UCCUP OF PUBLICATION

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J&K ASSEMBLY ELECTIONS

J&K Trains 296 Nodal **Officers on MCC**

Observer News Service

Srinagar: In a bid to enhance the skills of its election machinery at District and Assembly Constituency level during the Assembly Election 2024, the office of the Chief Electoral Officer J&K conducted a training program for as many as 296 Nodal Officers across the Union Territory, which concluded today. Conducted under the super-

vision of the Chief Electoral Officer (CEO), J&K, Pandurang K Pole, the program trained the Nodal Officers for the effective implementation of the Model Code of Conduct (MCC), Media Certification and Monitoring (MCM), monitoring of Paid and Fake News and Social Media Apps, and for Election Expenditure Monitoring (EEM) at district and Assembly Constituency (AC) level in both Jammu and Kashmir divisions of J&K Union Territory. A total of 296 Nodal Officers,

including 162 in Jammu Division were trained in the Physical Mode during the program being conducted in the training hall of J&K CEO Office at Nirvachan Bhawan, Rail Head Complex, Jammu. Similarly, 134 Nodal Officers from Kashmir Division were trained during the training program being held in online

Congress-NC-CPI(M) Pre-Poll Alliance Finalised

Kharge Bats For

ongress president

said on Thursday

that his party leadership

is of the opinion to get

all parties, including the

opposition, on board for

a pre-poll alliance ahead

of the general assembly

elections in Jammu and

Kashmir. Addressing a

lowing Congress workers

media conference fol-

meeting in

Malik Arjun Kharge

'United Front'

Will Contest All 90 Seats Together: Dr Farooq

This is the first time since

An alliance with the Congress

is final on all 90 assembly seats

1987 when NC and Congress

have entered into a pre-poll al-

liance in Jammu and Kashmir.



Observer News Service

Srinagar: The Congress and National Conference's pre-poll alliance was finalised after Rahul Gandhi visited Farooq Abdullah's residence in Srinagar

in Jammu and

Kashmiri Journalists Made To Wait At **Rahul's Presser**



access granted only to select national media outlets.

Have Blood Relationship With J&K People: Rahul

'Restoring Statehood Is Congress, **INDIA Bloc's Priority'**

Dabirah Hassan

Srinagar: Congress MP Rahul Gandhi on Thursday claimed "blood" ties with the people of Jammu and Kashmir and declared restoration of statehood - J&K was bifurcated into two union territories in August 2019, after the centre scrapped Article 370 - a "priority" for both him and his party.

"The principal stance of Congress party and the INDIA Bloc is to restore statehood to J&K as soon as possible and we had expected that this would be done prior to elections, but okay, elections have been declared and it's a step forward, and we are hoping that statehood will be restored as soon

Forces Trying To Disrupt Polls:CEC

Agencies

New Delhi: Chief Election Commissioner Rajiv Kumar on Thursday claimed that some forces are attempting to disrupt the upcoming Assembly elections in Jammu and Kashmir, but the poll body is fully prepared to conduct free and fair elections. Kumar emphasised that the "ballot is the answer to such forces."

"There are forces determined to disrupt the election process, but we are fully prepared, and the ballot is the answer to such forces," said Chief Election Commissioner Rajiv Kumar after briefing election observers for Jammu and Kashmir and Haryana.

Kumar said, "We briefed election observers today. General, Police, and Expenditure Observers from several states attended the briefing. Observers were instructed to be available to political parties and candidates to address any grievances and ensure adherence to election rules."

Kumar emphasized that the Election Commission of India (ECI) is prepared to conduct free and fair elections in J-K and Haryana.

"The world is watching the elections in J&K. Some forces are adamant about disrupting the election

AIP Releases First List Of 9 Candidates

Majid Nabi

Srinagar: Awami Itihad Party (AIP) Thursday announced list of nine candidates for south Kashmir for the upcoming assembly elections in Jammu and Kashmir.

Speaking at a news conference at Jawahar Nagar here, the party's chief spokesperson, Inam-un-Nabi, said the names of the candidates contesting elections on the AIP mandate had been forwarded by the electorate of their respective constituencies following thorough deliberations with the party leadership.

stakeholders, we have shortlisted nine candidates from south Kashmir," said Inam, adding, many former MPs, MLAs and ministers have been approach-

ing the party for mandates. From Pampore assembly con-stituency, DDC member Abdul Qayoom Dar is contesting elections on AIP ticket followed Dr Harbaksh Singh from Tral, Sofi Iqbal from Pulwama, Muneeb Fayaz Wagey from Zainapora, Mohammad Arif Dar from Damhal Hanjipora, Dr Suhail Bhat from Devsar, Hilal Ahmad Malik from Duroo, Aqib Mustaq Anantnag West from an Tauseef Nisar from Anantnag 44. Regarding the party poll manifesto, he said, a pro-people manifesto will be announced within the next few days. He said the party is not stitching a pre-poll alliance with any party ahead of the elections.

ASSEMBLY POLLS PHASE-I 23.27 Lakh Voters To **Participate In 24 Constituencies**



Observer News Service

Jammu: More than 23.27 lakh voters including 5.66 lakh

said on Thursday. "As per the latest data of electoral rolls available, there are a total of 23,27,543 lakh voters, who are eligible to vote during the Phase 1 of the J&K Assembly. Out of them, there 11,76,441 male voters are and 11,51,042 female voters along with 60 Third Gender Electors," the CEO said in a statement.

(CEO) J&K, Pandurang K Pole of the role to be played by the youth of Jammu and Kashmir in strengthening the democracy, the CEO said that as many

» Nomination Deadline: August 27, 2024. mer Deputy Chief Minister Dr Nirmal Singh revealed that 50 percent of the candidate list has already been for-Underlining the significance warded to the party's Central Election Committee (CEC) and the Parliamentary Board

is scheduled to take place Agencies either tomorrow or the day Srinagar: The Bharatiya Janata after. This meeting will play Party (BJP) in Jammu and Kashmir has finalized its first a crucial role in shaping the panel of candidates for the up-

BJP Finalizes First Panel Of Candidates

Awaiting CEC Approval: BJP Leader

as possible and the democrat-

ic rights of the people of J&K

will be restored," Rahul said at

a press conference after chair-

ing a meeting of party work-

ers in Srinagar. He assured the

people that

party's election strategy for the region. Sources close to the party's leadership stated, "Panels for each of the constituencies in Jammu and Kashmir

have been forwarded to BJP headquarters. The final decision on candidates will rest with the National Election Committee, headed by Prime Minister Narendra M The BJP's leadership is confident in its preparations and strategy for the elections, aiming to secure a majority in the Jammu and Kashmir Assembly. "BJP is fully prepared to contest the upcoming J&K Assembly

>> 23.27 lakh eligible voters > 60 third-gender electors.

- 5.66 lakh young voters **»**
 - » 28.310 PwDs aged 18-29. » 15,774 voters aged 85+. 1.23 lakh first-time voters » Election Date:
 September 18, 2024.
- aged 18-19. > 11.76 lakh male voters

11.51 lakh female voters

»

"The party supreme issued explicit orders that only those candidates who are chosen by the electorate would be taken into consideration for mandates. After thorough deliberations with civil society, local media fraternity and other

vouths are eligible to exercise their electoral franchise during the Phase-I of the Jammu and Kashmir Assembly Election which is scheduled to be held on 18 September 2024 across the 24 Assembly Constituencies (ACs) in 7 districts of Jammu & Kashmir, Chief Electoral Officer

as 5.66 lakh youths are eligible to vote in phase-1 of the Assembly Election.

These 5.66 lakh young electors are between the age 18-29 and include 1.23.922 First Time Voters between the age of 18-19 years,

for final review and approval "The initial panel of candidates has been sent, and we expect the list to be released soon," Dr. Singh said.

coming Assembly elections.

Senior BJP leader and for-

The list will be unveiled after the Parliamentary Board convenes its meeting, which, according to party sources,

Shelter Homes For Domestic Violence Victims **HC Grants Govt 4** Weeks For Response

M Ahmad

Srinagar: J&K and Ladakh High Court has granted government four weeks time to file affidavit to the response filed by the petitioner to an "inadequate" response filed by authorities in a

Public Interest Litigation, seeking directions for establishing shelter homes for destitute women across Jammu and Kashmir as mandated under Domestic Violence Act, 2005.

In March this year, the petitioner filed a response to a status report submnitted by the authorities in the PIL as the same was considered "inadequate" on various aspects for proper implementation of Domestic Violence Act, 2005 in terms of infrastructure, manpower etc.

"Learned counsel for the respondents (authorities) seek and are granted four weeks' time to file a detailed affidavit to the response filed by the petitioner in terms of order dated 27.03.2024," a bench of Chief Justice (act-

ing) Tashi Rabstan and Justice Rajnesh Oswal said in an order while hearing the PIL filed by an organization namely Mehram Womens Cell Kashmir As per the petitioner, "not-for-profit trust", а

one of the main reasons why women put up with daily abuse and violence is that there is no other place for them to go where they can take shelter.

"The parents of the victim often force them to live with the perpetrator

7 killed, 20 **Injured In Ladakh Bus Accident**

Agencies

Leh: At least seven persons died and twenty others were injured after a bus they were travelling in met with an accident and plunged into a 200-metre-deep gorge at Durbuk area of Leh in Ladakh Union Territory.

An official said that the bus, carrying staff members of a school to a wedding function, plunged into a gorge in the Durbuk area.

"Seven passengers died and 20 others were injured when a private bus travelling from Leh to Eastern Ladakh fell into a 200-metre-deep gorge," he said, adding that the injured have been shifted to hospital.

He said three choppers, including those from the Army and Indian Air Force (IAF), were used for the rescue operation.

Meanwhile, an army spokesperson in a statement said, "In a swift



Heavenly Escape: Tourists trot through Doodhpathri's lush meadows. KO Pix Abid Bhat







Study Finds Higher Death Risk For Women With Low Flexibility Compared To Men

Press Trust Of India

Men with low physical flexibility may face nearly double the risk of death, while women with low flexibility could have nearly five times the risk of dying compared to those with greater flexibility, according to a new research. The researchers examined almost 3,140 people, aged 46-65 years, and developed a body flexibility score, which was arrived at after assessing the participants' motion in 20 movements, including seven related to joints.

"Being aerobically fit and strong and having good balance have been previously associated with low mortality. We were able to show that reduced body flexibility is also related to



aged men and women," teh study's corresponding author Claudio Gil S. Araujo, Exercise Medicine Clinic-CLINIMEX, Brazil. The findings are published in the Scandinavian Journal of Medicine and Sci-

poor survival in middleence in Sports. Over an average follow-up period of almost 13 years, the researchers, including those at the Exercise Medicine Clinic-CLINIMEX, Brazil, found that body flexibility was inversely related with death risk and was

nearly 10 per cent higher for survivors compared with non-survivors in both men and women. The authors found that

flexibility among women was 35 per cent higher than that among men.

They also found that among those with a low physical flexibility score, men had a 1.87-time higher risk of dying, while women had a 4.78-time higher risk of dying, compared to those with a high physical flexibility score. Araujo pointed out that as flexibility tends to decrease with ageing, it may

be worth paying more attention to flexibility exercises and routinely including assessments of body flexibility as part of all health-related physical fitness evaluations.

PUBLIC NOTICE

I have lost my discharge certificate of 12th Class and wants to apply duplicate copy of it, if anyone have any objection, he/she can contact concerned department with the period of seven days from the issue of this Notice.

Name: Mohammad Umer Parray Roll No: 313001103 Year: 2023 fko School : Government Higher secondary school Hajin

Jammu & Kashmir Bank Ltd. Central Stationary Department, **J&K** Bank Nowgam, Byepass Srinagar 190015 J&K.

On-Line Request for Quotes (e-RFQ) for

Supply of Table Stationery Items (File Covers/ File Cover Deluxe/Transparent file cover)

RFQ Notice along with Complete RFQ document outlining the minimum requirements can be downloaded from and BIDs can be submitted on the Banks' e-Tendering Portal https://jkbank.abcprocure.com w.e.f. August 22, 2024, 16.00 Hrs. RFQ Document can also be downloaded from Bank's Official Website www.jkbank.com. Last date for submission of Bids is September 05, 2024, 17.00 Hrs.

e-RFQ Ref. No.: JKB/CSD/Table-Stationerv-P183/2024-1171 Dated:20-08-2024

 Registered office : Corporate Headquarters, M.A.Road, Srinagar 190001, Kashmir, India

 CIN: L65110JK1938SGC000048 ; T : +91 (0)194 2481 930-35 ; F : +91 (0)194 248 1928;

 E : info@jkbmail.com ; W : www.jkbank.com

DIPK-NB-1457/24 dated: 22-08-2024

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

Subject: Issuance of Registration orders in respect of delayed Birth

Public Notice

The registar Births and deaths (EO Municipal Council Pattan/ Block Development Officer Khaipora) has submitted a case file pertaining to Death of Mohammad Ramzan Wani S/o Mohd Subhan Wani R/o Chanderseer Tehsil pattan District Baramulla with vertified date of event (birth) as 25-06-2014 occurred at Home

In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained. **Executive Magistrate 1st Class** fko Naib Tehsildar Tilgam

ازنيابت پلهالن

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.

> Mushtag 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

PUBLIC NOTICE

I have applied for the issuance Of Discharge certificate of class 8th . If anybody has any objection in this regard he/she may file his/her objection in the office of the Govt Middle School Check Kawoosa within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Ab Majeed Wani S/o Abdul Rahman Wanl R/o Check Kaswoosa Narbal

bmg_r



Office of the Executive Engineer, Trans. Line Maintt. Division-7, JKPTCL Bemina, Srinagar-190010 Ph. No. 0194-3516481 e-mail: tlmd7.ikptcl@gmail.com CORRIGENDUM

Ut of Jammu & Kashmir

The corrigendum in respect e-NIT No. TLMD-7/01 of 2024 dated: 16-08-2024 for Renovation of Ground Floor (partly) of erstwhile DCP Office Building for Housing office of the Managing Director JKPTCL at PDD Complex Bemina Srinagar is issued as under:

"The scope of BOQ item No.109 i.e. Providing & Fixing of CCTV Surveillance system for round the clock vigilance of the office complex is hereby deleted as such the rate for this item be quoted as ZERO."

This deletion shall have no effect on the advertized cost.

All other terms & conditions of e-NIT/SBD will remain unchanged.

No.TLMD-7/1753-56

DIPK-NB-1466/24 dated: 22-08-2024

Executive Engineer, Trans. Line Maintt. Division-7

Union Territory of Jammu & Kashmir, Office Of The Executive Engineer R&B Division Kupwara

Email :- eernbkupwara@gmail.com (Stage Contract)

NIT No. 22-Kupwara/2661-69 of 2024-25 e-tendering DATED: - 21-08-2024

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

S. No	Name of Work	Cost of T/Doc.	Earnest Money	Time & Date of	Time of comple-	Class of Con-
		(In Rs.)	Deposit (in Rs.)	Opening of Bid	tion	tractor
01.	Execution of Different Activities in Up-	1100/-	50000/-	27-08-2024	F.Y 2024-25	All Class
	coming Legislative Assembly Election					
	2024 (Stage Contract)					1

					~00.°
The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities	جًام سے تعلق رکھتا ہے اور سائل پلہالن تخصیل	ہےجس سے عیاں ہے کہ سائل واقعی ج	تعلق رکھتا ہے اور سائل ہانجی وریہ میں	ہے کہ سائل واقعی آہنگر ذات سے	ش سے عیاں ہے
(B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www. jktenders.gov.in as per schedule of dates given below:-	۔ سکونت نہیں کی ہے سائل مذکور OBC	پٹن میں رہائش پذیر ہے اور کبھی بھی تر کہ	سائل کا کنبہ بذیل افراد پرمشتل ہے	ر کبھی بھی ترک سکونت نہیں کی ہے	۔ بائش پذیر ہےاور
01. Date of issue of Tender Notice 21-08-2024	ورکنبہ کی مہوارہ آمدنی7400 روپےتک ہے	سرٹفیکیٹ جاصل کرنے کاخواں ہے ا	م 55سال	محمد آمہنگر گھریلو کا	عليمة بيكم زوجه غلام ^و
02. Period of downloading of bidding documents From 21-08-2024 to 27-08-2024 (4.00P.M)			-	-	
03. Bid submission start date 21-08-2024 from (10.00A.M)	كها كركس شخصكو كوئى عزرياا عتراض موتوده بعد	۔ سرتقبیلیٹ زیر بحث اجراء کرنے میں اگر	35سال	ر دکاندار	فبدلطيف آهنكر ولد
04. Bid submission end date 27-08-2024 upto (04.00P.M)	مذر یا عتر اض ودالت هذ اکود فتر ی ادقات کے دوران	مثبتان بر کرد. تر .	م 30-يال	v l. (• h l l.	بىگر ، ي
05. Date & time of opening Bids (on line) 27-08-2024 at (6:00P.M) in the Office of the Execu- tive Engineer RnB Division Kupwara	مدريا محتراس ودانت هذا تودسر في أدفات تے دوران	المسهرا حبارسات دن کے اندرا ندرا بچرع	م 30 سال	بدل لطيف تحمر يلوكا	سرت بيكم زوجه عبا
	مېتراض قابل قبول نېي <i>س ہ</i> وگا۔	پیش کریں۔بعد گزرے میعاد کویی عذریاء	26-يال		باہراختر دختر۔۔
Terms and Conditions :- The Bidders are advised to read all conditions laid down in the NIT carefully before uploading softcopy any short fall found in the soft copy the tender			-	1-1	
hall be rejected.	Fr Juy Fr	(Or	23سال	ولد زىرتغليم	ردوس احمد آهنگر وا
Bids must be accompanied with cost of Tender document in shape Treasury Challan (Under Account Head 0059) (Treasury Challan) must			ں کی مہوارآ مدنی 6000روپے ہے۔	بۇرۇرى نېيىر بىرى بىرىك	Section Com
e wirten boldly the Name of Work, Name of Contractor alongwith NIT No. & Sr. No of NIT) in favour of Executive Engineer R&B Division Kupwara (ten-					
er inviting authority) and Earnest money /Bid security in shape of CDR/FDR pledged to Executive Engineer R&B Division Kupwara . The work has to be taken up on war footing basis as and when required within time frame and after proper authorization from the concerned		از دفترنا ئب تحصيلداريتن	فخص كو كونى عزرياا عتراض هوتووه بعدمشتهر	اجراءکرنے میںاگر کہاگرس	رُفْييكيٹ زير بحث
mpetent authority.		• •			,
The bidders shall ensure that their bids shall be accepted only if their registrations cards are uploaded on https://ikpwdoms.ik.gov.in portal in	لهجاويد بحروجه جاويد ، انشاجاويد ، زامد جاويداولا دان	عنوان: درخواست منجانب معروف	ت ھذاکود فتری ادقات کے دوران پیش کریں	ےاندراندرآ پنے عذر یاعتر اص ودالت	خبارسات دن کے
tive Tab. as per circular instructions issued by Development Commissioner works vide No.PW/DCW/DB/668-72 DT.10-06-2022. The GST-3B for last Quarter (Quarterly return) or Previous month for (Monthly return) Should be uploaded, irrespective of date of Tender	OPC ALZING	جاويداحمدحجام ساكنه مانجى وبره تخصيل		لویی عذر یاعتر اض قابل قبول نہیں <i>ہ</i>	ا الم
1st lowest bidder will submit the CDR/FDR within two days after opening of Tender failing which 2nd lowest will be approached. Besides 1st		الجاويدا كمدعا مسالته بالحاورية سير		يوي عدريا خنزا ڪفاب جون بين	بعكر ترزع ميعاد
west will be debarred from participating in tendering process for one year in this division.	ر ہرخاص وعام	اشتها	نائ <i>ب تخ</i> صيلداد	FKO	
Manual offers delivered by post/fax or in person, or offers sent by e-mail or telex shall not be accepted against electronic tenders, even if such fers are received in time. All such offers shall be considered as invalid offers and shall be rejected summarily, without any consideration		-			
In case the L-1 fails deposit the requisite document, the action against the L-1 as per PWD rules leading to blacklisting of contractor	نے ایک درخواست بغرض OBC سرٹفیکیٹ	معامله مندرجه عنوان الصدر ميں سائل _			
On Opening of financial bid the L1 has to produce the Original CDR/FDR pledge to the opening Authority before allotting the work along				k. , **	•
ith Cost of tender document in the shape of Treasury Challan Upload Valid Registration CARD /Renewal, PAN Card , GST Certificate and latest GST clearance ending previous Month.) ہے اسبارے میں پٹواری حلقہ سےرپورٹ	بذمرہ حجام پیں کی ہے جو کہزیر کاروالی		تحصيلدار پين	ز دفتر نائب
It is mandatory for all bidders participating to submit all documents in terms of soft copies in etendency where and no documents in terms	مائل واقعی حجام ذات سے تعلق رکھتا ہے اور	طل کی گئی پرجس سوءاں مرک پر			
Hard Copies shall be entertained. However, lowest bidder will be called for submission of CDR/FDR as well as Treasury Challan and CDR/FDR of the			فاحمدخان ساكنة كولى يوره مانجى ويره تتحصيل	ست منجانب ستحنيفه بيلم بيوه مشتاق	فنوان:۔ درخوا،
her participating tenderers/ bidders will be released only after surrender of Treasury Challan . Furnishing of Hard Copies of bids immediately after submission of e-tenders is dispensed with .The same should be obtained only from the	ر بھی بھی ترک سکونت نہیں کی ہے سائل کا کنبہ	سائل بالجي ويره ميں رہائش يذير ہےاو		ڈییپن <i>ڈنٹ سرٹفکی</i> ٹ	Sugar de de
der who's declared 1st Lowest (L-1) after opening of financial bids.	·			ديليپدين مرسمين	ف برادا براق
The department will not be responsible for delay in online submission due to any reasons.		بذیل افراد پرشتمل ہے	س و عام	اشتهار هرخا	
The bidders are advised to get the genuineness of their enlistment cards from the issuing authorities. This is mandatory and bids are liable to erejected in absence of the genuineness of enlistment card	مزدوری 45سال	جاويداحمد حجام ولدمحمد رمضان	· · ·		
The contractor may purchase required material of quality and specifications prescribed, to be certified by Engineer in-charge			ست بغرض ڈیینڈنٹ سرٹفیکیٹ پیش کی ہے	ن الصدر میں سائل نے ایک درخوا	حامله مندرجه عنوان
. Instructions to Bidder (ITB)	گھریلوکام 40سال	نسيمه بيكم زوجه جاويداحمه			
All bidders must UPLOAD he following information and documents with their bids, in addition to the qualification criteria / qualification information, (All Jocuments pertaining to the bid must be in English):	زىرتعلىم 23سال		سےریورٹ طلب کی گئی ہے جس سے عیاں ہے	ہے اس بارے میں پڑواری خلقہ۔	ولهزير کارواني۔
All bidders must submit copies of original documents defining their constitution/legal status, place of registration, and principal place of	زريعكيم 23سال	زاہدجاوید ولد۔۔۔	24-11-202 كوفوت بو چكات اور	رمتو في مثرًاق إحريبة لإن مورجه 1	إيرائل كاشوير
usiness, as well as their cell phone number and e-mail address including JKPWDOMS registration Id No.	22	معروفه جاويد دختر			
Scanned copy of Enlistment/Regd. Certificate with current Renewal Certificate (Only digitally issued and renewed contractor registration ards through jkpwdoms.jk.gov.in shall be accepted for contractors registered with PW(R&B) department. However, contractor's registered with other				ب افراد پرشتمل ہے	توفى كاكنبه بذيل
lepartments must also have online registration on jkpwdoms.gov.in in light of circular No. GDAT/PS/DR/7172456/196 dtd.24-05-2023 issued by J&K	18 سال	عروجه جاويد دختر	14 10 11/1		
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All bidders shall upload Treasury Challan (Tender document cost) (dated between the bid submission start date and the Bid submission End te) by debit to M.H.0059 in favour of Executive Engineer (R&B) Division PWD(R&B) DIVISION KUPWARA (Tender inviting authority).	16	انشاءجاويد دختر	زىرتعلىم 18 سال	يسرمتو في	قلين مشاق
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KASHMIR OBSERVER[®] Srinagar | Friday | 23-08-2024 🔾

Students From High School Maloora Shine At Chinar Book Festival

Agencies

Srinagar: A group of 56 students from Government Boys High School Maloora, Srinagar, participated in the book festival organized by the National Council for Promotion of Urdu Language (NCPUL) and National Book Trust at SKICC here.

The event, which is part of a larger festival running from August 17 to 25, 2024, offered students a unique opportunity to explore a vast array of literature and expand their knowledge.

The students, according to the news agency KNO,

delved into a literary feast at the festival, which featured nearly 200 stalls. The wide array of books on display provided the students with a unique opportunity to broaden their literary horizons and cultivate a deeper appreciation for the written word. In addition to exploring

the rich collection of books, the students enjoyed the scenic beauty of Dal Lake, which added a serene backdrop to their enriching day. The event also allowed them to appreciate the tranquil surroundings, contributing to a memorable experience. The management of the

In his address, the Chief

Justice (A) emphasized

upon the critical importance

of judicial independence.

impartiality, and adherence

to the rule of law. He elabo-

rated on the importance of

training offering the train-

ees a comprehensive under-

standing of contemporary

challenges and expectations

questions on managing con-

flicts of interest, balancing

personal beliefs with profes-

sional responsibilities, and

navigating ethical dilemmas

Trainees actively posed

in the judiciary.

in the courtroom

Justice Tashi Inspires 'Future Judiciary' **At Interaction With Trainee JOs**

future roles

Observer News Service

Srinagar: In a significant event Justice Tashi Rabstan, Chief Justice (A), High Court of J&K and Ladakh Thursday engaged with 69 trainee judicial officers present both physically and virtually in an enlightening and thoughtprovoking session held at the High Court Conference Room in Jammu.

The interaction provided a unique opportunity for the trainees to gain insights from the highest echelon of the judiciary and to discuss key issues pertaining to their



With profound grief and sorrow, we announce the sad demise of Ali Mohammad Bhat S/o Late Ghulam Hassan Bhat of Wadi Mohalla Harwan Srinagar, who left for heavenly abode on 20th August 2024 Tuesday. May Almighty Allah accord peace to the departed soul. His congregational Fateh khawami shall be held on (Friday) 23rd of August at 6:10 am àt his ancestral graveyard, Wadi Mohalla Harwan Near Harwan Garden. After that a Taziyati Majlis will be held through out the day at our residential house Wadi Mohalla Harwan

Bereaved :



DEO Inspects Election Strong Rooms, Counting Centers For all 8 ACs

Observer News Service

Srinagar: The District Election Officer (DEO) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat on Thursday inspected the designated Strong Room and Counting Centers being established at SKICC here for all 08 Assembly constituencies of Srinagar District.

The inspection was undertaken to assess the preparedness regarding facilities and security measures for seamless conduct of upcoming General Election to Legislative Assembly-2024 in the District.

During the visit, the DEO reviews the arrangements and facilities at Strong Room and Counting Centres for all 08 Assembly Constituencies viz 19-Hazratbal, 20-Khanyar, 21-Habbakadal.

Sets Up Single Window Permission System

Srinagar: District Elecsion system for everyone's ease, including the tion Office Srinagar has political parties.

An official told the news agency—KNO, that keeping in view the guidelines of the poll body; district election officer Srinagar has set up a single window permis-

22-LalChowk, 23-Chanapora, 24-Zadibal, 25-Eidgah 26-Central Shalteng. During the inspection, the DEO stressed are put in place well in

He said that the system has been set up to seek permission for various election related

activities, while a nodal officer has also been designated for the same. Under this system, candidates and political parties can submit permission applications for various election related activities

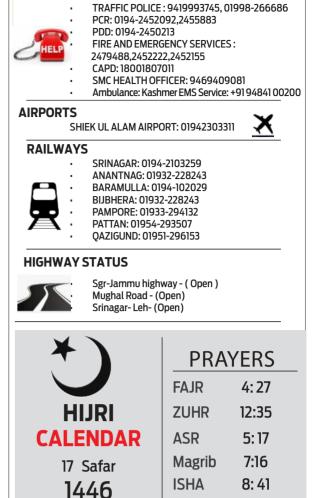
under a single window, the concerned Officers to take up necessary measures to ensure that all required arrangements advance to facilitate a smooth and efficient election related process.

He also laid emphasis on placing adequate spaces for counters to be placed at Counting Halls in order to avoid any cluttering during management of election related materials.

DEO The also stressed strict adherence to prescribed standards of Election Commission of India to uphold the integrity and fairness of the electoral process.

He stressed on proper handling/management of election material besides ensuring efficient and secure mechanisms for its storage.

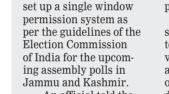
Deputy District Election Officer, Mir Imtiyaz Ul Aziz, Nodal Officers and other officials accompanied the DEO Srinagar during his visit.



This Day In History

1441 - Holland & Hanzesteden sign cease fire treaty

- 1514 Battle of Chaldiran ended with a decisive victory for the Sultan Selim I, Ottoman Empire, over the Shah Ismail I, Safavids founder. Discovery
- 1789 French Revolution: The National Assembly proclaims freedom of religious opinions
- 1799 Napoleon leaves Egypt for France en route to seize power.
- 1866 Treaty of Prague ends Austro-Prussian war
- 1911 British Prime Minister H. H. Asquith holds secret meeting about British strategy in case of war with Germany
- 1914 Japan declares war on Germany in World War I 1915 - Tsar Nicolaas II takes control of Russian Army
- 1921 Austria and the US formally end war; the
- US does the same with Germany on the 25th, and Hungary on the 29th 1924 - Mars' closest approach to Earth since 10th
- century
- 1933 Mahatma Gandhi released from Indian jail following another hunger strike
- 1939 Nazi Germany and the Soviet Union agree the Molotov-Ribbentrop non-aggression pact and secretly divide Poland between themselves, setting the stage for World War II
- 1942 World War II: last cavalry charge in history takes place at Isbushenskij, Russia; the Italian Savoia Cavalleria charges Soviet infantry
- 1943 Red army recaptures Charkow
- 1944 Allied troops capture Marseille, France





Subject.Grant of registration of the proposed Travel unit under the name & Style of M/s. Chinar Paradise Tour and Travel" situated at Ranger Complex Karanagar Near National School

PUBLIC NOTICE

Whereas I Mr./Ms Khushboo Bashir D/o Bashir Ahmad Mir R/o Badwan Pora Dist Bandipora 193503 intends to apply in the Department of tourism for registration of my proposed Travel unit under the name and style" M/s. Chinar Paradise Tour and travel" situated at , Ranger Complex Karan nagar Near National School Srinagar under Tourist Trade Act1978/82/2011-12.

Whereas, I will submit state subject/Domicile certificate, Qualification Certificate, Pan card, Experience certificate (minimum 05 years), Character certificate (Police department). Bank statement (minimum balance 1000),site plan, Affidavit,Rent Deed duly attested sub-registrar, printing Material (Letter Head/ Visiting), Photograph of the unit (indoor and Outdoor) and Two Passport size photograph to the department of tourism as prescribed checklist prior to registration of my unit as an Excursion Agency/Adventure tour operation.

Now as per J&K Registration of Tourist Trade Act 1978/82/2011-12, before my case is processed for registration by the competent Authority the matter is hereby notified for information of general public/financial institutions/Ban/ Organisation, etc for objection, if any and the same should reach to the deputy director tourism Registration (e-mail ID:-ddtreg123@ gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper/newspaper of the valley.No objection beyond a period of 7 days shall be entertained

fko



 Happy & Healthy minds Office, HPVT Building (First Floor), Daresh Kadal Chowk, Srinagar 9070806160

- 1952 Arab League security pact goes into effect
- 1960 World's largest frog (3.3 kg) caught (Equatorial Guinea)
- 1961 US lunar probe Ranger 1 reaches 190 km from Earth, falls back
- 1974 Zaheer Abbas scores 240 Pakistan v England at The Cricket Oval
- 1975 Communists take over Laos
- 1976 Heavy earthquake strikes China, 1,000s die
- 1978 Iranian students occupies Iranian embassy at Wassenaar
- 1982- Lebanese falangist leader Bechir Gemayel elected as president
- 1982- USSR performs nuclear test at the Semipalatinsk Test Site in northeast Kazakhstan
- 1985- Paul Hornung awarded \$1,160,000 by a Louisville court against NCAA who barred him as a college football analyst for betting on games
- 1985- Said Aouita of Morocco sets 1.5k record (3:29.46) in Berlin
- 1985- South African attorney/UDF leader "Dulah" Omar arrested
- 1987- Violent rainfall and floods in Bangladesh, kill 100's of people
- 1989- The Baltic Way two million people form a human chain across Latvia, Estonia and Lithuania in a peaceful pro-independence demonstration against Soviet occupation [1]
- 1990- Armenia declares independence
- 1990- East & West Germany announced that they would unite on Oct 3
- 1990- US begins call up of 46,000 reservists to the Persian Gulf
- 1992- Dennis Eckersley, who previously set record for most consecutive saves (40), is 1st pitcher to record 40 saves in 4 different seasons
- 1992- Wilhelm Verwoerd, grandson of former South African Prime Minister, Hendrik Verwoerd, main architect of apartheid, joins the African National Congress
- 1995- Indians' Jose Mesa sets record with his 38th consecutive save
- 1996- Osama bin Laden issues message entitled "A declaration of war against the Americans occupying the land of the two holy places"
- 2000- A Gulf Air Airbus A320 crashes into the Persian Gulf near Manama, Bahrain, killing 143.
- 2000- Nicaragua becomes a member of the Berne Convention copyright treaty. This essentially deprecated the Buenos Aires Convention treaty, because as of this date, all members of the BA Convention were also signatories to Berne.
- 2005- Hurricane Katrina forms over the Bahamas, later becoming a category 5 hurricane

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KASHMIR OBSERVER®

Friday | 23-08-2024

Fix Dal STPs

espite decades of government efforts to protect Dal Lake, these measures seem insufficient to bring about a significant improvement in the condition of the waterbody. And as the latest report by Jammu and Kashmir Pollution Control Committee (PCC) has underlined, government itself is responsible for this. The report reveals that water from about 910 houseboats is still being discharged into Dal Lake without treatment. The report was submitted after the National Green Tribunal had asked for a report on the status of monitoring stations and water quality in the lake, along with the state of sewage management in Srinagar, particularly around the lake. The report, as a result, covered the sewage disposal practices of houseboats, the sewage treatment mechanisms in place, and the monitoring of sewage treatment plants (STPs).

This is a sad state of affairs for the lake, a mascot of Kashmir's timeless beauty and a magnet for the tourists to the state from all over the world. The has been the focus of an intense recovery effort over the past three decades. The local and the central governments have followed twin strategies of conservation and rehabilitation to rejuvenate the lake's ecosystem and to rid it of the encroachment respectively. Though conservation effort has somehow pulled along, it has largely made a symptomatic difference to the condition of the lake. And the rehabilitation plan which includes removing encroachment and resettling the people living inside the Dal hasn't made much of a headway, even though the plan dates back to 1987. Around 50.000 people live on some islands within the lake and around 750 houseboats are moored in its waters.

As the PCC makes it clear, the two and a half decades of the cleanup plan hasn't made a fundamental difference. The factors that menace the ecosystem of the lake haven't gone away. The lake's once large green belt has suffered an inexorable encroachment in parts. New residential colonies have come up on the lake's west and the existing colonies have become more congested including the hamlets inside Dal, together with the massive tourism related infrastructure along its 15.5 kilometre long Boulevard . And a significant part of the sewage and the agricultural effluents from a predominant part of these settlements empty into the lake.

Last year, the discovery of the Alligator Gar fish in the Lake by the Jammu and Kashmir Lake Conservation and Management Authority (LCMA) further highlighted the existing polluted nature of the waterbody. This was the first time that this rare species of fish, which is native to North America, was found in Kashmir. The PCC report should serve as a wake-up call for the government to get its act together. The STP system needs urgent fixing and the other loopholes in the Dal conservation plan immediate plugging. Restoring Dal lake to its old glory is a tough pursuit, but it is nevertheless a pursuit we can't afford to give up.



A Case For Honest Criticism



Rouhin Deb,

••

If the election results were

correlated with issues in GDP measurement, one has to ask — were these issues not relevant to voters in 2019, or during the five state assembly elections in November 2023? The mandate in the national elections this year put forth an opportunity to decipher what could be the underlying causes that might have led to the fairly unexpected result. But the search for quick answers has often led to preconceived notions and pet theories rather than empirical data and sound economic principles.

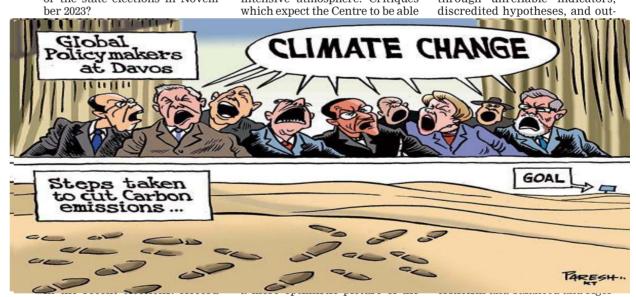
One such article correlates the 2024 election results with issues in GDP measurement, arguing that the economic growth has not been as robust as has been officially estimated. Leaving aside the technical problems with such claims, such analyses fail to account for the "marginal" (that is what changed at the margin) or incremental explanation. That is, what changed between the election phenomena in 2024 and 2019 or the state elections in Novem-

unemployment and inflation may be significant, these issues did not uniformly influence voting patterns across India. Explaining a national election result on this basis appears to be more of an unverified hypothesis than rigorous analysis. While criticism on specific policies of the government should always be encouraged, it should be backed by data and sound rationale.

The recent economic growth has been labelled by some critics as "jobless growth", who then advocate a larger role of the Centre in creating a job-intensive atmosphere. Such criticisms often ignore the roles and responsibilities of different stakeholders in our federal structure, especially other players such as the private sector, state and local governments, and entrepreneurs in creating a jobintensive atmosphere. Critiques which expect the Centre to be able have joined Employees' Provident Fund Organisation (between September 2017 and March 2024), while more than 7.75 lakh new subscribers have joined the National Pension System under the central and state governments during 2023-24 alone.

Some experts have even criticised the government's increased focus on manufacturing and initiatives like the performancelinked incentive scheme, saying the world cannot accept another China-sized economy exporting manufactured goods and that the focus should be on services! At a time when India's trade imbalance with China is to the tune of \$87 billion and the world is looking for alternatives to China, this criticism lacks merit.

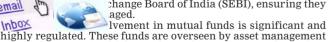
Critiques seeking to influence national economic policies through unreliable indicators, discredited hypotheses, and out-



Did You Know? Are Mutual Funds Risky?

Irshad Mushtaq

Just invest in mutual funds and feel secure knowing they are regulated by SEBI and the Government of India. Don't fall for the "Hera Pheri" misconception - mutual funds are a safe and profitable investment with long term thinking . Many people assume that mutual funds are risky and won't provide good returns, fearing scenarios similar to the film "Hera Pheri," where money is stolen or mismanaged. However, this is far from the truth. Mutual funds in India are strictly regulated by change Board of India (SEBI), ensuring they are defined.



highly regulated. These funds are overseen by asset management companies (AMCs), which are also under governmental scrutiny. When you invest in mutual funds, your Demat account holds your investments, and the data is controlled by the Government of India, ensuring security.

The key concern should be selecting quality mutual funds that can provide good returns, ideally outperforming the Nifty over a long period. Here is where an experienced financial advisor plays an essential role. Investing in mutual funds isn't something just anyone can do haphazardly; it requires a systematic approach.

Firstly, there's a secure e-KYC process governed by the Government of India. After completing the e-KYC, a Demat account is opened, allowing the customer to buy mutual funds through a registered distributor. These distributors are SEBI-registered, adding another layer of security. Upon purchasing mutual fund units, they are allocated to

Upon purchasing mutual fund units, they are allocated to your Demat account, which you control. Every bank account is uniquely mapped to your Demat account, and during the redemption process, the funds are transferred only to your linked bank account. This prevents any third-party intervention. In India, mutual funds have assets under management total-

In India, mutual funds have assets under management totaling approximately 44 lakh crores INR, with numerous investors trusting this investment vehicle. There are around 44 asset management companies handling these funds, showcasing their widespread acceptance and reliability.

Investing in mutual funds, with the proper guidance and understanding of the processes, can be a secure and profitable way to grow your wealth. The government's regulatory measures ensure that your investments are safe and managed appropriately. Mutual funds in India are well-regulated by SEBI, ensuring

Mutual funds in India are well-regulated by SEBI, ensuring safety and security for investors. With the right guidance, investing in mutual funds can be a profitable endeavor.

Learn from the insights of @IrshadMushtag, writer, investor, entrepreneur & Founder of MI Securities! Connect for valuable financial advice at misecurities@bp.sharekhan.com At that time, the alleged uneven GDP growth did not seem to matter

> ing to the Lokniti-CSDS pre-poll survey in April, around 52% respondents were unhappy with the government, listing unemployment and inflation as their biggest concerns. If we accept that these were the issues, why did they not matter in Andhra Pradesh, Madhya Pradesh, Odisha, Karnataka, Telangana, Himachal Pradesh, Chhattisgarh, Jharkhand, and Uttarakhand? While voter concerns about

Indian job market". The annual Periodic Labour Force Survey reports, for example, depict continually improving trends in labour market indicators since 2017-18. The worker population ratio (i.e. employment) has increased from 46.8% in 2017-18 to 56% in 2022-23, while the unemployment rate has declined from 6% to 3.2%. Simultaneously, formal employment has risen sharply, as more than 6.2 crore net subscribers ous analysis. Failing to do so undermines not only the discourse, but also the lives and aspirations of a billion-plus people.

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



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

The Power Of Consistency

In a fast-paced and ever-changing world, the path to personal growth and success in one's life lies not in momentary bursts of motivation or in some occasional achievements, but importantly in the daily habits and routines that we cultivate. The seemingly small actions done everyday with precision and meticulousness have the power to shape our behaviour, mindset, and ultimately our lives. Improving our daily habits is a continuous process, requiring patience, consistency and self-reflection. It is not just about striving for perfection, but for progress as well. Small steps taken consistently over time can lead to significant transformations. Needless to say that incorporating positive daily habits into our lives is a powerful way to create a positive change. Additionally, it can be beneficial to seek inspiration and guidance from others who have achieved success through their daily habits. It is universally acknowledged that the establishment of daily routines is a cornerstone to prosperity and success. The subtle art of weaving discipline into the fabric of everyday life does not come without its challenges. However, the rewards are manifold and longlasting. It is through the meticulous crafting of these daily rituals that one can begin to see the transformative

power of consistency.

MAIL YOUR LETTERS

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Ranganathan Sivakumar

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Mindful Fridays

Is It Okay to Ambush "Shabby" Looking Men and Groom Them?

Addressing Psychosis with Dignity. A Critical Look at Community Interventions, Harm, and Exploitation in the Name of Help

Wasim Kakroo

eople who experience psychosis are in a mental state where they struggle to distinguish between what is real and what is imaginary; this can manifest as delusions (unshakable belief in something that is not true or possible) or hallucinations (seeing or hearing something that is not really there) and lead to confusion in their thoughts. Such people may often be seen on streets poorly dressed with unkepmt beard and dirty clothes, talking to themselves and laughing for no apparent reason. Such people often face marginalisation and misunderstanding within our society (the irony is that some people might take them for some godly figures, unfortunately). When trying to help such people, it's important not only to take action but also to do it in the right way.

This article discusses an approach that has been used by a team of youth for the past few weeks and is being praised through various social media platforms but needs to be debated. It involves such teams helping people who have mental health issues (especially the people with psychotic disorders and found dressed in shabby clothes and ill groomed body and hair) by cutting their hair and shaving their beards, giving them a bath, and putting them in clean clothes. Although these actions might appear helpful, they can sometimes be unkind and not right, particularly when videos of these actions are posted online. The article also offers suggestions for more caring and ethical ways to deal with these situations.

The Practice: A Superficial Solution

In many places, especially where mental health services are scarce such as ours, a team of people with good intentions might take it as a responsibility upon themselves to help those people who seem to be mentally unwell wandering on the roads all day along poorly groomed. They might do this by catching the person with psychosis, shaving their hair and beard, giving them a bath, and putting them in clean clothes. By doing so people from the team and their associates might think that making someone clean and well-dressed will help the affected person feel better about themselves and maybe



even improve their mental state.

At first, this might seem like a good idea. Obviously helping someone who looks like they're struggling is a praiseworthy thing to do. However, the way it is done may not be the ethical way of doing it. It can be very disrespectful and utterly dehumanising to force someone to change their appearance without asking them for it. It takes away their control over their own body and makes it seem like people with mental health issues in general and with psychosis in particular are not as good as other so-called "normal" people and need to be "fixed" by others.

The Role of Social Media: Exploiting Vulnerability

Among many other issues that need to be discussed in this regard, is how these actions are frequently recorded and shared on social media platforms. People post videos and pictures of individuals with psychosis being shaved, bathed, and dressed Many times these videos when posted get messages that praise the helpers for their "good deeds." These posts can become very popular online, receiving likes, shares, and comments that make the situation seem more dramatic.

ing such videos might be to encourage others to help, the truth is that these videos often take advantage of such people's vulnerability. They portray people with severe mental health issues such as schizophrenia as mere objects of pity, stripping them of dignity and turning their struggles into a form of entertainment. In addition, portrayal of their condition publicly can lead to more stigma and discrimination about mental health, making it harder for them to fit back into society.

The Ethical Dilemma: Consent and Dignity

The main problem with the approach of such community based teams is that people's rights and dignity are ignored. When such people try to help individuals with mental health issues in general and with psychosis in particular, they should always respect the person's choices and consent. Actions such as cutting a person's hair without asking or them without their consent are not only wrong but also make it harder to help them. Helping individuals with mental health issues such as psychosis requires "no harm" policy. Even though the kind of help such teams deliver might be meant to



However, the way it is done may not be the ethical way of doing it. It can be very disrespectful and utterly dehumanising to force someone to change their appearance without asking them for it. It takes away their control over their own body and makes it seem like people with mental health issues in general

needs and provide the right kind of help whether it's through counselling, medication or other forms of support. Offer Help on Their Terms:

Instead of making changes to someone's appearance without their consent, offer to help them in a way they choose. Before you cut their hair, shave their beard or dress them in new clothes, ask if they want help with getting a haircut, taking a shower, or getting clean clothes, and if they say no, respect their choice. Giving them options makes them feel more in control.

Create Protected Areas: It's important to have places where people with psychosis can get help and feel safe. These places should be free of judgement, where they can get things they need like food, a place to stay, and places to clean up, without worrying about being hurt or taken advantage of.

Teach the Community: Teaching people about mental health and reducing the negative views around it is very important. By helping the community understand what psychosis is and the difficulties people with it face, we can create a more supportive and kind environment. This can also lower the chances of people doing things that could be harmful.

Maintain Privacy and Respect: When helping someone, it's important to do so in a way that keeps their privacy and respects them. It is important not to take pictures or videos of them without their permission, and not to share their story with others unless they say it's okay. Keeping someone's privacy is very important and helps build trust and respect.

Promote Changes in the System: Communities should work to make changes in how mental health services are provided. This means pushing for easier access to care, more money for mental health programs, and rules that protect the rights of people with mental illnesses. To really help people with psychosis, we need to make changes in how things are done at the local, national, and international levels.

Although the goal behind post-

and with psychosis in particular are not as good as other so-called "normal" people and need to be "fixed" by others

will reduce their anxiety and resistance and they will be nore willing to accept help.

they can cause serious emotional

damage. The person might feel

very upset and embarrassed if

they are forced to clean up and

then shown on social media,

which can make their mental

health worse and develop trust is-

A Better Approach: Compassionate

To effectively help people with

psychosis, communities need to

use approaches that show com-

passion, follow ethical guidelines,

and are supported by research.

Here are some strategies for deal-

ing with these situations more

Build Trust and Connection: Be-

fore you try to help people with

psychosis you need to build a trusting relationship with them.

This means being friendly, listen-

ing to their concerns and respect-

ing their choices. Building trust

scientifically and effectively:

sues in them.

and Ethical Care

Get Mental Health Professionals onboard: It's best to involve mental health professionals like psychiatrists, psychologists or social workers when helping someone with psychosis. They know how to assess the person's

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

Eating, Blood Sugar and Mental Health

Mary Scourboutakos

he proverbial "sugar high" that follows the ingestion of a sweet treat is a familiar example of the potentially positive effects of food on mood.

On the flip side, feeling "hangry" – the phenomenon where hunger manifests in the form of anger or irritability – illustrates how what we eat, or don't eat, can also provoke negative emotions.

The latest research suggests that blood sugar fluctuations are partly responsible for the connection between what we eat and how we feel. Through its effects on our hormones and our nervous system, blood sugar levels can be fuel for anxiety and depression.

Mental health is complex. There are countless social, psychological and biological factors that ultimately determine any one person's experience. However, numerous randomized controlled trials have demonstrated that diet is one biological factor that can significantly influence risk for symptoms of depression and anxiety, especially in women.

As a family medicine resident with a Ph.D. in nutrition,

I have witnessed the fact that antidepressant medications work for some patients but not others. Thus, in my view, mental health treatment strategies should target every risk factor, including nutrition.

The role of the glycemic index

Many of the randomized controlled trials that have proven the link between diet and mental health have tested the Mediterranean diet or a slightly modified version of it. The Mediterranean diet is typically characterized by lots of vegetables especially dark green, leafy vegetables - fruit, olive oil, whole grains, legumes and nuts, with small amounts of fish, meat and dairy products. One of the many attributes of the Mediterranean diet that may be responsible for its effect on mood is its low glycemic index.

The glycemic index is a system that ranks foods and diets according to their potential to raise blood sugar. Thus, in keeping with the observation that blood sugar fluctuations affect mood, high glycemic index diets that produce drastic spikes in blood sugar have been associated with

increased risk for depression and to some extent anxiety.

High glycemic index carbohydrates include white rice. white bread, crackers and baked goods. Therefore, diets high in these foods may increase risk for depression and anxiety. Meanwhile, low glycemic index carbs, such as parboiled rice and al dente pasta, that are more slowly absorbed and produce a smaller blood sugar spike are associated with decreased risk.

How diet affects mood

Many scientific mechanisms have been proposed to explain the connection between diet and mental health. One plausible explanation that links blood sugar fluctuations with mood is its effect on our hormones.

Every time we eat sugar or carbohydrates such as bread, rice, pasta, potatoes and crackers, the resulting rise in blood sugar triggers a cascade of hormones and signaling molecules. One example, dopamine – our brain's pleasure signal – is the reason we can experience a "sugar high" following the consumption of dessert or baked goods. Dopamine is the body's way of rewarding us for procuring the calories, or energy, that

are necessary for survival.

Insulin is another hormone triggered by carbohydrates and sugar. Insulin's job is to lower blood sugar levels by escorting the ingested sugar into our cells and tissues so that it can be used for energy. However, when we eat too much sugar, too many carbs, or high glycemic index carbs, the rapid increase in blood sugar prompts a drastic rise in insulin. This can result in blood sugar levels that dip below where they started.

This dip in blood sugar sparks the release of adrenaline and its cousin noradrenaline. Both of these hormones appropriately send glucose into the bloodstream to restore blood sugar to the appropriate level.

However, adrenaline influences more than just blood sugar levels. It also affects how we feel, and its release can manifest as anxiety, fear or aggression. Hence, diet affects mood through its effect on blood sugar levels, which trigger the hormones that dictate how we feel.

Interestingly, the rise in adrenaline that follows sugar and carbohydrate consumption doesn't happen until four to five hours after eating. Thus, when eating sugar and carbs,

dopamine makes us feel good in the short term; but in the long term, adrenaline can make us feel bad.

However, not everyone is equally affected. Identical meals can produce widely varying blood sugar responses in different people, depending on one's sex, as well as genetics, sedentariness and the gut microbiome.

And it's important to keep in mind that, as previously mentioned, mental health is complicated. So in certain circumstances, no amount of dietary optimization will overcome the social and psychological factors that may underpin one's experience.

Nevertheless, a poor diet could certainly make a person's experience worse and is thus relevant for anyone, especially women, hoping to optimize mental health. Research has shown that women, in particular, are more sensitive to the effects of the glycemic index and diet overall.

Unfortunately, simple solutions, such as swapping sugar for artificial sweeteners, are not an option. Research has shown that among all processed foods, artificial sweeteners and artificially sweetened beverages are most strongly associated with depression.

of various carbohydrates.

Eat carbohydrates earlier

in the day such as break-fast or lunchtime, as op-

posed to later in the day,

like dinner or, worse yet,

as a nighttime snack. Our

hormones follow a circa-

dian rhythm, and carbs

eaten earlier in the day

produce a smaller blood

sugar spike compared

with carbs eaten later in

Optimizing mood with food

the day. Avoid eating carbohy-

- drates on their own, such as snacking on a box of The most obvious way to crackers or downing a bowl of rice. Always strive stabilize blood sugar levels is to decrease sugar and carboto combine carbohydrates with proteins such as beans, nuts, meat and fish, or with healthy fats such as olive oil and avocado. The combination of nutrients slows down the digestion of carbohydrates and thereby produces a smaller blood sugar spike.
 - Eat carbohydrates at the end of the meal, after eating vegetables and protein first. Just changing the order in which foods are eaten can drastically lower the blood sugar spike that comes after.
 - Eat a salad dressed with olive oil and vinegar prior to eating carbohydrates. The combination of vegetables, acid from the vinegar and fat from the olive oil, all work together to slow carbohydrate absorption and minimize the resultant blood sugar spike.

By arrangements with The Conversation

hydrate intake. However, this is not the only way. Research has proven that simple changes can drastically mitigate volatile blood sugar fluctuations. Some strategies to stabilize blood sugar and optimize mood include: Make low glycemic index carbohydrates such as parboiled rice, whole grain bread and al dente pasta dietary staples and be mindful of how many high glycemic index carbohydrates you consume. I give my patients this guide to increase their awareness of the glycemic index

News

J&K Trains

mode from the office of J&K CEO in Jammu.

Addressing the trainees, Chief Electoral Officer exhorted upon the Nodal Officers to work in tandem to ensure that the provisions of Model Code of Conduct (MCC) are implemented in toto during Assembly Election and Election Expenditure Monitoring is done effectively in true spirit so that the transparency and fairness of the electoral process is visible on ground and a level playing field is provided to the stakeholders.

The training provided to the Nodal Officers will prove to be crucial in upholding the integrity of the electoral processes and smooth conduct of the upcoming Assembly Elections in Jammu and Kashmir, the CEO added.

During the training program, the national-level master trainers from India International Institute of Democracy and Election Management (IIIDEM) delivered lectures to all the trainees officers on topics related to MCC, MCM, Paid News, Social Media Apps, Election Expenditure Monitoring and others.

Additionally, the officials of Expenditure Division of Election Commission of India (ECI) gave a full session on Election Seizure Management System to the trainee officers in Jammu and the same theme of training was also followed in the Kashmir Division.

Congress-NC-CPI(M)

Kashmir, National Conference president Farooq Adbullah said on Thursday.

The announcement came after Leader of Opposition in the Lok Sabha Rahul Gandhi and Congress president Mallikarjun Kharge called on the National Conference leadership at Abdullah's residence.

"We had a good meeting, in a cordial atmosphere. The alliance is on track and, God willing, it will run smoothly. The alliance is final. It will be signed this evening and the alliance is on all 90 seats," Abdullah told reporters.

The three-phase elections to the 90-member Jammu and Kashmir Assembly will be held on September 18, September 25 and October 1. The results will be declared on October 4.

Abdullah further said, "CPI(M)'s (MY) Tarigami is also with us. I hope our people are with us too and that we win with a huge majority to improve the lives of the people.

Asked about Gandhi's assurance earlier in the day that it was the priority of the Congress and the INDIA bloc to restore statehood to Jammu and Kashmir, Abdullah expressed hope that full statehood with all powers would be restored.

"Statehood is very important for all of us. This has been promised to us. This state has witnessed bad days and we hope it will be restored with its full powers. For that, we stand together with the INDIA bloc " he said

arrangement, he sought patience. "Everything will come out before the first phase," he said.

Abdullah also refused to answer if he would contest the elections.

The former Union minister said he was very happy that the meeting with the Congress leadership was held in a cordial atmosphere.

"To tell you honestly, my heart is very happy today because of the way we attempted to make this country stronger in a cordial atmosphere," Abdullah added.

Kharge Bats

Srinagar, Kharge said, besides seeking their opinion on the pre-poll alliance, the meeting was called to discuss how party workers are prepared for the election.

The meeting, he said, was held to seek feedback from the party workers about the ground level preparations for the assembly elections in J&K.

"We should fight in J&K as a united front, Rahul ji believes, bringing all political parties, including the opposition, on board, and we have succeeded in our endeavors. What our alliance ought to be will be based on the feedback of our local leadership who will be consulted before taking a final decision in this direction," the Congress president said.

He said the promises the ruling had made with the people of J&K before Lok Sabha elections are yet to be fulfilled, asserting the pledges were based on rhetoric (Jumla-Bazi)in J&K as well

"We have taken an initiative under the leadership of Rahul Gandhi that we will fight for the statehood of J&K, and we promise that we will get it done. Rahul ji rightly said that UT's are converted into states but it's for the first time in the history of India since independence that a full-fledged state was converted into a UT," Kharge added.

Jammu and Kashmir, he said, was downgraded to a union territory, and that the two houses of legislature, including Legislative Assembly and Legislative Council and municipal and panchayat bodies nowhere in the site.

"They tried to muzzle the voice of dissent but the Congress party will not allow it to happen again, we will not let Modi ji and his party suppress the people of J&K anymore, we promise," added the Congress leader.

Criticizing the centre for delaying elections in Jammu and Kashmir for such a long period, Kharge said, the polls were declared following the directions of the Supreme Court of India only.

The Congress party he said, is committed to fight for the restoration of the democratic rights of the people of Jammu and Kashmir and

"Neither the BIP nor Modi will be able to silence the voices of the people of J&K and make any further advances there. We will protect the land and forest rights of the people, which are attempted to be snatched from them. We won't allow this to happen," he said. The BJP government in J&K, he claimed, is engaging in daily wagering, contractual employment, and needbased hiring, which is why thousands of positions in the state remain unfilled and unemployment has reached a peak, according to Kharge. "People watch and tolerate everything patiently, but the moment oppression overrides them, they rebel against it," he said, adding, if we elected to power we would work to provide employment possibilities, bring in as many investment programs as possible to J&K, safeguard and develop small-scale and horticulture and tourism industries.

prosperity to Jammu and Kashmir, Kharge promised to oppose communal powers. He said infiltration on borders and terrorism are increasing in J&K and the centre has forgotten its claims that peace would return to the region once Article 370 is repealed.

"Price hike and inflation has hit an all time high in J&K. We promise that people of J&K would longer bear this burden and witness peace and prosperity," said the Congress leader.

He said that if Congress wins polls from J&K, the party would be able to conquer entire India. "People of J&K must repose trust in Congress so that we can pull you out of the mess and despair," he said and urged people to vote for the party in large numbers in the upcoming Assembly elections commencing September 18. He said that Congress expects at least 40 to 45 seats in the upcoming polls. "As per a survey, it has come to fore that Rahul is the most popular leader in J&K." He said that Congress will fight for the restoration of rights of people of J&K. "We will fight for your land, forests and rights snatched," he said.

Have Blood

the Congress is always there to help them in whatever it can.

Referring to his Bharat Jodo Yatra which had culminated here, Gandhi said we want to open "Mohabbat ki dukan nafrat ke bazar mein" (open shop of love in market of hate) with respect and brotherhood.

He said it is the first time since Independence that a state has been downgraded to a Union Territory (UT).

"This has never happened before. UTs have become states, but it is the first time that a state has become a UT. We are very clear in our national manifesto as well that it is a priority for us that the people of J&K and Ladakh get their democratic rights back," he added.

"For us (the Congress) representing the people of J&K is important. I will tell you why... I protect democracy all over the country but, for me, the aim is to remove the pain in the hearts of the people of J&K," he continued, stressing, "This is not a political statement I am making."

Referring to his late night visit to have a dinner and relish ice-cream here, he said he felt irritated when someone asked him whether he liked the people of J&K.

"We went to the restaurant to have dinner. They brought Wazwan. Kharge ji has been advised by his doctors not to eat non-vegetarian food, so he could not relish Wazwan. Then I went out to have some ice-cream.

"I met some people there who asked me whether I like the people of J&K. This irritated me and I told them that no I do not like the people of J&K, I love them," he said.

Gandhi said it is his mission to 'erase the pain and fear in the hearts of the people of J&K".

"I, Kharge ji and the Congress party ant to end the pain that

compromised.

"Alliance will take place. But there won't be an alliance at the cost of Congress workers' and leaders' interest. You should remain assured that there will be no compromise on the interests and respect of party workers and leaders," he said.

Gandhi along with party president Mallikarjun Kharge on Thursday spoke with Congress leaders and workers here to get feedback about the grassroots-level preparations for the assembly polls.

Assembly polls in Jammu and Kashmir will be held in three phases -- September 18, September 25 and October 1. The counting of votes will be held on October 4.

Kashmiri Journalists

This led to significant frustration among the local press, who were left waiting for nearly an hour outside the venue. "We were shocked and disappointed

to see that local journalists were not allowed inside while national media was granted access," a local journalist present on the occasion said.

"It felt like our role and contribution to local news were being disregarded." The situation escalated as some reporters expressed their dissatisfaction with the arrangement. This prompted

intervention from senior Congress leaders, who eventually persuaded the local media to attend the briefing. "It was only after a lot of persua-

sion that we were allowed in," said another local journalist. "The whole episode showed a lack of respect for the local media, especially for senior iournalists from the valley. We are not beggars, we came here after a formal invitation."

The press conference proceeded after the intervention, where Kharge and Gandhi addressed the media on key issues related to the upcoming Jammu and Kashmir Assembly elections. Despite the initial chaos, the event resumed with a focus on the party's strategy and commitment to the region.

"From the party side there were no restrictions. We had requested to allow all genuine journalists," Chani Singh, vice president and chief spokesperson of J&K Pradesh Congress Committee (JKPCC), told Kashmir Observer.

Forces Trying

process, but we are ready to handle them. During the Lok Sabha elections, we saw tremendous enthusiasm in J-K, with record voter turnout. I believe the ballot is the answer to everything. The people of J-K will shape their destiny with their own hands by participating in the voting process," he said.

Kumar also highlighted the ECI's readiness to combat fake narratives during the assembly elections. "We are vigilant and will respond

promptly to such false narratives. Our officers will closely monitor these issues," he added.

The elections

nominations, with scrutiny on August 28 and the final withdrawal date on August 30. (ANI)

KASHMIR OBSERVER[®]

SRINAGAR | FRIDAY | 23.08.2024

AIP Releases

The head of the AIP political affairs committee, Ishtiyaq Qadri, said that no candidate would be allowed to file their nomination papers while wearing garlands around their necks; instead, they must grasp a necklace made of horns.

"We are going to throw another surprise to the whole of India this time again and we believe that AIP will be a viable option for the public as an alternative to regional political parties," he added.

23.27 Lakh Voters

with 65542 of them male and 58380 female electors.

In the Phase- I, 28,310 Person with Disabilities (PwDs) and 15,774 voters above the age of 85 are eligible to cast their vote.

In the first phase, 24 Assembly Constituencies both in Jammu and Kashmir divisions are going to election on 18 September, 2024.

The notification has been issued for Anantnag, Pulwama, Shopian, Kulgam districts in Kashmir Division; and Doda, Ramban and Kishtwar districts in Jammu Division.

In Kashmir Division, 16 Assembly Constituencies comprising Pampore, Tral, Pulwama, Rajpora, Zainapora, Shopian, DH Pora, Kulgam, Devsar, Dooru, Kokernag (ST), Anantnag West, Srigufwara-Bijbehara, Anantnag, Shangus-Anantnag East, Pahalgam; whereas in Jammu Division, 8 Assembly Constituencies including, Inderwal, Kishtwar, Padder-Nagseni, Bhadarwah, Doda, Doda West, Ramban and Banihal are scheduled to go for polls in the Phase-I of the Assembly Election.

The Notification for the Phase-I was released on 20 August, 2024 and the last date for filing the nominations for Phase-I is 27 August, 2024.

BJP Finalizes

polls with a strong strategy and the right candidates," Dr. Nirmal Singh emphasized. "We are hopeful of winning the majority of the Assembly seats.

With the party's top brass overseeing the selection process, the upcoming elections in Jammu and Kashmir are expected to be highly competitive, and the BJP remains optimistic about its chances. The release of the first list of candidates will set the tone for the party's campaign as it seeks to solidify its influence in the region.(KINS)

HC Grants Govt

regardless of the kind and level of abuse that a victim is going through," the petitioner says.

It says that the government has not implemented the Protection of Women from Domestic Violence (DV) Act, 2005 in Jammu and Kashmir. "The establishment of shelter homes as

but has also equally failed in fulfilling and showing the requisite commitment to the constitutional and international duties and obligations with respect to the establishment of 'shelter homes', the petitioner organization

says. "The gender discriminatory customs/practices/rituals against women in Kashmir continue to institutionalize second class status for women and girls with regard to elections, education, marital rights, employment rights, parental rights, and inheritance and property rights," it says, adding, "These forms of discrimination against the Kashmiri women are incompatible with their empowerment."

Despite the adequate protection ensured by the various provisions of the Act, the organization says, the women in Kashmir are still continuing to suffer and bear the agony and trauma caused by their in-laws because of the failure on part of the State Government to create shelter homes for the protection of victims of violence and ineffectual implementation of the Act. The petitioner has sought directions for putting in place adequate infrastructure across Jammu and Kashmir for creating shelter homes for the victims of domestic violence. It also seeks the proper implementation of the mandatory provisions of Chapter III of the Protection of Women from Domestic Violence Act and for proper appointment and functioning of Protection Officers and Service Providers.

It has also sought direction to the Chief Secretary to sensitize the police officers and members of judicial officers with respect to gender-based violence. "The aggrieved persons should be granted 'residence order' under Section 19 of the DV Act, 2005."

7 killed, 20 Injured

and compassionate response, Indian Army personnel deployed near Durbuk, Ladakh, rendered crucial assistance following a tragic accident involving a civilian school bus today at approximately 11 AM. The bus, carrying 27 passengers, lost control and plunged into a gorge approximately 5 kilometres from Durbuk.

The accident was promptly noticed by the Indian Army troops in the vicinity, who immediately rushed to the scene and initiated the evacuation of the victims, the statement said.

added. The spokesperson "Demonstrating remarkable efficiency and care, the soldiers quickly transported all 27 casualties to nearby medical facilities. The injured were initially evacuated to the Military Hospital and Primary Health Centre at Tangste, where they received urgent medical attention."

Recognising the severity of the injuries, the Indian Army employed its aviation assets, conducting 14 sorties using Advanced Light Helicopters (ALH) and Cheetal Helicopters to airlift the casualties to the Military Hospital in Leh, the defence spokesperson said, adding that following an initial ex-

Questioned if the two parties had agreed to any common minimum programme, the National Conference president said there was no question of a common minimum programme.

"Our common programme is to fight the elections to defeat the divisive forces that exist in the country," he said.

The former chief minister of the erstwhile state also did not rule out the presence of the Mehbooba Muftiled People's Democratic Party in a preor post-poll alliance.

"Let us first go through the polls, then we will look into those things,' Abdullah said. "No doors are closed for anybody.'

When questioned on the seat-share

In order to bring back peace and

ing through," he added.

The Congress leader said his party and the opposition's INDIA Bloc 'crushed" the self-confidence of Prime Minister Narendra Modi in the Lok Sabha polls.

"The ideology of the Congress party and the INDIA Bloc defeated him. We did not resort to violence or abusive language, but succeeded in conveying a message to PM Modi that he is not what he thinks he is. We have crushed his self-confidence and psychology," he said. PM Modi does not thump his chest anymore, he added.

He also told his party workers that even if the Congress entered into an alliance in J-K, the interests of party workers and leaders will not be

Kashmir will be conducted in three phases: September 18, September 25, and October 1, covering a total of 90 assembly constituencies. The previous assembly elections in the region were held in 2014.

The Election Commission has also scheduled Haryana's assembly elections for October 1, with results for both regions to be counted on October 4.

The notification for the first phase of the Jammu and Kashmir assembly elections was unveiled on Monday, marking a significant step in the 2024 electoral process.

Voting for the first phase, covering 24 constituencies is scheduled for September 18. Candidates have until August 27 to submit their mandated by the DV Act, 2005 plays a prominent role in the efficacious implementation of the social welfare legislation," the organisation says.

The Act was drafted and passed with the object of effectively protecting the rights of the women guaranteed under the Constitution who are victims of violence of any kind occurring within the family, it says.

"It has been more than a decade since the Act came into force in the J&K and yet the State Government fails to execute and implement the Act properly," it says, adding, "There are no shelter homes available for the victims of domestic violence in J&K."

The Government has failed not only to discharge the statutory obligations amination and treatment, 20 of the injured were transferred to Sonam Norbu Memorial (SNM) Hospital in Leh for specialised care.

Providing an update on the casualties, the spokesperson said one individual with a spinal injury has been retained at the Military Hospital in Leh for an MRI and further treatment.

"There are 7 fatalities, 6 initially, with one additional fatality reported post-evacuation at SNM Hospital; and 20 injured, including 3 children and 17 females," he said.

"The humane actions of the Army personnel saved lives and provided much-needed relief to those affected by this tragic accident," the spokesperson added-(KNO)

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STATE

296 Nodal Officers Across J&K Imparted Training On MCC, MCMC, EEM

Observer News Service

JAMMU: In a bid to enhance the skills of its election machinery at District and Assembly Constituency level during the Assembly Election 2024, the office of the Chief Electoral Officer J&K conducted a training program for as many as 296 Nodal Officers across the Union Territory, which concluded on Thursday.

Conducted under the supervision of the Chief Electoral Officer (CEO), J&K, Pandurang K Pole, the program trained the Nodal Officers for the effective implementation of the Model Code of Conduct (MCC), Media Certification and Monitoring (MCM), monitoring of Paid and Fake News and Social Media Apps, and for Election Expenditure Monitoring (EEM) at district and Assembly Constituency (AC) level in both Jammu and Kashmir divisions of J&K Union Territory.

A total of 296 Nodal Officers, including 162 in Jammu Division were trained in the Physical Mode during the program being conducted in the training hall of J&K CEO Office at Nirvachan Bhawan, Rail Head Complex, Jammu. Similarly, 134 Nodal Officers from Kashmir Division were trained during the training program being held in online mode from the office of J&K CEO in Jammu.

Addressing the trainees, Chief Electoral Officer exhorted upon the Nodal Officers to work in tandem to ensure that the provisions of Model Code of Conduct (MCC) are implemented in toto during Assembly Election and Election Expenditure Monitoring is done effectively in true spirit so that the transparency and fairness of the electoral process is visible on ground and a level playing field is provided to the stakeholders.

The training provided to the Nodal Officers will prove to be crucial in upholding the integrity of the electoral processes and smooth conduct of the upcoming Assembly Elections in Jammu and Kashmir, the CEO added.

During the training program, the national-level master trainers from India International Institute of Democracy and Election Management (IIIDEM) delivered lectures to all the trainees officers on topics related to MCC, MCM, Paid News, Social Media Apps, Election Expenditure Monitoring and others.

Additionally, the officials of Expenditure Division of Election Commission of India (ECI) gave a full session on Election Seizure Management System to the trainee officers in Jammu and the same theme of training was also followed in the Kashmir Division.

Kashmir Horticulture Season Begins With High Demand For Pears, Apples

Agencies

SRINAGAR: The horticulture season in Kashmir has kicked off with promising signs, as farmers and traders report a peak in demand for pears and early apple varieties.

The favorable weather conditions this year have contributed to a robust start for the region's fruit industry, which is crucial to the local economy. Farmers in the Kashmir valley are seeing strong interest in their pear harvest, with both local and national markets expressing high demand. This trend is expected to continue as the season progresses,

buoyed by the superior quality of this year's crop. "There is currently a good demand for pears across India. The rates are comparatively better and supply is also good," said president Parimpora Fruit

Mandi Bashir Ahmad Bashir. Early apple varieties are also experiencing significant demand, with buyers eager to secure the first of the season's apples. This surge in interest is attributed to the high-quality yield and emergence of new varieties in the market.

"We have a few varieties of apples also coming and have a great demand in the market now. We expect further escalation in the demand ahead



as more varieties of apples hit the market in the months of September and October," Bashir said.

Ishaq Ahmad A dealer from Sopore fruit mandi, said that dozens of trucks leave on an average daily from the fruit market to various mandis of India

"More than a dozen trucks leave mandi on an average daily currently to various markets of India. Majority of the apples and pears are currently shipped to New Delhi's Azadpur mandi," he said.

Similarly, the flow of early apple varieties and pears too have been enhanced at Parimpora mandi where dozens of trucks leave for various markets of India.

Pertinently, this year the prolonged dry weather has casted a shadow on the horticulture sector. The valley for

the last one week has been receiving timely rainfall which the growers said has revived the apple crop. Horticulture is the mainstay

of Kashmir's economy with seven lakh families directly and indirectly associated with the sector. Horticulture contributes eight percent to the Gross State Domestic Product of Jammu and Kashmir.

More than 3.38 lakh hectares of land is under the fruit cultivation in the valley. Of which 1.62 lakh hectares is under the apple cultivation-(KNO)

Dr. Arvind Karwani Reviews **Preparations For Kashmiri Migrant Voters**

Observer News Service

JAMMU: Relief & Rehabilitation Commissioner (M), Dr. Arvind Karwani Thursday reviewed the progress of arrangements for Kashmiri Migrant voters being put in place with regard to conduct of upcoming General Elections to the Legislative Assembly.

Dr Karwani took a detailed appraisal from Assistant Returning Officers, Booth Level Officers and other concerned officers about the arrangements being made at proposed Special Polling Stations, Collection /Distribution Centres and at designated Strong Rooms. Dr Karwani emphasized on ensuring all requisite Assured Mini-

mum Facilities (AMF) at all designated Special Polling Stations viz. permanent ramps, drinking water, toilet facilities as per norms of Election Commission of India.

He emphasized on reaching out to the voters and ensuring all necessary facilitation.

Pertinent to mention that for facilitation of Kashmiri Migrants, Special Polling Stations are set up at Jammu, Udhampur and New-Delhi. The Assistant Returning Officers are stationed at Jammu, Udhampur and New-Delhi.

The Relief & Rehabilitation Commissioner directed the officers/ officials to work with full devotion and to ensure time bound accomplishment of the assignments of Assembly Elections-2024, and due adherence to the electoral laws, regulations, and fairness of the electoral process.

Dr Karwani, also had a detailed meeting subsequently with the representatives of all major political parties, wherein various suggestions made regarding facilitation of migrant voters were noted

J&K Bank's Long-Term **Issuer Rating Upgraded**



Observer News Service

SRINAGAR: India Ratings - a Fitch Group company and one of the country's leading rating agencies - has upgraded Jammu and Kashmir Bank's longterm issuer rating to INDAAfrom INDA+ with the outlook is stable.

The first among the key rating drivers, as per the agency's rationale behind the upgrade, is the bank's systemic significance for Jammu & Kashmir given its strong franchise and substantial market share in the UTs of J&K and Ladakh besides being the designated agent bank by the Reserve Bank of India for the UTs. The bank has received continued financial support from the governments of the strategically important

UTs as it plays a major role in the region's economy.

The other key drivers listed by those commercial and government offices who have huge the agency include its strengthened capital buffers and an im-"Bills have been delivered proved profitability profile that o all consumers at their door the bank is expected to sustain. And with the CET 1 ratio improving to 12% in FY24, the asset quality metrics have consistently improved with GNPA of the bank declining to 3.9% and NNPA falling to 0.8% in line with peer banks. Having a deposit profile with a high proportion of low cost deposits, the bank's CASA ratio has remained higher than it's peers at 49.8% and credit to deposit ratio remaining comfortable at 71%.

Expressing his pleasure over the upgrade, MD & CEO Baldev Prakash said, "The rating upgrade positions us favourably for future growth and encourages us to serve our customers with renewed vigour and confidence. While being a testament of our resilience and hard work as an institution, it also reflects our growing strength as we continue to align our strategies with the evolving needs of our customers and stakeholders. The stable outlook also reinforces our commitment to maintaining a robust financial profile while contributing to the economic growth of our operational geographies."

"The improving socio-political environment in the UTs of J&K and Ladakh has really played a crucial role in our progress. And with continued support of our major shareholder i.e. J&K UT Government, we will remain steadfast in our mission to support and drive the economic transformation of the region to see tourism, agriculture and small businesses not only grow

DGP, J&K Decorates Mubassir Latifi With DIG Rank



Observer News Service

SRINAGAR: The Director General of Police J&K R.R. Swain pinned DIG rank to IPS officer Mubassir Latifi in a simple piping ceremony held at Police Headquarters here today. ADGP (Headquarters and Coordinated) PHQ, M.K Sinha was present on the occasion.

The DGP congratulated the officer for his well-deserved functional promotion, calling it a mo-

ment of great pride for the officer. He hoped that the officer will continue his assignment with commitment and hard work for the department. The DGP also extended his best wishes to the

officer for his future success. mention, Pertinent to Mubassir Latifi has been promoted as Incharge DIG by the government of Jammu and Kashmir in an order recently and has been posted as DIG (Personnel) PHQ.

Jal Shakti Dept Fails To Procure **Fresh Water Tankers In Past 5 Years**

Agencies

SRINAGAR: While several areas in Kashmir are reeling under inadequate water supply, Jal Shakti department has not purchased any water Tankers in the past five years.

The information was revealed by the Public Information Officer (PIO) in a reply to an RTI application filed by activist M M Shuja.

On inquiring about the details of water Tankers purchased by Jal-Shakti, the PIO has informed that during the years from 2019-23 it had not purchased any water tankers.

Pertinently, in July several reas in Kashmir have com-



In the meantime, PIO while and door to door visits for payment of water usage charges,' replying to queries regarding the total amount outit reads. The PIO further said that the standing as water Tax as on March-31-2024 from governnotices have been issued to ment departments, police and outstanding arrears.

the details of steps taken by Jal-Shakti to recover outstanding dues said, "Rs 0.71 Crore is outstanding as water Tax as on 31-03-2024." "Teams have been constituted for public awareness using the Public Address System



ASSEMBLY ELECTION-2024

Expenditure Observer Meets Representatives Of Political Parties At Shopian



Observer News Service

SHOPIAN: Election Expenditure Observer for district Shopian, Nelapatla Ashok Babu held a meeting with representatives of Political Parties at Shopian in order to sensitize them about the election matters related to the expenditure incurrence and monitoring of contesting candidates during the ensuing Elections to the Assembly Constituencies of Shopian and Zainapora of the district.

He intimated them about various systemic measures taken to ensure peaceful and inducement free elections. He sought their cooperation towards the conduct of impactful and fair elections without engaging in any illegal financial transactions or inducements by them

In this context, he apprised them that multiple Flying Squads, Static Surveillance, Video Viewing Teams and Accounting teams for both the ACs of District have been constituted to keep check on expenditure incurrence by contesting candidates. He in-

formed that teams have been deployed in both the Assembly Constituencies of Shopian and Zainapora to ensure level playing field for all candidates.

All political parties were sensitized on expenditure related maintenance of records and were requested to nominate their Booth Level Agents at all polling stations in order to ensure more participation of political parties in the process.

District Election Officer, Faz Lul Haseeb who attended the meeting also addressed the gathering and informed of the preparedness of district administration to conduct smooth, peaceful and transparent elections in the district.

The Political Parties were apprised of various IT election apps for complaint and grievance redressal, for flagging any violations in order to make the process more transparent.

The meeting was also attended by Nodal Officer, Expenditure Monitoring, representatives and district heads of various national, recognised, registered parties and other concerned staff.

plained of water shortages and were demanding for the water tankers till the fulfillment of the water supplies.

steps, besides appeals have

Challenges For WAVES Under "Create In India Challenge - Season 1" Launched By Union Minister

Observer News Service

NEW DELHI: Union Minister of Information and Broadcasting (I&B), Shri Ashwini Vaishnaw, launched 25 Challenges as part of the 'Create in India Challenge - Season 1' for World Audio Visual & Entertainment Summit (WAVES). Speaking at the launch, Sh. Vaishnaw said that todays' launch is a reflection of our growing and evolving economy. A totally new creators economy has been created and the same is also recognised by the Prime Minister of India as reflected in the first-ever National Creators Award presented by him

in March 2024. While highlighting the immense potential in this economy, the Union Minister mentioned that the creators' economy has become a wonderful tool to showcase our rich cultural heritage, way of life, yoga, traditional medicine system, and diversity in our cuisines. The Government of India is leaving no stone unturned to encourage this econ-

omy and therefore, we need to ensure the talent & skill development and availability of necessary infrastructure in this sector.

To further develop this creators' economy, the government is focused on creating world-class talent development programs and infrastructure. There are plans to establish world-class universities and facilities that will enhance the capabilities of creators in media and enterbeen issued to public through electronic print media," reads the RTI reply–(KNO)

eral, FICCI, Ms. Jyoti Vij, Vice Chairman, CII National Com-

mittee on Media & Entertain-

ment, Sh. Biren Ghose were also among the dignitaries who attended the event.

While speaking at the oc-

casion Sh. Sanjay Jaju men-

tioned that this initiative is a

significant milestone in our

ongoing mission to nurture

tainment, he added.

Emphasizing that filmmaking is one of our strengths, Sh. Ashwini Vaishnaw mentioned that in today's era there is a great scope of using new technology and tools in this sector thereby ensuring a good scope for employment generation. It is estimated that if successfully executed, the program can generate 2-3 lakh jobs in



the sector.

At the same time, the Union Minister also reminded that we have to ensure that our society is not harmed in this journey and the responsibility lies not just with the government but also with society, industry and all of us.

To capitalize on the immense potential in this sector, WAVES is being organised and is set to emerge as a big phenomenon in future, he added. Secretary, Ministry of I&B Sh. Sanjay Jaju, Additional Secretary, Ministry of I&B Ms. Neerja Shekhar, Director Gen-

ecosystem. "It aligns seamlessly with our Prime Minister's visionary call of 'Design in India, Design for the World' as articulated during his 78th Independence Day address." he added. Highlighting the immense potential and talent within our nation, he said that WAVES stands as a testament to this potential and will serve as a global platform where the brightest minds, most talented creators, and visionary leaders from around the world will converge to share knowledge, exchange ideas, and push the

boundaries of creativity.

but flourish", he added.

According to India Ratings, the upgrade reflects the bank's enhanced capital buffers, continued improvement in its profitability profile, supported by the improving socio-political environment in its core business geographies. The rating continues to highlight the bank's strong market position and franchise in the UTs of J&K and Ladakh.

Three-Day Training Programme On Agroforestry Launched In Karnah

Observer News Service

SRINAGAR: The AICRP-AF Srinagar Centre, Division of Silviculture and Agroforestry, Faculty of Forestry, SKUAST-Kashmir, inaugurated a threeday training programme on Agroforestry aimed at promot-ing sustainable livelihoods under the Tribal Sub Plan (TSP) of AICRP-AF. The event took place in GOMEL, village of Block Tangdhar in Tehsil Karnah. The programme was inaugu-

rated by Prof. A.H. Mughal, Associate Director Research, who served as the Chief Guest. The She encouraged participants, particularly women, to strive to become job providers rather than job seekers, highlighting the limitations of government employment opportunities.

Dr. G.M. Bhat, Programme Coordinator and Head of the Silviculture and Agroforestry Division, outlined various aspects of the training, underscoring the vital role both men and women play in agroforestry. He explained the programme's focus on providing hands-on training and discussed the package of practices for different agroforestry tree



inaugural session commenced with a welcome address by Dr. Megna Rashid Bakshi, Assistant Professor of Silviculture and Agroforestry. Dr. Bakshi emphasized the importance of adopting scientific methods in farming to boost production.

species, intercropping techniques, and methods for sowing various intercrops. Dr. Bhat emphasized agroforestry as a key strategy to achieve the goal of doubling farmers' income, as envisioned by Hon'ble Prime Minister Narendra Modi.

SPORTS

Team India To Tour England For Five-Match Test Series In 2025

Press Trust of India

LONDON: Indian men's cricket team will start its next cycle of World Test Championship with a five-Test series against England with the opening game scheduled at the seamer-friendly Headingley on June 20.

The next WTC cycle will run from 2025 to 2027 and it starts right after the final of the current cycle which will also be held in England.

The England and Wales Cricket Board (ECB) has strategically kept matches at venues where England's swing bowlers will enjoy distinct advantage. The second Test will be held at Edgbaston in Birmingham from July 2-6.

The third Test will be held at the hallowed Lord's ground



from July 10-14, while Old Trafford in Manchester will host the fourth Test between July 23-27. The tour concludes with the final Test at the Oval from July 31-August 4.

There is a week's gap between ENGLAND first and second Test and eight-Lord's, the 'home of cricket', day interval between the third will host its first-ever Women's

The England and Wales Cricket Board (ECB) said that after playing a three-match ODI series against hosts England in July 2025, India will return in 2026 for a one-off Test.

India will travel to England for a white-ball tour in 2025. A five-match T20 series will be followed by three ODIs. "We can confirm that India

Women will return in 2026 to take on England Women in the first-ever women's Test match at Lord's. It will be a truly special occasion, and one of real significance," ECB CEO Richard Gould was quoted as saying by the Board's website.

The first match of the T20I series will be played at Nottingham on June 28, the second at

Test between India and England in 2026, the ECB announced on Thursday. Bristol on July 1 and the third will be at The Oval on July 4. The fourth and fifth T20Is will be played at Old Trafford and Edgbaston on July 9 and 12 respectively.

The first of the three ODIs will be at Southampton on July 16, the second at Lord's on July 19 and the final match of the series will be at Chester-le-Street on July 22.

"It has also been confirmed that India Women will return in 2026 for a one-off Test match at Lord's the first-ever Women's Test to be staged at the Home of Cricket," the ECB added.

"England Women have played white-ball matches at Lord's for the past three years, with another scheduled next year, but it will be the first time the ground has hosted a Women's Test match.

Short TAKES

Australia Deserved To Win ODI World Cup Final: Dravid

Former India head coach Rahul Dravid on Wednes-day said the support staff strived to carry the energetic "team atmosphere" from the ODI World Cup in 2023 to the T20 showpiece, and the approach helped the team to end a barren run in ICC tournaments. Dravid masterminded India's triumph in the T20 World Cup in the Americas before signing off from his role as the head coach in June this year.

Mohun Bagan, East Bengal To Clash In Lucknow On September 2

ucknow, the city of Nawabs, is gearing up to host traditional rivals Mohun Bagan and East Bengal for the first time on September 2 as part of plans to promote football in Uttar Pradesh.

The derby will be played at the state capital's K D Singh Babu Stadium.

State Sports Director R P Singh told PTI that preparations are on full swing for the high-voltage match that will be played under floodlights.

Zaheer In Talks With LSG For **Mentorship Role**

Cormer India pacer Zaheer Khan is in contention 🕻 to assume the mentorship role of Lucknow Super Giants ahead of the next season of the Indian Premier League.

The 45-year-old was head of global development at Mumbai Indians and before that held the position of director of cricket for the franchise from 2018-2022. As a player, Zaheer has featured in 100 IPL games as part of three franchises - MI, Royal Challengers Bangalore and Delhi Daredevils across 10 seasons, claiming 102 wickets at an economy of 7.59.

Rizwan, Shakeel Dominate On Day 2 Against Bangladesh

Mohammad Rizwan and Saud Shakeel scored centuries as Pakistan posted a commanding 448-6 declared against Bangladesh, with the tourists trailing by 421 runs after day two of their opening Test in Rawalpindi on Thursday.

The duo produced a 240-run partnership for the fifth wicket before Shakeel eventually fell for 141, but Rizwan continued to grind down Bangladesh and was unbeaten on 171 when Pakistan decided they had enough on the board.

1st Test: England Trail Sri Lanka By 60 Runs After Rain Delay

England went into tea at 176-4 on the second day of the opening test against Sri Lanka on the back of Harry Brook's half-century to trail by 60 runs after Thursday's first session had been washed out due to rain.

After posting 236 in the first innings on Wednesday, Sri Lanka could not use their fast bowlers at the end of day one due to bad light as England scored 22 runs off spin in four overs.

Real Madrid Seek LaLiga Win In

Inter-School Competitions Begin Across Budgam

Observer News Service

BUDGAM: The Department of Youth Services and Sports Budgam kick started its Inter-School Zonal Level Competitions across various zones of the district on Thursday.

In Zone Beerwah, an Inter-School Zonal Level Basketball selection trials for girls of all age groups was held at Government Degree College Beerwah. The event was inaugurated by the Incharge Principal of the college, along with Mohd Yaseen Jan, Incharge Activ-ity Zone Beerwah. A total of 162 girls from various schools in Beerwah participated.

Meanwhile, Zone Narbal witnessed the Inter-School Zonal Level Athletic Meet for Girls AAG at open ground in Batapora. The event was inaugurated by Bashir Ahmad Sheikh, Incharge Activity ZPEO Narbal, alongside Mohammad Ashraf Ganie (PEM), and the



senior-most PET, Mehmooda Bano. The meet saw the participation of 138 athletes from different schools in Zone Narbal.

An Inter-School Zonal Level Athletics Meet for Boys under the Age Groups of 14, 17 and 19 was held at Digital Sports Ground in Daharmunah, Budgam. The event drew a massive turnout of 204 students from nearly all institutions of Zone Soibug.

Another Inter-School Zonal Level Athletic Meet for Boys AAG was held in Zone B.K Pora at Chinar

District Budgam Taekwondo Championship From Aug 25

Observer News Service

BUDGAM: Taekwondo Association of License. Black Belt Certificates are District Budgam is set to organise 27th compulsory for senior athletes in District Taekwondo Championships

in the championships. No entries will be accepted without the JKTA order to qualify for the 27th I&K UT Taekwondo Championships 2024-25 as per the guidelines of the Taekwondo Federation of India (TFI)," the association said in a statement. "All players are advised to report to Indoor Sports Stadium Budgam on August 25 at 10:00 am for weighin along with complete registration forms signed by parents, also attached Date of Birth certificate issued by Municipality Budgam or the Concerned Sarpanch of the village," it added.

DG YSS Chairs Maiden Meeting With DYSSOs

'Our field staff capable of identifying and training best sports talent'

Observer News Service

and fourth Tests giving players

enough time to recuperate.

LORD'S TO HOST ITS FIRST-

EVER WOMEN'S TEST

BETWEEN INDIA AND

SRINAGAR: Rajinder Singh Tara, the newly posted Director General of the Department of Youth Services and Sports Department J&K, presided over the first meeting with the District Youth Services and Sports Officers at Sports Complex, Wazirbagh, on Thursday.

The meeting saw participation from DYSSOs of both divisions, with officers from the Jammu division joining via virtual mode. Additionally, Joint Directors of both divisions, the Deputy Director Central and Section Incharges from various sections of the directorate were also present.

During the meeting, Tara reviewed progress reports on sports development projects, ongoing activities, and any challenges faced by the field officers in their respective districts. He issued directives for the timely completion of all ongoing developmental works and emphasized the need for effective monitoring to ensure

val were also discussed.

Provincial Level Cricket Tournament Enters Day 2

project milestones are met.

Observer News Service

ANANTNAG: The Department of Youth Services and Sports Anantnag kick started the Inter-District Provincial Level Cricket Tournament on Wednesday across three different venues. The tournament opened with a series of competitive matches among various districts at Sports Stadium

Qazigund and HSS Bhijbehra. In the first match, Baram



dous scored 25 runs. Budgam responded confidently, chasing down the target with two wickets remaining. In the another ma

run victory. Faisal Amin took three wickets for Anantnag. In another matchup, Bandipora won the toss and elected to hat nosting a challenging

DG YSS commended the field staff for their ability to identify and nurture top sports talent, provided that they commit fully to their roles.

In his concluding remarks, Tara called for a concerted effort in celebrating the upcoming National Sports Day/Week with enthusiasm. Steps taken for the upcoming Youth Festi-

Budgam 2024-25 under the aegis of J&K Taekwondo Association and J&K Sports Council at Indoor Sports Stadium Budgam from August 25 to 27.

The championship is open for all PeeWee, Sub Junior, Cadet, Junior and Senior players of District Budgam. Selected players will represent Budgam in the upcoming 27th J&K UT Taekwondo Championships.

"JKTA Athlete License is mandatory for all athletes to participate ulla set a target of 110 runs, with Anas Abas making 24 runs. Kulgam's Aftab Ahmad took three crucial wickets. In their chase, Kulgam faced early challenges, but Tariq Nabi and Hanan Sameer steadied the innings, guiding Kulgam to a four-wicket victory.

In the second match, Srinagar elected to bat and set a target of 135 runs. Davan Fir-

Anantnag won the toss and chose to bat first, setting a target of 110 runs. Iffat Manzoor led the charge with 48 runs. Kupwara bowler Baazish Tarray took three wickets. Kupwara's batting lineup struggled from the start, with Peerzada Majid making a valiant effort of 26 runs. However, their efforts fell short as Anantnag secured a 37-

target of 137 runs. Kaiser Lone played a magnificent innings, scoring 53 runs off just 23 balls. Shopian's bowling attack was led by Suhail Muzaffar, who took three wickets. Chasing the target, Shopian managed to reach the target with ease. Key contributions from Arsalan Bhat (30 runs) and Moomin Mukhtar (28 runs) led Shopian to a five-wicket victory.

Mbappe's Home Debut

Real Madrid coach Carlo Ancelotti is looking for a big improvement from his side when they play their first home game of the LaLiga season, against Valladolid on Sunday, with Kylian Mbappe making his Santiago Bernabeu debut.

Ancelotti was left fuming after last weekend's start to the season -- a lacklustre 1-1 draw at Mallorca

-- telling reporters: "We had to do better, show more attitude.

Real face a newly-promoted Valladolid who beat Espanyol.

High-Risk, \$1.3 billion Spending Spree Has Left Chelsea Fractured, Vulnerable

Agencies

LONDON: In the years to come, the experiment unfolding at Chelsea under their American investors will be a fascinating case study in how to run a soccer club.

Because no one in England has ever seen anything like what has been happening at Stamford Bridge over the last two years.

Just take this in - Chelsea has spent nearly USD 1.3 billion on 39 players across five transfer windows since a consortium fronted by Los Angeles Dodgers partowner Todd Boehly and Clearlake Capital bought the Premier League club from its long-time owner, Russian oligarch Roman Abramovich, for USD 3.2 billion in May 2022.

Throw in the club having four different full-time managers in this period – plus another coach temporarily - and the revolving door at Chelsea, a six-time English champion and two-time European champion, simply hasn't stopped spinning.

"It's not a mess like it looks from the outside," Enzo Maresca, the lat-



Romelu Lukaku, signed

three years ago for a then-

club record of USD 135 mil-

lion, and goalkeeper Kepa

Arrizabalaga, the world's

most expensive keeper

Not much seemingly

"It's been a crazy one

to follow so far," Dr. Dan

Plumley, sports finance

University, told The Asso-

no sign of slowing down."

owners' initial "aggressive"

Plumley said the Chelsea

makes sense in Chelsea's

brave new era.

signed for USD 92 million.

est Chelsea manager, said Wednesday as he attempted to explain the wisdom behind taking the number of players in the squad to 43 by signing two wingers – Pedro Neto and Joao Felix - for a combined USD 130 million over the past week. This while already hav-

ing five wingers in the squad, including one -Mykhailo Mudryk – signed for more than USD 100 million just last year and another – Raheem Sterling - who was the first signing of this unprecedented two-

year trolley dash for nearly USD 60 million. Sterling has been stripped of his squad number following the arrival of Neto and is one of around 20 players "training apart," Maresca said. Among them is striker million in the offseason of that year was unprecedented for a soccer club. In the current window, the outlay is more than \$250 million on 10 players.

'You are thinking, 'That's the initial burst but now you have to rein it in a little bit," Plumley said in a phone interview. "But they seem to be carrying on, which raises a few question marks around what the actual strategy is there and what are the owners looking to do."

With their background in private equity and venture capital, Boehly and Clearlake are coming at soccer ownership very differently and have moved the goalposts in their efforts when dealing with the sport's financial fairplay constraints.

expert at Sheffield Hallam They've typically given contracts of seven-to-nine years ciated Press, "and it shows to new signings to spread "amortization" costs of transfer fees across the whole deal. That prompted UEFA and then play in the transfer market the Premier League to tighten to overhaul the squad was their rules, and it's a risky strategy as a whole because it not unexpected, even if spending USD 280 million leaves Chelsea extremely vulin the summer of 2022, USD nerable if the players recruited 350 million in January 2023 prove to be flops and can't be and more than USD 400 moved on.

