief Minister of J&K. From its self rule agenda to strengthening civil society and other institutions,





Dr Raja Muzaffar Bhat



The election manifesto that was released on Monday by the National Conference is good, provided it is implemented if they form the next Govt in J&K. This document could have been much better had the party made its draft public a week back and sought comments from people

PDP couldn't do anything. Even the things which could have been done like setting up Non-Banking Finance Companies (NBFCs), the PDP Government could not do that as well. Another promise was to take cross LOC trade to the next level but it was stopped by PDP and now NC has promised to restore it again. The concept of organic farming, ecotourism, transparent governance also could not be taken up by PDP-BJP Govt between 2015 to 2018.

#### NC's 2024 Election Manifesto

The National Conference (NC) in its election manifesto has promised several things. It has promised to strive for restoration of autonomy, Article 370 and statehood of Jammu & Kashmir.

The party also promised several things on the developmental front and addressing the civic issues including free electricity, creation of jobs, safeguarding land rights and also release of political prisoners, besides urging for facilitation of talks between India and Pakistan.

The party has promised support to artisans , waiving off KCC loans, working for regularisation of casual and daily wage employees and addressing the issues of unemployed Dental Surgeons. These are some important issues and I appreciate these have been included in the election manifesto.

With regard to Mining Contracts, the party has assured that they will be given to locals but there is no mention of sustainable mining practices. As I have filed around 3 cases on illegal riverbed mining cases in National Green Tribunal (NGT) and have been involved in lot of activism around this issue for last 5 years, I have come to this conclusion that mining work in rivers is mostly done by the local contractors who are plundering our riverbeds. The clay mining in Karewas hasn't been mentioned as these geographical formations are being plundered in Pulwama, Budgam and Baramulla districts and there is no policy at all to streamline this work. Kashmir valley and Jammu region as well is getting choked with solid waste and all the waste management rules are being violated by urban and rural local bodies and funds provided ban/rural needs to be audited as on the ground waste is not treated but simply relocated or dumped

unscientifically. The party has promised holding ULB and Panchayat elections in time and this is indeed appreciable. Some other issues which NC has made part of its election manifesto are providing Rs 5000 per month to families headed by women. Enhancing the old age-pension to Rs 3000 per month, free travel for women in public transport, enhancement of marriage assistance from Rs 50K to Rs 75,000 is appreciable. It would have been great if there was a mention about the persons with disabilities (PWDs) and setting up of special skill development centers for them and the enhancement of their monthly stipend from Rs 1000 to Rs 5000 per month especially for 100% blind people and those whose movement is restricted and can only move with the help of wheelchair.

#### Need for a Green Manifesto

NC's manifesto lacked more focus on sustainable development of Jammu & Kashmir especially controlling water pollution, air pollution, streamlining cement or brick kiln industries, restoration of wetlands, streamlining clay and riverbed mining, ensuring proper drainage system in Srinagar and other towns etc.

As we are facing unregulated tourism due to heavy rush the manifesto should have come up with an eco tourism policy.

Had the draft manifesto been made public, people like me and many others would have given more suggestions. It is never too late and I would request the party leaders that if they come to power, they must take these suggestions into consideration vis a vis environment and climate change.

#### Capacity building of Govt officers

With regard to good governance, I would suggest making sure Govt officers frequently undergo capacity building programmes on various issues which they have to deal with in their offices. Unfortunately, very few such workshops and trainings are held in the Government sector while private sector employees off and on are made to participate in such roundtables and training.

The Govt run J&K Institute of Public Administration and Rural Development (IMPARD) is not able to do justice to its work and it is better we have at least one administrative training institute in every district. If Govt cant set them up, private training institutions should be asked to set up these centres where brainstorming and training would be given to Govt officers round the year to ensure better governance.

I know many officers in Forest, Rural Development and Revenue departments who are not well versed with Forest Rights Act, Right to Fair Compensation Act and many similar laws and there is hardly any training given to them. Even the Sub Judges, CJMs, SDMs , ADCs are not well versed with land revenue, environmental and forest laws and this makes people suffer a lot as they don't get justice from subordinate courts and quasi judicial institutions.

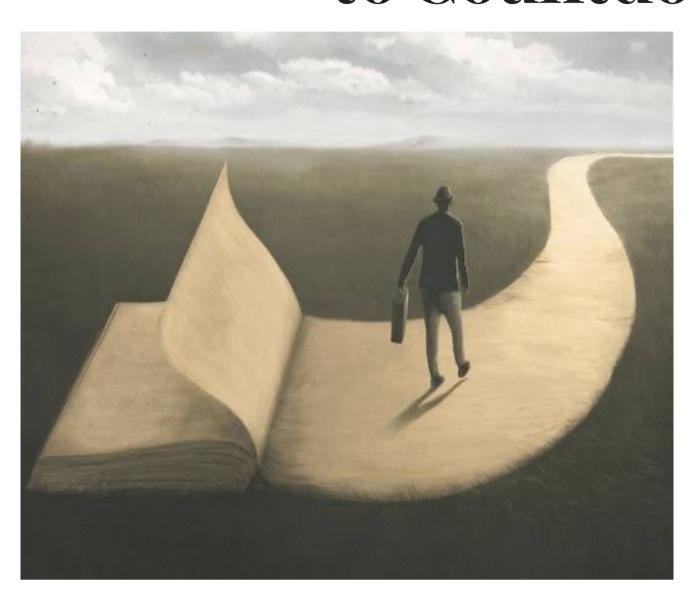
The SubOrdinate Judicial Officers, Govt officers, officers of ULBs and PRIs need to be more focussed and professional and without frequent training and roundtables we won't be able to achieve that. The progressive laws extended to J&K post article 370 like Forest Rights Act, Right to Education Act, SC ST Atrocities Act, Right to Fair Compensation Act are not enforced in letter and spirit on the ground and the reason is that our officers are not well versed with these laws and to overcome it we need one or two institutions in every district.

The election manifesto that was released on Monday by the National Conference is good, provided it is implemented if they form the next Govt in J&K. This document could have been much better had the party made its draft public a week back and sought comments from people. In fact a few brainstorming sessions in Srinagar and Jammu with civil society, traders , academicians, activists , retired bureaucrats and Judges would have added more flavour to this entire exercise and made this election manifesto drafting more participative.

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

Dr Raja Muzaffar Bhat is an Acumen Fellow. He is Founder and Chairman Jammu & Kashmir RTI

# From Carefree Days to Countdowns





The shift in perception of time from childhood to adulthood has both psychological and practical implications. Psychologically, the awareness of time passing can lead to feelings of anxiety, stress, and a sense of urgency

**Mudasir Koul** 

Time is a fascinating concept that shapes our lives in profound ways. Our perception of time changes as we grow older, and this shift is particularly noticeable when comparing childhood to adulthood. In childhood, time seems to stretch endlessly, filled with carefree days and endless possibilities. However, as we transition into adulthood, time appears to speed up, and we find ourselves constantly chasing deadlines and counting down the hours.

Childhood is often characterized by a sense of timelessness. Days seem to last forever, and the concept of time is fluid and malleable. Children live in the present moment, fully immersed in their experiences without worrying about the passage of time. Whether they are playing with friends, exploring the outdoors, or lost in a book, children are blissfully unaware of the ticking clock.

As we enter adulthood, our perception of time undergoes a significant shift. The demands of work, family, and responsibilities create a sense of urgency, and time begins to feel scarce. We find ourselves constantly racing against the clock, juggling multiple tasks and trying to fit as much as possible into each day. The carefree days of childhood are replaced by the pressure of deadlines, appointments, and commitments.

One of the factors contributing to this shift in perception is the way we measure time. In childhood, time is often marked by significant events such as birthdays, holidays, and the start or end of school vacations. These milestones provide a sense of continuity and structure to the passage of time. As adults, we rely on calendars, schedules, and reminders to keep track of our days, weeks, and months. We become acutely aware of the passing of time as we count down to important deadlines or eagerly anticipate upcoming events.

Another factor influencing our perception of time is our level of responsibility. In childhood, our primary concerns revolve around playtime, learning, and

social interactions. As adults, we take on numerous responsibilities, including work, finances, household chores, and caring for others. These obligations create a sense of time pressure as we strive to meet deadlines and fulfill our commit-

Furthermore, our understanding of time is shaped by our experiences and memories. As children, we often recall events in terms of how they made us feel rather than specific dates or times. In contrast, as adults, we tend to mark the passage of time by significant life events such as graduations, weddings, career milestones, and personal achievements.

The shift in perception of time from childhood to adulthood has both psychological and practical implications. Psychologically, the awareness of time passing can lead to feelings of anxiety, stress, and a sense of urgency. Adults may experience a constant pressure to make the most of their time and accomplish their goals before it's too late. On a practical level, this shift in perception influences how we organize our lives, plan for the future, and prioritize our daily activities.

Practically, the evolution of our perception of time shapes the contours of our existence, guiding how we organize our lives, plan for the future, and prioritize our daily activities. Time management becomes not merely a skill, but a survival mechanism, as we strive to navigate the tempestuous waters of adulthood with grace and resilience.

In conclusion, the journey from carefree days to countdowns is a symphony of contrasts, each note a testament to the inexorable passage of time. As we navigate the labyrinth of existence, may we embrace the dance of time with open hearts and steadfast resolve. For in the tapestry of life, it is not the minutes or hours that define us, but the moments we cherish and the memories we hold dear. So, let us savor each fleeting instant, for in the tapestry of time, every moment is a masterpiece waiting to be unveiled.

The author is a writer

# Is Digital Overload Increasing Your Anxiety?

n my morning run, I saw woman with a shirt that said, "Create your own calm." I was struck by how simple the statement was and yet how essential the concept is to our mental and emotional

Look at stress, anxiety, and our current culture through the lens of psychophysiology, or how our mind and body work together. We can see why these disorders are at an all-time high and why we have a greater responsibility than ever to be intentional about counteracting them. Although it may sound dramatic, we are now responsible for creating our emotional homeostasis more than most times in human history. If we don't, our mental health will suffer.

#### Good or bad, you are constantly transforming

Our mental and emotional health is in constant metamorphosis or reconstruction. They mold from every momentary experience and create a greater capacity to live in those states. You transform every moment of every day. You are constantly and consistently creating capacities to live full-time from the emotional states you experience

Every momentary experience vou have carries a physiological imprint; your thoughts and emotions register throughout your brain, your biochemistry, and your heart coherence patterns. Further, your mind-body complex is a system of adaptation. It not only reflects your moment-to-moment emotional experience but begins to adapt accordingly.

We know that if you exercise or eat right, your body changes. By practicing a math problem or

those things. Your systems adapt to how you train them, and your emotional systems adapt as well. You are training your emotional system (and overall mental health) with every momentary experience.

When you are in your fear response drive too often or too long, you experience anxiety, nervousness, worry, an inability to concentrate, narrowed

Conversely, creating moments where your calm and connection drive is dominant creates a greater capacity to live from that drive. But, unless we are intentional, our current culture is ofthoughts, powerlessness, hopelessness, stress, anger, depresten at odds with cultivating calm



#### **Understanding your two drives**

Also, you have two primary drives that govern your emotional health. One is your fear response drive, and the other is your calm and connection drive. They are two completely different physiological states. We need both drives to survive as a species, but we can't be in both at the same time (one or the other is always dominant). The one you are in most often is the one that begins to dominate your emosion, and more. When you are rooted in your calm and connection drive, among other things, you experience optimism, resilience, creativity, an enhanced ability to cope, greater problem-solving skills, less loneliness, and you more readily see

Although your fear response drive is necessary for survival, residing in it too long or too often can be detrimental to your

opportunities, possibilities, and

and connection. Why are anxiety and stress disorders at an all-time high? And what does our current culture have to do with it? A look at the intersection of anthropology and psychophysiology can shed some light.

Our fear response drive is deeply wired in our mind-body complex as a means of survival. This drive has been necessary throughout history to mobilize us and keep us safe in times of

mental and emotional health. danger—or from whatever we begin to re-wire and reverse this perceive to be dangerous. When your fear response system is activated, it sends an all-out alert throughout mind and body that floods you with stress hormones and activates your fear neural networks; it is a whole-body, all-consuming response to stress

#### Your fear response on overdrive

Our systems react the same now as they have throughout history; however, what we perceive to be threatening has drastically changed. And remember, the more your system is in any emotional state, the better it gets at living from that state — healthy or not. In ancient times, our village may have been threatened by a Saber-toothed tiger, sending out an all-out alert through our mind-body complex, but after the danger had passed, our systems would calm down and return to homeostasis. There was a better balance between times of alert and times of calm. We had the necessary times of "coming back to calm" built into our daily

Fast forward to our current culture. Now, our fear response systems are activated almost 24/7. Our perceptions of threat are largely due to our interactions with technology, and many of us are in digital overload 24 hours a day. Whenever we hear a ding, a vibrate, a buzz, or feel a haptic on our wrist, our fear response systems engage, and our necessary moments of calm dwindle. While each interaction alone may seem insignificant. they add up and can be detrimental to our overall mental health. Unbeknownst to us, we are training our systems to be on constant alert, and our stress and anxiety levels soar. However. intentional calming behavior can

downward spiral.

#### Intentional calm is more important than ever for mental health

Our mind-body complex needs times of homeostasis, or a calm system, to be emotionally healthy and balance the times of alertness. Technology is here to stay and likely to dominate more and more of our lives. Given that constant influx, we must, now more than ever, be intentional about creating moments of calm. Our culture no longer provides them automatically; we must be proactive about including them in our lives constantly and consistently. As the shirt said, we must create our own calm.

How can we better incorporate moments of calm into our daily lives? Simple practices, done consistently over time, begin to significantly change the activation levels of our fear response system. The critical concept is to spend intentional and routine time in your calm and connection system. Everyone is different; find what calms you and spend time doing it. The following are just a few examples:

- 1. Meditate great apps are available for guidance.
- 2. Find moments of presence with those you love or by yourself.
- Do a digital detox an hour a day or an occasional full
- Spend time in nature.
- Engage in a hobby. Laugh.
- Soak in the good around
- Make a list of what works for you and engage with it

The article was originally published by Psychology Today

## GM Northern Railways Inaugurates Physiotherapy Center At Noida



**Observer News Service** 

New Delhi: General Manager/ NR, Shobhan Chaudhuri inaugurated Northern Railways Central Hospital second satellite Physiotherapy Centre at Noida Health Unit today in the presence of Additional General Manager /NR A.K.Singhal, PCMD/NR Dr K.Sridhar,PCMD/ NRCH Dr Rushama Tandon and DRM/Delhi Sukhvinder Singh.

The comprehensive service of Physiotherapy Center at Health Unit, Noida is of immense importance for effective treatment for multiple disorders, diseases, and injuries. This niche treatment aids in the restoration of mobility, movement, and function of the affected body parts. The centre is

equipped with nine state of the art machines to enhance patient care and will be presently managed by a Physiotherapist from NRCH.

A large number of retired officers and serving employees were also present on the occasion. They expressed their happiness at a facility being provided in NOIDA where a large number of beneficiaries reside and also appreciated the facility. Due to the opening of this Physiotherapy Center at Noida, there is no need for railway employees / persons residing in Noida area to go to Northern Railway Central Hospital, New Delhi for taking Physiotherapy treatment. It will also save the time and travel inconvenience caused due to taking treatment from NRCH, New Delhi.

# STIHL India Launches National Parivartan Yatra To Revolutionize Farm Mechanization

Observer News Service

Srinagar: STIHL India is proud to announce the launch of the National Parivartan Yatra, a pioneering 90-day journey aimed at transforming the agricultural landscape of India through advanced farm mechanization. The yatra was flagged off today from Srinagar, marking the beginning of a nationwide tour that will cover over 72 cities across 11 states, culminating in Kanyakumari.

The National Parivartan Yatra is an ambitious initiative designed to educate and empower farmers with the latest tools, technologies, and practices in the agricultural sector. Over the course of 14,000 kilometers, STIHL India will showcase its cutting-edge machinery and offer hands-on demonstrations, ensuring that farmers are equipped with the knowledge and resources needed to enhance productivity and efficiency.

Comprehensive Coverage: The yatra will traverse key agricultural regions, engaging with farmers in 72 cities across 11 states. Innovative Demonstrations: Farmers will have the opportunity to witness live demonstrations of STIHL's latest agricultural machinery, including cutting-edge tools designed to boost productivity and sustainability.



Expert Sessions: The journey will include interactive sessions with agricultural experts and STIHL representatives, focusing on the benefits of farm mechanization.

Community Engagement: Regional events will be organized in collaboration with local dealers and agricultural communities, fostering a spirit of collaboration and learning.

The flag-off ceremony was graced by the Managing Director of STIHL India, along with key members of the management team, the regional brand ambassador Afshan Ashiq, and STIHL J&K dealers. Speaking at the event, Parind Prabhudesai, Managing Director

of STIHL India, emphasized the company's commitment to driving positive change in the agricultural sector.

"The National Parivartan Yatra is more than just a journey; it's a movement aimed at revolutionizing the way farming is done in India. Through this initiative, we aim to empower farmers with the tools and knowledge they need to succeed in a rapidly changing agricultural landscape," said Parind Prabhudesai.

STIHL India's National Parivartan Yatra represents a significant step forward in the company's mission to support Indian farmers and contribute to the country's agricultural growth.

# Centre Drops Lateral Entry Plan Amid Opposition Pressure

**Press Trust Of India** 

New Delhi: The UPSC on Tuesday cancelled its latest advertisement to fill key posts in government departments through lateral entry, amid a political row over the lack of a reservation provision for those positions.

The move came after Union Minister of State for Personnel Jitendra Singh wrote to Union Public Service Commission (UPSC) Chairperson Preeti Sudan to cancel the advertisement, so that marginalised communities get their rightful representation in government services.

The commission had, on August 17, issued a notification for the recruitment of 45 posts -- 10 of joint secretaries and 35 of directors or deputy secretaries -- through lateral entry, which is referred to as the appointment of specialists (including those from the private sector) in government departments. It was one of the biggest tranches of lateral recruitment announced by the commission.

The decision had ignited criticism from the opposition parties, which claimed that it undermined the reservation rights of the Other Backward Classes (OBC), Scheduled Castes (SCs) and Scheduled Tribes (STs).

Union Minister Chirag Paswan, the head of BJP ally Lok Janshakti Party (Ram Vilas), had also said the proposed recruitment was a "matter of concern" for him and that he would take up the matter with the Centre.

Official sources said the decision to cancel the advertisement was taken by the Prime Minister's Office (PMO) and the government would now review the lateral-entry recruitment drive with reference to the applicability of reservation provisions in it.

At present, the sources said, there is no policy and provision for reservation for these specialised or single-cadre posts.

They said comments and concerns of all stakeholders would be taken into account by the government to find out whether or not reservation can be applied to lateral-entry recruitment.

"The Centre may review its reservation policy to ensure social justice in lateral-entry recruitment," a source said.

In the letter to the UPSC, Singh said for Prime Minister Narendra Modi, reservation in public employment is a cornerstone of "our social justice framework", aimed at addressing historical injustices and promoting inclusivity.

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

#### Rahul, Kharge

interactions with the cadres of 10 districts of the Jammu region.

The two leaders will take feedback from party workers about the grass-roots-level preparations for the elections which are being held in the UT after a gap of ten years, the Congress leader said.

Meanwhile, the BJP asked Rahul Gandhi to clear his party's stand on Article 370 and Article 35A during his visit

BJP general secretary Tarun Chugh, who is his party's organisational incharge for the Union Territory, said Gandhi's visit will introduce him to the "peace and development" ushered in the region by the government headed by Prime Minister Narendra Modi.

He alleged that three families, a reference to the leadership of Congress, the National Conference and the PDP, have over the last several decades stoked embers of separatism and terrorism in Jammu and Kashmir with their policies before the BJP government at the Centre turned things around in 2014.

#### **MCC Violations:**

and accounts vis à vis media monitoring on such elements who may attempt to build any such narrative which can prove detrimental to the peace and tranquillity in the society, violate ECI norms of MCC applicable to all stakeholders," it said.

Chief Electoral Officer P K Pole has appealed to all citizens and political parties to adhere to the guidelines issued by the poll panel in order to maintain the sanctity of the democratic process in the Union Territory.

#### Over 28K Defacements

announcement elections into the consideration, Chief Electoral Officer (CEO) Jammu & Kashmir, P K Pole directed the enforcement wing of the department to remove all the wall-writing, posters, banners or defacement in any other form on the Government properties and others in no time.

Acting swiftly, the enforcement wing removed as many as 28,636 defacements across the Jammu & Kashmir Union Territory within 72 hours from the announcement of election, a statement from the office of CEO said.

As many as 1837 wall-writing, 9276 posters, 5661 banners and 11,862 other defacements from Government, Public and private properties were removed by Flying Squads and MCC teams in a mission mode in last 72 hours across

the 20 districts of the Union Territory.

The action was aimed at ensuring that no political advertisement at the cost of public exchequer be displayed prominently in Government, public and private properties during the MCC restricted period.

The J&K election department is committed to work in tandem with all stakeholders to ensure level-playing field for all contestants during the MCC-restricted period, the CEO said.

#### Israeli Film

group said in a statement.

The group said that the management of the National Film Development Corporation and the National Museum

of Indian Cinema should be aware that the Indian government has recognised the Palestinian state.

"Thus, at this moment in our collective human history, for the NFDC and the NMIC to be screening Israeli films is totally immoral, unethical, unconscionable, and a travesty of justice to say the least," it said.

The statement was signed by prominent figures including actors Naseeruddin Shah and Ratna Pathak, senior human rights lawyer Mihir Desai, academic Irfan Engineer, and documentary filmmaker Anand Patwardhan, among others.

Citing the medical research journal The Lancet, the statement added, "The Israeli regime has murdered 186,000 Palestinians, of whom 70% are children and women. The number may have now surpassed 200,000. This means that the Israeli regime has killed over 8% of Gaza's population of 2.3 million, which clearly constitutes a Holocaust, no less. (Lancet, July 5, 2024, 'Counting the Dead in Gaza –

Difficult but Essential.')"

#### **Congress-NC Alliance**

almost finalised the seat sharing with little formalities remaining but talks are stuck up on Doda Assembly seat from where NC wants to field its leader and former Minister of State (MoS) Home Khalid Najeed Suharwardy whereas Congress is staking claim that they have been winning this seat in the past and NC was nowhere close," said a source.

"But members from NC want this seat at any cost whereas Congress is also not budging," he added.

From the Congress side, as per the sources, former Pradesh Congress Committee (PCC) president Vikar Rasool Wani is not willing to give up. "Wani believes that Congress has worked hard during the last four years whereas NC was nowhere," the source added.

As the leader of opposition in Lok Sabha Rahul Gandhi along with Congress president Malikarjun Kharge have arrived in Srinagar, a final decision on alliance and seat sharing is expected within a few days. (KNO)

#### **BJP Likely To Hold**

meeting. States presidents, election incharges and core group members from both states will be in the meeting."

The source also said, "There will be a core group for the states a day before CEC."

The BJP National President, JP Nadda, will chair the meeting. All CEC members, including Prime Minister Narender Modi, will attend the meeting.

The Election Commission of India has announced assembly elections for Haryana and Jammu and Kashmir, marking the first major political contest since the Lok Sabha elections.

The Jammu and Kashmir assembly polls are especially noteworthy as they will be the first in a decade and follow the region's special status revocation.

Jammu and Kashmir Assembly elections will be held in three phases starting September 18, with counting scheduled for October 4. (ANI)\*

**Bats For Restoration** 

youth," the manifesto said.

The party also said that they will work to restore the powers of the Cabinet and Chief Minister, recently transferred to the Lieutenant Governor.

Founded by the businessman turned politician, Syed Altaf Bukhari in 2020, the Apni Party also promised to drop charges under general amnesty against the youth who were arrested under stringent Public Safety Act (PSA) in J&K, if the party was elected to power.

Following the release of the poll manifesto, the party general secretary Rafi Ahmad Mir addressed a news conference at party head office here; asserting the Bhartiya Janata Party (BJP) openly stripped J&K of its special status, unlike the Congress, which gradually undermined J&K with the support of regional parties.

Criticizing the National Conference poll plank, promising to pass a resolution in the assembly in its first list of business after elections against the center's August 5, 2019 decision, Mir said the party had in the past also passed a resolution back in 1996 that was rejected by the Parliament.

"What might they achieve now that they were unable to achieve in the past? When DDC and BDC elections were announced in J&K in 2020, they promised to restore Article 370 and statehood, but nothing of the sort was seen happening on the ground," Mir added.

The Apni Party, Mir claimed, was formed with sole purpose of addressing developmental issues, employment, youth empowerment and day to day issues of the people including Roti, Kapda, Makan, Bijli, Pani and Sadak and the party despite its poor performance in the Lok Sabha elections, remains resolute in its resolve.

"We founded this party to bring our programs before the public. Now it's for the people of J&K to decide how successful our effort was. We did not perform well in the Lok Sabha elections for a number of factors that the party also tried to explore," he added.

Besides fighting for the restoration of the statehood to J&K, Mir said, the party would also strive for the existing laws that were extended to the former state to be annulled.

"The public and political leaders alike will never forget the smack they received when Article 370 was repealed. We regret and think the trauma we experienced may never end. However, our manifesto calls for the restoration of the laws that were overturned, and we pledge to defend our rights without engaging in hostilities," the Apni Party leader said, adding, the parties that were instrumental in damaging J&K's distinctive character are now claiming they would put things right, which is 'impossible'.

The people of J&K, he said, have been feeling disempowered after the abrogation of Article 370, and that the society is in bad condition with youth consuming drugs and indulging in wrongdoings.

"A large number of youth have been arrested under PSA since 2016; they were released but rearrested later. We would announce a general amnesty for those who are facing minor charges and ensure the youth languishing in outside state jails are brought back to

J&K. Also the youth having FIRs registered against them with minor charges are pardoned under this policy," he added.

Dignified return of Kashmiri Pandit's to their homeland, the Apni Party leader, said, will be prioritized and opinions of those wishing to return are solicited so they can live a peaceful life with their Kashmiri brethren.

"We will consult with their repre-

"We will consult with their representatives to facilitate their return. An apex committee, chaired by the chief minister and comprising representatives of all registered Kashmiri Pandit organisations, will be constituted. This committee will meet every six months to address migrant issues. The revenue minister will serve as the convener," the manifesto added.

the manifesto added.

He also said the party will restore the old pension scheme in J&K for the retired government employees so they do not face any inconvenience. Land and employment protection laws will also be incorporated in the legislature so the two major issues are addressed constitutionally rather than provisionally.

The Apni Party has also proposed a solution to address the issue of cultural invasion, which Mir claimed, is yet another major cause of concern for the people of J&K.

Besides, efforts will be made to restore the Member Legislative Council's (MLC) role as the lawmaker in, as legislature to this effect was also revoked on August 5, 2019. We will also ensure the youth against whom cases with minor charges are registered in different police stations, and they are often called to the police stations for questioning and detained for days especially on the special occasions like Independence Day and Republic Day are pardoned under general amnesty," he said.

He said that if the Apni Party is elected to power, it would also remove the stringent regulations that are put in place following the commencement of Amarnath Yatra in Jammu and Kashmir.

It also promised to provide 500 units of free power per month per household in Kashmir during winter (October to March) and in Jammu during summer (April to September).

The Apni Party will provide four free LPG cylinder refills annually to every BPL and AAY family, it also added.

#### **List Of 8 Candidates**

Jammu and Kashmir, and to work for the restoration of statehood of the Union territory. The manifesto was released at a

press conference here by the party's general secretary Rafi Mir, who will contest from Pahalgam constituency, along with other senior leaders. Other nominees fielded by the party

for the Lok Sabha polls include Hilal Ahmad Shah who will try his luck from Anatnag, Tariq Shah Veeri from Bijbehara, and Abdul Majeed Padder from D H Pora, the spokesperson said. Party leader Riyaz Ahmad Bhat will

contest from Devsar, Gowher Hassan Wani from Zainapora, Mir Altaf from Pampore, and Owais Khan from Shopian, he added.

All these seats are from south Kashmir which is going to polls in the first phase of the three-phased elections on September 18.

#### **Er Rashid Moves**

Yasin Malik, Lashkar-e-Taiba founder Hafiz Saeed and Hizbul Mujahideen chief Syed Salahuddin in the case.

Malik was awarded life imprisonment by a trial court in 2022 after he pleaded guilty to the charges.

#### **Dying Man Gets**

hour since his arrival at the hospital, Bhat was rushed to the casualty room, where he was declared dead, a member of his family said.

Chief Medical Officer Ramban Kamal Jee Zadoo has ordered an inquiry into the incident.

"This office has received video wherein it has been seen that one attendant is performing CPR to the patient in the casualty room but no doctor is on duty at that time. To ascertain the facts of the complaint ... a (two-member) committee is constituted to conduct the enquiry in the matter in depth," Zadoo said in an order.

District health officer Mohd Iqbal Malik and Medical Officer Mohd Syed have been appointed as the inquiry officers and asked to submit their report within two days.

#### **CMO Ramban**

Issuing a rebuttal, the CMO stated, "The hospital's CCTV footage has revealed that the patient was attended by the on-duty staff (Pharmacist) along with a Medical officer within one minute of his arrival at the hospital. These details clearly contradict the timeline presented in the news report."

"While we deeply sympathize with the family of the deceased, it is also crucial to clarify certain aspects of the incident to ensure that accurate information is conveyed to the public. We emphasize that the hospital staff responded promptly and followed the necessary

#### **HC Grants Govt**

however, has adopted an approach to enable the authorities to rectify their mistakes so that "precipitative action is avoided", the Division Bench underscored.

Subsequently, the court issued a slew of directions to the authorities and among others asked them to file a detailed affidavit, detailing what steps they have taken in terms of the various orders passed by the Court from time to time.

"The respondent-UT of Jammu and Kashmir shall furnish utilization certificates in respect of the amount to the tune of Rs.4,1323.17 lakhs released by Union of India for various projects undertaken by UT of Jammu and Kashmir."

It also sought latest compliance report in terms of its order dated 10 June 2016 in which it, among others, had directed all the concerned Deputy Commissioners to ensure that no construction of any kind is raised near the water bodies within their territorial jurisdiction, which shall also include details in tabulated form regarding the encroachments removed on the River Ihelum.

"Respondent-UT of Jammu and Kashmir is further directed to state by way of filing Action Taken Report detailing therein what preventive measures they have taken and are also envisaging in order to deal with the precarious issue of floods in Kashmir, in view of impending monsoon season."

The authorities were also directed to file an affidavit by or before the next date of hearing regarding the steps taken for demarcation, as directed by the Court on 18 08 2017

the Court on 18.08.2017.

In its 18 August 2017 order, the court had directed demarcation be carried out using the latest GIS technology "so that we are clear as to what is supposed to be the area covered by each of the National, Parks, Wildlife Sanctuaries, conservation Reserves and Wetland Reserves and what exists

in reality."

"Keeping in view the sensitivity attached to the issues discussed above, it is made clear that if the needful is not done within the stipulated time period (three weeks), this court, in that eventuality, would be constrained to take coercive steps against the respon-

# dents," the court said. **J&K FFRC Imposes**

orders of committee, Chairperson can impose a fine on private schools equal to 1 percent of total revenue generated in the preceding year for the first time of non-compliance.

In case non-compliance is shown by the school Management second time 3 percent of penalty can be imposed.

"It was in this context that the order dated 20th of May, 2024 was issued as the school was charging excess fees as determined and regulated by this committee," it reads.

FFRC said that it was further directed that the management of school be taken over by an administrator which order was required to be passed by the Administrative Department of the Education Department. "This order has been challenged in the High Court in writ petition and the Court has been pleased to issue notice in the writ petition."

"The High Court has stayed only part of the direction which was in respect of taking over the Management of School," FFRC said.

It also said that the order imposing a penalty of Rs 3.2 lacs has not been stayed. In view of this, the school was liable to deposit the penalty imposed by the FFRC Chairman.

"This was the first default committed by the school management. Penalty has still not been deposited therefore committing a second default, which entails the penalty of 3 percent of the revenue of the preceding year. In view of this the school management is directed to pay Rs 9.60 lacs within a period of 10 days," reads the FFRC order.

The committee further said that the amount shall be deposited in the account of the Fee Fixation and Regulation Committee of Private Schools, J&K (FFRC).

"Needless to remind, in case the school management fails to comply with this order, the matter will be referred to the Tehsildar Recoveries, Srinagar for recovering this amount as arrear of land revenue in terms of Regulation 12 Sub clause (i)," it reads.

The committee added that it reserves the right under section 20 C sub clause (3) to refer the case to the investigating agency for registration of a case under section 188 of Indian Penal Code. (KNO)

# Road Accidents Claimed Three Lives Daily In Kashmir This Year

Agencies

**SRINAGAR:** Jammu and Kashmir roads continue to claim lives as more than 400 people have lost lives in road accidents till June while over 3000 got injured.

As per the figures, as many as 417 people have lost lives due to road accidents in the first six months of the ongoing year. During the same time, 3,894 people have got injured in road mishaps.

This suggested that nearly three persons died due to road accidents on an average daily in Jammu and Kashmir this year.

Figures also reveal that 4,200 road accident deaths have been reported over the last five years in Jammu and Kashmir, indicating 800 lives lost annually in the Union Territory.

As per officials, more deaths have occurred in the Jammu region particularly in Pir Panjal and the national highway.

Jammu regions saw some of the biggest road accidents recently. In November last year At least 39 people died and 17 others were injured after a passenger bus veered off a mountain road and rolled 300 feet down a hill onto another road in Doda.

Last month, eight family members died when a car they were traveling in fell into a deep gorge in the Daksum area of Apartmag

of Anantnag.
Officials said, "For several years, road accidents have predominantly occurred in highaltitude areas such as Rajouri, Doda, and Poonch. In the Kashmir region, accidents are mainly concentrated on the national highway, often attributed to driver negligence and other factors."

Officials said the traffic department was constantly raising awareness regarding road safety.

As per the Ministry of Roads and Transport, major causes of accidents on the National Highways (NHs) in Jammu and Kashmir are due to vehicle design and condition, road engineering, over-speeding, drunken driving/ consumption of alcohol and drug, driving on the wrong side, jumping the red light and use of the mobile phone during driving—(KNO)

#### STIHL India Launches National Parivartan Yatra To Revolutionize Farm Mechanization



**Observer News Service** 

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The flag-off ceremony was graced by the Managing Director of STIHL India, along with key members of the management team, the regional brand ambassador Afshan Ashiq, and STIHLJ&K dealers.

Speaking at the event, Parind Prabhudesai, Managing Director of STIHL India, emphasized the company's commitment to driving positive change in the agricultural sector. The National Parivartan Yatra is more than just a journey; it's a movement aimed at revolutionizing the way farming is done in India. Through this initiative, we aim to empower farmers with the tools and knowledge they need to succeed in a rapidly ing agricultural landscape, said Parind Prabhudesai.

STIHL India's National Parivartan Yatra represents a significant step forward in the company's mission to support Indian farmers and contribute to the country's agricultural growth.

## Chek-Sangervani Road In Shambles, Locals Demand Macadamization



Agencies

**PULWAMA:** The residents of different areas here are facing immense hardships due to the deplorable condition of Argi Chek-Sangervani road that connects at least seven villages.

Locals from Agri Chek, Abhama, Bhagandar, Achegoza, Sangervani and other villages told the news agency—Kashmir News Observer (KNO) that a road connecting these villages to the rest parts of the district, has deteriorated significantly over the time, making it nearly impossible for vehicles and pedestrians to traverse through the road.

Zeeshan Ahmad, a local resident said that the road has been lying in dilapidated condition for a long time but the government has ignored this

vital way.

This road is being used by hundreds of people to reach Pakherpora, Yousmarg and Chaar-e-Shareef but due to unknown reasons the road has not been macadamized.

Shakir Ahmed, a resident of Sangervani said that the road is riddled with large potholes, uneven surfaces, and eroded sections, which worsen the situation during the rainy season, leading to frequent traffic disruptions and increasing the risk of accidents.

He said that students, patients and daily passengers are suffering as public transport usually remains off the road now as they are hesitant in running their vehicles on the road.

Locals said that they have raised their concerns with the authorities several times highlighting the urgent need for macadamization to ensure safe and smooth travel.

They said that despite these appeals, nothing has been done in this regard, leaving residents to grapple with the road's poor state daily, appealing to the higher ups to look into the matter at an earliest and macadamize the road at an earliest.

They have sought attention of Deputy Commissioner (DC)
Pulwama in this regard—(KNO)

# High-Density Apple Farming Fetches Good Returns For Growers

Agencies

**SRINAGAR:** High-density apple farming is proving to be a game-changer for the apple industry in Jammu & Kashmir, with growers saying it fetches good returns.

Farmers across the valley shared their success stories. They expressed satisfaction with the income generated from high-density apple farming.

Introduced in the region after 2015, high-density apple varieties have quickly gained popularity among growers. Unlike traditional apple trees, which take about ten years to start bearing fruit, high-density apple trees begin producing apples just one year after planting and reach full production by the fourth or fifth year.

This early yield, coupled with a harvest season in August, helped farmers avoid the risk of damage from untimely snowfall, a common issue with traditional apple varieties that are harvested in November.

Mohammad Abbas, a farmer from Pulwama with eight kanals of high-density apple orchards, said the benefits of this farming method are clear. "High-density apple farming requires lower input and labour costs, and the apples produced are of superior quality with consistent colour and size," he said, adding, "Varieties like Jeromine, King Roat,



Gala Scarlet, Red Velox, Scarlet Spur-II, Super Chief, Redlum Gala, and Auvi Fuji are currently being grown in the region."

According to growers, these high-density apples are commanding prices of Rs 100-140 per kg, nearly double the Rs 50 per kg rate for traditional varieties.

Shakeel Ahmad, another grower, highlighted the advantages, saying that high-density plants start yielding fruit in the first year and consistently produce large crops every year with minimal fertilizer and pesticide requirements.

The positive returns from high-density apple farming are encouraging more farmers to consider this method.

Horticulture officials told KNO that approximately 800 hectares of land in J&K have already been converted to high-density apple farming.

An official said the department plans to expand this to 5,500 hectares in the com-

ing years. "The government is supporting this transition by offering a 50 percent subsidy to orchardists who establish or switch to high-density fruit production," he said.

The high-density apple farming initiative was first launched in September 2015 by then J&K Chief Minister Mufti Mohammad Sayeed, who inaugurated the region's first high-density apple orchard in Bamdoora, Anantnag.

Kashmir produces an average of over 20 lakh metric tonnes of apples annually, with this figure sometimes reaching 25 lakh metric tonnes.

The apple industry is crucial to the region's economy, directly or indirectly supporting half of Kashmir's population and contributing about 9.5 percent to the State Gross Domestic Product (SGDP). The sector also generates approximately 8.50 crore man-days of employment annually in J&K—(KNO)

# Jammu's State Cancer Institute Launches Advanced Brachytherapy Services

Agencies

SRINAGAR: The long-anticipated Brachytherapy services were officially inaugurated at the State Cancer Institute (SCI), Government Medical College (GMC) Jammu on Wednesday. The development marks a major advancement in cancer treatment capabilities for the region.

Secretary, Health & Medical Education, Dr Syed Abid Rasheed Shah played a pivotal role in making this high-end facility operational, an official said.

He said the first Brachytherapy procedure was conducted by the Radiation Oncology team, led by Prof. Ashutosh Gupta, Principal of GMC Jammu and a renowned cancer specialist.

The team from the Radiation Oncology department included Dr Rahul Sharma (Professor and Head of Radiation Oncology), Dr Sandeep Kaur (Associate Professor), Dr S.S Katoch (Assistant Professor), Mr Sahil Gupta (Senior Physicist), Miss Tinish Sehgal (Radiation Safety Officer), Mr P.A Rather (Junior Medical Physicist), Mr Sheldon Dominic (Application Specialist from Germany) and Mrs Survinder Kour Sudan, along with other supportive staff, the official said, adding



that four patients were treated with Brachytherapy on the inaugural day.

Dr Deepak Kumar, Medical Superintendent of the State Cancer Institute, supervised the entire procedure.

Dr Abid on the occasion said the launch of this facility is a landmark achievement, not just for GMC Jammu, but for the entire Jammu region. "This facility will provide essential treatment and monitor cancer patients who previously had limited access to such advanced care," he said.

The new Brachytherapy machine, procured at a cost of approximately INR 6-8 crores by

the J&K Medical Supply Corporation, is the latest generation model from Eckert & Ziegler BEBIG GmbH (SagiNova). It boasts the highest NEMA sensitivity and quantitation accuracy, which enhances patient care, comfort and satisfaction.

The State Cancer Institute is a prestigious project funded by the Government of India, with an investment of INR 104 crores.

Dr Ashutosh Gupta said that Brachytherapy treatment at SCI Jammu is provided free of cost under the Ayushman Bharat Scheme, further benefiting the patients in need of this critical care—(KNO)

# FFRC Imposes Fine Of Over Rs 9 Lakh To Pvt School In Srinagar

**Observer News Service** 

**SRINAGAR:** Jammu and Kashmir Committee for Fixation and Regulation of Fee of Private Schools (FFRC) has imposed a fine of Rs 9.60 lacs to a private school in Srinagar for not complying to its orders.

According to the FFRC orders, a copy of which lies with Kashmir Observer, the school management have been directed to pay the fine within ten days.

FFRC in an order said that on May-20-2024, penalty of Rs 3.20 lacs was imposed on the school Management of Minto Circle English Medium Senior Secondary school, Aloochi Bagh, Srinagar.

It also said that the penalty was imposed on account of the school charging excess money against the fees determined by this committee.

In terms of Rule 12 sub clause (e) and (f), the non-compliance of orders of committee, Chairperson can impose a fine on private schools equal to 1 percent of total revenue generated in the preceding year for the first time of non-compliance.

In case non-compliance is shown by the school Management second time 3 percent of penalty can be imposed.

"It was in this context that the order dated 20th of May, 2024 was issued as the school was charging excess fees as determined and regulated by this committee," it reads.

FFRC said that it was further directed that the management of school be taken over by an administrator which order was required to be passed by the Administrative Department

of the Education Department. "This order has been challenged in the High Court in writ petition and the Court has been pleased to issue notice in the writ petition."

"The High Court has stayed only part of the direction which was in respect of taking over the Management of School," FFRC said.

It also said that the order imposing penalty of Rs 3.2 lacs has not been stayed. In view of this, the school was liable to deposit the penalty imposed by the FFRC Chairman.

"This was the first default committed by the school management. Penalty has still not been deposited therefore committing a second default, which entails the penalty of 3 percent of the revenue of the preceding year. In view of this the school management is directed to pay Rs 9.60 lacs within a period of 10 days," reads the FFRC order.

The committee further said that the amount shall be deposited in the account of the Fee Fixation and Regulation Committee of Private Schools, J&K (FFRC).

"Needless to remind, in case the school management fails to comply with this order, the matter will be referred to the Tehsildar Recoveries, Srinagar for recovering this amount as arrear of land revenue in terms of Regulation 12 Sub clause (i)," it reads.

The committee added that it reserves the right under section 20 C sub clause (3) to refer the case to the investigating agency for registration of a case under section 188 of Indian Penal Code—(KNO)

## Poplar Trees Along Boundaries Of GDC Qazigund Pose Risk To Students

Agencies

**QAZIGUND:** The presence of tall trees along the boundary walls of the Government Degree College (GDC) Qazigund in South Kashmir's Anantnag district, is posing a risk to the lives of the students and the staff.

A group of students from GD Qazigund said that the trees, known for their brittle nature, pose a threat, especially during strong winds.

Students said they are con-

statulents sald they are constantly worried during attending classes, especially during bad weather conditions. "These trees have grown too tall and could fall at any moment, and we fear for our lives. We hope the authorities take this matter seriously before any unfortunate incident occurs," they said.

"The tall poplar trees along the boundary wall of GDC Qazigund are a growing concern for the safety of our students and staff," said one of the officials at the college.

"During strong winds or storms, there is a risk of these trees falling and causing harm. We have raised the issue multiple times, but no concrete action



has been taken yet," the official said, adding that safety should always be a top priority, especially in an educational institution

"It is unsettling to think that the very place meant for learning and growth could be potentially risky. We urge the authorities to take immediate steps to address this issue before it escalates into a serious accident. The trees need to be cut down as soon as possible to prevent any possible tragedies," the official added.

Talking to KNO, Principal GDC Qazigund, Prof. Ghulam Hassan Thakur said, "We have already taken up the matter with the administration as well as the tree owners, and hopefully, the trees will be cut down this week."—(KNO)

WORLD ENTREPRENEURS DAY

# JKDAF Reiterates Its Commitment To Foster A Thriving Digital Ecosystem

Observer News Service

SRINAGAR: The Jammu & Kashmir Digital Advocacy Forum (JKDAF) on Wednesday celebrated world entrepreneurs' day in the spirit of promoting and nurturing entrepreneurs. On this occasion the forum members, which consists of distinguished and senior industry leaders from the global digital ecosystem, reiterated their commitment to foster a sustainable and thriving digital ecosystem in the UT of Jammu & Kashmir through their support by extending world class mentorship, global industry connections and access to the funding ecosystem.

JKDAF was formed in 2020 with 15 senior industry leaders and entrepreneurs representing the digital ecosystem joining hands as a passion project to create and support the budding startup and skilling scenario of J&K. Today,



the forum has more than 26 mentors with a cumulative industry experience of more than 600-man years, who are responsible for businesses exceeding millions of dollars on a global scale.

The forum is part of the

The forum is part of the startup and entrepreneurship ecosystem of the UT of J&K and closely works with the incubation centres, early-stage startups, government entities and students for the promotion of startup, skilling and entrepreneurship in the UT. The forum members regularly interact with the ecosystem partners and also contribute

towards thought leadership by publishing articles and research reports. On this occasion, Dr Subi

Chaturvedi, PhD IIT Delhi, Global SVP, Chief of Corporate Affairs & Public Policy Officer, InMobi and Founder Mentor of JKDAF said, "Entrepreneurship isn't just about starting businesses; it's about addressing real-world problems and driving societal transformation. The government, through initiatives like Startup India, Stand-Up India, and the Atal Innovation Mission, is empowering entrepreneurs to confront challenges directly. In regions like Kashmir, programs such as the Prime Minister's Employment Generation Programme (PMEGP) and the UMEED scheme under the National Rural Livelihood Mission are giving people the tools to create solutions that uplift communities and foster change. These initiatives go beyond financial aid, offering mentorship, skill development, and market access, ensuring that every entrepreneur, regardless of background, has the opportunity to succeed. By integrating technology and innovation, these schemes are turning entrepreneurship into a powerful force for progress, especially in areas where hope and opportunity are most needed. A special thanks is due to the Hon. LG Shri Manoj Sinha ji for his visionary leadership from the ground up and for integrating every village in Kashmir, creating seed grants especially for young women and men to create startups and lead initiatives at the panchayat, gram and block level along with creating a conducive regulatory and policy environment. To make this scale is now a collective responsibility through winning partnerships between government, industry and academia through networks and mentorships. And we remain committed to the cause.'

#### Becomes Finalist In Prestigious Miss & Mr. Teen India 2024

Divyangna

**Observer News Service** 

**PATHANKOT:** Divyangna, a remarkable 13-year-old student from Montessori Cambridge School, Pathankot, has earned a spot as a finalist in the prestigious Alee Club's 26th Miss & Mr. Teen India 2024. During the auditions held in Chandigarh, Divyangna's poise and exceptional talent captured the attention of the judges, distinguishing her in this fiercely competitive event.

Montessori Cambridge School is beaming with pride as Divyangna's accomplishment brings honor to the institution. The school's Chairman, Mr. Vinod Mahajan, Vice-Chairman, Mr. Akash Mahajan, and Principal, Mrs. Rashmi Ahluwalia, have all praised Divyangna for her outstanding achievement, lauding her as a source of inspiration for all students.

The Alee Club's Miss & Mr. Teen India pageant, recognized as the oldest and largest of its kind in India and honored in the Limca Book of Records, is directed by the renowned Rampguru Sambita Bose. The competition is celebrated for its role in discovering and nurturing young talent nationwide, making Divyangna's advancement to the finals even more significant.

# Rohit Calls Dravid, Agarkar, Shah 'Three Pillars' Credits Them For T20 WC Win

MUMBAI: Star batter Rohit Sharma on Wednesday said former head coach Rahul Dravid, chairman of selectors Ajit Agarkar and BCCI secretary Jay Shah backed him to the hilt in his effort to extract the best from players without worrying about results, eventuating in India's T20 World Cup triumph under him.

Under Rohit's leadership, India triumphed in the ICC showpiece in June beating South Africa in the final. It was their second T20 world title after 2007, and Rohit also brought curtains on his career in the shortest format with that victory at Barbados.

"It was my dream to transform this team and not worry too much about the stats, the results, to make sure that we



create that environment where people can go out there and play freely without thinking too much," Rohit said after being named the men's international cricketer of the year at the CEAT Cricket Rating Awards here.

"That is what was required. I got a lot of help from my three pillars, who are actually Mr Jay Shah, Mr Rahul Dravid (and the) chairman of selectors Ajit Agarkar," he said.

'That was very critical for Rohit said the feeling of winIndia's decade-long drought in global tournaments could not be described in words.

"(It was) a feeling that cannot come everyday. It was something that we were really hoping for. When we won the World Cup, it was important for all of us to enjoy the moment which we did pretty well and thanks to our nation as well for celebrating with us,"

"As much as it meant for us, it meant a whole lot to the entire nation as well. It felt really great to bring it (trophy) back home here and celebrate with everyone here.'

"(It is a) fantastic feeling that can never be put out in words. I don't think it's a feeling that can be expressed. It won't do justice to our effect when all that happened," Rohit said.

# Downtown Heroes FC Name Arun Malhotra As The New Sporting Director



**Observer News Service** 

**SRINAGAR:** Downtown Heroes FC on Wednesday announced the appointment of Arun Malhotra as the new Sporting Director of the club.

In his role, Malhotra will oversee all football operations of Downtown Heroes, with a particular focus on employing experts in specialist areas to ensure the club's continuous growth and success. His responsibilities will include implementing effective structures and methods to enhance various critical areas such as recruitment, analysis, and operations.

"Malhotra brings with him a realth of experience and expertise in football management, having held various key roles in the industry," the club said in a statement.

"Malhotra's appointment marks a significant step forward for Downtown Heroes FC as the club strives to achieve both short-term success and long-term sustainability. His strategic vision and leadership are expected to play a pivotal role in the club's journey towards establishing itself as a dominant force in Indian football." it added. "We are thrilled to welcome Mr. Arun Malhotra to Downtown Heroes FC," said a spokesperson for the club. "His vast experience and deep understanding of the game will be invaluable as we work towards our goals. With Mr. Malhotra at the helm of our football operations, we are confident in our ability to build a strong and sustainable future for the club.'

Arun Malhotra expressed his excitement about joining Downtown Heroes FC, stating, "I am honored to take on this role at such a dynamic and ambitious club. I look forward to working closely with the team to develop a robust footballing infrastructure that will not only bring immediate success but also ensure the club's long-term growth and stability."

"Downtown Heroes continue to pave the way for football in Srinagar, and with the appointment of Mr. Arun Malhotra as Sporting Director, the club is poised to reach new heights both on and off the pitch," the club added in its statement.

# **Provincial Inter District Cricket Tournament Begins In Anantnag**

me to do what I did and obvi-

ously not to forget the players,

who came in at different points

in time and helped the team to

achieve what we achieved," he

**Observer News Service** 

**ANANTNAG:** The Department of Youth Services and Sports Anantnag is hosting the Inter-District Provincial Level Cricket Tournament, which began on Wednesday at four different venues across district Anantnag.

The tournament was formally inaugurated by Tehsildar Qazigund Showkat Hussain Rather along with DYSSO Anantnag Raja Yaqoob at the Qazigund venue. Meanwhile, at Bijbehara venue, it was inaugurated by Principal BHSS



Bijbehara Nasreena Akhter.

On the opening day of tournament, matches among U-14 boys were held on four different venues, which include Bijbehara, Qazigund, Dooru and Arwani.

The U-14 tournament will be followed by the Under-17 and Under-19 age group competitions. The tournament will

# **Athletic Competitions Organised** By ZPEO Narbal

**Observer News Service** 

**BUDGAM:** The Department of Youth Services and Sports Zone Narbal organised Inter School Zonal Level Athletic meet for Boys of all age groups at open ground Batapora on Wednesday. The athletic meet was in-

augurated by incharge activity ZPEO Narbal Bashir Ahmad Sheikh, along with overall incharge Mohammad Ashraf Ganie PEM and other officials of Zone Narbal. these competitions

around 108 athletes of different schools of Zone Narbal participated. At the prize distribution ceremony, the overall Incharges and other officials distributed certificates among position



While speaking on the occasion, overall incharge appreciated all the athletes for

participating in these competitions and also stressed other students to compete in such events in future.

#### **Short TAKES**

#### With Eyes On Prize, Indian **Paralympians Take Off To Paris**

Eyeing an unprecedented five gold and a dozen medals in total, the first batch of the Indian contingent, including star javelin thrower Sumit Antil, left for the Paris Paralympics in advance to get acclimatised to the conditions.

The 16 para athletes will stay at hotels in Paris for a few days before entering the Games Village on August 25, three days before the Opening Ceremony. Para athletics events will be held from August 30 to September 8.

#### **Ronak Wins Bronze At U-17 World Wrestling Championship**

India's Ronak Dahiya bagged the bronze medal in the 110kg Greco-Roman category at the U17 World Wrestling Championship in Amman, Jordan.

In the bronze medal play-off, Ronak, currently ranked two in the world in his age-group weight category, comfortably disposed the challenge of Turkey's Emrullah Capkan 6-1 to claim India's first medal from the championship on Tuesday.

Earlier, Ronak had lost to eventual silver medallist Zoltan Czako of Hungary in the semi-final. The gold was won by Ukraine's Ivan Yankovskyi.

#### **'PCB Committed To Hosting ICC Champions Trophy 2025'**

The Pakistan Cricket Board (PCB) rubbished reports about rescheduling of next year's ICC Champions

PCB issued a statement after chairman Mohsin Naqvi spoke about on stadium redevelopment -- ahead of the upcoming Champions Trophy 2025 which will be held in Pakistan, PCB has directed the renovation of the National Stadium in Karachi, Rawalpindi International Cricket Stadium and Gaddafi Stadium in Lahore at the cost of Rs12.8 billion, according to Geo News.

#### **Germany Keeper Manuel Neuer Retires From International Football**

ermany goalkeeper Manuel Neuer announced his retirement from internationals on Wednesday after playing 124 times for his country since 2009. The 38-year-old Bayern Munich player who won

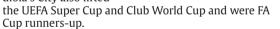
the golden glove when Germany won the 2024 World Today marks the end of my career in the German

national football team," Neuer wrote on Instagram. Neuer's club Bayern, with whom he has won 11 Bundesliga, two Champions League and two Club World Cup titles, play Wolfsburg on Sunday

#### **Manchester City's Phil Foden Named PFA Player Of The Year**

Manchester City's England midfielder Phil Foden won the Professional Footballers' Association (PFA) Player of the Year award on Tuesday after helping his club successive Premier League title.

The 24-year-old scored 27 goals in 53 appearances in all competitions last season as Pep Guardiola's City also lifted



"Winning this award is something very special and I am very proud and grateful for it," said Foden.

# Saim, Saud Rescue Pakistan On Day 1 Of First Test Against Bangladesh

**Agencies** 

**RAWALPINDI:** Pakistan overcame a jittery start on a rain-hit opening day of the first Test against Bangladesh in Rawalpindi as Saim Ayub and Saud Shakeel scored fighting half-centuries to guide the hosts to 158-4 at stumps on Wednesday.

Opener Ayub fell for 56 while Shakeel was unbeaten on 57 as the duo steadied the ship with a 98-run stand after Bangladesh won the toss and wreaked havoc through their pace bowlers on a helpful pitch.

As batting conditions improved under the sun, the pair led the hosts to 81-3 at tea before continuing to milk runs in the final session until Bangladesh struck back by removing the dangerous Ayub in the 32nd over.

In a momentary lapse of concentration, the left-hander attempted an expansive drive against Hasan Mahmud but edged the ball to Mehidy Hasan

Miraz in the slip cordon. Shakeel, who earlier



became the joint-fastest Pakistan batsman to 1,000 Test runs alongside Saeed Ahmed, marked his 20th innings with his seventh

half-century. Mohammad Rizwan was unbeaten on 24 at stumps, as Pakistan gave themselves a good platform to build on in new head coach Jason Gillespie's first match in charge of the redball team.

A soggy outfield ensured there was no action in the morning and Pakistan suffered a setback shortly after play began at 2.30 p.m local time when Abdullah Shafique's loose shot was plucked out of thin air by

Zakir Hasan at gully. Shoriful Islam struck twice in as many overs to

reduce the hosts to 16-3

with captain Shan Masood

and Babar Azam both back in the pavilion after being caught behind by Litton Das.

Masood was fuming following his controversial dismissal as TV replays showed the ball had clipped his pad after going past the bat without contact.

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