

## 2350 Permissions Given To Parties, Candidates

Observer News Service

Srinagar : Upholding the Democratic Principles of Free, Fair and Transparent Elections for the forthcoming Jammu and Kashmir Assembly Election, 73.94% permission requests from the political parties and contesting candidates have been accepted since the electoral process commenced in the Union Territory, the office of the Chief Electoral Officer, J&K said on Tuesday.

A total of 3178 cases of permission requests were received for General Elections to Legislative Assembly in Jammu and Kashmir by various competent authorities, an official statement said, adding that out of these, 2350 permission requests which were completed in all respects were accepted by the Competent Authorities.

Further, 336 requests which were lacking in fulfillment of requisite | [More on P6](#)

# Er Rashid Out On Bail For 22 Days

## Interim Bail To Allow Him Campaign For Assembly Polls

Observer News Service

Srinagar: In a potentially game-changing move, a Delhi Court on Tuesday granted interim bail till October 2 to Lok Sabha MP from Kashmir Sheikh Abdul Rashid, popularly known as Engineer Rashid in a terror funding case to enable him to campaign in the upcoming state assembly elections.

Engineer Rashid, defeated former Chief Minister Omar Abdullah in the 2024 Lok Sabha polls in Baramulla. Elections are scheduled to be held for the 90-member



legislative assembly of the union territory in three phases from September 18 to October 1. The results will be declared on October 8. | [More on P6](#)

### Victory Of People: AIP

This is the victory of people of north Kashmir who voted in large numbers to ensure Er Rashid's victory, AIP's chief spokesman Inam un Nabi said on Tuesday. Inam's remarks came after Sheikh Abdul Rashid, popularly known as Engineer Rashid, was granted interim bail in a terror funding case by a Delhi court. "There are jubiliations in the party and joy in Er Rashid's family," he said. Inam said that the family members of Er Rashid are eagerly waiting to see him after five long years. Rashid emerged as a | [More on P6](#)

### Political Maneuver To Gain Votes: Omar

Majid Nabi  
Reacting to interim bail granted to Lok Sabha MP Engineer Rashid, NC leader Omar Abdullah Tuesday claimed that the bail was a political maneuver aimed at gaining an advantage in the upcoming Assembly elections rather than serving the voters who elected him to Parliament. Abdullah's remarks came after Engineer Rashid was granted interim bail in a terror funding case by a Delhi court. Omar Abdullah said that he felt sorry for the people of the Baramulla Lok Sabha constituency as | [More on P6](#)

### People In Jails Used To Split Votes: Mehbooba

Agencies  
People's Democratic Party (PDP) president Mehbooba Mufti on Tuesday asserted that only her party advocates the resolution of the Kashmir issue and speaks about the youths "languishing in jails". She targeted jailed Baramulla MP Engineer Rashid's Awami Ittehad Party (AIP), saying a person in jail is contesting elections, while a poor person's family is not allowed to meet their kin in jails. She raised serious concerns about the | [More on P6](#)

### KO TAKE A DRAMATIC TWIST

The ongoing electoral arena in Kashmir Valley is likely to change profoundly with the arrival of Er Rashid on the scene. —Read Editorial on Page 4

## Afzal Guru's Brother To Contest From Sopore

Agencies

Srinagar: Aijaz Ahmed Guru, brother of the parliament attack convict Mohammed Afzal Guru, on Tuesday announced his decision to contest the upcoming assembly elections from the Sopore constituency as an independent candidate.

Afzal Guru was hanged 11 years ago in Delhi's Tihar Jail. Aijaz said his son's arrest was a key reason for entering the political fray. His son, Shoaib Aijaz Guru, was arrested by Baramulla Police on drug-related charges and booked under the Public Safety Act (PIT NDPS Act) in December 2023. Shoaib is currently lodged in Central

Jail, Kot-Bhalwal, Jammu.

Aijaz expressed concerns over what he claims to be a "fabricated case" against his son and vowed to fight for those similarly arrested under questionable circumstances.

Guru said he is committed to addressing long-standing local issues such as employment, infrastructure development and youth rehabilitation. "Sopore has been neglected by previous leaders," he said.

Currently working as a contractor, Aijaz confirmed that he has collected the nomination form and will formally submit his candidacy on Thursday, September 12.

He, however, | [More on P6](#)

## Can Iltija Preserve The Mufti Family's Legacy In Bijbehara?

Agencies

Srinagar: In the political heartland of Bijbehara, a town steeped in history and renowned for its towering Chinar trees, the battle for one of Jammu and Kashmir's most coveted electoral seats is intensifying.

Iltija Mufti, the third-generation leader of the Mufti family, is campaigning vigorously to retain a seat that has produced two former chief ministers. But the million-dollar question remains: can 37-year-old Iltija secure her grandfather's bastion this time around?

Bijbehara, often referred to as "Chinar Town" due to



its abundance of the majestic trees, is not just a political stronghold — it is the home turf of the Mufti family, a seat that the People's Democratic Party (PDP) has held since 1996.

This time, the contest is

shaping up to be a family feud of sorts, with Iltija Mufti representing the PDP, and Dr. Bashir Veeri, son of Abdul Ghani Veeri, standing for the National Conference (NC). Adding a twist, the BJP's state vice-president is working to make the contest triangular, leaving no room for complacency.

Dr. Bashir Veeri's father Abdul Ghani Shah Veeri has defeated Mufti Mohammad Sayeed from here twice. He has been close to Sheikh Abdullah's close aide and has been elected MLA from here four times. This time Abdul Ghani Veeri's son Bashir Veeri is also confident | [More on P6](#)

## Kupwara Assembly Seat

## Sajad Lone Faces Nasir Aslam In High-Stakes Election

Agencies

Srinagar: The Kupwara assembly segment in north Kashmir's Kupwara district is poised for an intense electoral battle with Peoples Conference (PC) and National Conference fielding their heavyweights with decades old political legacies.

PC has fielded its president Sajad Gani Lone, son of its founder and charismatic leader late. Abdul Gani Lone, NC has chosen Nasir Aslam Wani, a close confidante of Omar Abdullah and grandson of former minister late Ghulam Nabi Sogami.

The last-minute entry of Lone



has changed electoral dynamics in the segment, turning it into a direct fight between him and Sogami. Lone's decision to contest from Kupwara, according to political observers, is seen as a "bold" move given that the segment, which | [More on P6](#)

## JKCA Case: ED Seeks Fresh Charges Against Dr Farooq

Press Trust Of India

Srinagar: The Enforcement Directorate has filed an application before a court in Srinagar seeking addition of two fresh criminal charges against former chief minister Farooq Abdullah and others in the JKCA money laundering case that was quashed by the Jammu and Kashmir High Court last month.

Official sources said the agency recently submitted its plea before the court of Principal District and Sessions Judge praying for addition of IPC sections 411 (dishonestly



receiving stolen property) and 424 (dishonest or fraudulent removal or concealment of property) in the case related

to alleged financial irregularities in the Jammu and Kashmir Cricket Association (JKCA).

The move by the federal agency comes after the Jammu and Kashmir High Court quashed its case and charge sheet against Abdullah and some others on August 14 saying the offence of money laundering was not made out.

The high court, however, allowed the ED to "canvass" its case before a local court seeking addition of fresh IPC sections and if it decides to frame charges against Abdullah and five others for any | [More on P6](#)

## IAF Officer Accuses Wing Commander Of Rape

Claims IC Probe Closed To 'Hide' Mistakes; FIR Filed At Budgam

KO Web Desk

Srinagar: A woman Flying Officer of Indian Air Force has accused a Wing Commander-rank officer, of rape, resulting in a first information report (FIR) being filed at Budgam police station in central Kashmir.

Both the IAF officers are currently stationed in Srinagar. "After the complaint, the FIR under "relevant



sections of the law" was filed at Budgam police station in central Kashmir on Saturday," a senior police officer.

The IAF said it is cooperating with the police. "We are aware | [More on P6](#)

## Harmukh-Gangbal Yatra Begins In Ganderbal

Majid Nabi

Srinagar: The 16th annual Harmukh-Gangbal Yatra—a three-day customary traditional Hindu pilgrimage—began in the central Kashmir's Ganderbal district on Tuesday amidst religious fervor.

Located at an altitude of 14,500 feet above sea level from the Naranag area of Kangan hamlet in Ganderbal district is revered by Kashmiri Pandits as the abode of Lord Shiva.

After performing a special Puja, a group of pilgrims, mostly Kashmiri Pandits,

headed for Gangbal Lake from the Naranag base camp led by the State Disaster Response Force (SDRF), marking the beginning of the three-day annual Hindu pilgrimage amidst religious fervor.

The Yatra was formally inaugurated by Deputy Commissioner (DC) Shyambir Singh and Senior Superintendent of Police (SSP) Ganderbal Waseem Qadri.

The three-day traditional yatra was revived in 2009 after a long hiatus as part of the Kashmiri Pandit community's efforts to | [More on P6](#)

EPS #2

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# Low-Carb Diets Meet Nutrient Needs: Study

Press Trust Of India

Low-carb diets can meet and sometimes even exceed one's nutrient needs, according to a study that examined the scepticism around the nutritional quality of such diets. Commonly recommended for diabetic patients to manage their sugar levels, low-carb diets restrict the intake of foods high in carbohydrates or added sugar, including sweets, starches, and refined grains. While low-carb diets have been shown to provide health benefits, including weight loss, researchers said scepticism remains around the nutritional quality of low-carb diets. Some argue that cutting down on carbs leads to over-consuming protein or fat and under-consuming essential nutrients, the team, including researchers at the University of Vermont, US, said. For the study, published in the journal *Frontiers in Nutrition*, they assessed the nutrient adequacy of three different seven-day low-carb meal plans. Two were ketogenic diets – one that averaged about 20 grams of net carbs per day, while the other av-



eraged about 40 grams of net carbs per day. The third was a more liberal meal plan that contained an average of around 100 grams of net carbs per day. "All three low-carbohydrate meal plans exceeded recommendations (US) for vitamins A, C, D, E, K, thiamin, riboflavin, niacin, B6, folate and B12 in males and females in the age group of 31-70 years and exceeded calcium recommendations for adults in the age group of 31-50 years," the authors wrote.



**All three low-carbohydrate meal plans exceeded recommendations (US) for vitamins A, C, D, E, K, thiamin, riboflavin, niacin, B6, folate and B12 in males and females in the age group of 31-70 years and exceeded calcium recommendations for adults in the age group of 31-50 years**

"Our findings suggest that, in addition to their well-established ability to support weight management, low-carb eating patterns can actually help promote better diet quality and close critical nutrient gaps," co-author Beth Bradley, from the University of Vermont, said. For certain sub-section of the population – such as younger women requiring higher amounts of iron or older people needing more calcium – the low-carb meal plans fall slightly short in a few nutri-

ents, the researchers said. Further, they found that two of three meal plans in the study – those containing 40 grams and 100 grams of net carbohydrates, respectively – also provided more than enough fibre for women aged 31-70 years. While some low-carb diets are known to be also low on fibre, the researchers said the results do not support the idea. "The idea that a low-carb diet must also be low in fibre is simply not supported by the data. High-fibre foods are actually an important part of a low-carb lifestyle, in part because fibre-rich food choices can help lower net carbohydrate intake," Bradley explained. "Non-starchy vegetables, nuts and seeds, and, in moderation, even higher-carb fruits, starchy vegetables and whole grains can contribute fibre to the diet while keeping overall net carb intake in check, especially in the more liberal low-carb approach," the co-author said. The researchers added that the low-carb meal plans provided more protein than needed to prevent deficiency, without delivering an excessive amount that could be unsafe.

# 'Efforts To Conserve 0.7% Of World's Land Could Protect A Third Of Four-Limbed Vertebrates'

Press Trust Of India

Conserving just 0.7 per cent of the world's land could help protect a third of the threatened four-limbed vertebrate species, including the gharial, a long-snouted and critically endangered crocodile found in the Indian subcontinent, according to a new research. Researchers said that large gains in conservation can be made by focusing on regions home to exceptional biodiversity and, unique and endangered species, termed 'Evolutionarily Distinct and Globally Endangered (EDGE) species'. Being evolutionarily distinct indicates how unique a species is, while global endangerment reflects how much at risk of extinction a species is. Species scoring high on both measures are known as EDGE species, and the areas where they are found in more numbers are EDGE Zones, the team, led by researchers at Imperial College London,

explained. The authors mapped the distribution of almost 3,000 EDGE species. Specific areas where richness in EDGE species was found include large parts of Southeast Asia and the Indo-Gangetic plain, the Amazon basin, among others. The authors, however, found that only 20 per cent of the areas included in the study are under some form of protection, with most areas facing consistent and increasing levels of human pressure. The findings are published in the journal *Nature Communications*. Maximum richness in EDGE species was found within an area of less than 100 square kilometres in Madagascar, containing the highest number of EDGE species, along with Mexico and Indonesia. "Our research highlights the regions of the world that are of immediate concern. Furthermore, it shows that in protecting just a fraction of the Earth's land surface, huge gains can be made for the preservation of nature," lead author Sebastian Pipins, from Imperial

College London, said. Pipins said it was crucial to just consider diversity in species for conservation efforts, but also the history of how the species evolved, "to ensure that large and unique branches from the tree of life are not lost." The researchers found that over 75 per cent of the EDGE species exist within a single country and underlined the critical importance of national leadership to support conservation efforts. "Three-quarters of the world's most unique animals are able to call only one country home, meaning that action from individual nations will go a long way to protect these incredible species from extinction," co-author Rikki Gumbs, from the Zoological Society of London, said. Very large areas of Southeast Asia have higher levels of EDGE species, which the researchers said reflects how the looming biodiversity disaster in this region is impacting the highly unique and wide-ranging species found with-

**THE J&K BOARD OF PROFESSIONAL ENTRANCE EXAMINATIONS (BOPEE)**  
 Tele/Fax: 0194-2433590, 2437647 (Srinagar); 0191-2479371, 2470102 (Jammu)  
 Website: www.jkbopee.gov.in E-mail: coejakbopee@gmail.com/helpdeskjakbopee@gmail.com

Subject: Admission to NEET-UG-2024 Courses in ASCOMS under Managements Quota of Hindu Minority (HM) /Non-Resident Indian (NRI) seats; Removal of deficiencies, Counseling thereof.

Reference: Notification No.091-BOPEE of 2024 Dated: 31.08.2024.

**Notification No. 100-BOPEE of 2024**  
 Dated 09-09-2024

Consequent upon the issuance of Notification No. 091-BOPEE of 2024 dated: 31.08.2024, the candidates belonging to Hindu Minority/NRI categories have submitted their documents for respective categories up to 5<sup>th</sup> of September, 2024 (till 3:00 P.M.). As a pre-requisite, the said documents of the candidates were checked and verified on 9<sup>th</sup> of September, 2024 by the Committee constituted for the purpose. After the verification of documents submitted by the candidates it has been found that all the candidates mentioned in **Annexure-A** to this Notification who have applied under Hindu Minority Quota are eligible for consideration under the said Category.

While the candidates who have applied under NRI category as mentioned in **(Annexure-B)** to this Notification, it has been found that documents of only Twenty-five (25) candidates out of the total of Thirty-six (36) are complete in all respects, whereas documents of Eleven (11) candidates have been found deficient as mentioned against each in the **(Annexure-B)** to this Notification. The list of candidates whose documents are deficient in one way or the other is also available on the BOPEE website www.jkbopee.gov.in as **(Annexure-B)** to this Notification. The candidates in their own interest are advised to clear the deficiencies as shown against their names, by or before 11-09-2024 (till 01:00 p.m.).

The counseling for Management Quota of Hindu Minority (HM) and NRI Quota Seats shall be held during the Second Round of Physical Counselling as and when notified by the Board. Hence, all eligible candidates are advised to remain in touch with the Official Website of BOPEE regularly for latest updates in this regard.

E & O E  
 Sd/-  
 (Prof. Gurvinder Raj Verma)  
 Controller of Examinations  
 J&K BOPEE  
 Dated: 09-09-2024

DIPK-NB-1543/24  
 dated:10-09-2024  
 No. BOPEE/Exam/22/2024(7489127)

**NOTICE**  
 I Ayesha Fareed Ahmad Chauhan D/o Fareed Ahmad Chauhan need to rectify the address of my Birth Certificate from Devak Sunderbani Rajouri to Marad Pur Rajouri. Regard this, if any person/quarter should have any objection he/she may file to the Municipal Corporation Srinagar within a week at the most, after that no excuse will accepted.

**Media Line**

**PUBLIC NOTICE**  
 I, Tariq Ahmad Rather, S/O Gh. Mohd Rather, F/O Ayman Tariq and Arsum Tariq, resident of Hanji Dantler, Anantnag, hereby announce my intention to add the caste "Rather" to the names of my sons, Ayman Tariq and Arsum Tariq, on their birth certificates issued by the Government of Jammu and Kashmir, Births and Deaths Department, Municipal Council Anantnag. Any objections to this proposed amendment must be submitted in writing to the office of the Births and Deaths Office/Department, Municipal Council Anantnag, within 7 days of this notice. After this period, no objections will be entertained or considered.

Tariq Ahmad Rather  
 F/O Ayman Tariq Rather  
 and Arsum Tariq Rather  
 R/O: Hanji Dantler, Anantnag  
 Contact No. 9906407543

**Media Line**

**NOTICE**  
 I need to transfer the name of my Electricity Connection from Abdul Majid Dhobi S/o Gh. Mohd. Dhobi R/o Rangpora Ellahibagh, Srinagar to Rohe W/o Hilal Ahmad Gujree Bearing Cosumer ID 0204020010418. Regard this, if any person/quarter should have any objection he/she may file to the Sub Division Office Rainawari Srinagar within a week at the most, after that no excuse will accepted.

**Media Line**

**PUBLIC NOTICE**  
 My name has been wrongly written in my Aadhar Card as Nuzhat Jan D/o Mohammad Ashraf Waza while my correct name as per school certificate is Nazima Bano D/o Mohammad Ashraf Waza which needs to be corrected. if anybody has any objection in this regard he/she may file his/her objection in the concerned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Nazima Bano D/o Mohammad Ashraf Waza  
 R/O KP Sari Singhpora Baramulla fko

**PUBLIC NOTICE**  
 My name has been wrongly written in my Aadhar Card as Bisma Bano D/o Mohammad Ashraf Waza while my correct name as per school certificate is Zahida Ashraf D/o Mohd Ashraf Waza which needs to be corrected. if anybody has any objection in this regard he/she may file his/her objection in the concerned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Zahida Ashraf  
 D/O Mohd Ashraf Waza  
 R/O KP Sari Singhpora Baramulla fko

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

Subject: Issuance of Registration orders in respect of delayed Birth

**Public Notice**

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Pattan) has submitted a case file pertaining to Birth of Farooq Ahmad Allaie s/o Ghulam Ahmad Allaie R/o kalseri Tehsil Pattan District Baramulla with verified date of event (birth) as 25/02/1986 occurred at SDH Pattan

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

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

Subject: Issuance of Registration orders in respect of delayed Birth

**Public Notice**

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Pattan) has submitted a case file pertaining to Birth of Hanzala Javid s/o Javid Ahmad khandy R/o Naseem Bagh- A /sopore tehsil sopore District Baramulla with verified date of event (birth) as 29/04/2020 occurred at SDH Pattan

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

Subject:- Grant Of Registration of the Proposed Travel unit under the name & Style "M/S Travel Kashmir With Us Tour And Travels Situated At Near Main Bus Stop Gulmarg Road Chichilora

**Public Notice**

Whereas I, Mr. Arshad Ahmad bhatS/o Ghulam Hassan Bhat R/o CHICHILORA MAGAM KASHMIR intend to apply in the Department of Tourism for registration of my proposed travel unit under the name & style of M/S Travel Kashmir With Us Tour And Travels Situated At Near Main Bus Stop Gulmarg Road Chichilora KASHMIR under tourist trade act 1978/82/2011-12.

Whereas I will submit state subject / Domicile certificate , Qualification Certificate, pan card \ Experience Certificate( Minimum 5years), Police character certificate, Bank statement (minimum balance 10000), site plan, Affidavit, Rent deed duly attested by sub Registrar, printing material (Letter head / Visiting card ) Photograph of the unit (indoor and outdoor) and Two passport size photographs to the department of Tourism as per prescribed checklist I Prior to Registration of my unit as an Excursion Agency.

Now as per J&K Registration of Tourist Trade Act 1978/82/2011/12) before my case is processed for my registration by the Competent Authority, the matter is hereby notified for information of general public/ Financial institutions/Bank/ Organisation, etc for objection, if any and the same should reach to the Deputy Director Tourism Registration(email id: ddtregl23@gmail.com) within a period of 7days from the publication of this notice in a leading newspaper/newspapers of the valley. No objection beyond a period of 7 days shall be entertained.

**bmj**

Subject:- Grant Of Registration of the Proposed Travel unit under the name & Style "M/S Mr Cool Tour and Travels situated at Dhoiwan Main Market

**Public Notice**

Whereas I, Mudaris Maqbool Dar S/o Mohd Maqbool Dar R/o WariporaBangleTeh Kwarhama District Baramulla KASHMIR intend to apply in the Department of Tourism for registration of my proposed travel unit under the name & style of M/S Mr Cool Tour and Travels situated at Dhoiwan Main Market KASHMIR under tourist trade act 1978/82/2011-12.

Whereas I will submit state subject / Domicile certificate , Qualification Certificate, pan card \ Experience Certificate( Minimum 5years), Police character certificate, Bank statement (minimum balance 10000), site plan, Affidavit, Rent deed duly attested by sub Registrar, printing material (Letter head / Visiting card ) Photograph of the unit (indoor and outdoor) and Two passport size photographs to the department of Tourism as per prescribed checklist I Prior to Registration of my unit as an Excursion Agency.

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**bmj**

**PUBLIC NOTICE.**

My Name and DOB has been wrongly written in my driving licence bearing no 0420120014219 as Fayaz Ahmad Bhat S/o Ramzan Bhat, DOB 10-11-1976 while my correct Name is Fayaz Ahmad Bhat S/o Mohammad Ramzan Bhat DOB 26-12-1977 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 ARTO Budgam within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

**Fayaz Ahmad Bhat**  
**S/o Mohammad Ramzan Bhat**  
**R/O Makdam Mohalla Sozeth Goripora Beerwah**  
**Budgam**  
**bmj\_r**

**Public Notice.**

I have lost my passport bearing no: R478639 . 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 Regional Passport Office Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Fayaz Ahmad Ganie  
 S/O Gh Ahmad Ganie  
 R/O Andergam Pattan  
 fko

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

Subject: Issuance of Registration orders in respect of delayed Birth

**Public Notice**

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Pattan) has submitted a case file pertaining to Birth of Muteeba Shafiq S/o Shafiq Ahmad Wani R/o Guwi Pattan tehsil pattan District Baramulla with verified date of event (birth) as 28/07/2023 occurred at SDH Pattan

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

از عدالت ایگزیکٹیو مجسٹریٹ درجہ اول نارہ مل ضلع بدگام

عنوان: درخواست منجانب محمد اکرم تیل وانی ولد عبدل سلام تیل وانی ساکنہ وڑون تحصیل نارہ مل ضلع بدگام براد عطائی اجرائی یوم وفات سند اشتہار براد آگاہی ہرخاص و عام

معاملہ مندرجہ عنوان الصدیر میں دفتر بدگام ایک درخواست بابت حصول تاریخ وفات سرٹیفکیٹ موصول ہوئی ہے۔ سائل اسانکے یوم وفات سند حاصل کرنے کی خواہ ہے۔ سائل اسانکے دعویٰ کرتی کرتا ہے کہ

عبدل سلام تیل وانی ولد محمد صدیق تیل وانی ساکنہ وڑون کی تاریخ وفات 08-08-2018 ہے۔ اس نسبت ہرخاص و عام کو مطلع کیا جاتا ہے کہ اگر کسی شخص یا شخص کو کوئی عذر یا اعتراض ہو تو وہ اپنا عذر یا اعتراض سات یوم کے اندر پیش کریں۔ میعاد مرنے کے بعد کوئی عذر یا اعتراض قابل قبول نہیں ہوگا۔

ناجیب تحصیلدار **bmj**



Assembly Elections- 2024

## Training Cum Interaction Session Of Political Parties, Candidates Held

Observer News Service

Srinagar: The District Election Officer (DEO) Srinagar, Dr Bilal Mohi-Ud-Din Bhat today presided over the Training cum Interaction session of Political Parties and Candidates regarding permissions and online applications.

On the occasion, the DEO briefed participants regarding proper procedures for obtaining permission for their election related activities through online mode.

DEO emphasized on the Political stakeholders to obtain permission before planning to hold meetings, rallies or congregational programs.

The District Administration Srinagar has nominated Chief Planning Officer as Nodal Officer for Permissions to facilitate Contesting Candidates in obtaining the permission

for electioneering.

The Political party representatives were informed that permission to conduct activities for the election campaign shall be given on the principle of 'First Come First Serve' basis.

Parties and the Candidates were sensitized regarding their responsibilities to comply with ECI guidelines and Model Code of Conduct.

Moreover, participants were informed about ECI applications which can be accessed by them to apply for permission and other facilities including C-Vigil App, Suvridha Candidate App, etc.

The Suvridha Candidate App helps a candidate to view the list of permissions required for campaigning, to track the status of their permission application and to download the permission form and submit it online.



## PDP's Lal Chowk Candidate Holds Rally At Ghanta Ghar

Observer News Service

Srinagar: The people's Democratic Party (PDP) candidate for the Lal Chowk assembly Constituency, Zuhaib Yousef Mir on Tuesday held an impressive rally at the historic Ghanta Ghar and pledged to fight for the respect, dignity and honor of the people of Kashmir.



Addressing his supporters Zuhaib Mir recalled that Lal Chowk is the same place where the first Indian prime minister Pandit Nehru unfurled the tricolor.

"There used to be another flag in Kashmir and that flag was our identity but the BJP regime at New Delhi ended our identity. The flag of Kashmir was finished by BJP and since then we truly feel dishonored and disrespected. Kashmir might be a small territory for BJP but it is our dream land where we live," the PDP leader said.

He said that his party

wants people of Kashmir to live honorably which is not possible without the restoration of the constitutional rights.

The PDP leader also

said the BJP first broke the PDP led government then broke the PDP and finally the Article 370 and 35A.

However, PDP is on its way to fight for the constitutional rights of the people of Kashmir, Zuhaib roared.

He said that Lal Chowk is the heart of Kashmir and in the heart of Lal Chowk, one can feel and see the injuries since 2019 when our identification was snatched.

He challenged the BJP for talking about the development of Kashmir and said that our hundreds of youth are behind bars for no crime at all.

Even passport issuance is being used as a weapon by New Delhi and its local agents, how can anybody claim that Kashmir has witnessed development? he questioned.

## EO Briefs Candidates, Political Leaders On Maintaining Expenditure Registers

Observer News Service

Srinagar: In order to ensure financial transparency of financial expenditures incurred by Candidates during electioneering, the Expenditure Observer (EO) for Assembly Constituencies of 19-Hazratbal, 20-Khanyar, 21-Habakadal and 22- Lal Chowk, Capt. Pradeep Shoury Arya today convened a meeting of Contesting Candidates of General Elections to the Legislative Assembly 2024.

The meeting was also attended by Returning Officers and Assistant Expenditure Observers of these Constituencies.

Addressing the meeting, EO informed Candidates and representatives of Candidates that they should

open a new bank account for the expenditure during election campaigning.

He informed them that the expenditures should be made only using the new bank account.

They were directed to use only cheque books for the payments and avoid cash payments.

The maximum limit of cash payment is ten thousand rupees for the entire Election process.

EO informed them that the Election Department has notified a uniform rate list to avoid any doubt in making entries in the registers.

They were also asked to submit their expenditure registers during the election process for periodic inspection of expenditure.

## Div Com Reviews Arrangements For Eid-Milad, Friday Following

Observer News Service

Srinagar: The Divisional Commissioner (Div Com) of Kashmir, Vijay Kumar Bidhuri convened a meeting on Tuesday to assess the preparations for the upcoming religious occasions of Eid Milad-un-Nabi (S.A.W) and Friday following.

During the meeting, Div Com instructed all officers to ensure adequate arrangements at the major shrines, including Aasar-i-Sharief Hazratbal, Jenab Sahib Soura, Aasar-i-Sharief Kalashpora, Aham-i-Sharief Bandipora, Kabamarg

Anantnag, and Peth Makhama Beerwah Budgam, as well as other prominent locations.

He emphasized the importance of making all necessary arrangements for essential services to facilitate the general public, particularly devotees visiting the shrines.

Regarding extensive arrangements at Hazratbal shrine, he directed the concerned to ensure adequate arrangements at the major shrines, including availability of drinking water tankers, uninterrupted power supply, efficient transportation of devotees using RTC and Smart City buses, security measures, and other necessary amenities.

He also instructed Deputy Commissioners and other officials to make detailed arrangements in their respective districts for ensuring Eid Milad-un-Nabi (S.A.W) besides instructing them to conduct personal visits to prominent religious places.

The meeting was attended by Deputy Commissioners as well as officials from Traffic Police, Transport, Power, Health, PHE, SMC, Food and Civil Supplies, and other concerned departments.

## Assembly Elections- 2024

### Randomization of Supplementary Ballot Units For 19-Habba Kadal AC Held

Observer News Service

Srinagar: In connection with General Elections to Legislative Assembly-2024, a Supplementary first Randomization of Supplementary Ballot Units for 19-HabbaKadal Assembly Constituency of Srinagar District was today conducted in accordance with the guidelines Election Commission of India(ECI) here at Meeting Hall of the DC Office Complex.

The Supplementary Randomization process was held under the

supervision of District Election Officer (DEO), Srinagar, Dr. Bilal Mohi-Ud-Din Bhat in presence of representatives of the Political parties and Contesting Candidates.

The process of Supplementary Randomization of Ballot Units was carried out through dedicated Software and additional required number of Ballot Units was allocated for use during the upcoming Polls, as the number of Contesting Candidates in 19-HabbaKadal Assembly segment is more than 16 Candidates.

On the occasion, 180 supplementary Ballot Units were se-

lected randomly from the pool of available ballot units.

Prior to the supplementary Randomization process, the DEO Srinagar briefed the representatives of the Political parties and Contesting Candidates about the Supplementary first Randomization of Ballot Units ensuring their confidence in the uprightness of the process and encouraging that all requisite measures have been enacted to uphold the sanctity of the polls in free, fair and transparent manner as per the guidelines of Election Commission of India.

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- Mughal Road - (Open)
- Srinagar- Leh- (Open)

 <b>HIJRI CALENDAR</b> 06 Rabi-ul-Awwal 1446	<b>PRAYERS</b> FAJR 4: 49 ZUHR 12:31 ASR 4: 56 Magrib 6:51 ISHA 8: 13
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### This Day In History

- 1906 - Mahatma Gandhi coins the term "Satyagraha" to characterize the Non- Violence movement in South Africa.
- 1909 - Max Wolf rediscovers Halley's comet
- 1910 - 1st commercially successful electric bus line opens (Hollywood)
- 1914 - Australia invades New Britain, defeating a German contingent there.
- 1926 - Spain leaves League of Nation due to Germany joining
- 1939 - Iraq and Saudi Arabia declare war on Nazi Germany
- 1941 - FDR orders any Axis ship found in American waters be shot at on sight
- 1941 - World War II: The U.S. Navy is ordered to attack German U-boats.
- 1943 - US & Australian troops join in Salamaua, New Guinea
- 1967 - Indian/Chinese border fights
- 1967 - US Surveyor 5 makes 1st chemical analysis of lunar material
- 1985 - Intl Cometary Explorer (ISEE 3) passes Giacobini-Zinner by 7900 km
- 1995 - Soyuz TM-22, lands.
- 1997 - After a nationwide referendum, Scotland votes to establish a devolved parliament, within the United Kingdom.
- 1998 - Independent counsel Kenneth Starr sends a report to the U.S. Congress accusing President Bill Clinton of 11 possible impeachable offenses.
- 1998 - Opening ceremony for the 1998

### From KO Archives

## Census Held Up, Div Com Cajoles Union Leader

Observer News service

Srinagar: The second and final Phase of the census operation in Kashmir, scheduled to begin today, failed to take off with most government employees detailed for the purpose not reporting for duty following militant threat to eliminate those taking part in the exercise.

Director census of Jammu and Kashmir Feroz Ahmad said he had not received any information about the progress of the operation till 1500 hours, today. He said the operations had begun in Jammu and Ladakh regions. "I can't say if the operation had begun in Kashmir valley. I can't even say that the operation had not begun at all", he told reporters.

However, he said the job of the directorate of census is to dispatch the material to the concerned wards which has been completed in time. In Srinagar, the material had not been received by the staff in 15 segments. He said the position would become dear in a few days.

Official reports reaching here said the employees did not receive the material and did not take part in the operation. But officials in the divisional commissioner's office here claimed, that, employee turned up to collect the census material in Budgam, Anantnag and Kupwara districts.

"The exact information from all over the Kashmir valley is not known, especially in Srinagar", the officials said adding the director-of census has been summoned to obtain information about progress of the operation.

A PTI reporter who visited the directorate of census and other areas in the city found that out of 98 employees in Brain-Nishat in ward number one, only five employees turned up to receive the material for the area.

Two prominent government employees unions, State Employees Con-ference and Employees and Workers Confederation had directed the staff not to endanger their lives by participating in the operation in view of militants' threat to train their guns on those taking part in the exercise.

Over 22,000 enumerators were trained to conduct the census, to be concluded on September 30, he said adding the first phase was undertaken from May 16 to June 5 this year. House listing with the civic and other amenities available at the household and locality levels was done during the first phase which, however, went off without any problem.

An official handout issued here today said the divisional commissioner had a detailed discussion with the representatives of some employees' organisations and assured them the government would take all possible steps to ensure their security. The statement claimed the representatives informed the divisional commissioner that "they had neither issued any statement to boycott the census duty nor have intention to do so".

(Kashmir Observer, September 11, 2000)



KASHMIR OBSERVER®

Wednesday | 11-09-2024

## A Dramatic Twist

In a potentially game-changing move, the Supreme Court on Tuesday released Awami Ittehad Party chief Engineer Rashid on bail. There was some build up to the release though, with a section of public opinion agog about the widely anticipated development. Now that Rashid's temporary release has come about, the attention has shifted to the ongoing electoral arena in Kashmir Valley, which is likely to change profoundly with his arrival on the scene. Ever since he won parliamentary election from Baramulla early this year garnering over 4.5 lakh votes, Rashid's political profile has become almost equivalent to his competitors in the Valley. He is now seen as a major threat to the political dominance of the National Conference and the PDP. And this seems for real now. Four and a half lakh people who voted for him form a majority across almost 15 of the 18 Assembly constituencies in North Kashmir. Should the momentum his party built in the parliamentary election carry over to the ongoing election, Rashid could potentially sweep North Kashmir, making him a powerful player in the 90-member J&K Assembly. He could also be a challenge in central and South Kashmir, should his party decide to contest from there. During Lok Sabha, elections, Rashid was seen as a politician who stood up to New Delhi following abrogation of Article 370 and chose jail to surrender as others are perceived to have done.

In August 2019, soon after the withdrawal of J&K's special constitutional status, he was arrested by the National Investigation Agency (NIA) in a case of terror funding. The incarceration brought him a wave of sympathy during the parliamentary election when his sons Abrar Rashid and Asrar Rashid mounted a spirited electoral campaign. Rashid's was a wild card entry at a time when the contest seemed to be evenly split between the former chief minister Omar Abdullah and the People's Conference chief Sajjad Lone. They were considered the only serious candidates in the fray in North Kashmir at the time. But Rashid's decision to contest which came late in the day changed everything. The victory has made him a far bigger leader in the Valley than he has been so far. Will he be able to replicate his party's frenzied Lok Sabha election campaign in the ongoing Assembly polls? It can be anybody's guess. The general expectation, however, is that he is likely to do so. His release will certainly give his party the headstart it desperately needed. Unlike the Lok Sabha election, the AIP now has many faces contesting the Assembly polls, and some of them do have baggage. Will Rashid be able to retain focus of the campaign on him only? Will he be able to override the baggage of some of his candidates? Will he be able to dispel the creeping suspicions about his own agenda that may haunt his unexpected release? Beside the early public euphoria that may follow his return to Kashmir, his success in the election will depend on how credibly he is able to convince people of his bonafides.



## Avoid the Trap of Unrealistic Returns: Invest Safely

Irshad Mushtaq

In India, regulatory bodies like SEBI (Securities and Exchange Board of India), RBI (Reserve Bank of India), and IRDA (Insurance Regulatory and Development Authority) are dedicated to safeguarding the financial interests of investors. They aim to prevent the public from falling prey to schemes with suspiciously high returns, commonly known as "Ponzi schemes." These schemes promise unrealistically high returns, while regulated instruments usually offer more moderate, safer gains.

### The Role of Regulation and Professional Advice

Trusting in unregulated schemes can be financially disastrous. Even if a scheme appears to be legitimate, it's wise to consult a fee-only certified financial planner (CFP) for investment advice. Such professionals are trained to align investment choices with your financial goals and risk tolerance, ensuring a well-balanced portfolio.

### Achieving Sustainable Wealth

There is no shortcut to accumulating lasting wealth. Quick gains are appealing but may not result in financial stability. It's crucial to differentiate between planned investments, driven by strategy and analysis, and emotional investments, driven by greed or fear. Overconfidence in one's ability to manage investments without professional help often leads to suboptimal returns.

### Embrace Sound Strategies

Focusing on secure avenues like trusted financial services and sound investment houses is essential. A disciplined approach to investing, guided by thorough research and professional advice, prevents rash decisions and cultivates long-term financial health.

### The Benefits of Professional Financial Services

Investing in shares, ETFs (Exchange-Traded Funds), and mutual funds offers benefits like liquidity, allowing for easy access to your investments irrespective of market conditions. Such flexibility is less common in other asset classes, making professional guidance even more crucial.

### The Value of Brokerage Expertise

Some investors hesitate to use brokerage services to avoid fees. However, brokerages often offer valuable insights and expert advice that can significantly enhance your returns. Compared to real estate transactions or purchasing insurance policies, brokerage fees are relatively lower. Skilled financial analysts can provide timely, strategic advice that substantially impacts your portfolio's performance.

### Conclusion

Wise investing transcends the pursuit of high returns—it's about making informed, strategic, and disciplined decisions. Professional guidance not only protects your investments but also fosters sustainable growth. Resist the temptation of quick profits and prioritize building a secure financial future through trusted and intelligent investment practices. Seeking advice from certified financial planners ensures that your investment choices are both safe and aligned with your long-term financial objectives.

Learn from the insights of @IrshadMushtaq, Writer, Investor, Entrepreneur & Founder of M I Securities! Connect for valuable financial advice at [misecurities@bp.sharekhan.com](mailto:misecurities@bp.sharekhan.com)

# Understanding the Plight of Teachers

Contractual lecturers should not be at the mercy of the colleges where they are easily shown the door at any point of time

Dr. Shahid Amin

In the heart of our educational system lies an unwavering dedication among teachers, whose commitment extends far beyond the classroom. The dedication of teachers is evident in the countless hours they spend preparing lessons, grading assignments, and participating in professional development etc. Their influence often extends into the lives of students, shaping their values, ambitions, and critical thinking skills. Without any exaggeration, teachers invest deeply in the personal and academic growth of their students.

Despite their critical role, teachers today face a multitude of challenges that complicate their work. There is lack of sufficient funding in many educational institutions. This shortfall results in inadequate resources and outdated facilities, which can easily hinder teachers' ability to deliver high-quality education. The workload nowadays for teachers in most of the institutions has also increased dramatically. This extra burden can easily lead to burnout of the worthy teachers, affecting their overall effectiveness as promising teachers. The job security of some teachers remains precarious. Contractual and temporary teachers often face uncertainty about their employment status, which heavily undermines their morale and long-term commitment. Compounding this issue is the disparity in pay between regular and contractual teachers. There is also difference in pay between Govt. sector and private sector teachers. This inequity not only affects the financial stability of educators but also impacts their motivation and performance. Additionally, societal expectations and challenges, further complicate the teaching environment.

The situation in Jammu and Kashmir offers a stark illustration of these broader issues. A recent case has brought to light the struggles of contractual lecturers from the region. One PhD scholar/contractual lecturer has resorted to selling dry fruits on the roadside after facing difficulties securing a stable academic position. This individual's experience reflects a troubling reality: despite years of advanced education, experiences and dedication to the field, many educators in Jammu and Kashmir find themselves without reliable career prospects. The contractual lecturers should not be at the



For the government, there is an urgent need to establish fair compensation structures and eliminate disparities. It will improve job satisfaction and hence result in productivity. In addition, teacher training and professional development are frequently inadequate, leaving educators unprepared for new methods and technologies

mercy of the colleges where they are easily shown the door at any point of time. Earlier the yearly contract was little justified and reasonable. The lack of adequate support and recognition for educators in the region highlights a systemic problem that extends beyond individual experiences. The disparity in treatment between regular and contractual teachers is particularly pronounced, with many facing lower pay and job insecurity despite their significant

contributions to education. This inequity creates a demoralizing environment that undermines the commitment and effectiveness of teaching staff.

From the experiences of teachers and the recent case in Jammu and Kashmir, several important lessons emerge. Firstly they (contractual teachers) must also not give up. Life every day is a test and be prepared with positivity. For teachers, maintaining resilience and adaptability is crucial. The ability to navigate adversity and explore alternative career paths, as demonstrated by the said PhD scholar, can offer new opportunities and inspire others. They must not hesitate or feel low in esteem to start small ventures. They can use experiences to turn small into big ventures and be inspirational for others as well. There is nothing great like being a job creator than a job seeker. Moreover, teachers in Jammu and Kashmir should not be just confined to the Union Territory for their livelihood. There are immense opportunities and there is a big world to explore outside the Jammu and Kashmir. Even one must not hesitate to explore options outside the country. But it takes efforts and positivity and those who put in best efforts become successful. Additionally, teachers both regular and non-regular, private or Govt. should advocate for fair treatment to address systemic issues and improve working conditions. It can potentially change system into an effective and productive system where every stakeholder will be benefitted.

For the government, there is an urgent need to establish fair compensation structures and eliminate disparities. It will improve job satisfaction and hence result in productivity. In addition,

teacher training and professional development are frequently inadequate, leaving educators unprepared for new methods and technologies. Technology integration and new pedagogies remains problematic due to insufficient support and training. Furthermore, implementing policies that provide greater job security for contractual and temporary teachers can foster a more stable and committed workforce. Another critical issue plaguing educational institutions is a leadership crisis. Ineffective or misaligned leadership can undermine even the most talented and dedicated educators, derailing their potential and stifling innovation. It is essential that the right individuals, who are both capable and visionary, are placed in positions of authority to guide and inspire. Without strong, strategic leadership, institutions risk failing to realize their full potential and may struggle to navigate the complex challenges facing modern education. Properly matched leadership can transform institutions, unlocking the capabilities of their staff and fostering an environment where both educators and students can thrive.

Our society has a role to play in supporting educators/teachers. Student engagement and parental involvement are often lacking, impacting academic achievement. Recognizing and appreciating the contributions of teachers can boost morale and encourage continued dedication to the profession. Advocating for educational reforms that address critical issues like pay disparity, job insecurity, better infrastructure, better workload etc., is essential to creating a more equitable and effective education system. As an ideal society we should not criticize our honest and dedicated teachers who are giving their best time and efforts for our children. It is by learning from the experiences and implementing thoughtful changes, we can work towards a more supportive, respectful and productive environment.

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

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## Erosion Of Respect For Parents

In a world where familial bonds should ideally embody unconditional love and respect, a distressing video from Nowgam has cast a long shadow over our perceptions of these relationships. The footage, depicting a son violently beating his parents with a slipper, has shocked viewers and ignited a profound introspection about the state of respect within our homes.

The unsettling imagery from Nowgam, a locality that was once seen as a haven of traditional values, portrays a scenario so disturbing that it challenges the very essence of what we consider acceptable behavior towards our parents. This harrowing incident has prompted a broader conversation about the treatment of parents and the erosion of reverence that has historically characterized familial relationships. For many, like myself, this dis-

ressing video has had a deeply personal impact. Since witnessing the disturbing scene, an overwhelming heaviness has settled in my heart, and I find it difficult to meet my own father's eyes. The contrast between the gentle hands that once comforted me and the brutality displayed in the video is stark and jarring. The sense of betrayal is palpable, not just towards the parents involved in the Nowgam incident, but to all parents who dedicate their lives to nurturing their children.

This situation serves as a stark reminder of how fragile our relationships can be. It underscores a growing disconnect between the expectations we have of our parents and the respect we often afford them. The silent sacrifices made by parents, their unspoken prayers for our well-being, and their endless expressions of love are too often taken for granted. This tragic

event has brought to light how important it is to acknowledge and appreciate the sacrifices made by our parents.

The Nowgam video is not merely an isolated incident; it represents a troubling trend of diminishing respect and empathy towards those who have given us so much. It raises urgent questions about how we, as a society, have arrived at a point where such actions are conceivable, and what can be done to restore the reverence that should be inherent in our relationships with our parents.

In reflecting on my own experiences, I recognize the many moments when I have failed to honor the love and care my father has given me. The video from Nowgam has made me acutely aware of the ways in which I have taken my father's sacrifices for granted, and it has deepened my resolve to change. I owe it to my father and to all parents to express my grati-

tude and to strive to show the respect that has been so freely given to me.

As we grapple with the implications of this disturbing video, let it serve as a catalyst for a renewed commitment to valuing and respecting our parents. They are the unsung heroes of our lives, and it is incumbent upon us to honor them with the love and respect they so rightly deserve. To my father, and to every parent who has ever felt overlooked or undervalued, I offer my deepest apologies and a heartfelt promise to better acknowledge and appreciate the immeasurable contributions you make to our lives.

The Nowgam incident may be a painful reminder, but it is also an opportunity for all of us to reaffirm our dedication to fostering relationships grounded in respect, gratitude, and love.

Showkat Ali



# While Youth Enjoy 'Reels', 'Real' Fun of Socialising Fading Away

Midhat Soharwardy

**O**azi Jveerah, a content creator, who has an Instagram page by the name-@jveecaptures, cannot recall her last family gathering with close relatives. She hardly gets to meet her uncles and cousins as she gets more and more squeezed into the vortex of followers' mania.

Zuha(18) is no different. She has become an insomniac and deeply immersed in flipping videos, re-posting, liking and updating her profile picture deep into the night.

As Kashmir's youth struggle with the idea of monetizing their social media accounts on X, Facebook and Instagram through reels, real-life socializing has emerged as a major casualty. What is disturbing is the trend of families and friends now meeting briefly at events for marriage and mourning. Even there people keep clicking and uploading social media content.

"People have started using social media as a coping mechanism. Many of my patients struggling with loneliness, lack of friends and social connections rely on online networks. To combat their isolation, they start mindlessly scrolling on reels for hours together which leads to excessive dopamine rush that can cause addiction and mood disorders. I treat a lot of patients who suffer from emotional anxiety and depression and I advise them to reduce or eliminate their social media use.", said clinical psychologist Wasim Kakroo.

He further added that this reel world, while targeting dopamine, has made the youth more addictive, more impulsive and less patient. In addition many youngsters from Kashmir are engaging in online dating and having anonymous relationships on these apps, where they've no idea who the other person is. This addictive behavior leads to a distorted idea of love, which many of my patients are struggling with be-



cause of social media.

Casual dating is the new normal amongst youngsters, also known as "Gen Z". Tinder being one of the most popular dating apps allows one to connect with potential partners through a swipe-based feature. Users create profiles and swipe right to like or left to pass, if two users swipe right on each other they are matched and can start chatting. This virtual world has made it very difficult for the youngsters to foster deep and meaningful relationships which is only possible after socializing and having face-to-face interactions.

"I have had a front-row seat to how social media affects young people's mental health. I see this impact daily in my own life and the lives of those around me. Recently, my friend posted about landing an impressive internship and jet-setting to exotic destinations. Meanwhile, I'm

**As Kashmir's youth struggle with the idea of monetizing their social media accounts on X, Facebook and Instagram through reels, real-life socializing has emerged as a major casualty**

working late into the night, balancing academics and research. Even though I work hard, seeing these idealized snapshots makes me question if I'm doing enough. This constant comparison stirs feelings of inadequacy and insecurity. The young people are creating idealized online personas. They may post pictures that make their life seem more glamorous than it really is, but deep down, they feel frustrated and even depressed by the gap between their online persona and their real self. This dissonance can further erode their self-esteem, making them feel trapped in a digital mask they can't take off.", said Farah Fayaz, a psychology student and a research intern in the field of neuroscience.

A 2022 study published in Pew Research Center surveyed youth globally and found out that on an average, teenagers spend approximately 6 to 7 hours a day

online, including social media, gaming, and other activities. This excessive use of the internet among youth can lead to several health problems like sleep disturbances and mental health concerns. Social Media, on the other hand, has promoted numerous unrealistic beauty standards in the past few years which has made the youngsters self-conscious. In the teenage years when they are trying to understand themselves and develop their self image they are more vulnerable to the impact of unrealistic beauty standards.

There has been a massive rise in social media influencers in the past few years because of the potential for high earnings which has made people lazy thinking that this is anyway better than a 9-5 job. Business Insider's report (2021) highlighted that social media influencers have become a major marketing force, 67%

of brands increased their influencer marketing budgets in the year 2021. The study also noted that Instagram remains the most popular platform for influencers, with 79% of marketers leveraging the platform for influencer collaborations.

Platforms like Instagram, YouTube, Netflix have turned youngsters into couch surfers where they consume online content just by sitting at one place which leads to extended screen time. Due to this increased screen time there has been a drastic reduction in outdoor activities. The University of Exeter came up with a survey in the year 2017 which shows that children's outdoor play has decreased by 60% over the past 40 years. It also revealed that only 31% of children meet the recommended guidelines for physical activity, compared to 50% in the 1970s.

The most vulnerable in this 'Information Superhighway era' are that toddlers are also introduced to these digital gadgets, with parents proudly flaunting their 'superkids' on social media. This will lead to limited face-to-face interactions which can impact the development of skills in the prolonged run.

Ghulam Rasool, a septuagenarian veteran, recalls his childhood when he used to enjoy day-long merry time with his friends and times of learning with elders. "Listening to the words of advice from Buzurgs after early dinner were deeply respected, now no more," he said, adding his 16-year-old grandson hardly gets the time to meet him.

As we see ourselves more and more through the prism of the global village, we need to revive our old-time relationships with our relatives and friends by arranging get-togethers and family outings to rediscover each other naturally. And for that we need to put our phones on airplane mode.

*The author is an intern at Kashmir Observer*

## Receding Reading Public

Abid Hussain Rather

**W**HEN we start searching for quotations and write-ups regarding the necessity and importance of studying books, we find thousands of quotations and articles penned down by various intellectuals and philosophers in the course of history. Speeches are given in various conferences and seminars organized at different occasions regarding the imperativeness of erudition in our lives. Still, studying books has become an abandoned habit in our society.

Increasingly, the reading public in Kashmir has declined especially because of the youth. It seems that nowadays people have lost the literary taste and are detouring from books. We constantly see that with every passing day, kids are losing interest in studying and it is observed that they mostly remain busy with social media, television and a plethora of options offered by World Wide Web. Another reason for detachment from exploring the literary world is tight schedule of schools, home work, tuitions etc. After all these things our children find little or no time for studying other books and literature beyond their prescribed syllabus.

There is a broad and vast world of literature beyond the prescribed books in our educational institutions. Nowadays, the trend of getting maximum marks in examination has restricted our children to tuitions, tests and short notes only. The students have even lost the habit of reading their curriculum books. The system of mechanical teaching and learning process in schools has also kept the students away from the world of books.

When we have a glance at the developed countries of the world, we find that people in such countries still possess a good literary taste and are fond of studying books. It has been found that even in the present digital technology world, 64% people in America read paper books while as 28% read digital books. During 2017, almost 80% of readers in America were people in the age group of 18

to 29 years. 30% people in America read books daily while as 25% people read a book once in a week. In India, 32% children read 24 books yearly. It is difficult to present the data regarding the trend of studying among Muslims but from observations it has been found that the results are not very satisfactory. One of the major reasons for the decline of the Muslim ummah is that we have lost the fervor of learning.

The dream of a majestic and ele-



gant future of a nation depends on its passion and enthusiasm for knowledge and knowledge is correlated to the love for learning as knowledge comes from studying. When we talk about a bright and prosperous future of a nation, it is unavoidable to think about its children and how to develop the habit of studying among them. Let's ruminate some ways and methods in which we can develop the literary taste among our children:

It is the duty of parents to create a conducive environment for learning in their homes for bright career of their kids. There should be small libraries in every houses with variety of books and a particular time for studying should be formulated by replacing the watching of some futile programs on our TV sets.

It has been found that people leave studying books if they find any difficulty in understanding a book. So it is advisable to help such people in studying a book. We should help them in knowing new words, idioms and phrases.

It is necessary to make book purchasing a routine habit to create a conducive atmosphere for studying in our houses. We should spare some money in every month for purchasing some books. Most of us spend some

and qualifying quiz competitions regarding studying various books. Target reading and prize awarding culture should be created in our educational institutions.

It is necessary to visit libraries with our families to introduce our children to the world of books, but unfortunately there are no libraries in our villages. We should take our children to different libraries during holidays so that they may develop an interest towards books.

There has been a custom of organizing book fairs in big cities by different publishers. Besides helping us in purchasing variety of books, such fairs develop an interest towards studying books in us. Government should help the publishers and other stakeholders to organize such book fairs in rural areas also to help people in developing a literary taste.

Besides above there can be many more practical ways and inklings to motivate people specially our youngsters towards studying books as it has been said where there is a will there is a way.

The author is a columnist and teaches Geography at GDC, Kulgam. He can be reached at rather1294@gmail.com

## What to Do When You Feel Out of Control Around Food

Susan Albers

"I feel completely out of control when I am around food that tastes good!"

This is one of the most common things my clients/readers tell me. Does it sound familiar?

If you've found yourself caught in the cycle of mindless or binge eating, you're not alone. Many people experience guilt and frustration after episodes of overeating/mindless eating, leading to emotional eating patterns that can feel overwhelming. But what if I told you that the key to breaking this cycle isn't about gaining control, as we have been taught to believe in our diet culture?

Instead, it's about letting go and making conscious choices. Trying to control your eating can be like trying to hold onto a bar of soap in the shower—the tighter you grip, the more it slips away. The harder we strive to resist cravings or impose strict rules, the stronger those impulses can become.

The Why: Trying to control eating often backfires because it activates our instinctive fight-or-flight response, triggering cravings instead of calming them. When we impose strict rules, our brains interpret this as a threat to our freedom, leading to an intensified desire for the very foods we're trying to avoid. This paradox reveals that the more we fight against our cravings, the stronger they become, creating a cycle of resistance that can leave us feeling even more out of control. And, it creates a sense of shame that we aren't acting as we believe we "should." Instead of control, embracing a mindset of curiosity and compassion allows us to explore our relationship with food in a healthier way.

The Answer: Reframe this journey. It's not about restriction; it's about taking charge of your choices with compassion and awareness. Here's how to approach mindful eating and shift your mindset.

1. Make Conscious Choices vs. Telling Yourself to Gain

Control. Shift your perspective from "I need to control my eating" to "I choose to eat mindfully." Ask yourself what you genuinely want to eat and how it will make you feel. This approach empowers you to enjoy a variety of foods without guilt, fostering a healthier relationship with what you consume.

2. Change the Scene. Breaking out of the cycle of mindless eating often requires a shift in our environment. When we find ourselves in familiar settings—like the kitchen or living room—our brains can easily slip into old habits and triggers. By consciously changing your surroundings, whether it's stepping outside for a walk, moving to a different room, or even just taking a moment to breathe in a new space, you disrupt that automatic loop. This change can create a pause, giving you the opportunity to reassess your cravings and emotions. By stepping away, you can break the cycle and approach your eating habits with a fresh perspective, allowing for more mindful choices.
3. Pause and Breathe. Before reaching for a snack, ask yourself, "What am I feeling?" This simple act of reflection can help you reconnect with your body's signals.
4. Engage Your Senses. When you decide to eat, fully immerse yourself in the experience. Notice the colors, textures, and aromas of your food. Take small bites and savor each one. This not only enhances your enjoyment but also helps you feel satisfied more quickly.

Again, when you hear yourself use the word "control," reframe to wanting to make conscious choices.

*The article was originally published by Psychology Today*



## CONTD. FROM FRONT PAGE

## 2350 Permissions

formalities were rejected, while 241 requests are still under process at the level of various competent authorities to issue the permissions.

"As many as 158 requests are still pending at various levels for want of NOCs etc, while 93 requests were cancelled on the basis of insufficient/incomplete formalities submitted by the applicants in spite of ample time given to them to submit the same," it said.

Detailing the permissions, the statement said that 217 applications were accepted for door to door canvassing, 28 for Helicopter and Helipad, 33 for Loudspeaker permit, 54 for opening of Temporary Party Office, 20 for pamphlet distribution, 1 for permission of video van (DEO Level), 437 for permission to hold meeting and Loud Speaker, 278 for permission to hold meeting without Loud Speaker, 111 for Permit for Street Corner Meeting and Loud Speaker, 66 for Permit to take out Procession and Loud Speaker, 304 for Rally, 88 for displaying banner and flags, 73 for displaying Poster, Hoarding and Unipole, 79 for Vehicle Permit, 32 for Vehicle Permit (Intra District), and 426 for vehicle with loudspeaker permit.

Additionally, 21 permissions were given for One vehicle for complete assembly area for the candidate, 11 seeking One vehicle for complete assembly area for the candidate election agent, and 6 seeking One vehicle per assembly segment for the party/party worker.

Also, 15 applications seeking Vehicle for star campaigners and party office bearers were accepted, along with 10 Vehicle Permission for transport of campaigning/publicity material by recognized political party and 40 Vehicle Permission for within AC.

Further, Chief Electoral Officer, J&K, Pandurang K Pole has urged upon the candidates and political parties participating in the Assembly Elections to utilize the 'Suvidha' application and platform, designed to streamline the application process for various permissions required during election campaigns.

The portal serves as a one-stop solution, empowering the candidates and political parties to apply for and obtain permissions efficiently and conveniently. With a user-friendly interface and robust features, the App simplifies the process, ensuring that all necessary permissions are acquired in a timely manner, thereby enabling seamless campaign activities.

For further information, the candidates and political parties can visit the portal at <https://suvidha.eci.gov.in>, the statement said.

## Er Rashid Out

Additional Sessions Judge Chander Jit Singh granted the relief to Rashid on a personal bond of Rs 2 lakh and one surety of the like amount. "I am granting interim bail till October 2. He will have to surrender on October 3," the judge said.

The judge also imposed various conditions on him including that he shall not influence the witnesses or the probe.

On July 5, the court had granted Rashid custody parole to take the oath as a member of the Lok Sabha.

Rashid has been in jail since 2019 after he was arrested by the National Investigation Agency (NIA) under the Unlawful Activities (Prevention) Act in the 2017 terror funding case.

He is lodged in Tihar jail. The court has reserved for tomorrow its order on his regular bail application.

Rashid's name cropped up in the case during the investigation of Kashmiri businessman Zahoor Watali, who was arrested by the NIA for allegedly funding terrorist groups and separatists in the Kashmir valley.

The NIA had filed a charge sheet against several people, including JKLF leader Muhammad Yasin Malik, Pakistan based Lashkar-e-Taiba founder Hafiz Saeed and Hizbul Mujahideen chief Syed Salahuddin, in the case.

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

## Victory Of

big leader despite being in jail for the last five years, after defeating National Conference vice president Omar Abdullah and Peoples Conference chief Sajad Lone in Lok Sabha polls held in April-May. The voter turnout in the polls was over 58 per cent.

The AIP spokesman said that now that Er Rashid is allowed to carry out campaigning for his party, candidates will get a huge push as the party chief is known as a "crowd puller" for being articulate and clear in his speeches. "His release, though for 40 days, will make a big difference in the party. Our candidates are happy over the Delhi court's verdict."

Asked when Er Rashid is expected to reach home, Inam said that formalities are being completed and the party chief is likely to reach home Wednesday evening. Er Rashid was arrested for his alleged involvement in terror funding by the National Investigation Agency (NIA). The north Kashmir MP will oversee his party's larger participation in Assembly elections that are being held after a decade in J&K.

## Political Maneuver

they would 'probably' be left without a 'political representation' in the future, given the bail granted to AIP chief Er Rashid was intended to 'garner votes' for the Bharatiya Janata Party in the upcoming elections.

Er Rashid would be back in Tihar Jail as soon as Assembly elections in J&K are over, according to the NC leader, who will run concurrently from the Budgam and Ganderbal segments of the legislative assembly.

The former chief minister said that Er Rashid's bail was intended to garner votes for BJP rather than allowing him to represent the people of Baramulla in the Lok Sabha or to attend Parliament as a member.

"I was aware that something similar would occur eventually, and I genuinely feel sorry for the people of the Baramulla Lok Sabha seat as their representative has not been granted the bail to represent them in Parliament as an

elected member, but rather to secure votes for the BJP in the assembly elections," Omar told reporters, adding, Er will return to Tihar Jail as soon as the elections conclude.

Omar pleaded with voters not to let their votes be divided in this election the way BJP wants them to sway the outcome of the election in its favor.

"What effect this decision has on voters and how they perceive this development will be clear in the future. While I approached the matter with extreme caution, Mehbooba Mufti Sahiba made it clear that her explanation aligned with what many people were thinking. She claimed that Er Rashid is acting on behalf of the BJP and has also questioned the source of the funding for AIP candidates. Now let's see if AP could answer these queries," he added.

The union Home Minister, according to the NC leader, recently claimed that BJP would form the next previous government in J&K and that they want to do this in alliance with the parties like the AIP and PC, saying if people want to have a BJP government in J&K then let people support these parties.

When asked on how he sees the insults made by Congress leader Vikar Rasool against him and his family during a rally in Banihal, he said, "He is a fool and doesn't know what he says. He doesn't have control over his tongue. However, I'm happy that Congress has taken note of his insulting remarks and denounced it accordingly."

Abdullah was also asked about jailed cleric Sarjan Barkati contesting against him from the Ganderbal seat, to which he replied, "There is something that jailed persons are going after me alone."

"This is not something ordinary. I can understand it as a coincidence that Rashid contests against me once but then fielding a person on two seats -- had I announced my candidature from Budgam two days before I did, Barkati would have contested from Budgam as well -- they are making attempts but I am hopeful that their attempts will fail," he said.

Barkati has filed his nomination from the Beerwah constituency while the National Conference leader is contesting from the Ganderbal and the Budgam seats.

## People In Jails

alleged selective treatment of those in jails during the current political climate in Kashmir. Mehbooba claimed that some prisoners are being used to influence the vote while others are denied basic rights such as meeting their families.

Speaking to reporters after addressing party workers in Chandgam, Pulwama, the People's Democratic Party (PDP) president said, "While many families are not allowed to visit their loved ones in jail, some people are allowed to run election campaigns from behind bars and are even given security protection."

Mufti alleged that one of her party members was attacked by workers loyal to a jailed person, yet the Election Commission of India (ECI) issued a notice to the PDP candidate instead of taking action against the attacker. "This clearly indicates a biased approach," she said.

Criticising the political environment in Jammu & Kashmir, Mehbooba said the PDP has always been focused on the region's development. "Our party has focused on infrastructure projects such as roads, universities, colleges and AIIMS, as well as job creation initiatives," she said.

The former CM added, "The success of PDP has made other parties nervous, pushing them to seek public apologies and acknowledge their shortcomings. People will vote for PDP as they know the party had taken big developmental projects in a short span of time and provided employment opportunities to thousands of people.

On some former members of the banned Jamaat-e-Islami (JeI) contesting the assembly polls, the PDP president said the "real Jel is suffering" due to the government's actions.

"Their schools were shut down, their orchards were occupied, they were banned, their party is being torn apart just like the PDP was torn apart.

"One person stands up saying he is the candidate of Jel, another says he is the one, but the real Jel is suffering, is in jails. The NIA, the ED are after them, all the agencies are after them," she said.

The former chief minister of the erstwhile state of J-K said the government should revoke the ban on Jel if it wants the outfit to embrace democracy.

"I want to tell the government in Delhi that if they want Jel to become a part of democracy, that the Kashmir issue be discussed within the ambit of democracy, then they should lift the ban on them, remove the occupation from their lands, and open their schools.

"All this will not work here, threatening with the NIA, threatening with the ED will not work," she added.

## Hajj 2025: Application

Applications can be submitted online via the HCol website, [hajjcommittee.gov.in](http://hajjcommittee.gov.in), or through the "Haj Suvidha" mobile app, available for both iPhone and Android devices.

The circular also advises applicants to carefully review the Hajj 2025 guidelines before submitting their applications.

In 2024, a total of 7,008 pilgrims from Jammu and Kashmir embarked on the holy journey. Unfortunately, 11 pilgrims from the region tragically passed away due to heat-stroke during the pilgrimage, according to officials.

While some pilgrims expressed concerns over the arrangements, labelling them as "poor", Hajj officials defended the arrangements, saying that facilities were better compared to the previous year, with accommodation within 400 meters of Masjid Nabvi (SAW) in Madinah and an improvement in hotel quality. They said the scorching heat on Arafat day and traffic congestion in the Mashair region posed challenges

during Hajj 2024.

The HCol has also released a draft of the Hajj 2025 guidelines, including a key modification extending the age limit for companions.

Under the revised policy, companions in the age bracket of 60 to 65 are now eligible to apply for Hajj 2025, provided they are a spouse, sibling, or child of a pilgrim aged 65 or above.

All other companions must still fall within the age group of 18 to 60 years, according to the specified date set by the HCol. Previously, the policy required companions and "Mehram" (for female pilgrims) accompanying pilgrims aged 65 or above between 18 and 60 years.

The policy also allows repeaters to be companions for lady pilgrims aged 65 or above, including Ladies Without Mehram (LWM), subject to payment of additional charges. Companions for LWM pilgrims must be female and between the ages of 45 to 60 years.

The policy maintains the allocation of Hajj seats, with 70% reserved for the HCol and 30% allocated to Haj Group Organisers (HGOs).

## Afzal Guru's Brother

clarified that his campaign will not be based on his brother Afzal Guru's legacy. "I won't seek votes in the name of my brother. My ideology is entirely different, and I believe the people of Kashmir, especially Sopore, have been betrayed by political leaders," he said.

Ajaz's decision comes amid increasing political activity in the region as multiple parties and candidates file nominations for the upcoming electoral battle—(KNO)

## Can Iltija Preserve

that he will defeat Iltija. While the veteran PDP leader Abdul Rehman Veeri had previously secured this seat four times, he has been shifted to another constituency, making way for Iltija, a new but formidable contender.

On the ground, Iltija's campaign is a mixture of emotion, tradition, and political promises. In most of the villages of the region, women gather on the main road, singing traditional Kashmiri songs and playing the Tumbakanar, a folk instrument. Iltija, arriving in a sunroof car, steps out to clap along with the music, greeted warmly by elders who recite prayers and kiss her hand in a symbolic gesture of support. As she climbs onto the roof of a nearby house to address the crowd, local PDP leaders speak in her praise.

When Iltija took the microphone, her speech blended personal emotion with a political message. She spoke in both Kashmiri and Urdu-Hindi, reminding the people of her family's sacrifices, asking them to remember how her mother, Mehbooba Mufti, had once stood up to protect the people during times of military strife. "I miss Mufti sahab a lot, and I miss you too. I will take care of you like him," she said, evoking memories of her grandfather's leadership.

Her message was clear: while her family's legacy is one of integrity and public service, the challenges facing the region have not diminished. She promised to continue the unfinished work of Mufti Mohammad Sayeed, adding that her family had always lived modestly, unlike other leaders who own homes in London and Delhi.

As she concluded her speech, Iltija issued an emotional appeal: "Don't punish me for the mistakes of other leaders. I am your next MLA."

For Iltija Mufti, it's not just about retaining a seat — it's about proving that the Mufti family's connection to Bijbehara remains unbroken. (KNO)

## Sajad Lone Faces

comprises parts of the erstwhile segments of Lolab, Handwara and Kupwara, is not considered a safe seat for his party. Lone is fighting from both Handwara and Kupwara segments.

While Lone has maintained grip over Handwara for more than a decade now, winning Kupwara would be a real challenge for him.

Sources in PC said that Lone was under pressure from the party workers to fight himself from Kupwara. "His decision to contest from

here has boosted the morale of our cadre. We are hopeful of victory. There is a lot of goodwill for our leader in Kupwara district due to big-ticket projects brought by him in his brief stint as minister in J&K government from 2015 to 2018," said a local PC leader.

Sogami, whose grandfather Ghulam Nabi Sogami was a minister, returned to play second innings of politics from his native district of Kupwara in November 2022 when he was appointed as constituency in-charge of Kupwara. Nasir Sogami won the 2008 assembly segment from Amira Kadal assembly segment of Srinagar but lost the next election to Altaf Bukhari by a heavy margin. Sogami is banking on the party's traditional votebank and support of senior leaders like Mir Saifullah and Qaiser Jamsheed Lone. Saifullah and Qaiser had previously represented the areas now constituting the Kupwara segment.

The other candidates in the fray include Fayaz Ahmad Mir (PDP) and Firdous Ahmad Baba (AIP). In the recent Lok Sabha polls, Mir, who was PDP candidate for Baramulla Lok Sabha, finished fourth in Kupwara assembly segment.

## JKCA Case: ED

of the scheduled offences, it shall be open for the ED to register a fresh case and launch prosecution.

The ED, as per the sources, filed this high court-directed application recently stating that the CBI "inadvertently missed/failed to specifically incorporate/mention the said offence under Section 411 and 424 of IPC".

The move comes at a time when assembly polls are being held in J&K and 86-year-old Abdullah's party, National Conference (NC), is in the fray along with other parties. Abdullah is the president of NC.

The ED, in its application, has requested the Srinagar court to frame fresh charges against the accused under the two stated sections saying it (Srinagar court) was vested with wide powers under section 216 of CrPC to "add/amend" charges and that "this can be exercised in appropriate cases, in the interest of justice".

Abdullah has been questioned multiple times by the agency in the case.

The ED had attached assets belonging to Abdullah and others worth Rs 21.55 crore.

The agency's case is based on a 2018 charge sheet filed by the CBI against the same accused.

The CBI charge sheet alleged "misappropriation of JKCA funds amounting to Rs 43.69 crore" from grants given by the Board of Control for Cricket in India (BCCI) to promote the sport in the erstwhile state between 2002 and 2011.

The ED had earlier said its probe found that JKCA received Rs 94.06 crore from BCCI in three different bank accounts during financial years 2005-2006 to 2011-2012 (up to December 2011).

## IAF Officer Accuses

of the case. The Air Force Station in Srinagar was approached by the local Budgam police station on the subject. We are fully cooperating towards this case," a senior IAF official said.

According to the media report, the female IAF officer detailed harassment, sexual assault, and mental torture over the past two years. The officer has said that at a New Year party at the officers' mess on December 31, 2023, her senior asked if she had received the gift. When she said she had not, the Wing Commander said the gifts were in his room and took her there. When she asked where his family was, he said they were elsewhere.

The flying officer has alleged that her senior forced her into oral sex and molested her. "I repeatedly asked him to stop doing it and tried to resist it in all ways possible. Finally, I pushed him and ran away. He said that he would meet me on Friday again when his family leaves," she has said.

The flying officer said it took her a while to register what happened to her. "I was afraid and didn't know what to do as there were instances before also wherein I was discouraged to report. He visited my office post this incident... He behaved as if nothing happened and there was no sign of remorse in his eyes," she

said.

The woman officer said she reached out to two other women officers and they guided her to file a complaint. "I can't describe (the) mental agony, being an unmarried girl who joined forces and was treated in such (a) heinous manner," she said.

Following her complaint, she said, a Colonel-rank officer was ordered to investigate the incident. The Wing Commander was made to sit down with her twice in January this year to record the statements, she has alleged. She has said she objected to the senior officer's presence and later the investigation was closed to "hide mistakes of administration".

She then filed a fresh application to the internal committee and it met two months later. "The bias of Stn (Station) authorities to aid the sexual offender was very heart-breaking for me," she has said, alleging that a medical examination was not done till she insisted multiple times.

"IC (internal committee) did not do its job properly as directions had come from higher formation to keep the result as neutral. Everyone was aiding the sexual offender," the flying officer has said.

"I requested for interim relief and requested for leave multiple times but I was denied leave each time," she said, alleging that her requests for a different posting for herself or the Wing Commander were not heeded either.

"I am forced to socialise with these people and attend events with my abuser... While he is enjoying, I am getting harassed in (the) hands of authorities on a daily basis," she has said.

The Internal Committee, she has said, said that it is inconclusive whether the incident happened or not because of the lack of an eyewitness and closed its probe in May. "Isn't it common sense that someone would not do sexual assault in front of a witness?"

The flying officer has complained of "continuous mental harassment" and "social boycott". "My personal communications have been constantly monitored unofficially. The individuals I speak with are harassed by the authorities."

The ongoing harassment, she said, has had a severe impact on her mental health. "I am living in constant fear, under 24/7 scrutiny and my social life has been completely disrupted. The harassment has driven me to suicidal thoughts, and I feel utterly helpless. I am unable to carry on with my daily life, and my social interactions are closely monitored and discouraged by authorities. I have endured this torture for too long, and I am at my breaking point," she has said. (with inputs from NDTV)

## Harmukh-Gangbal

protect their religious and cultural practices and to re-establish their important religious sites in Kashmir.

Hundreds of pilgrims, primarily Kashmiri Pandits, had travelled to Naranag to take part in the annual Hindu pilgrimage. Officials of the civil and police administration were also present on the occasion.

Amidst chants 'Harhar Mahadev and Bam Bam Bole' en-route Harmukh-Gangbal Lake, the pilgrims extended hearty gratitude to the union territory and the Ganderbal district administration for facilitating the Yatra.

"Our participation in this sacred pilgrimage brings us great joy. As a major Hindu holy occasion, the Harmukh-Gangbal Yatra is something we would want to express our sincere thanks to the UT and the district government for allowing it to happen in a comparatively peaceful manner," said Vinod Pandita, a Kashmiri Pandit who lived in Baramulla district of north Kashmir before moving to Jammu.

Yatri's, according to officials, will return the next day following the farewell Puja on Wednesday on the shores of Gangbal Lake. The Yatra was conducted under the auspices of the All Parties Migrants' Coordination Committee (APMCC) and the Harmukh Ganga (Gangabal) Trust (HGTT).

The district administration Ganderbal had made adequate arrangements for boarding, lodging, security and food for the Yatri's during pilgrimage.



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## Release Of Er Rashid, Step Towards Justice: Azad

Press Trust Of India

**SRINAGAR:** Democratic Progressive Azad Party (DPAP) chief Ghulam Nabi Azad on Tuesday welcomed the interim bail granted to jailed MP Engineer Rashid, saying "this is a step towards justice".

"I welcome the interim bail order granted to Eng. Rashid Sahib by the Delhi Patiala House Court. As a democratically elected MP with a strong mandate, this is a step towards justice and his right to campaign in the assembly elections," Azad said in a post on X.

A Delhi court earlier in the day granted interim bail till October 2 to the Lok Sabha MP in a terror funding case to enable him to campaign in the upcoming state assembly elections.

Rashid, popularly known as Engineer Rashid, defeated former Chief Minister Omar Abdullah in the 2024 Lok Sabha polls in Baramulla.

The elections are scheduled to be held for the 90-member legislative assembly of the union territory in three phases from September 18 to October 1. The results will be declared on October 8.

## Event Held To Promote Mental Health In Kashmiri Society



Syed Mohammad Burhan

support others in need.

**SRINAGAR:** On World Suicide Prevention Day, Educational Trust Kashmir, in collaboration with the Kashmir-American Society for Healthcare, Help Poor Voluntary Trust & Directorate of Health Services organized an event to raise awareness and promote mental health in the Kashmiri society.

The event was attended by scores of participants including students of Imamia School and the faculty.

In his inaugural address, Mohammad Shafi Khan highlighted the aims and objectives of the event and the importance of the World Suicide Prevention Day.

Khan said that this year's theme, "Changing the Narrative," underscores the importance of collective efforts in preventing suicide. Educational Trust Kashmir, alongside its partners, is committed to fostering a supportive environment where individuals feel empowered to seek help and

Dr Syed Riyaz of Kashmir-American society highlighted the role and contribution of his organization towards mental health.

"We are happy to support this initiative, as mental health is a critical aspect of overall well-being. It is our collective responsibility to create an environment where individuals feel safe to talk about their struggles and seek help," Dr Riyaz said.

Many experts of mental health deliberated on prevention of suicidal acts and discussed on recognizing the signs of suicidal behavior, coping mechanisms, and the importance of early intervention.

Other panelists who spoke on the occasion included Dr Majid Shafi, Consultant Psychiatrist, Clinical Psychologist Muzaffar Khan and Dr Arif. Islamic Scholar Aga Syed Mudaris Rizvi presided over the function while Vice President of the Education Trust Akhter Ali Gazi presented vote of thanks.

## ASSEMBLY ELECTIONS:

# Candidates Intensify Road Shows, Door-To-Door Campaigns

Agencies

**SRINAGAR:** The political arena of Kashmir has turned up-beat with heavy campaigning ahead of the first assembly election in almost a decade.

Candidates are leaving no stone unturned in this crucial electoral opportunity as they try to reach out to the people through road shows and extensive door-to-door campaigns.

The door-to-door campaigns have been quite striking, as candidates try to reach the constituents directly in their neighbourhood areas, in different parts of Srinagar city and other places.

Almost all political parties in Jammu & Kashmir have been conducting road shows and campaigns for the last few weeks to attract more voters.

This personal touch has gained momentum. "It is refreshing to see candidates coming to our doorstep and listening to our issues first hand. However, only time will tell how true their promises will be," said a local in Srinagar.

Farida Begum, another local, said the door-to-door efforts make all the difference. "We are in a position to discuss what we need and expect

## Star Campaigners Of Political Parties Throng Chenab Valley

**JAMMU:** With campaigning for the first phase of Assembly elections entering last week, Chenab valley is getting ready for the high-profile visits with Prime Minister Narendra Modi coming on September 14 to address a rally in sports stadium Doda.

The leader of opposition in Lok Sabha Rahul Gandhi is also expected to address a rally in Doda, but his schedule is yet to be finalised.

Besides PM Modi and Rahul Gandhi, another star campaigner of Congress party Imran Pratapgarhi will be addressing a rally in Charwa Kahra on September 13 whereas National Conference star campaigner Omar Abdullah will be addressing a few rallies on September 12 in Doda district.

There are eight Assembly constituencies in three districts of Chenab Valley which will go for polls on September 18 during the first phase. PM Modi will be covering all these constituencies from Doda and will seek votes for BJP candidates.

The Congress party is also expecting to secure their win on two to three seats by ensuring Rahul Gandhi's presence.

Omar Abdullah is also pushing hard for his candidates in Chenab valley and winning as many seats despite having a friendly contest with the Congress party.

But till September 16, which is the last day of campaigning for the first phase, Chenab valley is going to be a battle ground with hawks addressing rallies all over—(KNO)

Of them, 459 nominations have been accepted, 98 rejected and 52 withdrawn. Presently, 458 candidates are contesting the elections—(KNO)

From those who wish to represent us," she said.

Meanwhile, according to data obtained by KNO, a total of 794 candidates filed their nomina-

tions. Of them, 459 nominations have been accepted, 98 rejected and 52 withdrawn. Presently, 458 candidates are contesting the elections—(KNO)

## Assembly Polls 2024: General Zorawar Singh's 6th Generation In Electoral Fray

Agencies

**JAMMU:** Reasi assembly segment in Jammu division is witnessing the sixth generation of a family in the electoral fray in the 2024 assembly polls, slated to go to the polls in the first phase on September 18.

Diksha Kaluria (27), a youngest candidate, is the six generation of General Zorawar Singh. She has been contesting the polls for the first time.

Kaluria has entered the battlefield to continue the legacy of General Zorawar Singh. The four generations in between General Zorawar Singh and Diksha Kaluria include Inder Singh, Chatter Singh, Jameet Singh and Davinder Singh.

She has been associated with General Zorawar Singh

Memorial Educational and Charitable Trust (ZSMECT).

Kaluria said that she is the youngest among all the candidates who are contesting elections for Reasi.

"As a social activist, I have worked in the district. During Covid-19, we provided free of cost education to over 300 students in Vijaypur and Derababar villages of the area besides that, we have been providing fees, free uniforms and other things to the needy students," she said.

About her decision of joining politics, she said that whenever they visit any leader or official for work, they get only assurances while most people don't let women go ahead in any field, thus she took the step to share her bit in bringing a positive change.

She said that Reasi district has great tourism potential and that it needs to bring on a tourism map that will help in the development of the district besides that it will open employment opportunities for the youth.

She said that there are resources like lithium that needs to be properly handled for the development of district and employment opportunities for youth.

"Power is generated from our district but most of the people working in these power projects are non-locals and there is need to work upon it so that only locals can be engaged there besides that there are toll plaza issues and better education issues that need to be looked into," Diksha said—(KNO)

# BJP Chief Raina Faces Uphill Task Against Former Party Colleague In Nowshera

Press Trust Of India

**JAMMU:** BJP chief Ravinder Raina, seeking re-election from Nowshera assembly constituency of Rajouri district in Jammu and Kashmir, is facing a major challenge from his former party colleague Surinder Choudhary.

A former MLC, Choudhary is fighting the elections on a National Conference (NC) ticket and enjoys Congress support.

There are three more candidates in the fray from the Nowshera constituency, including from the PDP and the BSP.

The Nowshera constituency is among the 11 assembly segments in Rajouri, Poonch and Reasi districts in Jammu region going to polls in the second phase along with 15 seats of central Kashmir districts of Srinagar, Ganderbal and Budgam on September 25. A total of 239 candidates are left in the final poll fray from these 26 constituencies.

Among the 79 contestants in the second phase from Jammu, there are 28 independents including two ex-ministers, a former judge and two women candidates. The contest will also witness relatives fighting against each other from two seats and some turncoats including two former ministers — Choudhary Zulfikar Ali and Syed Mushtaq Ahmad Bukhari.

All eyes are set on the Nowshera seat which was won by Raina in the 2014 assembly polls when he defeated his nearest rival Surinder Choud-



hary, then a PDP member, by over 9,500 votes. It was for the first time that the BJP won from the seat.

Nowshera had traditionally remained a Congress bastion winning it for eight consecutive terms from 1962 to 2002 before losing the seat to the NC in the 2008 elections.

Choudhary quit the PDP in March 2022 and joined the BJP within a week. However, he left the BJP and joined the NC on July 7 next year, levelling serious allegations of "corruption and familism" against Raina who responded by serving him a defamation notice for "baseless allegations with the sole aim to defame my reputation within the party and the masses".

In Budhal (ST), the main contest is expected between BJP's Choudhary Zulfikar Ali and his nephew and NC candidate Javed Choudhary.

Ali, a former minister, had won the seat twice in 2008 and

2014 elections on a PDP ticket before joining Altaf Bukhari-led Apni Party in 2020. He joined the BJP just before the party announced its first list of candidates for the J&K polls. The BSP and PDP had also fielded their candidates from the seat.

The fight in Sunderbani-Kalakote is between Thakur Randhir Singh (BJP) and Yasuwardhan Singh (NC) who are brother and son of former NC MLA Rashpal Singh respectively. There are nine other contestants in the fray including a woman candidate Pinty Devi and PDP's Majid Hussain Shah — a lone Muslim face from the seat.

A triangular contest is on the cards in Rajouri (ST) among Vibodh Gupta (BJP), Iftikhar Ahmad (Congress) and independent candidate Mian Mahfooz, a prominent spiritual leader. PDP's Tasadiq Hussain and four others are also trying their luck from there.

Gupta's candidature initially triggered a revolt with former

MP and minister Choudhary Talib Hussain jumping the fray as a rebel candidate but later withdrew his candidature.

In Thanamandi (ST), a multi-cornered contest is likely among six contestants including former minister Shabir Khan (Congress), former MLA Qamar Choudhary (PDP), retired bureaucrat Iqbal Malik (BJP) and former judge and NC rebel Muzaffar Ahmad Khan.

In Surankote (ST) constituency of Poonch district, former minister Syed Mushtaq Ahmad Bukhari, who joined the BJP in February after the Centre granted ST status to his Pahari community, is facing challenge from Shahnawaz Choudhary (Congress) and NC rebel Choudhary Akram who had won the seat in 2014 assembly polls. There are five other candidates including PDP's Javaid Iqbal contesting from the seat.

Among nine contestants in Mendhar (ST), NC leader Javed Rana who had won the seat in 2002 and 2014 elections is locked in a three-cornered contest with PDP's Nadeem Khan, son of former MLA Rafeeq Khan, and Murtaza Khan, a former MLC who joined the BJP last month.

There are eight candidates contesting in Poonch-Haveli seat but the main contest is expected between former MLAs Aijaz Jan (NC) and Shah Mohammad Tantray (Apni Party). The BJP has fielded Choudhary Abdul Gani, also a new entrant to the party.

The three assembly segments

of Reasi including the newly created Shri Mata Vaishno Devi seat are likely to witness an interesting battle with two former Congress ministers fighting as Independents this time.

Former minister Jugal Kishore Sharma, who joined Ghulam Nabi Azad-led DPAP in September 2022, is fighting as an Independent from Vaisho Devi seat after he was denied ticket by the Congress despite expressing his desire to return to the party.

While the Congress has fielded Bhupinder Jamwal from the seat, former MLA and senior BJP leader and former MLA Baldev Raj Sharma's presence makes it a triangular contest even as the total number of candidates in the fray from the seat is seven. The BJP overcame a rebellion by the party workers after it initially announced Rohit Dubey as its candidate before withdrawing the list.

Former minister Aijaz Khan, who shifted from the Congress to the Apni Party in 2022, is also fighting as an independent candidate from Gulabgarh (ST) and is facing challenge from NC's Khursheed Ahmad and new entrant to BJP Akram Khan. Aijaz Khan had won Gool-Arnas constituency three times in 2002, 2008 and 2014.

A direct contest is expected between former MLA Mumtaz Khan (Congress) and Kuldeep Raj Dubey (BJP) from Reasi constituency, where a total of seven candidates including independent woman candidate Diksha Kaluria are in the fray.

## Many First-Time Contenders In Poll Fray, Some Expected To Turn Tables

Agencies

**SRINAGAR:** With the political parties in Jammu and Kashmir gearing up for the assembly elections in Jammu and Kashmir after the gap of nearly one decade, the parties at majority of constituencies have preferred to field the first-time contenders, who will be testing the waters in the three-phases of elections.

Several parties including National Conference (NC), Peoples Democratic Party (PDP), Apni Party and Bharatiya Janata Party (BJP) have given chances to the leaders, who will be contesting the assembly elections for the first time.

The NC has given mandate to nearly 11 candidates from Kashmir division, who will be in the fray for the first time-ever.

In the two lists, the NC has given the crucial Lal Chowk seat to its Provincial Vice President Kashmir Province, Ahsan Pardesi, Hazrat Salmaan Sagar and Pattan to Riyaz Bedar.

Some of the new faces in the election fray include Peerzada Feroz from Devsar, Choudhary Zulfikar from Larnoo Kokernag, Farooq Ahmad Shah from Tangmarg, Dr Sajjad Shafi from Uri, Irshad Kar from Sopore, Hilal Lone from Sonawari, Javid Ahmad from Karnah and Mushtaq Gurro from Chanapora.

From the Apni Party, several candidates would be testing water for the first time in the assembly elections.

The party leaders confirmed that Jeelani Kumar, Owais Khan, Owais Ashraf Shah, Muhammad Ashraf Palpori, Munawar Khawaja, Dr Noor-ud-din and Ata Muhammad are the candidates

who will be contesting for the first time from Kashmir division. In PDP, the party chief, Mehboba Mufti's daughter Iltija Mufti is among the candidates, who will be contesting the assembly polls for the first time.

Besides Iltija, the candidates who are fighting assembly elections for the first time include Syed Tajamul Islam, Waheed-ur-Rehman Parra, Aga Syed Mumtaz Mehdi and a few others.

The BJP party has however reposed trust on the leaders, majority of whom are new in the electoral fray.

As per the list for phase-I, only a few are those who have participated in the previous assembly elections while majority of them are contesting for the first time.

Some of the first-time candidates, while talking to KNO, thanked their party for reposing trust in them, saying that they will work hard to come up with the expectations of the party.

NC's candidate for Lal Chowk constituency, Ahsan Pardesi said that the party has reposed trust on him from the crucial seat and he will work day in and day out to come up to the expectations of the party leadership. "I will leave no stone unturned to come up to the expectations of my party leadership," he said.

The first-time contenders would likely turn the tables as they have got a massive support of people in different assembly segments. Iltija—PDP candidate from Srifufwara-Bijbehara, Ahsan Pardesi from Lal Chowk, Salmaan Sagar from NC and others have got massive public support—(KNO)

## PhD Scholar To Contest For Sopore Assembly Seat, Promises To End 'Neglect'

Agencies

**SRINAGAR:** In a surprising turn of events amidst the election atmosphere, a PhD scholar from Dangerpora Sopore has announced his candidacy for the upcoming assembly elections as an independent candidate.

Dr Feroz Khursheed, who holds a PhD in English and is an Islamic scholar, said he wants to bring "much-needed change" to the region.

He criticised the current state of key sectors like education, health and horticulture, saying they have been neglected due to a lack of effective leadership.

"Sopore has been ignored for 30 years. There is a complete leadership vacuum, and I have never seen our so-called leaders raise the grievances of the people in the assembly," he said.

Feroz said that educated individuals face challenges due to the failures of past leaders. "Many PhD holders have been forced into menial jobs. These scholars are making a living on carts — a clear sign of the fail-



ure of past leadership," he said. Khursheed disclosed that while several political parties had offered him a mandate, he chose to contest as an independent candidate due to their "history of betraying the people".

"They have always oppressed the people, jailed youth and increased unemployment. How can I be part of that?" he said.

Rejecting the practice of voting for money, Feroz urged the people not to fall into the traps set by the parties that have governed Sopore for the past three decades.

"Those who have ruled must be held accountable. The people deserve leaders who will genuinely fight for their needs and development," he asserted—(KNO)

## ED Makes Third Arrest In Money Laundering Case Linked To Narco-Terrorism

Press Trust Of India

**SRINAGAR:** The Enforcement Directorate said on Tuesday that it has made a fresh arrest in an alleged narco-terrorism-linked money laundering case related to the "funding" of banned terrorist group Hizb-ul-Mujahideen.

Laddi Ram was taken into custody on Monday and was produced before a special Prevention of Money Laundering Act (PMLA) court in Jammu that sent him to ED custody for four days in a statement.

Two others — Arshad Ahmed Allia and Fayaz Ahmed Dar — were arrested by the federal agency in this case earlier.

The money laundering case stems from a 2019 FIR and a charge sheet filed by the Jammu and Kashmir Police against the accused on the charge of "operating a narco-terrorism module leading to seizure and identification of drugs and illicit cash".

"A network of collusion with drug smuggling and terrorism was unearthed as part of this investigation. Laddi Ram, as the instrumental person in the narco-terror linkage, received cross-border smuggled drugs from Arshad Ahmed Allia, and distributed and sold those in Punjab and Jammu and Kashmir," the ED said.

Ram remitted the proceeds of crime in the form of illicit funds via bank transactions to Arshad Ahmed Allia, it said.

The federal probe agency claimed that Allia routed the funds into the hands of terrorists linked to Hizb-ul-Mujahideen for the "sole purpose of subversive activities."

The transaction profiling of the bank accounts found "huge cash deposits obtained via drug sales, routed through multiple suspected inter-connected transactions, disguising the actual source and nature of funds," the ED added.



## India's Probable Starters For Bangladesh Test Rested From Duleep Trophy

Press Trust of India

Majority of the players picked in the India squad for the first Test against Bangladesh, including Rishabh Pant, K L Rahul and Shubman Gill, were on Tuesday rested for the second round of Duleep Trophy beginning here on September 12.

The others picked in the national squad on Sunday include Akash Deep, Kuldeep Yadav, Axar Patel, Yashasvi Jaiswal and Dhruv Jurel, who all have been exempted from the second round.

Left-arm pacer Yash Dayal and Sarfaraz Khan, who too are part of India's 16-man squad for the opening Test, have not been released from their Duleep Trophy duties indicating they won't be part of the playing eleven against Bangladesh in the game to be played in Chennai.



"The selectors have named Pratham Singh (Railways) as a replacement for Gill, Akshay Wadkar (Vidarbha CA) as a replacement for KL Rahul and SK Rasheed (Andhra CA) as a replacement for Jurel," said the BCCI in a statement. "Left-arm spinner Shams

Mulani will replace Kuldeep in the squad whereas Aaqib Khan (UPCA) will replace Akashdeep in the squad." Mayank Agarwal has been named as India A captain in Gill's place.

As Jaiswal and Pant's replacements, the selectors have named Suyash Prabhudessai and Rinku Singh.

Nishant Sandhu comes in as a replacement for Axar in the India D squad. Pacer Tushar Deshpande has been ruled out of the game due to a niggle and his place will be taken by India A's Vidwath Kaverappa.

No changes have been made to the India C squad led by Ruturaj Gaikwad.

Pant, returning to red ball cricket for the first time since December 2022, gave a good account himself in the Duleep Trophy opener and so did K L Rahul and Akash Deep.

### Short TAKES

#### Sports Minister Announces Cash Prizes For Paralympic Medallists

Sports Minister Mansukh Mandaviya on Tuesday announced cash awards of Rs 75 lakh for gold medallists, Rs 50 lakh for silver medallists, and Rs 30 lakh for Indian athletes who have won bronze at the recently concluded Paralympic Games in Paris.

Those excelling in mixed team events, such as archer Sheetal Devi, will be awarded Rs 22.5 lakh. The minister made this announcement during an event organised to felicitate the medallists of the mega-event.

#### Play Abandoned For 2nd Day In Afghanistan-New Zealand Test

The Greater Noida Authority encountered a colossal failure in not being able to get the second day's play underway in the one-off Test between Afghanistan and New Zealand.

For the second successive day, not a single ball could be bowled at the Shaheed Vijay Singh Pathik Sports Complex, putting the venue under scrutiny and making it an international embarrassment.

Despite clear skies on Tuesday, the field could not be readied even for a curtailed day's play, despite best efforts.

#### Captain Ben Stokes Returns For England's Pakistan Tour

Captain Ben Stokes is set to make his return to the England test side for their upcoming tour of Pakistan in October. The announcement came from the England and Wales Cricket Board (ECB) on Tuesday, following the release of a 17-member squad.

Stokes missed the recent series against Sri Lanka due to a hamstring tear but has been recovering alongside Zak Crawley, who returns after fracturing his right little finger in July. The first match of the three-game series kicks off on Oct. 7.

#### China Bans 43 People For Life After Corruption Investigation

China's Football Association has banned 43 people for life over allegations of match-fixing and other forms of corruption.

Xinhua News Agency on Tuesday reported that police released details of a "two-year investigation that uncovered a series of online gambling, match-fixing and bribery cases." Xinhua said 120 matches in domestic leagues, 128 criminal suspects, and 41 clubs were implicated in the investigation. Of those banned, 38 were players and five were officials working for various clubs.

#### Odegaard Injured After Norway Nations League Win Over Austria



Martin Odegaard suffered what appeared to be a serious ankle injury as Norway beat Austria 2-1 in the Nations League on Monday, with goals from Felix Horn Myhre and a late winner from Erling Haaland.

The Arsenal skipper left the pitch after receiving treatment for several minutes in the second half following a collision with Austria's Christoph Baumgartner, and Norway boss Stale Solbakken said it looked bad.

Norway's doctor Ola Sand added that the 25-year-old was doing well, but that an MRI could be carried out tomorrow.

## Provincial U-19 Cricket Tournament Begins in Anantnag

Observer News Service

ANANTNAG: A Provincial Level Inter-District Cricket Tournament for Under-19 boys kicked off in Anantnag on Tuesday. The tournament was inaugurated by Principal BHSS Bijbehara Nasreena Akhter along with DYSSO Anantnag Raja Yaqoob at BHSS Bijbehara ground.

The tournament is hosted by DYSSO Anantnag on four different venues, including Bijbehara, Qazigund, Sports Ground Arwani and Railway Ground Hassanpora Bijbehara. In the tournament, teams from eight



districts of Kashmir division are participating.

The chief guest of the Inaugural ceremony, Nasreena Akhter lauded active participation of youth and said DYSSO Anantnag is doing commendable job by organising such tournaments.

The DYSSO Anantnag,

Raja Yaqoob, while addressing players, said that we are here to promote sports and we provide platform for the youngsters so that they can excel in sports.

This Provincial Level Cricket Tournament has adopted a league cum knockout format.

## Bandipora Tennis Ball Cricket Championship Begins

Observer News Service

BANDIPORA: The Bandipora Tennis Ball Cricket Championship commenced Tuesday under the Systematic Voters' Education and Electoral Participation (SVEEP) programme at Higher Secondary School Nadihal.

The event has 25 teams of all categories (Boys and Girls) participating and aims to combine sports with civic education.

Speaking on the occasion, District Election Officer (DEO) Bandipora, Manzoor Ahmad Qadri said that the championship is a significant part of SVEEP activities, focusing on engaging first-time voters.

Padmashree Faisal Ali



Dar, Brand Ambassador SVEEP activities associated with the initiative, stated that the championship is designed to raise awareness about voting rights among the youth. He noted that players from the tournament will have the opportunity to

advance to the UT level.

Dar further emphasized the significance of the event, stating, "by integrating sports with civic engagement, we are creating an environment where young people can learn about their voting rights."

## 1st UT Ladakh Thang-Tha C'ship Concludes At Kargil



Agencies

KARGIL: The 1st UT Ladakh Thang-Tha Championship concluded at Public Park Changrah, near MPS Saliskote, on Tuesday, showcasing the martial arts talent of more than 150 players from various parts of Ladakh. The tournament, organised by Ladakh Thang-

Tha Association under the aegis of Thang-Tha Federation of India, was conducted under the expert supervision of National Referee Tariq Hassan and his team from the J&K Thang-Tha Association, per Ladakh News Service.

Syed Mehraj Ud Din Shah, General Secretary of the District Kargil Olympic

Association, was the Chief Guest, and Anayat Ali Shopta, General Secretary of the Ladakh Taekwondo Association, was the Guest of Honour. Among the other attendees were Mohammad Hassan, General Secretary of Ladakh Thang-Tha Association, along with senior sports enthusiasts, parents, and players.

## Inter-School Thang-Ta Culminates At Qamaria HSS Saloor

Observer News Service

GANDERBAL: The Inter School District level Thang-Ta competition, organized under the SVEEP initiative, concluded on Tuesday at Qamaria Higher Secondary School Saloor in Ganderbal.

The event witnessed enthusiastic participation from female students across the district, showcasing their skills in the traditional martial art of Thang-Ta.

In a parallel event, Zone Hariganiwan conducted a Tug of War competition under the banner of SVEEP 2024. The initiative aims



to engage youth in sports while promoting awareness about the electoral process, highlighting the importance of active participation in democracy.

The event was marked by high energy and sportsmanship as students from various schools competed

in a spirited manner.

Both events are part of the broader SVEEP initiative by the Department of Youth Services and Sports, Ganderbal, aimed at fostering youth engagement through sports while simultaneously raising awareness about voter education.

## Pitch Politics: Iraq-Kuwait Football Match Tests Post-Saddam Ties

Agencies

BAGHDAD: Thousands of Iraqi football fans were expected in Kuwait on Tuesday for a World Cup qualifier, the first time they have been allowed to attend since former Iraqi dictator Saddam Hussein invaded the emirate 34 years ago.

The busloads of Iraqis rolling over the border for the 7 p.m. (1600 GMT) game illustrated slowly-warming ties two decades after Saddam's fall in the 2003 U.S.-led invasion, though sensitivities remain and match arrangements have sparked some controversy.

"I can't explain how I feel," said Abbas Abdelatif, a middle-aged Iraqi, waiting to board a bus in the southern Iraqi city of Basra that borders Kuwait.

"I haven't seen Kuwait in more than 30 years. There was war and problems but now, God willing, the situation will get better and better."

The match takes place



at Jaber Al-Ahmad International Stadium in Kuwait City, with Iraq leading Group B of the Asian Football Confederation's qualifying matches for the 2026 World Cup.

Iraq, whose 43 million population is 10 times that of Kuwait, has a history of on-off rivalry with the tiny oil-rich emirate. The two states are building rival

port projects though they are also seeking to link power grids by the end of 2024.

Iraq has been leveraging football diplomacy to mend relations with Arab Gulf states after decades of conflict and rocky relations, with the country ending its most recent war, against Islamic State, at the end of 2017.

It hosted the Gulf Cup in Basra last year for the first time since 1979, a milestone in regional reintegration.

Yousif Faal, spokesperson for the Iraqi football federation, said he hoped the rivalry, once considered the Arab world's greatest, stayed on the pitch. "It's a sporting competition, we should not insert politics into this."

## Tyreek Hill's Traffic Stop Shows Interactions With Police Can Be About Survival For Black Men

Agencies

MIAMI: After his traffic stop in Miami on Sunday, Tyreek Hill said he has received "the talk" about what to do when pulled over by police. He knows to heed the instructions passed down in Black families for generations.

Keep your hands in sight, preferably on the steering wheel. Avoid any sudden movements. Don't talk back to the officer. And above all, follow instructions without error or delay.

On Sunday, body camera video released Monday shows, the star wide receiver for the Miami Dolphins was ordered out of his vehicle by Miami-Dade Police officers, handcuffed and placed face down on a street outside the team's stadium. Hill said he was stopped for speeding and reckless driving before the Dolphins' first game of the season, and his interaction with police captured in a now-viral cellphone video and the body camera footage escalated to the type of



incident that often prompts protests and claims of discriminatory policing, with the prone and handcuffed football star detained by three police officers, one

on top of Hill with his knee holding the player's wrists against his lower back.

The video released Monday shows an officer dragging Hill out of his McClar-

en sports car by his arm and head and then forcing him face first onto the ground after Hill put up the window of his sports car.

The officers handcuffed Hill and one put a knee in the middle of his back.

The words "if we tell you to do something, do it," can be heard. The officer who pulled Hill from the car jumped behind him and put a bar hold around Hill's upper chest or neck.

"It happened so fast"

"It happened so fast that it caught me off guard," Hill said in a postgame interview on Sunday.

Hill's traffic stop reflects a national law enforcement survey that shows that "driving while Black" is likelier to include the threat or use of force than it is for other Americans. For many, Hill's encounter with police drives home a reality that Black men in particular disproportionately experience what he did and, even if the encounter doesn't end in tragedy, it confirms an ongoing need for the talk.