

Amit Shah To Release BJP Manifesto Today

Observer News Service

Jammu: Union Home Minister Amit Shah will launch the BJP's poll campaign and release the party's manifesto during his two-day visit to Jammu and Kashmir beginning Friday.

Shah's visit comes at a critical time for the BJP in J&K as the party faces growing challenges ahead of the assembly elections with several leaders and workers protesting and some of them leaving the saffron party after being denied tickets.

"Amit Shah ji is arriving in Jammu for a two-day visit starting tomorrow. He will be arriving in the late afternoon from Delhi," a senior leader said.

On the first day of his visit, Shah will release the party manifesto at 4 pm here, the leader added.

Later in the evening, he will chair a meeting with party leaders and meet delegations of party workers. | More on P6

J&K ASSEMBLY POLLS

310 Candidates File Nominations For Phase 2

Observer News Service

Srinagar: As many as 310 candidates have filed their nomination papers across 26 Assembly Constituencies (ACs) of six districts of Jammu and Kashmir which are going to polling in the second phase of J&K Assembly Election 2024.

Thursday was the last day of filing nomination papers for the second phase of the Assembly Election scheduled to be held on September 25, 2024.



A total of 310 candidates have filed 329 nomination papers for the second phase of the forthcoming Assembly

Election 2024, a statement from the office of Chief Electoral Officer informed. A total of | More on P6

J&K Assembly Showdown: A Complex Multi-Party Contest

The erstwhile state of Jammu and Kashmir is slated to witness its first assembly elections since the repeal of Article 370 on August 5, 2019. The Election Commission of India (ECI) announced the schedule for elections on August 16, with polling to be held in three phases across 90 constituencies in Jammu and Kashmir. The major political parties in the poll | More on P6

ECI Issues Notification For 3rd Phase

Observer News Service

Srinagar: The Election Commission of India on Thursday issued a notification for the third and final phase of the Legislative Assembly polls for Jammu and Kashmir.

The notification is issued for 40 assembly constituencies, spread across Kupwara, Baramulla, Bandipora, Kathua, Samba, and Jammu districts, where polling will

be held on October 1.

In Kashmir Division, 16 assembly constituencies will go to polls, while in Jammu region voting will be held on 24 seats.

The seats going to polls in Kashmir are Karnah, Trehgam, Kupwara, Lolab, Handwara, Langate, Sopore, Rafiabad, Uri, Baramulla, Gulmarg, Wagoora-Kreeri, Pattan, Sonawari, Bandipora, and Gurez (ST).

In Jammu | More on P6

Sonia, Priyanka To Join Congress Campaign

Observer News Service

Srinagar: The Indian National Congress (INC) has filed the list of 40 star campaigners for the second phase of elections in Jammu and Kashmir, slated to be held on September 25, 2024.

As per the list the star campaigners include AICC president Mallikarjun Kharge, Sonia Gandhi, Rahul Gandhi and Priyanka Gandhi.

The list further mentioned the names of K C Venugopal, Ajay Maken, Ambika Soni, Bharatsin Solanki, Tariq Hameed Karra, Sukhwinder Singh Sukhu, Jai Ram Ramesh, Ghulam Ahmad Mir, Sachin Pilot, Mukhesh Agnihotri, Charanjeet Singh Channi, Salman Khursheed, Sukhjinder Singh Randhawa, Amrinder Singh Rajawarring, Syed Nasir Hussain, Vikar Rasool Wani, Rajani Patil, Rajeev Shukla, Manish Tiwari, Imran Pratapgarhi, Kishori Lal Sharma, Pramod Tiwari, Raman Bhalla. | More on P6

Sarjan Barkati Files Papers From Ganderbal, Beeru

Press Trust Of India

Srinagar: Jailed Kashmiri cleric Sarjan Ahmad Wagay on Thursday filed nomination papers for the Jammu and Kashmir Assembly polls from two seats, Ganderbal and Beerwah (Beeru), days after his candidature was rejected from another constituency.

Wagay, popularly known as Sarjan Barkati, a prominent face at the protest rallies in the south Kashmir districts of Shopian and Kulgam after the killing of Hizbul Mujahideen commander Burhan Wani in 2016,

had earlier filed his nomination from the Zainpora Assembly constituency in Shopian.

However, his nomination was rejected because the papers did not include the certificate of oath that was to be duly signed by the jail authorities.

On Thursday, Barkati's representatives filed his nomination papers from Ganderbal as well as from Beerwah.

National Conference (NC) vice-president and former Jammu and Kashmir chief minister Omar Abdullah will also contest the upcoming polls from Ganderbal. | More on P6

Omar Files Papers From Budgam, Mehmood Relents

Says, 'Contesting From Two Seats No Sign Of Weakness'

Dabirah Hassan

Srinagar: Former chief minister and National Conference leader Omar Abdullah has filed a second nomination from the Budgam constituency for the upcoming Jammu and Kashmir Assembly polls. The former Chief Minister was accompanied by senior party leaders Aga Ruhullah Mehdi, Aga Syed Mehmood, party treasurer Shammi Oberoi and provincial secretary Shaukat Mir. The 54-year-old had filed



nomination from family bastion Ganderbal on Thursday. Interestingly senior NC leader from Budgam Aga Mehmood has thrown

his weight behind Omar Abdullah. Mehmood had earlier expressed reservations and indicated that he was not in a position to support Omar's candidature as his supporters were expecting the party to nominate him for Budgam, his home constituency.

Talking to reporters Omar said Agha Mehmood will be leading his campaign in Budgam. He also said that contesting from two assembly seats is not a sign of weakness, but proves | More on P6

Sajad Lone To Fight From 2 Seats, Releases Poll Manifesto

Observer News Service

Srinagar: Peoples Conference on Thursday promised a judicial commission to probe electoral rigging of 1987.

In its election manifesto, which was released by the party president Sajad Gani Lone and senior leaders today, the party said that it is committed to fight for the pre-2019 constitutional position for J&K. It will support

all efforts within and outside the legislative forums to restore the pre-2019 constitutional position of J&K," reads the party's manifesto.

The PC, which had challenged abrogation of Article 370 in the Supreme Court, said that "it stands by its commitment to undertake all exhaustive measures to pursue the cause of the restoration of Article 370 and the return of Statehood". | More on P6

INSIDE THE Contest

Triangular Political Showdown In Anantnag

The Anantnag West assembly seat, one of the largest constituencies in Jammu & Kashmir in terms of population and area, is set for an intense triangular contest in the upcoming election, with candidates working hard to attract more voters.

The key contenders are National Conference's Abdul Majeed Bhat Larmi, People's Democratic Party's Abdul Gaffar Sofi and Democratic Progressive Azad Party's Bilal Ahmad Deva. Political analysts believe the main contest is between NC's Larmi and PDP's Sofi, but Bilal Deva, being the | More on P6

BJP Faces Tough Challenge In Doda West

The Bharatiya Janta Party (BJP) is facing a tough battle from a newcomer in Doda west Assembly constituency which was being considered a safe seat for the saffron party.

This constituency was carved out of Doda and Bhaderwah constituencies of Doda district and some parts of Ramban constituency of Ramban district was also added to it.

87436 electorates including 45567 male and 41869 female voters are eligible to vote in the first phase of Assembly elections for Doda West Assembly constituency | More on P6

5 DPAP Candidates Withdraw Nomination

A total of 25 candidates have withdrawn their nomination papers for the Jammu and Kashmir Assembly elections, including five from the Democratic Progressive Azad Party (DPAP). The withdrawn DPAP candidates are Muhammad Aslam Goni (Bhadarwah), Fatima Begum (Inderwal), Muhammad Asif Khanday (Banihal), Girdhari Lal Bhat (Ramban), and Urfi Majid Wani (Doda). Additionally, Bahadur Singh from the Jammu Kashmir National Panthers Party and Arshid Muthier from the Bahujan | More on P6

Plea For Allowing Govt Employee To Contest Polls

HC Seeks Response From ECI, J&K Admin

M Ahmad

Srinagar: The High Court of J&K and Ladakh has issued notice to the election commission of India (ECI) and the J&K government on a petition, challenging rules which among others prohibits a Government employee from taking part in politics.

Hearing a petition filed by one Zahoor Ahmad Bhat, a senior lecturer in the School Education Department, a

division bench of Justice Atul Sreedharan and Justice Mohammad Yousuf Wani issued the notice for filing reply within four weeks after hearing counsel for the petitioner and Advocate General D C Raina.

In his arguments, advocate Shafiq Nazir, counsel for petitioner, among others submitted that challenge has been thrown to the vires of Rule 14 of the Jammu and Kashmir Government Employees | More on P6

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Plastic In Our Brains: Shocking New Study Raises Health Concerns

The Conversation

Plastic is in our clothes, cars, mobile phones, water bottles and food containers. But recent research adds to growing concerns about the impact of tiny plastic fragments on our health. A study from the United States has, for the first time, found microplastics in human brains. The study, which has yet to be independently verified by other scientists, has been described in the media as scary, shocking and alarming. But what exactly are microplastics? What do they mean for our health? Should we be concerned?

What are microplastics? Can you see them?

We often consider plastic items to be indestructible. But plastic breaks down into smaller particles. Definitions vary but generally microplastics are smaller than five millimetres. This makes some too small to be seen with the naked eye. So, many of the images the media uses to illustrate articles about microplastics are misleading, as some show

much larger, clearly visible pieces. Microplastics have been reported in many sources of drinking water and everyday food items. This means we are constantly exposed to them in our diet. Such widespread, chronic (long-term) exposure makes this a serious concern for human health. While research investigating the potential risk microplastics pose to our health is limited, it is growing.

How about this latest study?

The study looked at concentrations of microplastics in 51 samples from men and women set aside from routine autopsies in Albuquerque, New Mexico. Samples were from the liver, kidney and brain. These tiny particles are difficult to study due to their size, even with a high-powered microscope. So rather than trying to see them, researchers are beginning to use complex instruments that identify the chemical composition of microplastics in a sample. This is the technique used in this study. The researchers were surprised to find up to 30 times more micro-



plastics in brain samples than in the liver and kidney. They hypothesised this could be due to high blood flow to the brain (carrying plastic particles with it). Alternatively, the liver and kidneys might be better suited to dealing with external toxins and particles. We also know the brain does not undergo the same amount of cellular renewal as other organs in the body, which could make the plastics linger here. The researchers also found the amount of plastics in brain samples increased by about 50 per

cent between 2016 and 2024. This may reflect the rise in environmental plastic pollution and increased human exposure. The microplastics found in this study were mostly composed of polyethylene. This is the most commonly produced plastic in the world and is used for many everyday products, such as bottle caps and plastic bags. This is the first time microplastics have been found in human brains, which is important. However, this study is a "pre-print", so other independent microplastics researchers haven't yet reviewed or

validated the study.

How do microplastics end up in the brain?

Microplastics typically enter the body through contaminated food and water. This can disrupt the gut microbiome (the community of microbes in your gut) and cause inflammation. This leads to effects in the whole body via the immune system and the complex, two-way communication system between the gut and the brain. This so-called gut-brain axis is implicated in many aspects of health and disease.

We can also breathe in airborne microplastics. Once these particles are in the gut or lungs, they can move into the bloodstream and then travel around the body into various organs. Studies have found microplastics in human faeces, joints, livers, reproductive organs, blood, vessels and hearts.

Microplastics also migrate to the brains of wild fish. In mouse studies, ingested microplastics are absorbed from the gut into the blood and can enter the brain, becoming lodged in other organs along the way.

PUBLIC NOTICE

My name has been Wrongly Written As Gulshana Akhter D/O Ghulam Ahmad Marazi & DOB 27-8 -2002 while my correct name and DOB is Gulshan Bano D/O Ghulam Ahmad Marazi R/O Sultanpora pattan DOP 13 8 2001. Which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the office of the GOVT Primary school Rakh Sultanpora Pattan within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Gulshan Bano
D/O Ghulam Ahmad Marazi
R/O Sultanpora
FKO

PUBLIC NOTICE

I have applied for issuance of Backward Class Certificate in favour of my wards Mohd. Momi Ganai, Mohd. Mubashir Ganai and Razyeh Akhter. If anybody has any objection in this regard he/she may file his/her objection in the concerned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Mohd. Baqir Ganai
R/O Mui Shull Tehsil Beeru District Budgam
msl

Office Of Advocate Yakoob Hussain Sofi

J&K High Court Srinagar
CHAMBER NO. 07 MUNSIF/MFC AT MAGAM
Cell No. 9906517553, 9419068005
In the case of:
I. Gh Mohi'ud din sheikh S/O Mohammad Akbar Sheikh 2.
Maymoon Begum W/o Gh Mohi'ud din Sheikh Residents of
Chichilora Tehsil Kawarhama ...
Versus
PUBLIC AT LARGE
...Non-caveator
Caveator
Seal & Signature
Yakoob Hussain Sofi
bmg

IN THE MATTER OF:
Caveat Petition in terms of Section 148-A of C.P.C. The Caveators have reasons to believe/apprehension that non-Caveator (s) may file a suit/application/petition or any other type of proceedings before the Hon'ble High Court, District Courts, Revenue Courts or any other forum may succeed in obtaining some relief/order at their back/ex-parte against the caveators and in such eventuality, the caveators will be put to an irreparable loss and inconvenience. It would be proper that caveators may be given an opportunity of being heard by the Hon'ble Court before passing any order or direction.
Seal & Signature
Yakoob Hussain Sofi
bmg

PUBLIC NOTICE

I have lost my Discharge certificate of class 10th under registration no: 6-94-10457-2010. Now I have applied for the duplicate of the same if anybody has any objection in this regard he/she may file his/her objection in the office of the Girls Higher Secondary School Magam within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Gulshan Qasim D/o Mohd Qasim Sheikh
R/o Goom Ahmad Pora Pattan
DOB: 03-04-1979
BMG

University of Kashmir, Srinagar

Notice
The candidate whose particulars are given below has reported to the University that he/she has lost his/her Migration Certificate/s and has applied for issuance of duplicate certificate/s:
Name: Aamir Ibrahim
Parentage:- Mohd Ibrahim Parray
Residence:- Ionigam Kulgam
Migration certificate No : 42040
Certificate/s lost:- B.A 6th Sem Marks Certificate
date: 01-11-2014
Before University will consider issuance of Duplicate Certificate/s in favour of the candidate, any person having any objection shall report to the undersigned within one week from the date of issuance of this notice. The original certificate/s issued to the candidate be treated as cancelled
Assistant Controller
of Examinations (PG/UG/Prof)
sku

The Jammu & Kashmir Board Of School Education New Campus Bemina Srinagar

ATTENTION PLEASE
The Candidates whose photograph is Published in this notice is claiming to have lost her 10 th Class Diploma Certificate of Secondary School Examination issued by BOSE with the following particulars
Name:- Parveena Manzoor
Parentage:- Manzoor Ahmad Dar
Mothers Name:- Haneefa Begum
Residence:- Magam
Roll NO:- 5216484, 10th Class
Session:- Private 2018-19
Reg No:- N16480300003
Certificate No: 19APBI-4017150
D O B:- 01-02-2003 Result Qualified
Now the candidate has applied for issuance of duplicate Diploma Certificate before the same is processed and issued in the candidate anybody having any objection in this regard may file the same before the Secretary, BOSE or undersigned within 07 days from the date of issue of this notice. Besides, the above referred Certificate/Diploma certificate bearing serial no:- I6ARKAM-1027677 .are be treated as cancelled,
No:- F(Certs-1-DOCB)/KD/24
FKO
SD/= Deputy Secretary Certificates .KD

Office of the Naib-Tehsildar Pattan

Executive Magistrate 1st Class
Public Notice
Subject: Issuance of Registration orders in respect of delayed Birth
Public Notice
The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Bashir Ahmad Bhat s/o Asad Ullah Bhat R/O Jamia Mohalla Pattan Tehsil Pattan District Baramulla with verified date of event (birth) as 05/08/1951 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
Naib Tehsildar Pattan
fko

'Blood Fats Could Predict If Weight Loss Will Help Pre-Diabetics Manage Sugar'

Press Trust Of India

A blood test measuring fats in serum could help predict if weight loss will be effective in helping a pre-diabetic patient manage blood sugar levels, according to a new study. Pre-diabetics are individuals whose blood sugar levels are higher than normal but not yet in the diabetic range. Analysing fats in blood serum, researchers at the Uni-



versity of Sydney, Australia, found that while weight loss through dieting significantly impacted several types of lipids (fats), changes in different fats affected different types of blood sugar. For example, changes in fasting blood sugar were linked to certain sphingolipids -- a type of fat found in a cell's outer layer -- while those in HbA1c, insulin and insulin resistance were linked to other fats in blood serum. "Six baseline bioactive sphingolipids primarily predicted changes in fasting plasma glucose. In addition, a number of baseline lipid species, mainly diacylglycerols and triglycerides, were predictive of clinical changes in hemoglobin A1c, insulin and HOMA-IR (Homeostatic Model Assessment for Insulin Resistance)," the authors wrote. Weight loss through a low-energy diet -- low-carb, fibre-rich -- is commonly recommended to help pre-diabetic people bring blood sugar levels back to normal. However, the researchers said that over half of these individuals do not achieve normal blood sugar levels afterwards. They found that measuring certain fats in serum before one loses weight could predict which type of blood sugar will improve following weight loss. The findings are published in The American Journal of Clinical Nutrition. "Our findings reveal that certain fats in the blood can tell us a lot about a person's chances of improving their blood sugar levels through weight loss," lead author Yanfei (Jacob) Qi from the university's Centenary Institute said. For the study, blood serum samples from 104 pre-diabetic participants were analysed before and after they started a low-energy diet for eight weeks. In this duration, the individuals were found to have lost at least eight per cent of their body weight. Lipidomics -- the use of AI-based techniques to study changes in hundreds of different lipids -- was used in analysing the serum samples. "(The findings) could be a game-changer in how we approach diabetes prevention, allowing us to personalise treatment plans for those who are less likely to benefit from standard diet recommendations," Qi said.

General Notice

I have lost RC of my motorcycle Super Splendor vide Registration No. JK15 8532 while travelling from Hakabara to Hajin. If anyone has found may return the same to below mentioned address. Other wise I have to apply for its duplicate. In this regard anybody having any objections may contact ARTO Bandipora within 7 days from the date of publication of this notice. After that no objection shall be entertained at all.
Naseer Ahmad Wagay
S/O. Ab. Ahad Wagay
R/O. Hakabara Sonawari Bpr.
fko

Government of Jammu and Kashmir
Industrial Training Institute (ANANTNAG)
Skill Development Department
Our motto "skilled hands secured future"
ISO 29990- Certified
Email: itianantnag@gmail.com
Website: www.itianantnag.org
landline: 01932-222581
tele/fax 01932-225374
MIS code CR0100003
CORRESPONDENCE ADDRESS Ashajipora Anantnag Kashmir pic 192101

Subject:- On spot Admission Against Left Over Scats session 2024-25-26-Counselling Day-01.
NOTIFICATION
In view of this office Notification No. ITI/Ang/1013-1019, Dated 31-08-2024 counseling was conducted for vacant seats in respect of following trades and accordingly candidates in annexure-I are provisionally selected for Admission in the Trades shown against each. List available on our official website www.itianantnag.org.
The candidates are informed to complete admission formalities i.e submission of fee etc by 05-09-2024 at 10.00 AM as already informed during counseling.
S.NO Date of counseling Counseling held for Trades. No of Applications Received
1. 04.09.2024 Stenographer and secretarial Assistant 87
2. Computer Operator and Programming Assistant 78
3. Mason (Building Constructor) 20
4. Computer Hardware and Network Maintenance 17
5. Draughtsman Civil 52
No. ITI/Ang/1027-32
DIPK-5362/24
Date: 05/09/2024
(Imran Wajahat) Principal

Office Address: Langate, Near Boys Higher Secondary -193302 Email id: Exenlangate11@gmail.com
Government Of (UT) Jammu & Kashmir
Office Of The Executive Engineer PWD (R&B) Division Langate

NOTICE INVITING E-TENDER
e-NIT No: 19/1768-77/2024-25/RnB/Langate Dated 04/09/2024
Executive Engineer (R&B) Division Langate on behalf of the Lt. Governor, J&K UT e-tenders (In Single Cover System) are invited on Percentage basis from approved and eligible Contractors Registered with J&K UT Govt. CPWD, Railways and other State/Central Governments on JKPWDOMS for each of the following works:-
S. No/Name of the Work Est. Cost (in Rs.) Earnest money. (In Rs.) Cost of T/ Doc. (In Rs.) Time of Completion Class of Contractor Major Head of Account
1 2 3 4 5 6 7 8
01. Making Election related Arrangements at Boys Higher Secondary School Langate designated as distribution -cum- collection centre for AC-(06) Langate Rs. 11.75 Lacs 50000/- 600/- 15 Days "B, C & D" Election
1. The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, Bill of Quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per the scheduled date given below.
1 Date of issue of Tender Notice 04-09-2024
2 Period of downloading of bidding documents From 05-09-2024 to 10-09-2024
3 Bid Submission Start date 05-09-2024
4 Bid Submission End Date 10-09-2024 (upto 02:00 PM)
5 Date and time of Opening of Bids (Online) 10-09-2024 (04:00 PM) (in the office of the Executive Engineer R&B Division Langate)
2. Bids must be accompanied by a Treasury Challan (dated between the bid start date and the Bid Submission End date) deposited in M.H. 0059 mentioning there in the name of Work/NIT No. in the name of Executive Engineer R&B Division Langate (tender inviting authority) as the cost of the tender document.
3. At the time of tendering, all bidders must upload earnest money/bid security amounting to Rs. 50000/- (Fifty Thousand Only) dated between the bid start date and the Bid Submission End date) in form of CDR/FDR pledged to the tender receiving authority, i.e. Executive Engineer R&B Division Langate, which will be released after successful completion of the work.
4. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site at the Office of the Executive Engineer, R&B Division Langate.
5. The bids for the work shall remain valid for a period of 120 days from the date of opening of technical bids.
6. The bidder shall be debarred for tendering process if:-
a) Any bidder/ tenderer withdraws his bid/ tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
b) Failure of Successful bidder to furnish the required performance security within the specified time limit.
c) Failure of successful bidder to execute the agreement within 28 days after fixation of contract.
7. Instruction to bidders regarding e-tendering process.
7.1. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.
7.2. To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC)" as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors.
7.3. The bidders have to submit their bids online in electronic format with digital Signature. No financial bid will be accepted in physical form.
7.4. Bids will be opened online as per time schedule mentioned in Para-1.
7.5. Bidders must ensure to upload scanned copy of all necessary documents with bid. Besides, original documents related to bid be submitted physically by the bidder who is declared as L1 immediately after opening of financial bid.
7.6. Bidders must ensure to upload scanned copy of necessary documents in terms of soft copies with the technical bid & no documents in terms of hard copies shall be entertained. However, in case of any clarification, the bidders shall have to produce original documents in support of soft copies if need arises.
8. All other terms conditions are as per PWD Form 25 (Double agreement Form).
No: EE/RnB/L/1768-77
DIPK-5364/24 Dated: - 05/09/2024
Executive Engineer
R&B Division Langate

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Friday | 06-09-2024

Back To Democracy

Although it is still early days, there is a palpable enthusiasm among people about Assembly elections. One reason for this is that the exercise is being held after a decade. Also, for the past six years, J&K has been under governor's rule with bureaucrats ruling the roost. This may have its advantages as for as pursuing a development-centric agenda, but it can't supplant an accountable democratic rule. The unprecedented circumstances that prevailed in the erstwhile state following the abrogation of Article 370 in August 2019 made the governance more challenging. So, a degree of government-people disconnect has persisted. This, in turn, has given rise to a yearning for a return to democratic rule, something that was evident in the preceding Lok Sabha election. Voters chose to depart from the boycott politics, especially in the Kashmir Valley, and instead participated more freely in the electoral exercise, posting a historic turnout of 58% in five parliamentary seats. Since 1990, J&K's voting percentage had never crossed the 50% mark.

The election holds interesting possibilities for Jammu and Kashmir. The National Conference expects to secure a majority of its own or atleast emerge as the largest single party. The BJP expects to repeat the 2014 performance. In fact, with fresh delimitation giving it an edge in many more constituencies in Jammu, the party expects to even better its 2014 tally. However, there are no signs so far of any political wave in its favour in Jammu. On the contrary, there are signs that people in Jammu are upset with it over not just the delay in Assembly elections and the restoration of statehood but also over the legal and administrative changes that are seen as unfavourable to Jammu. Would this resentment reflect in the election outcome is anybody's guess. It is possible that the newly resurgent Congress under Rahul Gandhi would once again make inroads into Jammu and undercut the BJP. In that case, the BJP would no longer be able to assert a role in the future elected government. That said, in the Valley, the NC could face a tough challenge from the PDP, which remains relevant and also from Rashid's AIP. The parties like People's Conference and the Apni Party may yet get a seat or two. But for an election that truly gives people a sense of involvement and empowerment, it must be held in a free and fair environment. But if the Lok Sabha election is any guide, there is every reason to expect that the Assembly election will also be clean.



Did you know?

An Overview of Futures in the Indian Stock

Irshad Mushtaq

Market in the Indian stock market, futures trading is a part of the broader derivative market. These trades primarily take place on the National Stock Exchange (NSE). Futures are contracts that obligate the buyer to purchase, and the seller to sell, an asset at a predetermined future date and price.

Characteristics of Futures

1. Predefined List of Stocks: Futures are typically linked to stocks with high market capitalization. The NSE has a specific list of these stocks.

2. Lot Size: Futures contracts are traded in predefined quantities called lot sizes. For example, if a stock has a lot size of 50 shares, you must buy or sell futures in multiples of 50.

Margin and Payment Mechanism

Margin Requirement: To trade futures, clients are required to pay a margin, which is a percentage (usually 10-15%) of the total contract value. This margin can be paid in cash or through collateral, like pledging shares or mutual funds.

Mark-to-Market (MTM): Daily billings are generated to reflect market profit and loss until the contract expires. This MTM ensures that gains or losses are settled daily.

Contract Expiry and Life Cycles

Expiry Cycles: Futures contracts in India have a 3-month life cycle, expiring on the last Thursday of each month. If that Thursday is a holiday, the expiry moves to the preceding trading day. Uses of Futures Futures can be used for various purposes: 1. Speculation: Trading to make profits from price movements.

Hedging: Managing risk in stock holdings.

Arbitrage: Taking advantage of price differentials in different markets. Risks and Discipline It is often stated that 9 out of 10 traders lose money in the derivatives market. This high failure rate underscores the risky nature of leveraged products and the necessity for a sound understanding of market concepts, proper money management techniques, and disciplined trading.

Options in Futures Trading

Call Option: Grants the right to buy but not the obligation
Put Option: Grants the right to sell but not the obligation. Success in futures and options trading requires expertise, vision, patience, and strict adherence to risk management principles. Over-leveraging and undisciplined trading can lead to significant losses. In summary, while the derivative market in India offers opportunities for significant gains, it demands a high level of knowledge, discipline, and prudent money management.

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

The Politics Of Pensions And Savings

Pensions are just one form of long-run savings; the real need for govt policy is to take a comprehensive look at the institutional landscape for such savings

Nirvikar Singh

“ Many details of the UPS are unclear, including aspects of its design and implementation. It is clearly a political response to a political problem that emanates from India's economic structure, where government jobs are valuable because good jobs are scarce, and holders of those jobs have disproportionate power as an interest group



India is set to grow consistently at about 7%, which is enough to double GDP every decade. That is exceptional compared to historical averages, but short of East Asian miracle growth rates. To achieve those growth rates, and meet aspirations of reaching advanced country income levels, India has to grow faster. That, in turn, requires some combination of higher rates of investment and greater growth impacts of investment expenditures. The latter may require more innovation, both technological and institutional, which presents specific challenges. More investment requires more domestic saving, especially in a world where foreign capital is becoming more cautious in its deployment, as evidenced by falling foreign direct investment (FDI) levels.

Thinking about saving, particularly household saving, turns attention to the government's recently announced plan to reconfigure the National Pension Scheme (NPS). The NPS was formulated over two decades ago, in response to the projected explosion in government pension liabilities, identified in the late 1990s. The Old Pension Scheme (OPS) promised fixed benefits, with no contribution from employees. It was therefore a form of (very generous) deferred compensation, implemented as forced long-term savings for employees, but not reflected in current budgets. Its exemption from taxes amplified its generosity. Households could also save in other ways, mostly through various savings accounts that offered fixed interest rates, where the household saving was invested in government bonds or life insurance policies that promised annuity payments.

The NPS replaced the OPS, making several changes to the design. Employees now had to contribute towards their future benefits, with the government matching these contributions. Thus, a current savings element was made more explicit in the NPS, rather than being notional and not clearly defined. The NPS also expanded the range of options for investing these explicit savings, in an India that now had modern financial asset markets. Most im-

portant of all, the NPS shifted from the defined-benefit system of the OPS to a defined-contribution system. This meant that the returns to the contributions were no longer guaranteed, but depended on the performance of the assets in which the contributions were invested.

The NPS was implemented slowly, and in a somewhat piecemeal and incomplete fashion. It dealt with the looming fiscal disaster of the unsustainable OPS, but it also meant that the deferred compensation it offered was less generous and more uncertain, leading to unhappy employees — especially since those hired earlier under the OPS continued to be covered by their more favourable scheme. Recently, some states have bowed to pressure from their employees, and begun reverting to the OPS, which is constitutionally their prerogative but threatens to bring back the threat of fiscal disaster, which would ultimately be the Union government's responsibility to handle. The Centre has responded with a new Unified Pension Scheme (UPS), which is supposed to exist alongside the NPS. It retains the matching contributions, albeit with a higher government match. But it shifts back to defined benefits, and has generous indexation provisions. These features can also create fiscal problems down the road, if not as severely as the OPS.

Many details of the UPS are unclear, including aspects of its design and implementation. It is clearly a political response to a political problem that emanates from India's economic structure, where government jobs are valuable because good jobs are scarce, and holders of those jobs have disproportionate power as an interest group, as well as India's federal structure which is baked into the Constitution. The UPS is clearly a short-term response to an immediate political issue. But this can be an occasion to recall some of the thinking behind the original NPS plan, which was meant to lay the foundations of a pension and savings system that could serve a much larger proportion of the population than the small slice that has government jobs.

Sustainable systems for long-

run savings require good options for investing those savings, across a range of assets with different risk-return characteristics, good low-cost options for choosing among institutions and managers who will guide households in their choices, a great deal of education and information transparency to enable households to make choices, and careful regulation for protecting small investors. None of this is easy. Well-off households, whether they are employed by the government, by private corporations, or run their own businesses, already have many more savings options than they did two decades ago. The challenge is to extend these opportunities to a larger proportion of the population, in a manner that keeps their institutional costs and risks down in an appropriate manner. Employer contributions and tax breaks are another component of designing systems that incentivise long-run savings, as well as enabling those savings to be channelled to productive uses.

Ultimately, pensions are just one form of long-run savings, and the real need for government policy is to take a comprehensive look at the institutional landscape for such savings (including financial products such as life insurance), to incentivise them without promoting dissaving elsewhere in the economy, and to channel these savings into growth-enhancing investment, as opposed to going disproportionately into assets such as real estate and gold. It is almost a decade since the report of the committee on household finances, headed by Tarun Ramadorai, which provided a comprehensive analysis of these issues, including pensions, insurance, and financial assets in general. With India's household savings having declined to a five-year low, returning to this approach ought to be a priority for policymakers.

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



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Work Life Imbalance

Infosys co-founder Narayana Murthy's recent suggestion for "70-hours-work-a-week" among Indian youngsters will no doubt boost productivity, but it will certainly affect the balance of work-life approach, which is equally important. Unsurprisingly Mr. Murthy's comments have evoked a nationwide controversy, with many have criti-

cised his idea. In fact, a Bengaluru-based Cardiologist wrote in his X (formerly Twitter) account saying, "such an inhumane working hours can create a whole generation with a host of heart-related comorbidities." The Cardiologist's comment gains prominence, as WHO says that India accounts for at least one-fifth of the 17.9 million cardiovascular disease-

related deaths globally, especially in the younger generation. Currently, India's labour codes mandate that workers put in 8-hours of work a day, capping the weekly work hours at 48. Despite this, global data shows that India ranks fifth in the world among countries with long working hours. Research has revealed that productivity falls sharply after 50

hours per week, and drops off a cliff after 55 hours. Rather than extended working hours, a streamlined approach with set working hours will work for large enterprises that have plentiful resources.

Ranganathan Sivakumar

Mindful Fridays

Parenting for Equality

Wasim Kakroo

Men and women are usually expected to do different kinds of work at home. Earlier, women would take charge of household chores while men would go outside the home for work. In today's world, this idea of distributing work among genders might keep gender inequality going but also support negative ideas about genders, hence increasing the chances of abuse. If boys in our society are taught tasks that are usually done by girls and encourage them to get involved in them in day to day life, it can make such tasks gender neutral, lower the chance of abuse, and help boys learn important skills. Raising children while breaking traditional gender roles can help us in creating a fairer society where respect and shared responsibility is given more importance.

Challenging Gender Stereotypes

Children in our society are usually taught and conditioned since their childhood to act in ways that match the expectations of people in the society about what boys and girls should do. Boys in our society are groomed to get involved in activities that are seen as manly, like playing sports or working with machines, while girls are often groomed to get involved in household chores and looking after others. This early teaching can have a big impact over time, making people believe that some activities are naturally suited to one gender. Though this approach has its benefits as it helps in distribution of tasks and minimises the chaos and confusion that might otherwise creep in attending to the household affairs, however, it might make males/boys feel that they should not get involved in household chores and that doing such things is being less manly or more feminine.

To address this, it is important to make boys understand that doing household chores is not being feminine or girlish and that there is no shame in helping in household chores such as cooking, cleaning etc. Once boys learn tasks such as cooking, cleaning and caring for the household, they can see such tasks as gender neutral activities. This shift in perspective can help in doing away with damaging stereotypes that force men and women in assuming inflexible roles. By mak-



ing it look normal that boys can participate in domestic tasks, we can open the door for younger generations to appreciate equality and shared responsibility.

Furthermore, boys who grow up learning and understanding that household chores are not meant to be done exclusively by women can have more respect and regard for what women do, both inside and outside the home. This respect and regard is important in reducing abuse of women as it dismantles the idea that women are inferior for doing household chores.

Reducing Gender-Based Abuse

It has been observed that traditional gender roles can create power imbalances in the household that can often lead to gender based abuse, especially towards women. If boys are brought up in places where they are taught that men should be the masters over women and that women should be listening to their orders without having any say in any of the important matters of the household, they may take it as normal and hence may act as masters to the women in their lives. This attitude can lead men to act in an abusive manner towards women, because men who think they are better than women may feel entitled to control or dominate women.

These abusive tendencies created by gender based roles can

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be mitigated by taking a gender-neutral approach to household responsibilities as this approach can induce a sense of equality since childhood in both genders especially in terms of household matters. It is less likely for boys to develop attitudes of entitlement or superiority over women if they are taught to view household chores as a shared responsibility, rather than a woman's duty. By conditioning them to view

household chores as a shared responsibility, they learn to value cooperation, respect, and mutual support—qualities that are incompatible with abusive behaviour.

Including boys in household tasks traditionally done by women, can help in dismantling the toxic masculinity, which connects manhood with power, aggressiveness, and emotional detachment. The broader and deeper understanding of what it means to be a man can reduce the chances of such boys to turn into men who support or get involved into violent acts to assert their dominance over women in their lives.

Equipping Boys with Essential Life Skills

Encouraging boys since their childhood to help with household chores is not just about treating every family member fairly, it is also to make them understand the importance of learning basic household chores as essential life skills. Every child irrespective of their gender should get training in basic life skills such as cooking, cleaning, and organising. Boys who get trained in these household tasks from an early age are better prepared to live independently, take care of themselves and manage a home when they become adults and hence be helpful towards their partners in their married life.

Men without training in basic life skills tend to rely heavily on

women in their lives for fulfilling their basic needs, which can perpetuate inequity and promote traditional gender roles. On the other hand, boys who learn how to manage household chores since their childhood, have greater chances of being self-reliant and viewing women as equal partners and not just as caregivers and servants in the household. This approach not only makes such men independent in handling home affairs but also helps in developing more balanced and equitable partnerships when they get married.

Getting trained in household tasks can also make such boys learn additional skills such as patience, attention to detail, and time management. These skills can have a positive impact on other areas of their life such as academic and professional pursuits.

Training in basic life skills such as cooking, cleaning, organising can make such boys competent in domestic responsibilities and this can make them more organised, disciplined, and capable of managing their time effectively, all of which are essential for success in various aspects of life.

Strengthening Family Bonds

A sense of teamwork and cooperation can be induced in families and hence family bonds can get strengthened in households if household chores are made gender neutral. When boys sup-

port and participate with girls in the household chores, it helps in fostering deeper connections with family members and hence can contribute to well-being and happiness of the family members and create a more warm atmosphere free of distress. The family members might seem to be working with each other towards common goals.

In households where tasks are shared fairly, boys learn the importance of fairness and respect for others. These lessons are valuable not just at home, but also in their interactions outside the house. Boys who grasp the significance of fairness and teamwork are more likely to apply these principles in their friendships, relationships, and future families, helping to create a more just and respectful society.

Overcoming Cultural Resistance

Even though we realise the benefits of training boys in basic life skills such as cooking, cleaning, organising etc., and in supporting females in the household, still there is often resistance to having a gender-neutral approach about such tasks, particularly in cultures where traditional gender roles are deeply embedded. Overcoming this resistance requires a concerted effort from parents, educators, and society as a whole to challenge and change these norms.

Parents are very important in showing children that everyone can do any kind of work, no matter if they are a boy or a girl. When parents do chores together and show that these tasks are not just for one gender, they teach their children a valuable lesson. Schools can also help by teaching all kids, boys and girls, how to do everyday tasks.

TV shows, movies, and other media can also change how people think about who does what jobs. When men are shown taking care of kids and doing housework, it helps people see that these tasks are not just for women. This change in how we see things is important for making sure boys feel good about helping with chores at home.

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The Foundation of Healthy Relationships

Ilene Strauss Cohen

In the complexity of human relationships, distinguishing between healthy and unhealthy connections can significantly impact our happiness and well-being. While each relationship is unique, certain characteristics form the bedrock of thriving, fulfilling partnerships. Trust, honesty, respect, open communication, effort, and collaboration are the foundation of healthy relationships, supporting personal growth and mutual satisfaction. Conversely, unhealthy relationships may lack these elements, leading to feelings of insecurity, mistrust, and stagnation.

For example, in a genuine friendship, two individuals continuously provide unwavering support through life's challenges and come together to cheer each other's triumphs. Friendships should go beyond simply overcoming obstacles; they are also about reveling in each other's happiness. Ideally, friendships are filled with shared experiences and dedication to each other's welfare. The upcoming sections discuss vital components in nurturing and maintaining strong, healthy relationships. These can be applied to any type of relationship, whether friendships, intimate, or family.

The Role of Trust

Trust, as proposed by John Bowlby's attachment theory, is the cornerstone of any healthy relationship. Our early attachment styles shape our ability to trust, creating a blueprint for future interactions. Secure, stable, and trusting early relationships instill confidence in future connections. Conversely, unstable past experiences may lead to "trust injuries," emotional wounds that can make it challenging to trust in future relationships. Trust is the foundation that makes individuals feel safe and secure, creating deeper connections and emotional intimacy.

Honesty and Its Impact

Honesty is inextricably linked to trust. It's challenging to trust someone who isn't truthful. In a healthy relationship, both partners should feel free to be authentic without fear of judgment or the need to hide. This level of openness strengthens relational trust and fortifies the emotional bond between individuals. Honesty creates an environment where both parties can grow and evolve together.

Mutual Respect

Respect is the key to offering support, understanding, and empathy. It is demonstrated through active listening, a



practice that makes the other person feel heard and understood. Fulfilling commitments and appreciating each other's contributions are also crucial aspects of respect. By fostering an environment of mutual respect, individuals can build each other up, creating a safe space for growth and security.

This mutual respect ensures that each person feels valued and appreciated, contributing to a healthy relationship.

The Heart of Communication

Open communication is the lifeblood of any healthy relationship. It involves expressing thoughts and feelings

honestly and empathetically, particularly about conflicts. Navigating arguments with empathy and understanding means genuinely listening to the other person's perspective, acknowledging their emotions, and working together to find a resolution. Effective communication allows indi-

viduals to resolve differences respectfully, ensuring that each person's perspective is recognized and valued. It's not about avoiding arguments but speaking to each other with empathy and understanding. If it's difficult to respectfully communicate when upset, pause and talk about the issue when both parties are calm.

Effort and Collaboration

Healthy relationships require effort. This might mean making time for each other, being open to differing perspectives, or collaborating to achieve mutual goals. Successful relationships are reciprocal; they grow with genuine acts of kindness and support without keeping score. While some relationships may not always be perfectly balanced, they work when each person feels valued and supported.

While these qualities are ideal for any relationship, the journey toward healthier connections often begins within ourselves. This self-reflection is not about self-criticism but about empowerment. Rather than focusing solely on others' actions, we should reflect on how we embody these characteristics. Are we open to communication, or do we become defensive? Do we strive for honesty yet resist being truthful ourselves? We

can contribute to more fulfilling interactions by focusing on our own growth. While no relationship is perfect, working toward these efforts can lead to a more fulfilling and enduring bond.

Exercise: Discover the Value of Your Connections

Reflect on the impact of your relationships on your mental and physical health. Social connections have been shown to reduce anxiety and depression, enhance self-esteem, and even bolster the immune system. Consider these prompts:

1. Write down five benefits you gain from your relationships.

Example: Emotional support during difficult times.

2. Write down five benefits others gain from being in a relationship with you.

Example: A reliable friend who listens without judgment.

By consciously evaluating and nurturing these aspects, we can journey toward more rewarding and resilient relationships, enriching our lives and those around us. Embrace the opportunity to create connections rooted in trust, honesty, and collaboration, and watch your relationships and personal growth flourish.

The article was originally published by Psychology Today

Sports Minister Hails India's Record Medal Haul At Paris Paralympics

Press Trust of India

NEW DELHI: Sports Minister Mandaviya on Thursday praised the Indian contingent for achieving the country's best-ever medal haul and expressed hope that the athletes would secure more medals in the remaining two days of the Paralympics. With 24 podium finishes in Paris so far, India has already surpassed their previous best of 19 medals from the Tokyo Paralympics. Mandaviya felicitated Deepthi Jeevanji, who won the bronze medal in the women's 400m T20 event, on Thursday. Deepthi, a world champion, was expected to be a strong contender for gold but was unable to deliver her best performance in the final. She added a bronze to her Tokyo Paralympic silver in the T20 category, which is for athletes with intellectual impairments. "I did well but in the final I could not give my best so that's why I got bronze," said Deepthi. Born to daily-wage labourer



parents in Kalleda village in the Warangal district of Telangana. Deepthi's achievements are particularly noteworthy. "The players have not only shown their skill but have made the country proud," Mandaviya said.

Parmar Wins Historic Judo Bronze

Kapil Parmar bagged India's first ever Paralympic medal in judo, clinching a bronze in the men's 60kg (J1) after convincingly defeating Brazil's Elielton de Oliveira in the final in Paris

on Thursday. Parmar produced a superlative performance, dominating his opponent from start to finish to record a 10-0 win in the bronze medal contest. He had earlier lost to S Bani-taba Khorram Abadi in the

semifinals, beaten 0-10 by his Iranian opponent in Paris at the Champs-de-mart arena.

The J1 class in para judo is for the athletes who suffer from no to very low visual activity. Athletes in this category wear red circles to indicate that they may need guided support before, during and after a contest.

Simran Sprints To 100m Final

Continuing her good form, Indian sprinter Simran advanced to the women's 100m (T12) final of the Paralympics after clocking 12.33sec in the semi-final race in Paris on Thursday.

Accompanied by her guide Abhay Singh, the 24-year-old reigning world champion from New Delhi finished second behind Germany's Katrin Mueller-Rottgardt in semi-final 2. Simran, who was born prematurely with visual impairment, was ranked third overall in the semis. She will now compete in the four-sprinter final scheduled for later on Thursday.

Divisional Level Volleyball Tournament Kicks Off In Ramban



Observer News Service

RAMBAN: Inter-District Divisional Level Volleyball Tournament for Under-19 boys commenced on Thursday at District Police Lines in Ramban. This highly anticipated tournament marks a significant event in the sporting calendar of the Department of Youth Services & Sports, bringing together talented young

players from all 10 districts of Jammu division. The inaugural ceremony was graced by Roshan Lal, Additional District Development Commissioner of Ramban, who played a pivotal role in the opening proceedings. The ceremony commenced with an engaging welcome address delivered by Jagdish Raj Sharma, the District Youth Services & Sports

Officer of Ramban. The opening match was played between Doda and Rajouri, demonstrating high-energy volleyball. The competitions are being officiated by a panel of sports experts, including Zonal Physical Education Officers, Physical Education Masters, Physical Education Teachers (PETs), Rehbar e Khel Teachers, NYCs, and other field staff.

Bandipora Pencak Silat Championship Held At HSS Ajas

Observer News Service

BANDIPORA: As part of the Systematic Voters' Education and Electoral Participation initiative, the District Pencak Silat Championship was organised at Higher Secondary School Ajas on Thursday.

The event merged sportsmanship with civic engagement, underscoring the importance of both physical and democratic participation.

The event showcasing the skills and sportsmanship of local athletes was attended by District Elec-



tion Officer Bandipora, Manzoor Ahmad Qadri; Chief Education Officer Kishore Kumar; Deputy CEO; Principal Higher Secondary School, students and other stakeholders.

The event also witnessed participation of Padmashree Faisal Ali Dar, the Brand Ambassador for SVEEP activities, who highlighted the significance of elections as a cornerstone of democracy. Addressing the participants, the District Election Officer, Manzoor Ahmad Qadri underscored the importance of enrolling all eligible citizens in the electoral roll. DEO urged all eligible citizens to exercise their right to vote, as it is fundamental to shaping our future and upholding democratic principles.

Chief Secretary Reviews Preparations For Kashmir Marathon



Observer News Service

SRINAGAR: Chief Secretary Atal Dulloo chaired a meeting at Civil Secretariat on Thursday to review the preparedness for the inaugural edition of Kashmir Marathon.

The meeting discussed the route map, promotional strategies, registrations with a particular focus on sponsorship. While chairing the meeting, Atal Dulloo impressed upon the officers that all the arrangements should be made well in advance for the smooth and successful conduct of the event.

He said that focus should also be laid on the sponsorships and a proper plan should be laid to pitch sponsors to sport the inaugural edition of Kashmir marathon.

During the meeting, Chief Secretary inquired about the number of registrations done so far for this marathon.

The inaugural edition is being held on October 20 and runners from across India and abroad are participating in two running disciplines: marathon (42 km) and half marathon (21 km).

Commissioner Secretary Tourism gave a brief presentation during which she informed that Kashmir Marathon has drawn a considerable interest across India and abroad.

She informed that so far 1135 participants have registered for the event with 469 for full marathon and 666 for half marathon. She informed that they have received registrations from 40 foreign runners from 11 countries with recently from Kenya, Denmark, Norway and UAE, apart from 27 states/UTs of the country. She said that the Tourism Department took a strategic step in promoting the Kashmir marathon by reaching out to well known celebrities and social media influencers which garnered much traction.

The Kashmir Marathon offers an extraordinary blend of historical, cultural, and natural beauty, making it a unique and unforgettable event. Participants will run through breathtaking scenery, including the majestic Dal Lake and the lush Zabarwan mountain range, while passing iconic sites such as the Shankaracharya Temple, Pari Mahal, and Dargah Shrine.

The meeting was attended by Principal Secretary, Finance (through VC); Principal Secretary, Power Development Department; MD Jammu and Kashmir Bank; Commissioner Secretary IT; Commissioner Secretary FCS&CA; Secretary, R&B; Secretary Transport; Director of Tourism, Kashmir and Jammu; Commissioner State Taxes Department and Director State Motor Garages.

Bahrain Stun Australia, Palestinians Shut Out Koreans In WC Qualifying

Agencies

SEOUL: Australia fell to a shock 1-0 loss to Bahrain at home in the opening game of the third round of Asian World Cup qualifying on Thursday.

Meanwhile, South Korea was held to 0-0 by the Palestinians in Seoul.

Despite losing all six previous games against Australia, Bahrain won thanks to an own goal from Harry Souttar with a minute remaining on the Gold Coast.

Abdulla Al-Khalasi's cross from the left side of the area hit the defender and flew past goalkeeper Mat Ryan.

Australia dominated the game but was reduced to 10 men when Kusini Yengi was red-carded after 77 minutes for a reckless tackle.

Bahrain is second in Group C behind Japan, which thrashed China 7-0 in Saitama.

The 18 teams remaining in Asian qualification have been divided into three groups of six. The



top two from each qualify automatically for the 2026 World Cup while the six teams that finish in third and fourth will advance to the fourth round where there are two more places on offer.

South Korea last missed

out on the World Cup in 1982 and got off to a poor start in Group B due to the Palestinians.

South Korea missed chance after chance — captain Son Heung-min hit the post — but could not find a way through a determined

defense from a visitor that has never reached this stage before.

The Palestinians almost snatched what would have been a stunning victory in added time. Through on goal, Wessam Abou Ali's shot was saved by Jo Hyun-woo.

Bellingham Gets Ballon d'Or Nomination, But No Messi Or Ronaldo

Agencies

For the first time since 2003 neither Cristiano Ronaldo nor Lionel Messi have been included in the nominees for the men's Ballon d'Or award, which were announced on Wednesday, with England's Jude Bellingham among the 30 players named.

Portugal's Ronaldo, who has won the award five times, also failed to receive a nomination last year, while Messi, who won for a record eighth time in 2023 and has been nominated 16 times, misses out despite Argentina's Copa America win this year.

Spain, winners of Euro 2024, have six players nominated including 17-year-old Barcelona winger Lamine Yamal, along with Nico Williams, Alejandro Grimaldo, Dani Olmo, Rodri and Dani Carvajal who also won the Champions League with Real Madrid.

Real have a total of seven players nominated, including Kylian Mbappe who re-



cently signed from Paris St Germain, with Bellingham and Brazil's Vinicius Junior among the Spanish club's other nominees.

England, runners-up to Spain at Euro 2024 have five other nominees apart from

Bellingham; Harry Kane, Bukayo Saka, Declan Rice, Cole Palmer and Phil Foden.

In the women's Ballon d'Or Feminin, Champions League winners Barcelona have six nominees in total, including last year's win-

ner Aitana Bonmati and two-time winner Alexia Putellas.

The 2024 Ballon d'Or Awards ceremony to crown the world's best player, will take place on Oct. 28 in Paris.

Short TAKES

BCCI AGM On Sept 29 At Bengaluru

The BCCI's 93rd Annual General Meeting (AGM) will take place here on September 29, but it is unlikely that the election of the new board secretary will take place at the high-profile summit.

However, the AGM will coincide with the inauguration of the state-of-the-art National Cricket Academy (NCA) centre in the outskirts as all the board members will be present in the city. The new BCCI secretary will not be elected at the AGM.

New Zealand Gears Up For Historic Test Match Against Afghanistan

New Zealand's cricket team arrived in Greater Noida on Thursday ahead of their historic one-off Test against Afghanistan. Scheduled to begin on September 9, this match will be the first red-ball fixture between the two nations.

The Test will take place at the Greater Noida Sports Complex Ground, and New Zealand has named a strong squad for the occasion. Veteran pacer Tim Southee will lead the team, which includes former captain Kane Williamson.

Musheer's Century Sparks India B Revival In Duleep Trophy Opener

On the opening day of the first match of the Duleep Trophy 2024 season, uncapped right-hand batter Musheer Khan delivered a spectacular century for India B against India A. At stumps on Day 1, India B finished at 202/7 in 79 overs, with Musheer (105) and Navdeep Saini (29) not out.

India A skipper Shubman Gill opted to bowl first after winning the toss, putting India B on the back foot early as they lost seven wickets for just 94 runs.

Jos Buttler To Miss Three-Match T20 Series Against Australia

England white-ball captain Jos Buttler will miss this month's three-match Twenty20 series against Australia due to a right calf injury, with Phil Salt leading the side in his absence, the England and Wales Cricket Board (ECB) said on Thursday.

Buttler, who also missed The Hundred, has been named in the squad for the five-match One-Day International (ODI) series against the same opponents later this month but remains a doubt, the ECB added.

Ugandan Olympic Athlete Dies After Being Burned By Partner

Ugandan Olympic athlete Rebecca Cheptegei has died at a Kenyan hospital where she was being treated after 80% of her body was burned in an attack by her partner. She was 33.

The long-distance runner died early in the morning after her organs failed. She had been fully sedated on admission at the hospital.

Cheptegei competed in the women's marathon at the Paris Olympics less than a month before the attack. She finished in 44th place.

Osimhen's Loan Deal From Napoli To Galatasaray Announced

Victor Osimhen finally found a way out of Napoli when a loan deal with Turkish club Galatasaray was announced on Wednesday.

Napoli said the deal lasts through the end of the season, and that Osimhen also extended his contract with the Italian club for one more year, through 2026-27.

The Nigeria forward had been linked to Paris Saint-Germain, Chelsea and Saudi club Al-Ahli in recent weeks and months but the transfer window in Europe's biggest leagues closed last week without a deal for him.