# KASHMIR OBSERVER®

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# PM To Address Rally In Srinagar Today

**Observer News Service** 

Srinagar: Prime Minister Narendera Modi will arrive in Srinagar today to address a mega election rally at the decked up Sher-e-Kashmir Cricket Stadium, Sonwar, Srinagar.

Roads leading to the rally venue have also been decorated with lights and BJP flags. For the smooth rally, all security arrangements have been put in place. "We have made elaborate security arrangements for the VVIP visit," Inspector General of Police (IGP) Kashmir V K Birdhi said. "Elections and VVIP visits are connected. All measures are in place."

This will be the first election rally by the PM in Srinagar as part of the election campaign. On September 14, he addressed a mega rally in Doda district of Jammu. BJP has already mobilized its workers across Kashmir to participate in the rally.

Speaking to the reporters in Srinagar, Chugh | More on P6

# **ASSEMBLY POLLS**

# **J&K Sees 59% Turnout In Phase-I**



**Press Trust Of India** 

Jammu: A turnout of about

the first phase of assembly polls in Jammu and Kashmir on Wednesday, Chief Electoral Officer P K Pole said, adding polling passed off peacefully. However, he said the figures are tentative and there might be a fractional | More on P6

No Significant Change From 2014 In Voter Turnout There we change turnout that voted it and Kashmit the first ass

There was not a significant change from 2014 in the voter turnout in the 24 segments that voted in phase one of Jammu and Kashmir polls on Wednesday, the first assembly elections since

the abrogation of Article 370 in 2019. According to the Election Commission, the tentative voter turnout for the 24 assembly seats spread over seven districts stood at 59 per cent. This figure | More on P6

# POLL PERCENTAGE

- » Shopian: **54.72**%
- Zainapora: 52.64%
- » D.H.Pora: **68%**
- Devsar: 57.33%Kulgam: 62.70%
- Anantnag: 41.58%Anantnag West: 45.93%
- » Dooru: **57.90**%
- \* Kokernag: 58%\* Pahalgam: 67.86%
  - Shangus-Anantnag East:52.94%Pampore: 44.78%
- Pulwama: 50.42%
- » Rajpora: 48.07%» Tral: 43.21%
- » Bhaderwah: 65.27%
- » Doda: **70.21%**» Doda West: **74.14%**
- Inderwal: 80.06%Kishtwar: 75.04%

# » Kishtwar: **75.04%**» Padder Nagseni: **76.80%**

# LG Congratulates Voters

he Lieutenant Governor Manoj Sinha extended hearty congratulations to the voters of first phase of Assembly Election for the record turnout. In a social media post, the Lieutenant Governor said, their enthusiastic participation is a testament to the strength of Indian democracy and people's faith in democratic values. "Congratulations J&K for a historic voter turnout! I would like to thank all voters, who exercised their franchise in 1st Phase. Record polling in the peaceful, free & fair election attests to the strength of Indian democracy & people's faith in democratic values," the | More on P6

# 2nd Wave of Device Explosions in Lebanon

Agencies

Beirut: A second wave of device explosions killed several people and wounded more than 100 in Hezbollah strongholds of Lebanon on Wednesday, officials said, stoking fears of an all-out war in the region

war in the region.

A source close to Hezbollah said walkie-talkies used by its members blew up in its Beirut stronghold, with state media reporting similar blasts in south and east Lebanon.

Initial reports said three people were killed | More on P6

### Lebanon Pager Blasts Disgrace To The West: Iranian President

Pezeshkian says Israel's pager detonations in Lebanon are a shame for the regime's Western backers, not least the | More on P6

# Cabinet Okays 'One Nation, One Election'

**KO WEB DESK** 

New Delhi: The Union Cabinet has approved the government's 'one nation, one election' push - which proposes simultaneous Lok Sabha and Assembly elections, with urban body and panchayat polls to be held within the next 100 days - accepting the report of a panel led by expresident Ram Nath Kovind.

"There is unanimous opinion that simultaneous polls should be held," the panel, which included Home Minister Amit Shah, Law Minister Arjun Ram Meghwal, as its members, had said. The panel also outlined provisions for a

'unity government' in cases of an indefinite result or a noconfidence motion; it had been tasked with recommending such solutions.

The 'one nation, one election' proposal was part of the ruling Bharatiya Janata Party's manifesto for the 2019 and 2024 general elections, but has drawn heavy criticism from the opposition, who have redflagged concerns over changes to the Constitution and practical challenges.

Sources within an undeterred government said last month the proposal would be implemented in this, the third,

# Breaking Decades Of Boycott: Voters Turn Out In Record Numbers

**Observer News Service** 

Anantnag: In the first phase of assembly elections in Jammu and Kashmir on Wednesday, voters flocked to the polls in unprecedented numbers, including many first-time participants.

This marked the region's first assembly election in a decade, and the first since the revocation of Article 370 and its reorganization as a Union Territory.



Voting took place for 24 assembly seats across

seven districts in Jammu and Kashmir, including areas that were once reluctant to participate in the electoral process. This time, however, dis-

tricts such as Shopian, Tral, and Pulwama—often in the shadow of insurgency—saw an enthusiastic voter turnout. What makes this election particularly notable is not just the ten-year gap, but also the transformation of the electoral landscape | More on P6

espite the ongoing apple and paddy harvest season, residents of south

Kashmir's Kulgam district turned out in impressive numbers to cast

tling with activity, voters made time to participate in | More on P6

their votes in three key assembly segments. While the fields were bus-

# Young Voters Vote For Change In South Kashmir

**Observer News Service** 

Srinagar: The young boys, their faces a mix of anticipation and seriousness, sat huddled together on the worn stone steps of the small shop outside a polling station in Kulgam. All of them had just cast their vote. A murmur of conversation filled the air as they shared their thoughts and impressions with the older men gathered around.

"We're bearing the fruit of past mistakes—either you never voted, or you voted for the wrong people. It's high time we take matters into our own hands and choose a fresh face over the old ones," a first time voter said.

"Think of our future," he added, with the rest of the group nodding in agreement.

"We can't look at elections as individual favors anymore. I voted for a change, for collective benefit," Zahid, another young voter said.

This sentiment was echoed by other voters too. Emphasizing the broader impact of their choices, another young voter said, "I researched each candidate's manifesto and track record before choosing. Why should we settle for the old ways when there's an opportunity for More on P6

## Development, Unemployment & Reservation In Spotlight

Observer News Service

Kulgam: As Jammu and Kashmir voted in the first phase of the assembly elections on Wednesday, residents across south Kashmir placed their top concerns front and center: development, unemployment, and new reservation policies.

Sana, 28, holds a Masters degree in Economics, and like many young voters, she said the next government must tackle youth unemployment and a dearth of good quality jobs.

earth of good quality Jobs. "We live in a | More on P6"

# Neck-and-Neck Showdown In Kulgam?

# **CPIM & Jel Backed Candidate Face A Tough Battle**

'Crops Can

Can't'

**Wait, Voting** 

**Observer News Service** 

Kulgam: As polling stations in Kulgam remained busy on Wednesday, the political atmosphere was electric with anticipation. The ongoing contest between CPIM and Jel has turned into a closely watched duel, with voters lining up to cast their ballots in what is shaping up to be an extremely tight race.

"Tarigami has contributed to the immense development of Kulgam. If you look at the roads, the hospitals, and compare them with other districts,



**Changing Times:** Jama'at backed candidate Sayar Ahmad after casting his vote at a Kulgam polling booth- KO Photo

you will find a stark difference," Mushtaq Ahmad Bhat, a

voter said. M Y Tarigami's vocal stance and | More on P6

# Er Says Doors Not Shut For Anyone, Omar Warns Voters

Press Trust Of India

Ganderbal: NC vice president Omar Abdullah on Wednesday asked people to vote wisely after MP Engineer Rashid said he has not closed his doors on any party including the BJP in case the saffron party might need his support for government formation.

In an interview to a private TV channel, Sheikh Abdul Rashid, popularly known as Engineer Rashid, was asked if there was any scope for his Awami Ittehad Party (AIP) to ally with the BJP.

Rashid said if such situation comes, his doors are not shut for anyone. "We will see that time what the situation is," he said.

Abdullah said, "Let Rashid first answer to what he has said. He has openly said that his doors are open for the BJP if it needs MLAs after October 8.

"If Rashid is contesting the election to help the BJP, then the people of J-K should use their vote with caution because I have been saying this, and thankfully Rashid has acknowledged it, that such candidates | More on P6

## KPs Bat For 'Homeland' In Kashmir

Maiid Nabi

Srinagar: Srinagar: Away from their homeland for around four decades, the displaced Kashmiri Pandit's regarded the maiden assembly election, conducted five years after abrogation of Article 370, as a 'potential way of easing

their return' to the valley.

The overenthusiastic KPs cast their ballots in the first phase of election to the J&K Legislative Assembly with the hope that taking part in the political process would open the door for their 'eventual return' to their homeland. | More on P6





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# KASHMIR OBSERVER® Srinagar | Thursday | 19-09-2024 **4**

# **Study Of Pregnant Woman's Brain Scans Reveal Reduced Grey Matter, Increased Steroid Hormones**

**Press Trust Of India** 

Brain scans of a pregnant woman revealed a reduced volume in and thickness of grey matter -- brain's outer layer and involved in almost all aspects of one's functioning -- along with a significant rise in steroid levels, a study has found.

Researchers also found better connectivity between brain regions with only a few remaining untouched during a woman's transition to motherhood.

The team, including researchers from the US National Institutes of Health, said that while pregnancy is known to cause changes to one's body and physiology, those occurring in the brain are not well understood.

The findings, published in the journal Nature Neuroscience, could represent one of the first comprehensive maps of changes before, during and after pregnancy, to further explore and understand the maternal brain, they

On a 38-year-old healthy woman, the researchers conducted 26 magnetic resonance imaging (MRI) scans. They also analysed blood samples from three weeks before conceiving to two years postpartum, through the three trimesters of pregnancy.
The researchers found widespread

decreases in the volume and thickness of cortex, or grey matter, by the ninth week of pregnancy, especially in regions such as the default mode network, which is involved in social cognition functions.

The team also observed an "enhanced white matter microstructural integrity", or increased connectivity between brain regions, and higher levels of cerebrospinal fluid -- a clear, transparent fluid surrounding and protecting one's brain and spinal cord.

"Pronounced decreases in gray matter

Subject:- Grant Of Registration of the Proposed Travel

unit under the name & Style "M/S Flying Plan Kashmir

Tour and Travels situated at Court Road Magam Budgam

**PUBLIC NOTICE** 

Whereas I, Mr Sajad Ahmad Parry S/o Ab Khaliq Parry R/o

New Colony Boan Makhama Magam KASHMIR intend to apply

in the Department of Tourism for registration of my proposed

travel unit under the name & style of M/S Flying Plan Kash-

mir Tour and Travels situated at Court Road Magam Budgam

Whereas I will submit state subject / Domicile certificate

Oualification Certificate, pan cardr \ Experience Certificate(

Minimum 5years). Police character certificate, Bank state-

ment (minimum balance 10000), site plan, Affidavit, Rent

deed duly attested by sub Registrar, printing material (Latter

head / Visiting card ) Photograph of the unit (indoor and out-

door) and Two passport size photographs to the department

of Tourism as per prescribed checklist I Prior to Registration of

Now as per J&K Registration of Tourist Trade Act

1978/82/2011/12) befre my case is processed for my registra-

tion 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;

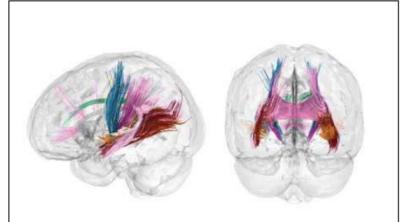
ddtregl23@gmail.com) within a period of 7days from the

publication of this notice in a leading newspaper/newspapers

of the valley. No objection beyond a period of 7 days shall be

KASHMIR under tourist trade act 1978/82/2011-12.

my unit as an Excursion Agency.



Pronounced decreases in gray matter volume and cortical thickness were evident across the brain, standing in contrast to increases in white matter microstructural integrity, ventricle volume and cerebrospinal fluid, with few regions untouched by the transition to motherhood

volume and cortical thickness were evident across the brain, standing in contrast to increases in white matter microstructural integrity, ventricle volume and cerebrospinal fluid, with few regions untouched by the transition to motherhood," the authors

These changes were also found to be "significantly correlated" with rising levels of estradiol and progesterone the primary hormones controlling

reproduction in women. The authors added that while some of these brain changes, including reduced grey matter volume and thickness, persisted two years post-

pregnancy, other changes returned to levels similar to those when the woman was two months pregnant.

Even though more research is needed to examine the long-term impacts of pregnancy on the brain, along with uniform brain changes observed across a bigger population, the authors said the findings help understand the brain changes related to pregnancy better.

The results could also have broad implications for understanding one's parental behaviour, how vulnerable they are to mental health disorders, along with their patterns of brain aging, the authors suggested.

Whereas I Mr./Ms. Abdul Haleem Pandit S/o Abdul Aziz Pandit R/o Buchwara Srinagar, Kashmir intends to apply in the office of the prescribed authority of Directorate of Tourism kashmir for Registration of my proposed Paying Guest House/ Home Stay under the name and style "M/S MOUN-TAIN VISTA INN situated at Buchwara Gagribal under Tourist Trade Act 1978/82/2011-12.

Concerned Tehsildar with attested photographs of the unit through Dy. Commissioner concerned, Rent/Lease Deed/ Partnership Deed/ issued by concerned Sub-Registrar, Judicial Magistrate (if applicable NOC from the owner to the effect that the property can be used as Home stay), Character Certificate of the applicant from the concerned Police Station, undertaking from the owner as self declaration, Public Notice inviting objections, if any in print media, list of family members Name, Age, and Photograph self attested by owner, Photographs of the unit as mentioned in the application (each of exterior and individual bed rooms and bathrooms), Inspection report by the Committee ( The recommendation of the inspection Committee shall decide whether to issue a registration to the unit or not keeping in view, the type of ac-

Now before my case is processed for registration by the Prescribed Authority. The matter is hereby notified for information of general Pubic/organizations for objections if any and the same should reach to the office of Prescribed Authority within a period of 7 days from the publication of this notice in leading local newspaper of the valley. Objection received beyond the period of 7 days from the date of publication shall not be entertained and the case shall be proceeded

bmg\_r

# **PUBLIC NOTICE**

Whereas, I will submit Landownership Certificate from commodation and amenity, adhar card.

under rules as per merit.

Union Territory of Jammu & Kashmir

# Office of the Returning Officer, 26-Central Shalteng Assembly Constituency (Sub-Divisional Magistrate Srinagar (West)

Phone .No:-01943526159\_Email Id:subdivisionalmagistratewest@gmail.com

Inam Hussain Sheikh, S/O Mohammad Abdullah Sheikh, R/O Khushipora, HMT, Srinagar, Contesting Candidate, 26-Central Shalteng.

# **NOTICE**

Subject: Failure to produce Election Expenditure Register for Inspection on 17-09-2024.

Whereas, vide Notification No: RO/26-CS/LA/2024/148-152 Dated: 13-09-2024, date of 151 inspection of the Election Expenditure Register of the Contesting Candidates of 26-Central Shalteng Assembly Constituency was notified along with the venue and timing of

Whereas, the said notification was duly served to you through the email address provided by you and also through the WhatsApp Group maintained by this office for effective and timely correspondence with the Contesting Candidates: and

Whereas, Assistant Expenditure Observer 26- Central Shalteng AC, reported that you did not produce your Election Expenditure Register for inspection on 17-09-2024, neither personally nor through any authorised representative.

Now therefore, and in view of the above, you are hereby informed that if you again fail to produce the Register for Inspection on 21-09-2024 at the same venue, it shall be presumed that you have failed to maintain a day-to-day account of election expenditure as required under/section 77 of Representation of Peoples Act, 1951 and further action as enshrined under relevant Act/rules/guidelines shall follow.

RO/26-C S/LA/2024/762-268 DIPK-5513/24 dated: 18-09-2024

Returning Officer 26-Central Shalteng

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

New Campus Bemina Srinagar Notice for General Public

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

Roll No: 363456 Class 10th Year & Session 1996-1997 Registration: 24142-shp-ir-92

bmg

Name: Nasreena Parveen Father's Name: Mohd Yousuf Khan Mother's Name: --Saleema Date of Birth: 04-02-1978

Residenc:- Khore Sheerabad Pattan

According the candidate concerned has approach to this office for issuance of Duplicate DOB /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 10 & 7 days respectively, from the date of publication of this notice.

(Besides the above referred "DOB / Marks Certificate/s" bearing No: 682614 be treated as "CANCELLED") No: F(Cer is-I-DQC)B/KD/24

> **Assistant Secretary** Certificates, KD.

#### **NORTHERN RAILWAY**

E-Tender Notice Sr.DEN-II/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on <a href="https://www.ireps.gov.in">www.ireps.gov.in</a> with closing date-07.10.2024 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards ender document cost and earnest money only through only payment modes available on <a href="https://www.ireps.gov.in">www.ireps.gov.in</a> portal like net banking, debit card, credit card etc.

tc. are not allowed. For more information logon to <a href="https://www.ireps.gov.in">www.ireps.gov.in</a>							
Tender Type			Tendering Section		Е	Bidding System	
Open		Works		Single Bid System			
Date of Uploading Tenders		Bid Starting Date		Bid Closing Date/Time			
13.09.2024		23.09.2024		07.1	07.10.2024 / 15:00 Hrs.		
S.N.	I. Tender No. Details of Tender						
189-2024-25- Mis P.way Works for track maintenance in the sect PTK-DRM-FZR ADEN/PTK.				ce in the section of			
	Advertised Value (Rs.) E		Earnest Money (Rs.)	arnest Money (Rs.) Validity of Of		Period of Completion	
1.	59,99,089.08/-		1,20,000.00/-	60		08 Months	
	Similar nature of work:- "CTR/TRR/TFR/TTR including raising of track, screening, distressing of track, pre & post works for track maintenance machine like tamping machine/ballast screening/regulating machines & TTR by T-28".						
	190-2024-25- Repair and maintenance of level crossings in the section of PTK-DRM-FZR ADEN/PTK.						
2.	Advertised Value (Rs.) E		Earnest Money (Rs.)	Validity of	Offer	Period of Completion	
	59,94,880.51/-		1,19,900.00/-	60		08 Months	
	Similar nature of	of work	:- "Any civil work	other than	r track	work".	
lote 1. Before bidding, bidders to check for any corrigendum issued against tender.							
lo : 189 & 190-2024-25-PTK-DRM-FZR_Dated: 17.09.2024 2901/2024							

# از دفتر نائب تحصيلدار پيڻن

عنوان: درخواست منجانب شکیل نبی ولدغلام نبی آمهنگر ساکنه بانجی ویره مخصیل پیژن بمرادا جرائی OBC تجق خود

## اشتهار هرخاص وعام

معامله مندرجة عنوان الصدر مين سائل نے ايک درخواست بغرض OBC سرٹفکيٹ بذمرہ آہنگر پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عباں ہے کہ سائل واقعی ہمنگر ذات سے تعلق رکھتا ہے اور سائل ہانجی وریومیں ر ہائش پذیر ہے اور بھی بھی ترک سکونت نہیں کی ہے سائل کا کنبہ بذیل افراد پر شتل ہے شکیل نبی ولدغلام نبی گورنمنٹ ملازم 34سال ماصفه قادرز وجيثكيل نبي گهريلوكام 32سال کم سی<u>ن</u> سائل مذکورہ OBC سرٹفیکیٹ حاصل کرنے کا خوال ہے اور کنبہ کی مہوارہ آمدنی 65507 رویے تک ہے ۔ سر تفییک زیر بحث اجراء کرنے میں اگر کہ اگر کسی شخص کو کوئی مزرياا عتراض موتووه بعدمشتهرا خبارسات دن كاندراندرآيينا عذرياعتراض ودالت هذا كودفترى ادقات کے دوران پیش کریں۔بعد گزرے میعاد کو پی عذریاعتراض قابل قبول نہیں ہوگا۔

# از دفتر نائب تحصیلدار تیله گام

عنوان: ۔ درخواست منجانب توصیف احمد برے دامادہ څمررمضان گنائی ساکنہ بزم یورہ تلہ گام تخصیل پٹن بمرادا جرائی legal heir تجق متوفید دوسہ بیم زوجہ توصیف احمد پرے

# اشتهار هرخاص وعام

معامله مندرجة عنوان الصدر مين سائل نے ايک درخواست بغرض legal heir سرٹفيکيٹ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس ہے عیاں ہے کہ سائل زوجہ متوفی فردوسہ مورخہ 2024-07-26 کوفوت ہو چکاہے سائل کا کنبہ بذیل افراد پرمشمل ہے

توصیف احمد پرے داماد و محمد رمضان شو ہرمتوفی گھریلوکا م عظمت جان دختر۔ دخت زیرتعلیم

سائل مذکورہ لیگل ہیرسرٹفیکیٹ حاصل کرنے کاخواں ہے ۔ سرٹفییکیٹ زیر بحث اجراء کرنے میںاگر کہاگر سی تخص کو کوئی عزریاا عتراض ہوتو وہ بعد مشتہرا خبارسات دن کے اندراندرآ ہے۔ مذریاعتراض ودالت هذا کودفتری ادقات کے دوران پیش کریں۔ بعد گزرے میعاد کو بی عذریاعتراض قابل قبول نہیں ہوگا۔

عنوان: \_ درخواست منجانب ارشاد حسين مله ولدغلام رسول مله ساكنه بانجي ويره تخصيل پیٹن بمرادا جرائی legal heir تجق متوفی غلام رسول مله

SERVING CUSTOMERS WITH A SMILE

# اشتهار هرخاص وعام

معامله مندرجه عنوان الصدر میں سائل نے ایک درخواست بغرض OBC سرٹھیکیٹ بذمرہ حجام معاملہ مندرجہ عنوان الصدر میں سائل نے ایک درخواست بغرض OBC سرٹھیکیٹ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس ہے عیاں ہے کہ سائل واقعی حجام ذات سے تعلق رکھتا ہے اور سائل ہا تھی ویرہ میں رہائش پذیریا سے عیاں ہے کہ سائل کا والدمتونی غلام رسول ملیہ مور ند 2018-10-10 کوفوت ہو چکا ہے اورسائل ہانجی ویرہ میں رہائش پذیرہاور بھی بھی ترک سکونت نہیں کی ہے سائل کا کنبه بذیل افراد پرمشمل ہے سعيده بيكم زوجه متوفى

شميهرسول دختر متوفى غزنفرعلى يسرمتوفي ارشادحسین ملہ۔۔

یا عتراض ہوتو وہ بعد شتہراخبارسات دن کے اندراندرآ بے عذریاعتراض ودالت هذا کو وفتری عذر یاعتراض ودالت هذا کودفتری ادقات کے دوران پیش کریں۔بعد گزرے میعاد کو بی عذریاعتراض

# از دفتر نائب تحصیلدار پیڻن عنوان . . درخواست منجانب فيصل فياض ،رونق فياض ،مهوش فياج اولا دان فياض احمد شير

گوجری پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ ہے رپورٹ طلب کی گئی ہےجس سے عیاں ہے کہ سائل واقعی شیر گوجری ذات سے تعلق رکھتا ہے اور سائل ہانجی ویرہ میں رہائش پذیرے اور مجھی بھی ترک سکونت نہیں گی ہے سائل کا کنبہ بذیل افراد پر شتمل ہے

سائل مذکورہ OBC سرٹفکیٹ حاصل کرنے کاخواں ہے اور کنبہ کی مہوارہ آمدنی 7000رویے تک ہے ۔ سرٹفیکیٹ زیر بحث اجراء کرنے میں اگر کہ اگر کٹی مخض کو کوئی عزریا ا عتراض ہوتو وہ بعد شتہرا خبارسات دن کے اندراندرآ یے عذریا عتراض ودالت ھذاکو دفتری ادقات کے دوران پیش کریں۔ بعد گزرے میعاد کوئی عذریا عتراض قابل قبول نہیں ہوگا۔

# از دفتر نائب تحصیلداریین

عنوان: درخواست منجانب پرویزاحمر حجام ولدمحمه سلطان حجام ساکنه باخچی ویره مخصیل پیٹن بمرادا جرائی OBC تجق پروینزاحمه و عیان پرویز

# اشتهار هرخاص وعام

ہے اور کبھی بھی ترک سکونت نہیں کی ہے سائل کا کنبہ بذیل افراد پر مشتمل ہے ويزاحد حجام ولدمجد سلطان حجام سركارى ملازم 39سال معرفتاختر زوجه پرویزاحمه آيةً پرويز سائل ندکورہ OBC سرٹفیکیٹ حاصل کرنے کاخواں ہے اور کنبہ کی مہوارہ آمدنی 66279 دویے تک ہے ۔ سرٹفیکیٹ زیر بحث اجراء کرنے میں اگر کہ اگر کشخص کو کوئی عزر 📗 سائل مذکورہ لیگل ہیر سرٹفیکیٹ حاصل کرنے کا خواں ہے 🛚 ۔ سرٹفیکیٹ زیر بحث اجراء کرنے ادقات کے دوران پیش کریں \_ بعد گزرے میعاد کو بی عذریاعتراض قابل قبول نہیں ہوگا۔

# از دفتر نائب تحصيلدار پيڻن

عنوان : درخواست منجانب تنجميل يوسف ،شمشاده يوسف عاشق حسين شهبازه مإنواولا دان مجمه يوسف آهنگر ساکنه بانجی وریه مخصیل پیُن بمراداجرائی OBC نجق پروینزاحمه و عیان پرویز

جس ہے عیاں ہے کہ سائل واقعی ہمنگر ذات سے تعلق رکھتا ہے۔ اور سائل ہانجی ویرہ میں 

65698روپے تک ہے ۔ سر نفیکیٹ زیر بحث اجراء کرنے میں اگر کے کو کھی خص کو کوئی عزر یا عتراض ہوتو وہ بعدمشتہراخبارسات دن کےاندراندرآ پنے عذریاعتراض ودالت هذا کو دفتری ادقات کے دوران پیش کریں۔بعد گزرے میعاد کو بی عذریاعتراض قابل قبول نہیں ہوگا۔



**ASSEMBLY ELECTIONS-2024** 

# **General Observer Reviews Election Preparedness For Chanapora-AC**

**Observer News Service** 

SRINAGAR: In an effort to ensure smooth conduct of the upcoming J&K Legislative Assembly elections, Rajan Vishal, the General Observer for the 23-Channapora Assembly Constituency (AC), conducted a detailed review meeting, here.

The meeting was held at the office of the Returning Officer, 23-Channapora Assembly Constituency, and was attended by key officials including Suhail-Ul-Islam, Returning Officer; Kifayat Ali, Assistant Returning Officer, and all Assembly Constituency-level nodal officers.

The primary objective of the meeting was to assess and streamline various aspects of election preparedness to ensure a fair, transparent and efficient electoral process.

The discussion encompassed several critical areas including Electoral Photo Identity Cards (EPIC) Distribution, Accessible Voting Facilities (AMF), Booth Level Awareness Groups, Special Polling Stations, Appointment of Micro Observers, Flying Squads (FSTs) and Static Surveillance Teams (SSTs), Training of Polling Staff, Model Code of Conduct (MCC) Implementation and Electronic Voting Machines (EVMs)

Commissioning. Observer General stressed the importance of thorough preparation and inter-agency coordination to address any potential challenges proactively. He underscored the commitment to delivering

# **JKPCC Expels District President Srinagar, Others**

SRINAGAR: In light of the breach of alliance unity by various Party leaders, Jammu and Kashmir Pradesh Congress Committee (JKPCC) today expelled DCC President and others from the basic membership of the Party.

In a statement, J&K Pradesh Congress Committee (JKPCC) Spokesperson said that after failing to file response to a show cause notice issued upon Srinagar DCC President and others, Party has expelled Imtiyaz Ahmad Khan (DCC President Srinagar), Manzoor Ahmad Bhat (Khonmoh, Srinagar) and PCC Secretary Asif Ahmad Beigh from the basic membership of the Party, with immediate effect.

They had filed their nomination papers against the spirit of alliance. The breach of alliance unity shall not be tolerated, Spokesperson added.

a free and fair election, with a focus on voter satisfaction and electoral integrity.

The RO and his team assured that all necessary measures are being implemented diligently and that any issues identified will be promptly addressed.

The review meeting reflected a shared commitment to upholding the democratic process and ensuring a smooth election experience for all voters in the 23-Channapora Assembly Constituency.

# **Traffic Police Issues Advisory Ahead Of PM Modi's Srinagar Visit**

**Observer News Service** 

**SRINAGAR:** Ahead of Prime Minister Narendra Modi's scheduled visit to the Kashmir Valley on September 19, 2024, the Srinagar Traffic Police has issued a traffic advisory to ensure smooth movement and avoid congestion on various routes.

The advisory outlines a se ries of road restrictions and alternative routes for motor-

On the day of the visit, traffic movement from Pantha Chowk towards Ram Munshi Bagh will be restricted between 4:00 AM and 4:00 PM. Motorists traveling to Lal Chowk from Pantha Chowk and vice versa are advised to use the alternate route via Pantha Chowk-Nowgam-Sanatnagar-Chanapora-Natipora-Ram Bagh to reach their destinations.

Similarly, traffic from the Police Golf Course/Hotel Lalit towards Gupkar and Ram Munshi Bagh will face restrictions during the same hours. Motorists traveling from Harwan Nishat

towards Lal Chowk are advised to use Boulevard Road via Nehru Park-Dalgate. Additionally, traffic from Dalgate towards Ram Munshi Bagh will be restricted, with motorists directed to use Badyari-Dalgate-MA Road/ RR Road instead.

Traffic assistance points will be set up at various locations, including Pantha Chowk, Shivpora, Sonwar, Rajbagh, Badyari, Dalgate, Radio Kashmir, Abdullah Bridge, Sangermal, and Lalit Grand Palace, to guide motorists. Participants are urged to park in designated areas, and the advisory warns that vehicles parked incorrectly on the roadside will be towed.

The Traffic Police has also assured that emergency vehicles will be allowed to take the shortest route possible. For assistance, the public can contact the Traffic Police Control Room at the toll-free number 103. The authorities have expressed regret for any inconvenience caused due to these arrangements.

# OFFICE OF THE NAIB TEHSILDAR PALHALLAN **EXECUTIVE MAGISTRATE 1ST CLASS**

**PUBLIC NOTICE** 

Subject: Reyaz Rasool, Tanveer Rasool, Zubair Rasool, Javid Rasool son's of Gh. Rasool Najar R/o Goush Bugh for issuance of **OBC** Certificate.

This is to inform the general public that the applications of above mentioned applicants regarding obtaining OBC certificates are currently being processed in the office of undersigned. According to the field staff's report, the applicants are permanent residents of village Goush Bugh Tehsil Pattan District Baramulla, have been residing in the said village for more than 15 years and have not migrated. The total annual family income of the applicants 675900. The family details of the applicants are as:

ı	5.no	Name	Parentage	Age	Occupation
	1	Gh. Rasool Najar	S/o Ab. Khaliq	66	Retired Employee
	2	Nabla Begum	W/o Gh. Rasool	63	H/W
	3	Reyaz Rasool	S/o Gh. Rasool	36	Student
	4	Amina Begum	W/o Reyaz Ahmad	35	H/W
	5	Afan Riyaz	S/o Reyaz Ahmad	03	Minor
	6	Javaid Rasool	S/o Gh. Rasool	34	Student
	7	Tanveer Rasool	S/o Gh. Rasool	31	Student
	8	Zubair Rasool	S/o Gh. Rasool	23	Student

Any objections regarding this matter should be reported to this office within 07 days after the publication of this notice. After this period, no objections will be entertained.

**FKO** 

**Executive Magistrate 1st Class** Naib Tehsildar Palhallan

# **Hundreds Turn-Up For Voter Awareness Event AT Zabarwan Park**

**Observer News Service** 

SRINAGAR: Zabarwan Park on Boulevard Road witnessed a vibrant display of unity and civic responsibility as thousands gathered for the second Mega Voter Awareness Event, part of the SVEEP (Systematic Voters' Education and Electoral Participation) initiative.

The event was held on the directions of District Election Officer (DEO) Srinagar, Dr Bilal Mohi-Ud-Din Bhat to energize and educate the Electorates on the critical importance of Voting.

General Election Observer, Akhilesh Mishra, who was the Chief Guest on the occasion, addressed the gathering, stressing the need for a high voter turnout to ensure true representation.

Returning Officer Khanyar Assembly Constituency of Srinagar District, Ajaz Ahmad administered the SVEEP pledge, urging voters to turn out in large numbers on 25th September and highlighted the role of voting in strengthening democracy.

**SVEEP** Nodal Officer for Khanyar AC Wahida Sheikh emphasized the importance of active voter engagement in safeguarding democratic values.

District Nodal Officer SVEEP, Shabina Kyser also

emphasized the impor-

**Agencies** 

**SRINAGAR:** At least five

residential houses were

damaged after a pre-dawn

blaze broke out in the

Chota Bazar area of Kani

Kadal, Srinagar, officials

news gathering agency-

KNO that at least five

residential houses were

damaged in the blaze that

broke at around 4:29 AM

Five residential struc-

in the morning.

official told local

said.

An



tance of active voter engagement in safeguarding democratic values.

The Voter Awareness event began with a spirited Motorcade Rally Shahr-e-Khaas through areas of Srinagar for promoting voter participation through banners and slogans and culminated at Nehru Park, where partici-

which was later brought

**Houses In Chota Bazar** 

tures, he said, suffered under control, and no loss

**Pre-Dawn Blaze Damages 5 Residential** 

damage in the blaze, of life or injuries were re-

ported in the incident.

Meanwhile, investiga-

pants joined in a symbolic walkathon titled "Run for Democracy." The release of balloons symbolized peace and a collective commitment to the upcoming elections.

A festive atmosphere took over as cultural and sports activities filled the day. Pencak Silat martial arts, field archery, arm wrestling, and other games energized the crowd, while traditional Kashmiri performances, including rouf folk songs, ladishah, and dramatic skits, entertained and conveyed strong voter awareness messages. A mock election campaign provided a hands-on experience of the voting process, adding a practical touch to the event. Students from various schools participated in the event and presented various shows and activities including election skit, kite flying etc.

Booth Level Officers (BLOs) and Booth Awareness Groups (BAGs) actively participated, distributing voter registration pamphlets and setting up informational stalls to encourage electoral participation. A kite-flying activity, with messages promoting voting, added a colorful flair to the event.

The event concluded with a heartfelt vote of thanks, reinforcing the ongoing need for voter engagement and the indispensable role of the electorate in the success of democratic processes.

Deputy CEO, Srinagar, Anjum Raja, along with Principals, Zonal Education Officers (ZEOs), Headmasters, Student voters, and a large number of citizens who lent their support to this vital democratic endeavor.

tions have been initiated,

and the cause of the fire is

being ascertained.

#### PCR: 0194-2452092,2455883 PDD: 0194-2450213 FIRE AND EMERGENCY SERVICES: 2479488,2452222,2452155 CAPD: 18001807011 SMC HEALTH OFFICER: 9469409081 Ambulance: Kashmer EMS Service: +91 94841 00200

TRAFFIC POLICE: 9419993745, 01998-266686

**AIRPORTS** 

SHIEK UL ALAM AIRPORT: 01942303311

**RAILWAYS** SRINAGAR: 0194-2103259

OAZIGUND: 01951-296153

ANANTNAG: 01932-228243 BARAMULLA: 0194-102029 BIJBHERA: 01932-228243 PAMPORE: 01933-294132 PATTAN: 01954-293507

#### **HIGHWAY STATUS**



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



#### **PRAYERS FAJR** 4:53 **ZUHR** 12:36 **ASR** 4:50 Magrib 6:39 ISHA 7:58

# **This Day In History**

- 335- Dalmatius is raised to the rank of Caesar by his uncle
- 634- Muslim forces led by Khalid ibn al-Walid capture  ${\bf Damascus, 1st\ major\ city\ of\ Eastern\ Roman\ Empire\ taken}$ by the Rashidun Caliphate
- 1356- English forces under Edward the Black Prince defeat French at the Battle of Poitiers and capture the French King John II during the Hundred Years' War1523-
- Emperor Charles I & England sign anti-French covenant 1559 Five Spanish ships sink in storm off Tampa, about
- 1642- Perpignan surrenders to French troops
- 1656- Treaty of Labiau: Sweden gives Prussia, Brandenburg 1657- Brandenburg & Poland sign Treaty of Wehlau
- 1755- Great Britain & Russia sign military agreement 1848- Hyperion, moon of Saturn - the first non-round moon - discovered by William Cranch Bond, his son George Phillips Bond and William Lassell
- 1863- Battle of Chickamauga, GA (near Chattanooga) begins: Union forces retreat after a couple days of
- 1864- Third Battle of Winchester, Virginia [Opequon], large bloody battle with the Union army defeating Confederate force with over 9.000 casualties
- 1865- Atlanta University founded 1870-Siege of Paris by Prussian Forces begins (lasts until
- 1879- The Blackpool Illuminations are switched on for
- the first time. 1879 Thomas Ray becomes youngest to break a world track & field record pole-vaulting 11' 21/2" at age 17 years
- & 198 days en the right to vote
- 1896- Beginning of the Bombay plague epidemic when Dr. Acacio Gabriel Viegas detects the first case in Mandvi. Goes on to spread and kill 12 million in India. 1903 - King Leopold II denies Belgian cruelty in Congo
- 1911- Red Tuesday; 20,000 Spanish protest for universal
- 11916- Belgian troops conquer Tabora, German East
- Africa 1916- First landing at Schiphol Airport, Netherlands
- (Farman F-22 of Soesterberg) 1922- Queen Wilhelmina assumes Dutch throne with 119 word speech
- 1931- Japanese troops conquer Mukden, South Manchuria 1937- Seven convicts take Folsom Prison Warden Clarence Larkin hostage in escape attempt, the warden, a guard, and 2 inmates are killed in ensuing stand-off: 5 remaining prisoners convicted of murder and executed
- by newly introduced gas chamber in California 193-9 British Expeditionary Force reaches France
- 1940- Nazi decree forbids gentile woman to work in Jewish homes
- 1941- 1st meeting of partisan leaders Tito & Draza
- Mihailovic in Yugoslavia 1943- Liberator bombers sinks U-341
- 1944 Armistice between Finland and Soviet Union is
- signed. (End of the Continuation War) 1950 - Great Three acknowledge Bond government as only German government
- 1950 UN reject membership of China's People Republic 1974 - Hurricane Fifi hits coast of Honduras; about 5,000 die
- 1974 The KGB begin a large-scale operation to discredit Russian novelist Aleksandr Solzhenitsyn and cut his communications with Soviet dissidents
- 1975 Indonesia sends troops to Portuguese East Timor 1981 - Satellites China 10 & 11 launched into Earth orbit
- 1984 Britain & China complete a proposed agreement to transfer Hong Kong to China by 1997
- 1985 8.1 earthquake in Mexico City kills an estimated
- 10,000 and leaves 250,000 homeless
- 1988 Israel launches 1st satellite, for secret military reconnaissance.
- 1989 French DC-10 crashes near Niger, 171 die 1992 - UN Security Council votes 12-0 (3 abstentions) to
- dump Yugoslavia 2017 - US President Donald Trump addresses the United
- Nations vowing to "totally destroy North Korea" if threatens the US 2017 - 7.1 earthquake south east of Mexico City kills over
- 2017 President Hassan Rouhani of Iran in his UN speech criticizes US President Donald Trump for his comments about Iran in his own UN speech





# KASHMIR OBSERVER®

Thursday | 19-09-2024

# Spontaneous voting

he first phase of Assembly polls went along expected lines. Unlike in the past, people voted spontaneously and in large numbers. Prime Minister Narendra Modi in his X post urged voters to exercise their franchise "and strengthen the festival of democracy." He particularly called upon young and first-time voters to cast their vote and the youth in J&K seem to have responded to his call. In recent years, people in Jammu and Kashmir have eagerly waited for the restoration of democracy. They have looked forward to the assumption of power by an elected government, giving them both a sense of involvement in decision making and also enabling them to hold the rulers accountable, something that is not possible under a bureaucratic rule. But a better and a representative elected government can only be formed if people participate in the election in large numbers. And this time around people are ensuring that the newly elected members are truly representative of their electorate.

Another reason for large participation is the absence of boycott call from the separatist groups. This marks a significant departure from the norm established since the beginning of the separatist struggle in 1989. Since the early nineties, separatists have championed the boycott of elections, although this trend has seen diminishing returns over the years. The urban areas have still witnessed significant boycotts but the rural areas have generally experienced higher voter turnout.

One more factor driving people's involvement in the election is that the ongoing exercise has been the most interesting in years. As against the earlier domination of the two political entities like the National Conference and the PDP, the scene has become suddenly overcrowded, with more political parties and the independent candidates throwing their hats in the ring. The entry of just-released Engineer Rashid has both livened up the electoral scene and also made the outcome further predictable. He is drawing good crowds all across the Valley, although still short of expectations. In South Kashmir, which is not his constituency, the crowds rooted for him wherever he went. It is still not certain whether he will win seats across the Valley, but he is certain to create a major disruption. His presence has already strained the grip of the established parties like the NC, PDP and the Congress, as well as the smaller parties like the People's Conference. The alliance between Rashid and the Jamaat-e Islami is expected to further queer the pitch for the NC and the PDP. The situation is expected to take more turns going forward. This is likely to further boost polling in the next two phases and this is a welcome departure from the past.

# FINANCIAL EXPRESS

Beware of Phone-Based Financial Frauds Promising Assured Income through Trading

Did you know?

Irshad Mushtaq

n today's fast-paced world, the relentless chase for wealth often leaves individuals emotionally vulnerable, making them prime targets for unscrupulous advisors. Operating under the guise of financial security experts, these fraudsters exploit trust, promising quick and easy gains through trading. Skilled at crafting believable narratives and appearing knowledgeable, their primary goal is to deceive unsuspecting victims. A common red flag in these scams is the lack of transparency. Typically, all interactions occur over the phone. You'll never meet these advisors in person or visit their offices. This absence of face-to-face interaction should immediately raise concerns. Their promises often play into your desire for quick financial success, leading to emotional manipulation and potential harm to your mental health. A particularly dangerous tactic is the misrepresentation of profit-sharing deals. These advisors lure you with the allure of splitting profits, conveniently downplaying the inherent risks. Pause and ponder: if their methods were genuinely profitable, why aren't they leveraging them for personal enrichment rather than peddling them to you? Regulatory bodies, such as the Securities and Exchange Board of India (SEBI), consistently warn against these deceptive practices. Authentic financial advisors understand that compliant profit-sharing models do not guarantee simultaneous gains and loss sharing for investors. Any claims suggesting otherwise are deceptive and non-compliant with established regulations. So, when faced with offers that seem too good to be true, approach them with skepticism. True wealth is built through careful, informed decision-making, not through shortcuts. These scammers are often highly persuasive, employing high-pressure tactics over the phone to coerce you into making hasty decisions. Historically, these so-called advisors are fraudsters peddling illegal profit-sharing schemes as their primary lure. It's crucial to remember that offering financial advice without proper compliance and licenses is not only unethical but also illegal. Financial wellness is a journey, not a destination. Protect yourself by remaining vigilant, conducting thorough research, and relying on trusted, licensed professionals. Always question the legitimacy of unsolicited financial advice, especially when it's delivered with urgency and guaranteed profits. Remember, in the realm of finance, if something seems too good to be true, it probably is.

Learn from the insights of @Irshad Mushtaq, Writer, Investor, Entrepreneur & Founder of M I Securities! Connect for valuable financial advice at misecurities@bp.sharekhan.com

# Reading People's Pulse



Firdous Ahmad Malik

Those who are inclined to participate view elections as a way to reclaim political agency, address pressing local issues, and push for a peaceful future. However, many Kashmiris remain skeptical of the electoral process due to political disillusionment

n recent months, a significant shift has occurred in Kashmir, with an increasing number of young people actively engaging in elections and participating through voting. Historically, the region has been mired in conflicts, and for decades, political involvement was overshadowed by it. So, why are people in Kashmir now more interested in elections than before?

The abrogation of articles 370 in 2019, which stripped Jammu and Kashmir of its special status, marked a turning point in the region's political landscape. This move not only dissolved the state's autonomy but also created a sense of urgency among the younger generation to take control of their future. Many view engagement in 2024 elections as a means to regain some level of influence over decisions impacting their lives.

With unemployment and economic instability rife in Kashmir, young people are beginning to see participating in elections as a path to secure their future. The demand for better infrastructure, education, and job opportunities has led many to believe that by participating in politics, they can advocate for economic reforms that benefit the region.

Over time, there has been a shift in attitudes away from armed resistance towards a more peaceful, political method of achieving change. Many young Kashmiris have come to realize that violence has not led to lasting solutions. Instead, they are seeking to create meaningful change through democratic participation, hoping to influence policy decisions from within the system.

New regional political platforms are emerging, providing young Kashmiris with opportunities to engage in local governance. Unlike national parties that may seem disconnected from the region's issues, these local parties are focused on addressing specific concerns related to Kashmir's identity, rights, and development.

identity, rights, and development. The rise of social media has also played a pivotal role in shaping political awareness among Kashmiri peoples. Platforms like Twitter, Instagram, and Facebook have allowed young people to connect, exchange ideas, and mobilize for political causes. This digital engagement has empowered them to voice their concerns and demand accountability from political leaders.

Many young Kashmiris now see politics as a means to push for peace and dialogue. They understand that lasting peace can only come through negotiations and political solutions, and they are determined to be part of that process.

However, there are strong reasons why many Kashmiris still remain disengaged from the electoral unrest coupled with a history of unfulfilled promises from both regional and national politicians , have led to widespread disillusionment. Many Kashmiris feel that elections have not resulted in any meaningful change in their lives, fostering a deep distrust in the political system. This sense of alienation has been exacerbated by the abrogation of Article 370, which stripped Jammu and Kashmir of its special autonomous status. As a result, they may view participating in elections as futile or even as legitimizing a system that they believe no longer reflects

their interests or aspirations.

Disillusionment with both regional and national political parties also plays a major role in voter apathy. Many Kashmiris feel that politicians, regardless of their party affiliation, fail to deliver on their promises once they are elected. This perceived lack of accountability and efficacy has led to widespread cynicism about the electoral process.

Regional parties like the PDP and NC, which once held significant sway over the local population, have also faced criticism for failing to adequately address key issues such as employment, development, and the broader political conflicts. As a result, even parties

that are traditionally viewed as more representative of local interests have lost credibility among large sections of the population.

Security concerns also significantly impact voter participation in Kashmir. Elections in the region often take place under heavy military and security presence. The presence of security forces, while intended to ensure the smooth conduct of elections, sometimes contributes to a sense of intimidation and fear, further discouraging voter turnout.

Moreover, some Kashmiris, particularly in rural or economically marginalized areas, feel that elections will not lead to any tangible improvements in their lives. Years of poor governance, corruption, and neglect have led many to lose faith in the ability of elected representatives to bring about real change. In these areas, voter apathy is often driven by a belief that no matter who is elected, the fundamental problems they facesuch as unemployment, poverty, and lack of basic services-will remain unaddressed. This sense of disenchantment with the political system as a whole leads to lower participation rates, as people feel that their vote will not make a difference in their daily lives

Overall, the reasons for both interest and disinterest in the 2024 elections in Kashmir are deeply rooted in the region's unique socio-political context. Those who are inclined to participate view elections as a way to reclaim political agency, address pressing local issues, and push for a peaceful future. However, many Kashmiris remain skeptical of the electoral process due to political disillusionment, lack of trust in leadership, and unresolved security concerns. The dynamics of the 2024 elections in Kashmir will thus reflect these deeply entrenched tensions.

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



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

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# Not Counting the Greatest Blessing

sWe take the support, stability, and the mere presence of loving family for granted. Even though the idea that it can be snuffed out at a moment's notice is, I suppose, always present, but the realisation and the appreciation of one's blessings hardly materialises. Atleast, perhaps, not until man comes face to face with the tragedies himself or of someone quite familiar. The cold hard stare of the

circumstances of some individuals spoken with a warmth and maturity unexpected of their tender ages may make one to look at their own troubles as mere trifles, be inspired by their resilience to suffer ones own difficulties with greater dignity, and yet sometimes it leave a sense of embarrassment over the inability to overcome ones own problems some of which might appear comical in comparison. How fickle is a human?

How easily can he be beguiled? How quickly he makes a mountain out of a mole hill? He looses and wastes everything: precious relations, the faith of a loved ones, a kind friend; all that is worthy of preservation in the name of fear, indignity, dishonour, and other perceived things and amazingly spawn these very same emotions in their reactions. Yet, there are people, who despite the burdens of life, complex situations unmanage-

able even in imagination, do not fail to share a word of care, of kindness: a scarce commodity. Today, I met an old schoolmate of mine who has undergone grievous losses in a short period of time. This weighed heavily on my heart and compelled me to write this. Hope you will forgive my rant.

Ahsan Ul Haq Shah

# COLD DRINKS Unpacking the Health Risks

#### HIMANGSHU RANJAN BHUYAN

n the modern age of convenience, cold drinks have become a staple in the daily **▲** routines of millions of people worldwide. Whether it's grabbing a can of soda during lunch, reaching for a sugary energy drink to combat fatigue, or sipping a chilled cola on a hot summer's day, these beverages are often considered a refreshing and harmless indulgence. However, beneath the fizz and the sweet taste lies a darker reality-cold drinks, while enjoyable, carry serious health risks that can lead to long-term consequences for individuals and society at large. As the consumption of cold drinks rises globally, it's critical to unpack the health risks they pose and understand the serious problems that may be brewing within each bottle or can.

The most glaring concern with cold drinks is their extraordinarily high sugar content. Most sodas and sugary beverages are loaded with added sugars, typically in the form of high-fructose corn syrup or sucrose, making them calorie-dense without offering any real nutritional value. A typical 12-ounce can of soda contains anywhere between 35 to 40 grams of sugar, equating to about 9 to 10 teaspoons of sugar per serving. The World Health Organization (WHO) recommends that adults limit their daily intake of added sugars to about 25 grams (or 6 teaspoons) to maintain health, meaning just one can of soda can far exceed the suggested daily limit.

The human body is not designed to handle such large quantities of sugar in liquid form, and consuming cold drinks regularly has been shown to cause serious metabolic disturbances. Sugary drinks cause rapid spikes in blood glucose levels, triggering the release of insulin to manage the sudden influx of sugar. Over time, repeated consumption of high-sugar beverages can lead to insulin resistance, a condition where the body's cells no longer respond properly to insulin. This is a precursor to type 2 diabetes, a chronic condition that has become a global epidemic, closely tied to the rising consumption of cold drinks. In fact, studies have consistently shown that individuals who drink sugary beverages regularly are at a significantly higher risk of developing type 2 diabetes than those who do not.

In addition to contributing to diabetes, cold drinks are a major driver of the obesity crisis, which affects millions worldwide. Sugary beverages are a perfect storm of high-calorie content with low satiety. Unlike whole foods, which contain fiber and nutrients that contribute to a feeling of fullness, cold drinks are essentially empty calories. This means that people can easily consume large quantities of these beverages without feeling full, leading to overconsumption of calories and subsequent weight gain. This is particularly concerning the primary consumers of sugary drinks and are at a higher risk of developing lifelong unhealthy eating habits.

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Obesity is a known risk factor for a host of



chronic diseases, including cardiovascular disease, certain types of cancer, and metabolic syndrome—a cluster of conditions that include high blood pressure, elevated blood sugar, excess abdominal fat, and abnormal cholesterol levels. These conditions significantly increase the risk of heart disease and stroke, which remain leading causes of death globally. The role of sugary cold drinks in promoting obesity and its associated health risks cannot be overstated. In recent decades, numerous studies have drawn direct links between the regular consumption of these beverages and rising rates of obesity across different age groups and populations. Another serious health concern linked to cold drink consumption is its impact on liver health, particularly in the development of non-alcoholic fatty liver disease (NAFLD). NAFLD occurs when fat builds up in the liver, leading to inflammation and potential liver damage. Although traditionally associated with alcohol abuse, NAFLD has become increasingly common in people who consume large amounts of sugary beverages. The liver processes fructose, a sugar commonly found in cold drinks, differently from glucose, and excessive fructose intake can overwhelm the liver's capacity to metabolize it. Over time, this can lead to fat buildup in liver cells, contributing to the progression of NAFLD. Alarmingly, NAFLD often presents no symptoms in its early stages, meaning that by the time it is diagnosed, significant liver damage may have already occurred.

The role of cold drinks in contributing to poor oral health is well documented, and the effects are particularly evident in children and teenagers. The high sugar content in cold drinks creates an ideal environment

for harmful bacteria in the mouth to thrive. These bacteria feed on the sugars and produce acids that attack the enamel—the hard, protective outer layer of teeth. This acid erosion is the leading cause of tooth decay and cavities. Moreover, the acidic nature of many cold drinks, especially those that are carbonated, further accelerates the erosion of tooth enamel, even in the absence of sugar. Once tooth enamel is damaged, it cannot regenerate, leaving teeth vulnerable to decay, sensitivity, and, ultimately, tooth loss.

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In young children, who may consume cold drinks as a regular part of their diet, the risk of developing early childhood cavities is high. Poor oral health in childhood often sets the stage for a lifetime of dental problems, and in severe cases, can lead to infections that affect overall health. Furthermore, as more sugary drinks are consumed in place of healthier options like water or milk, children miss out on important nutrients, such as calcium, that are essential for developing strong teeth and bones.

Caffeine is another ingredient commonly found in many cold drinks, especially in colas and energy drinks. While moderate caffeine intake is generally safe for most people, the excessive consumption of caffeinated beverages can lead to a range of health issues. Caffeine is a stimulant that affects the central nervous system, increasing heart rate and blood pressure. For people who are particularly sensitive to caffeine or consume it in large quantities, this can lead to symptoms such as restlessness, anxiety, insomnia, and heart palpitations. Moreove caffeine is mildly addictive, and frequent consumers of caffeinated cold drinks may develop a dependence, experiencing withdrawal symptoms such as headaches, irritability, and fatigue when they reduce their intake. Another less commonly discussed but equally concerning effect of cold drinks is their impact on bone health. Many sodas, particularly colas, contain phosphoric acid, which can interfere with the body's ability to absorb calcium—a mineral crucial for maintaining strong bones. Over time, regular consumption of phosphoric acid-rich sodas can lead to a reduction in bone mineral density, increasing the risk of osteoporosis and fractures. This is especially concerning for women, particularly postmenopausal women, who are already at a higher risk for osteoporosis. In younger people, especially teenagers and young adults, the habit of consuming soda in place of milk or other calcium-rich beverages can have long-term negative effects on bone health, increasing their risk of fractures later in life. Even diet sodas, which are marketed as a "healthier" alternative to regular sugary drinks, come with their own set of risks. While these beverages contain artificial sweeteners like aspartame or sucralose instead of sugar, studies have raised concerns about their long-term effects on metabolism and overall health. Some research suggests that artificial sweeteners may interfere with the body's ability to regulate blood sugar and may even increase cravings for sweet, highcalorie foods, potentially leading to weight gain. Moreover, artificial sweeteners may disrupt the gut microbiome, the collection of bacteria and other microorganisms in the digestive tract that play a crucial role in ligestion, immunity, and overall health, Alterations to the gut microbiome have been linked to a wide range of health problems, including obesity, diabetes, and gastrointes-

The issue of dehydration is another hidden problem with cold drinks. Although they are liquids, many cold drinks, particularly those with caffeine, act as diuretics, increasing urine production and promoting fluid loss from the body. People who rely on sodas and energy drinks as their primary beverages may not be adequately hydrating themselves, especially if they are not consuming enough water. Chronic dehydration can lead to a range of health problems, including kidney stones, urinary tract infections, and impaired cognitive function. In extreme cases, dehydration can lead to kidney damage, particularly in individuals who already have preexisting kidney conditions. Despite these alarming health risks, the consumption of cold drinks continues to rise, driven by aggressive marketing campaigns, easy availability, and cultural habits that promote sugary beverages as part of daily life. As awareness grows around the dangers of excessive cold drink consumption, it is important for both individuals and public health officials to take action. Governments and health organizations have a role to play in regulating the sale and marketing of these beverages, particularly to vulnerable populations like children. In some countries, taxes on sugary drinks have been implemented as a way to reduce consumption, and public awareness campaigns have been launched to educate people about the health risks.

On an individual level, reducing or eliminating cold drinks from the diet in favor of healthier alternatives is a simple but powerful step toward better health. Drinking water, herbal teas, and natural fruit juices can provide hydration without the added sugars, artificial sweeteners, and other harmful ingredients found in cold drinks. Replacing sugary drinks with water not only benefits physical health but also helps to reduce the environmental impact associated with the production and disposal of plastic bottles and cans.

We can say at the end that, while cold drinks may offer a momentary sense of refreshment, their long-term impact on health is deeply concerning. From meta-bolic disorders like diabetes and obesity to dental decay, liver disease, and weakened bones, the risks associated with frequent cold drink consumption are serious and far-reaching. Even diet sodas, often seen as a healthier alternative, carry potential health hazards. As the evidence continues to mount, it becomes increasingly clear that the benefits of cutting back on cold drinks far outweigh the fleeting pleasure they provide. As society grapples with the growing burden of chronic diseases linked to lifestyle choices, making healthier beverage choices can have a profound impact on personal and public health. By understanding the risks and making informed decisions, individuals can protect themselves from the silent but significant dangers of cold drink consumption.

The Writer is Editor in Chief of the Assamese E-Megazine SAMPROTIK

# 3 Ways to Regulate the Nervous System

# Here are insights into the intricate pairing of physiology and well-being

Marianna Pogosyan

magine having a front-row seat to your nervous system.

How would your experience change if you could see, in real time, how the billions of cells and neurons of your brain and body orchestrate your engagement with your environment, how they respond to your thoughts, emotions, and actions, and how they render love, joy, grief, and rage possible?

Such a comprehensive dossier on what it means to be human might not yet be available to us. However, we can do much with the bodymind data that is already within our reach.

Psychologist Inna Khazan is a biofeed-back expert. Biofeedback—often conducted through instruments that measure functions such as heart rate and muscle tension—allows us glimpses into the intricate pairing of physiology and well-being. It turns out we can help our nervous systems do what they're designed to do.

"Through simple exercises, we can produce powerful effects that propagate throughout the whole body and mind," says Dr. Khazan. "This can make the task of regulating ourselves and our emotions a lot easier than it otherwise appears."

Here are three questions and three tools for self-regulation from Dr. Khazan:

# What is self-regulation?

Self-regulation is the nervous system's ability to achieve the sweet spot of activation, which varies depending on the circumstances we are facing. Once the challenge is

over, self-regulation helps us to fully recover to a homeostatic state.

No matter what we are doing, the body needs to surf a wave of cognitive, emotional, or physiological activation. Since our activation levels are constantly changing, we are continuously adjusting to our circumstances. Managing through that wave of activation effectively and efficiently tends to produce our best results.

# Why is self-regulation important?

The nervous system is at the core of our experience of the world. What comes in through our perceptions is not under our control—it's just what's happening. But how we respond is where we have choices.

A dysregulated nervous system—when the heart rate variability is low, the vagal nerve is not activating, and the thinking part of the brain is not properly connected to the limbic system—makes it difficult for us to use all our other skills, including mindfulness or compassion. A well-regulated nervous system underlies everything else.

# How can we befriend our nervous system?

One way is by working with your breath. If my anxiety is making me overbreathe, I won't have sufficient oxygen going to my brain. It becomes impossible to make good decisions since the activation has moved away from the thinking part of the brain,

where the amygdala and the limbic system are. The first thing to do is return blood flow and oxygen to the brain by balancing your breathing. Without it, most attempts to feel better are likely to be unhelpful.

Three self-regulation tools
These techniques can train the nervous
system to be more resilient:

# 1. Breathe low and slow.

What: This is a way of using the breath to regulate the nervous system and to balance the levels of oxygen and carbon dioxide in the blood.

Why: If our breathing is not optimized, the brain will not be getting its basic needs met. When the brain isn't functioning properly, self-regulation becomes a challenge.

How: Bring attention to your breath. Try breathing low and slow (not deep breathing). Slow down your breath by extending your exhalation, maybe even pausing a little at the end of the exhalation, before inhaling again. Take normal-sized breaths in through the nose (like you are smelling a flower) and exhale as fully as you can—either through the nose or through pursed lips (like you are blowing out candles).

# 2. HRV is a superpower.

What: Heart rate variability (HRV) refers to the time difference between heartbeats. HRV (high vs. low) can be an indicator of the nervous system's current state.

Why: The Inverted U of the Yerkes-Dodson curve demonstrates the relationship between activation and performance. As a foundational skill for self-regulation, HRV training can help the nervous system get to the sweet spot of activation at the top of the curve. By activating the vagal nerve, HRV training can produce both physiological and emotional

regulation. This is because the vagal nerve innervates every organ in the body, as well as has projections into the brain, including the limbic system and prefrontal cortex.

How: The simplest way to do HRV training without biofeedback equipment is to do breathing at six breaths per minute (breathe in for 4 seconds and breathe out for 6). That will get close enough to most people's ideal breathing rate and will activate the vagal nerve.

Muscle contraction is another way of doing HRV practice. Simultaneously tense your arms and legs in the same rhythm of 6 contractions per minute, 10 seconds per round (count for 2 seconds doing nothing, then contract for 3 seconds, relax for 3 seconds, then count for 2 doing nothing). This will activate the vagal nerve in a similar way that breathing would.

# 3. Practice the FLARE technique.

What: Feel, Label, Allow, Respond, and Expand awareness is a self-regulation technique that helps the body stay in an optimal state of activation. It can also be used as a guide for the nervous system to return to a state of homeostasis after moving through a challenge.

Why: An optimal state of activation—not too rigid, not too lax—is key to effective performance. When we feel our bodies activating (e.g., heart rate and breathing rate speed up, muscles get tenser), our minds often dramatically interpret this as stress. We deem it as "bad" and begin to direct our efforts into trying to make it go away. In actuality, the body is merely doing what it's supposed to do. When mind and body enter into a battle with each other, we end up in an over-activat-

ed, suboptimal state.

How: Let's say you are experiencing anxiety on an airplane. Going through the FLARE steps would look something like this:

Feel — Become aware of what's happening. Label — There's anxiety, discomfort, and fear. Your labels should be brief, descriptive, and non-judgmental. Labeling will begin to re-route the neurological pathways in your brain by decreasing the activation of the fight-or-flight response and increasing the activation of the thinking part of the brain.

Allow — It's OK to feel this way. Disengage from the negative self-talk ("You're such an idiot! What's wrong with you?") and futile attempts to control or eliminate anxiety. Allowing yourself to feel whatever you are feeling frees up resources that were being wasted on trying not to feel your emotions.

Respond — Use your resources to explore what's in your best interest in the moment. This can be HRV breathing to create a greater sense of safety or another kind of self-care. At this point, since your body is regulating itself better, it's much easier to connect with the meaning of why you're on the plane to begin with.

Expand your awareness — Take a step back and realize that anxiety is not all but just one part of your experience. There are also other things happening in the moment. You can hear people around you, feel your seat, and remember the things you look forward to on your trip. When you let go of the need to make anxiety go away, it becomes a manageable part of your experience.

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## **PM To Address**

said that all the preparations for Prime Minister Modi's visit to Srinagar have been finalised. "It will be a grand occasion and a milestone event for J&K," Chugh said. He said the PM will address a massive election rally at Sher-e-Kashmir Stadium tomorrow. "People of I&K love the Prime Minister. We have seen in the past whenever he has visited J&K, people in large numbers have welcomed him," he said. "Tomorrow's visit of PM Modi will be a game changer, rather a milestone event for the people of J&K." Chugh said that the main venue is decked up and Srinagar has been decorated to welcome PM Modi.

"PM Modi has worked hard for the welfare of J&K. Be it road infrastructure, employment, rail infrastructure, water, electricity and LPG Gas. Now, every elderly woman in the house will get Rs 18000," he said. Chugh said that he has chaired a meeting of BJP workers and people in large numbers are all set to come and listen to PM Modi's speech. "PM Modi has a great vision and mission for J&K. Today, it is the direct outcome of his efforts that the polling booths that would boycott in the past are witnessing serpentine queues. This shows how people are expressing their faith in democracy," Chugh said.

He said after 1987 poll rigging, people had lost faith in the ballot. "After much hard work by PM Modi, the faith has returned and people are choosing ballot over bullet," he said. "The enthusiasm we saw today among the voters is because of the hard work Modiji did for I&K since 2014. The credit for this huge transition goes to none other than PM Modi," said Chugh.

#### **J&K Sees 59%**

increase after the final reports are received from the remote pockets and postal ballots.

The first phase of polls covered 24 seats across seven districts. Briefing mediapersons here after polling ended at 6

pm, Pole said the elections ended peacefully without any untoward incident.

There are reports of some minor incidents of scuffle or argument from a few polling stations but "no serious incident" occurred that could have forced a repoll

"The polling percentage of 59 percent is highest in the past seven elections -- four Lok Sabha polls and three assembly elections," he said, attributing the increase in the voter turnout to various factors including improved security situation, active participation of political parties and candidates and a campaign by the department.

He said the polling percentage has come from the 3276 polling booths and 23 special polling booths—19 in Jammu and four in Delhi for the migrant voters.

He said the Election department of J&K has worked out percentage figures from districts. "I am glad to share that the South Kashmir districts have witnessed huge voter turnout. The areas in South Kashmir would otherwise witness a low percentage of even single digits. Since Lok Sabha polls were held in April-May, the voting percentage from South Kashmir districts in-creased significantly," the J&K CEO said. "I am sure that in the next two phases, the voting percentage will be much higher than today."

Sharing the district-wise percentage, Pole said Anantnag district recorded 54.17 per cent voting, Kulgam 61.7, Pulwama 46.03 and Shopian 53.64. "In Jammu, Doda district recorded 69.33 per cent voting, Kishtwar 77.23 and Ramban 67. 71 per cent voting," he said.

He said in Kashmir, Kulgam recorded the highest voter turn and in Jammu, Kishtwar district topped the list. "Today's voting percentage is higher than previous elections held in 2009, 2014 and 2024 (Lok Sabha polls) and 2008, 2014, 2024 (Assembly polls)," Pole said.

Doling out the Assembly constituency-wise poll percentage figures, Pole said In Kashmir, Shopian recorded 54.72 percent voting, Zainapora 52.64 percent, D.H.Pora 68 percent, Devsar 57.33 percent, Kulgam 62.70 percent, Anantnag 41.58 per cent, Anantang West 45.93 percent, Dooru 57.90 per cent, Kokernag 58 percent, Pahalgam 67.86 per cent, Shangus-Anantnag East 52.94 percent, Pampore 44.78 percent, Pulwama 50.42 per cent Rajpora 48.07 percent and Tral 43.21 percent.

"In Jammu, Bhaderwah recorded 65.27 percent voting, Doda 70.21 per cent, Doda West 74.14 percent, Inderwal 80.06 percent, Kishtwar 75.04 and Padder Nagseni 76.80 percentage," Pole said

To a query whether any untoward incident was reported anywhere in J&K, Pole said no incident was reported to an extent where re-poll should be done. "Minor incidents were reported in Kishtwar where the Deputy Commissioner took the cognisance and the issue was resolved," he said. "Central forces and police acted swiftly as well.'

He credited the highest voter turnout to the peaceful environment, vigorous campaigning by candidates and massive awareness campaign launched by the Election department of I&K. "Election department held a series of awareness campaigns across J&K which will continue for the phase-two and phase-three as well," the J & K CEO said

#### LG Congratulates LG posted on X.

"I must congratulate all my sisters & first-time voters for participating in large numbers to celebrate the festival of democracy. Heartfelt gratitude to outstanding security forces, JKP & Election Officials. Approx 59% polling in first phase shows Jamhooriyat is flourishing in J&K. Long queues of voters in Doda, Kishtwar, Ramban, Pulwama, Shopian, Kulgam and Anantnag demolished the motivated propaganda of the adversaries. People have also rebuffed the agenda of divisive elements and reaffirmed their faith in democracy".

# **No Significant**

may go up slightly as some of the polling stations are located in remote areas of the Pir Panjal Mountain range. According to the Statistical report of the Election Commission of India on the 2014 Jammu and Kashmir Legislative Assembly polls, the voter turnout in these districts was 60.19 per cent.

In the 2014 assembly polls, there were 22 seats in the districts of Doda, Kishtwar, Ramban, Anantnag, Kulgam, Pulwama and Shopian where polling was held on Wednesday.

However, after the delimitation exercise of 2022, two seats -- one each in Doda and Kishtwar districts -- were added.

While the two segments in militancy-infested Shopian district registered higher voter turnout in these elections, the percentage of people exercising their franchise in the neighbouring Pulwama district dropped by a couple of percentage points.

The biggest drop was witnessed in Shangus-Anantnag segment where only 52.94 per cent voters cast their ballots against 68.78 percent 10 years ago. In the Damhal Hanjipora segment, earlier known as

Noorabad, 68 percent voters cast their votes this time against a massive 80.92 percent turnout registered in

Doda and Doda West segments registered a turnout of 70.21 percent and 74.14 percent respectively. Before delimitation, the segments had seen a turnout of 79.51

percent. Kokernag, which was reserved constituency for Scheduled Tribes after the delimitation, saw the turnout drop by more than seven percentage points as only 58.00 percent of the electorate cast their votes.

The Inderwal segment registered a turnout of 80 percent this time against 75.72 percent witnessed 10 years ago, but neighbouring Kishtwar saw a dip in the turnout from 78.23 percent to 75.04 percent. For the 16 seats in the valley, the turnout was more

or less the same as in 2014. While 53.55 percent of the electorate cast their votes on Wednesday, the turnout in 2014 was 54.93 percent.

According to officials, the polling across the four districts of Kashmir was peaceful with no major

This is the first election in Jammu and Kashmir since

2014 and also the first in the union territory set up. A multi-cornered contest was seen on most of the seats with the entry of Jamaat-e-Islami backed independents splicing up the campaign.

#### 2nd Wave of

and more than 100 wounded in the latest attacks, the Lebanese authorities said, with the health ministry also describing the devices targeted as walkie-talkies.

Media reports say walkie-talkies used by Hezbollah blew up in the southern suburbs of the capital Beirut. the Bekaa Valley, and southern Lebanon, which are seen as its strongholds.

It came a day after the simultaneous explosion of hundreds of paging devices used by Hezbollah killed 12 persons, including two children, and wounded up to 2.800 others across Lebanon, in an unprecedented attack blamed on Israel.

There was no comment from Israel, which only hours before the attacks on Sept 17 had announced it was broadening the aims of its war with Hamas in the Gaza Strip to include its fight against the Palestinian group's ally Hezbollah.

Hezbollah said Israel was "fully responsible for this criminal aggression" and reiterated it would avenge the attack, while vowing to continue its fight against Israel in support of the people of Gaza.

Cross-border exchanges with Israeli forces were "ongoing and separate from the difficult reckoning that the criminal enemy must await for its massacre,

Hezbollah said a speech by the movement's Secretary-General Sayyed Hassan Nasrallah, planned for Thursday, will clarify matters and that the movement will face a new pattern and a new confrontation with the enemy.

Lebanese Foreign Minister Abdallah Bou Habib warned the "blatant assault on Lebanon's sovereignty and security" was a dangerous development that could signal a wider war".

The influx of so many casualties all at once overwhelmed hospitals in the Lebanese capital.

At a Beirut hospital, doctor Joelle Khadra said "the injuries were mainly to the eyes and hands, with finger amputations, shrapnel in the eyes - some people lost their sight."

A doctor at another Beirut hospital said he had worked through the night and that the injuries were "out of this world – never seen anything like it".

The walkie-talkies were purchased by Hezbollah five months ago, around the same time that the pagers were bought, said a security source.

Israel's spy agency Mossad, which has a long history of sophisticated operations on foreign soil, planted explosives inside pagers imported by Hezbollah months before the detonations on Sept 17, a senior Lebanese security source said.

One Hezbollah official said the detonation was the group's "biggest security breach" in its history.

Since October 2023, the unabating exchanges of fire between Israeli troops and Hezbollah have killed hundreds of mostly fighters in Lebanon, and dozens including soldiers on the Israeli side.

The UN Security Council is due to meet on Friday to discuss the latest situation in Lebanon, council president Slovenia said on Wednesday.

The UN High Commissioner for Human Rights Volker Turk called for an independent investigation

into the events surrounding exploding pagers.

The simultaneous targeting of thousands of individuals, without knowing who held the devices or their location violated international human rights law and possibly international humanitarian law, Mr Turk said

"There must be an independent, thorough and transparent investigation as to the circumstances of these mass explosions, and those who ordered and carried out such an attack must be held to account," he said.

UN Secretary-General Antonio Guterres said on Sept 18 that civilian objects should not be weaponised.

"I think it's very important that there is an effective control of civilian objects, not to weaponise civilian objects – that should be a rule that... governments should, be able to implement," Mr Guterres said at a briefing at UN headquarters.

A Taiwanese pager maker denied that it had produced the pager devices which exploded in the audacious attack. Gold Apollo said the devices were made under licence by a company called BAC, based in Hungary's capital Budapest.

# **Lebanon Pager**

United States.

The Western supporters of Israel, the Iranian president said, feel unbound to any principle in pursuing their inhumane agenda.

Speaking at a Cabinet meeting in Tehran on Wednesday, Pezeshkian said the September 17 pager explosions are another proof of the fall of humanity in

the West and that they do not want a ceasefire in Gaza. "Using tools usually made to enhance the welfare of humans as a means of terror and destruction against those whose views do not align with us is proof of the fall of humanity and of the dominance of savagery and criminality," he said.

"This event once again showed that although the Western states and Americans claim they want a ceasefire, they practically offer full support for blind crimes, killings and assassinations."

The Iranian president said Muslim nations must ioin hands to break the chain of Israeli massacres.

"The cure for this situation and breaking the chain of oppression and crimes of the Zionist regime and its supporters against the oppressed Palestinians and the Muslim world lies in the unity and cohesion of Muslims and Islamic countries," he said.

The explosions of thousands of pagers widely used by resistance factions and also public service workers left at least a dozen dead and around 3.000 people

The Lebanese government has blamed Israel and vowed to file a complaint with the United Nations over

Hezbollah has promised the Israeli regime will receive 'just punishment' for the attack.

# Cabinet Okays

Prime Minister Narendra Modi. The PM tweeted shortly after the proposal was cleared, calling it "an important step to making our democracy even more vibrant and participative".

However, making this a reality will require twothird of Parliament to side with the BJP, since the proposed system involves amending the Constitution at least six times.

The BIP-led centre has a simple majority in both Houses, but is short of that two-thirds mark - by 52 votes in the Rajya Sabha and 72 in the Lok Sabha. It then has to be ratified by all states and UTs.

What The Panel Said

Holding simultaneous poll will "transform the electoral process (and) governance" and "optimise scarce resources", the high-profile panel said, noting 32 parties and prominent judicial figures, including former Supreme Court Chief Justices and High Court judges, had backed this measure.

Among the advantages listed for 'one nation, one election' are that it makes the electoral process easier for voters. Synchronising polls will also result in higher and faster economic growth, and therefore a more stable economy, the panel argued, claiming a single round of elections will allow businesses and corporate firms to take decisions without fear of adverse policy changes.

The panel has also reasoned that (eventually) holding elections at all three levels - for the Lok Sabha, for state Assemblies, and for panchayats - will "avoid disruption of supply chains and production cycles due to migrant workers seeking leave of absence to cast their

The 'one nation, one election' push will also "prevent policy paralysis", and do away with the "atmosphere of uncertainty" due to frequent elections, the government argued.

What Government Said

Information and Broadcasting Minister Ashwini Vaishnaw has said the 'one nation, one election' system will be implemented in two phases, with a single list to identify eligible voters for all polls.

"We will start the discussion (on implementation) pan-India," he told reporters, underlining that 80 per cent of respondents supported the 'one nation, one election' push during initial talks.

There is "widespread support" for this system, he

Former Union Minister Anurag Thakur, in March pointed out that before 1962 simultaneous elections were, in fact, the norm. This only changed after 1962, he said. "If some state elections are advanced or kent on hold, 10-15 polls can be held together... If we save this money India won't have to wait for 2047, but will achieve its 'Viksit Bharat' (developed India) dreams much before."

Last year, before the Ram Nath Kovind-led panel was announced, the Law Minister outlined the government's rationale and told Parliament simultaneous elections represent financial savings as it cuts down on multiple deployment of security forces, and also helps political parties save money.

What Opposition Said However, 15 parties, including the Congress, have

opposed the plan. The Congress has said this proposal is "not pragmatic and practical". Party boss Mallikarjun Kharge, while releasing the party's manifesto for next month's Haryana election, called it "an attempt to divert the attention of the public". "This is not going to succeed... the people will not accept it."

'When elections come, and they don't have issues

to raise, they divert attention..." Kharge said. Last week senior Congress leader P Chidambaram said the 'one nation, one election' system is not possible under the present Constitution, as it requires at least five constitutional amendments.

Other opposition parties, specifically those in the Congress-led INDIA bloc, including the Samajwadi Party, the Trinamool Congress, and the Aam Aadmi Party have also been critical of this measure

In March, while releasing its manifesto for the Lok Sabha election, Tamil Nadu's DMK vowed to scrap the 'one nation, one election' proposal if the INDIA bloc were to win the election. Two months earlier Trinamool leader and Bengal Chief Minister Mamata Banerjee called the proposal "a design to subvert the basic structure of the Constitution" and "(allow) autocracy (in) a democratic garb...'

Also, regional parties had pointed out concerns that limited resources could hamper them in highlighting local issues to voters, particularly in the face of frenzy over national issues in a Lok Sabha election.

Another red flag was the cost of procuring EVMs. or electronic voting machines. This, the poll panel had said, would be around 10,000 crore every 15 years. What Is 'One Nation, One Election'?

Simply put, it means all Indians will vote in Lok Sabha, Assembly, and local body elections - to pick central, state, and local representatives - in the same year, if not at the same time.

At present, only a few states vote for a new government at the same time as the country selects a new union administration. These few are Andhra Pradesh, Sikkim, and Odisha, all of which voted at the same time as the April-June Lok Sabha election.

Haryana votes next month, with Jharkhand and Maharashtra also voting this year. Jammu and Kashmir is holding its first Assembly election in a decade.

The rest follow a non-synced five-year cycle; Karnataka, Madhya Pradesh, Rajasthan, and Telangana. for example, were among those voting at different times last year. And this has been flagged by the opposition, which has warned against cutting short the terms of the state's respective governments.

Of these four, the BJP rules Madhya Pradesh and Rajasthan. The Congress rules Karnataka and Telangana, both of which voted last year and are not scheduled to vote again till 2028.

# **Breaking Decades**

post-Article 370- change that has injected fresh op-

timism into the region. The first phase of the election held on Tuesday concluded with an overall polling turnout of 58.85%. comparative analysis of voter turnout reveals the changing political dynamics of Jammu and Kashmir. For instance, Anantnag saw a rise from 39.7% in 2014 to 54.17% in 2024, while districts like Pulwama, often hit hardest by conflict, experienced an increase from

38.1% in 2014 to 43.87% this year. LG Manoj Sinha expressed his gratitude to voters for participating in what he called a "historic voter turnout." He highlighted the significance of the elections as a testament to the strength of Indian democracy, noting the region's transformation from fear and conflict to one where voters proudly exercise their democratic rights. In his tweet, Sinha said, "Record polling in the peaceful, free & fair election attests to the strength of Indian democracy & people's faith in democratic values." He also praised the efforts of security forces, the Jammu and Kashmir Police (JKP), and election officials, while commending first-time voters,

particularly women, for coming out in large numbers. For this election, a total of 219 candidates competed across 16 assembly constituencies in Kashmir division and eight constituencies in Jammu division. Over 23.27 lakh voters were eligible to cast their votes, with 3,276 polling stations set up to ensure a smooth voting process. The districts where voting took place included Anantnag, Pulwama, Shopian, and Kulgam in the Kashmir division, and Doda, Ramban, and Kishtwar in the Jammu division.

Demographics played a crucial role in this election. with a significant proportion of young voters between the ages of 18 to 29 years, including 1.23 lakh first-time voters. Notably, the election also saw the inclusion of 60 third-gender voters and 28,309 persons with disabilities (PWD), indicating the region's efforts toward an inclusive democracy.

In terms of voter turnout by district, Anantnag, a critical region in Kashmir, registered 54.17% turnout, while Doda in Jammu, known for its high voter enagement, saw 63.33%. Despite a marginal dip in areas like Kishtwar and Ramban, with 77.23% and 67.71% turnout respectively, the overall sentiment remained one of participation and engagement. Other key districts like Kulgam and Shopian also witnessed respectable turnouts of 59.62% and 54.64%.

Polling was held in assembly constituencies such as Pampore, Tral, Pulwama, Shopian, Kulgam, and several others across both divisions. Each of these constituencies saw candidates from various political backgrounds compete for seats, reflecting the diversity of political thought and the multi-faceted nature of Jammu and Kashmir's electoral landscape.

For many, this election was not just about voting, but about reclaiming a sense of agency and participation in the democratic process. For years, the region struggled with the fear of terrorism and the weight of political instability, but today's election signals a shift towards normalcy and a brighter, more democratic

With approximately 59% turnout in the first phase, the region has made a powerful statement about its faith in democracy. Voters from all walks of life, including the elderly and first-time voters, stood in long queues, undeterred by past fears or political uncertainties. The image of these voters, from districts like Doda and Anantnag, casting their ballots serves as a symbolic rebuke to the adversaries of peace and democracy, and a firm reaffirmation of Jammu and

Kashmir's place within the democratic framework of India–(KNO)

### 'Crops Can

the democratic process. Among the voters was Abdul Majid, a labourer working in a paddy field. "It is a crucial time for us as the paddy needs to be cut and transported to threshing yards, but this vote is even more important. Our future is at stake, and we cannot miss this opportunity

to choose our representatives," he said. Another local labourer, Bashir Ahmad, said. "The apple harvest is in full swing. I have been picking apples for the past couple of days, but early this morning I rushed here to vote. We labour all year in these orchards, but if we don't vote, our voices won't be heard."

The sight of voters still wearing their work clothes was common, as women and men alike stepped away from their fields and orchards to join the polling lines. Shakeela Bano, who had been busy in an orchard earlier, said, "It is exhausting to balance both harvest-

ing and voting, but this is our right. We may be labour-

ers, but we understand the value of our vote.' Mohammad Yousuf, an apple picker from Yaripora village, said, "The crops can wait for a while, but voting can't. We don't get many chances to elect a leader here—it takes years, so this election is important."

The district comprises three assembly constituencies: D.H. Pora, Kulgam and Devsar, with 3,28,740 registered voters, including 1,64,829 males, 1,63,898 females, and 13 transgender voters.

Overall, Kulgam district recorded an approximate voter turnout of 62.61 percent. D.H. Pora Assembly segment recorded the highest voter turnout in Kulgam at 68.43 percent, fol-

lowed by Kulgam at 62.74 percent and Devsar at 57.34 percent—(KNO) **Young Voters Vote** For Muskaan, 20, casting her vote was a major deci-

sion taken after much thought. "I never imagined that I would vote, but after careful consideration, I decided to vote. Boycott has given us nothing. We need someone to change the current dynamics and protect our rights," she said after voting in the Kulgam polling

Notably, unlike previous years, polling stations in areas of South Kashmir that had previously been known for boycotting elections were marked by long queues and a busy environment. Voters were seen collecting their serial numbers and openly supporting their candidates. The voters majority of whom were first timers claimed that boycotts haven't yielded anything in the past and it's time to use vote power to ensure peace, development and fearless living

Nisar Ahmed Sheikh, said he has never cast his vote in the past as like others he believed in "boycott politics." "We have realised that boycotts haven't yielded anything in the past. Better to use vote as a tool to make our candidate accountable for so many things ranging from development to ensuring better living for the residents," said Sheikh, a resident of Bugam village of Kulgam, known for staying away from polls.

Similarly, in Omoh hamlet in the Dooru segment in south Kashmir's Anantnag district, voters were enthusiastic and happy to cast their ballots for the first time after the bifurcation of the erstwhile I&K state.

One first-time voter, Mohammad Shareef, said, "I am optimistic that my vote will bring positive change. I am choosing a representative who will speak on our behalf and address the unemployment in the area." Another first-time voter, Tawseef Ahmad, said, "I

cast my ballot to choose the representative who will work on restoring Article 370." Ahmad added, "The abrogation of Article 370 has led to unemployment here, and I believe that choosing

the right representative can help reverse this decision.' However, not everyone shared this optimism. "I've lost all hope in any government. We've seen everything and nothing ever changes," said a young voter who chose not to vote. "It feels like a futile exercise. The promises are always the same, but the outcomes

# **Development, Unemployment**

region where these crucial issues are often overshadowed by discussions around terrorism and security concerns. It's time we focus on the economic and

social challenges that affect our daily lives," Sana said. Many elderly people also cast their ballots. Atiqa Begum, an octogenarian, arrived at the polling station around 4 p.m., supported by her son and grandson. Reflecting on her long life, she said, "My days are behind me, but this is about the future of the coming generations. They need jobs, and many well-educated people are struggling to find work. Over the past many vears, we've seen little to no development.'

She added, "I've voted even during times when no

one dared to vote. Why stay away now? Zeeshan, a college student said that he is supporting a party that will address the recent changes to the reservation quota, "I am voting for a party that will reconsider the 10% reservation given to some categories." he said, adding, "This adjustment has reduced the open merit segment from about 45-50% down to 36%, and I think it's important to address this injustice."

"The population of people belonging to the general category in I&K is 69% as per 2011 census. So how is 30% share in jobs and admissions for 69% population justified?" he asked.

In Redwani village, within Kulgam's Devsar constituency—a region historically linked with separatist activities-voters queued up outside the polling station, showing a remarkable shift from past election boycotts.

"After avoiding elections for over thirty years, we are casting our votes today for the first time," a voter in his mid 50's said. Sharing concerns about worsening basic services, he added. "Everything is being taken from us bit by bit-water, electricity, you name it. Despite having our own power resources, we have to buy electricity from outside. Now they're saying that

water will also be prepaid." Voters in Pahalgam desire to see development in the scenic locale. Residents said their primary motivation for voting was the development of Pahalgam.

"Development is our only priority. Regardless of who wins, Pahalgam must be enhanced to attract tourists from across the country and around the globe," said Abdul Rahim, a local voter. Many residents in Pahalgam are employed in the

tourism sector, and Rahim said there is a need for further growth in this area to support their livelihoods. "We cannot expect a boom in tourism without the development of our attractions; it's crucial to beautify

these destinations to draw more visitors to Kashmir,"

Notably, the first phase of the election held on Wednesday concluded with an overall polling turnout of 58.85%. A comparative analysis of voter turnout reveals the changing political dynamics of Jammu and Kashmir. For instance, Anantnag saw a rise from 39.7% in 2014 to 54.17% in 2024, while districts like Pulwama,

often hit hardest by conflict, experienced an increase

#### from 38.1% in 2014 to 43.87% this year. **CPIM & Jel Backed**

genuine approach have resonated with many voters, particularly those who view this election as a chance to challenge the decisions made on August 5. This vote is our chance to stand against abrogation of Article 370 and Tarigami sahab has been speaking against it since day 1," the voter said.

Many voters voiced sentiments against Jamaate-Islami's participation in the elections. "They used to say elections are haram; how did they turn halal now?" guestioned another voter. Yet, a significant number of voters showed support

for Sayar Ahmad Reshi, the independent candidate

His commitment to our local issues and his stand against injustice makes him the right choice," said Wahid, a supporter of Reshi.

Another voter said, "Jammat has suffered the worst since decades. This organisation became the most harassed group by the state machinery as well as some political vested interests."So, Sayar's candidacy is a genuine attempt to address the local challenges.

Sayar Ahmad Reshi, the independent candidate supported by JeI, addressed concerns about his party's participation, saying, "Our organization never called for a mass poll boycott; we remained away as a mark of protest." Defending his candidacy against accusations of being a proxy for BJP, saying, "If we had been the proxies, Jamaat leaders wouldn't have been in jail today," Sayar told Kashmir Observer.

Notably, Kulgam Assembly Constituency emerged as the largest constituency within the district, with a total of 1,17,322 voters, including 58,477 male and 58845 female voters.

A total of 10 contestants are in the fray for the Kulgam seat, four of which are contesting as independent candidates.

However, sources on ground said that the main contest is between Muhammad Yusuf Tarigami of CPI (M) and Sayar Ahmed Reshi, an independent candidate, who has the backing of banned Jamaat-e-Islami.

The four-time MLA and senior CPI (M) leader Muhammad Yousuf Tarigami, who is consensus candidate of the National Conference- Congress alliance, is facing one of the toughest electoral battles in his

The Kulgam seat in South Kashmir has been a stronghold of CPI (M), with Mohammad Yousuf Tarigami getting elected since 1996. Some even say it is a battle between Islamists and communists in Kashmir's only Red Island.

However, political analysts said that Jamaat's decision to participate in polls is likely to attract a significant chunk of voters, who have been boycotting elections for more than three decades. "Several Jamaat-dominated villages in Kulgam like Bolsoo that have historically refrained from voting are now participating in this election. This shift in voter behavior could give Sayar a crucial advantage in a tightly con-

#### **Er Says Doors**

minded party now.

are contesting to divide the vote and cause damage to the NC," Abdullah told reporters here.

The National Conference (NC) leader is contesting the assembly polls from Ganderbal which is considered the party's bastion and family stronghold. He is also contesting from Budgam.

The former chief minister of the erstwhile state of Jammu and Kashmir said, "God willing, on October 8, it will be proven that Rashid tried to take votes in the name of sympathy, but he did not get the votes." Abdullah said for the AIP chief, even the BJP is a like-

"You have to ask Rashid because he is ready to help the BJP. So for him the BJP is also like-minded and so is Jel. Only Engineer can make us understand as I have not understood his politics so far," the NC leader

The AIP forged an alliance with Jamaat-e-Islami (JeI) on Monday. Abdullah hit out at J-K Lieutenant Governor Manoj Sinha's call for stricter laws to prevent organisations like JeI from participating in elections, saying after the

results of assembly polls are declared, the LG will have no right to frame laws. "Why have you woken up today, LG sahib? Which law can you use against them? They are contesting as

Independent candidates. "Will you not let them contest as Independent candidates? Their organisation is already banned. They are not in the fray in the name of their organisation, he said.

Abdullah said in any case, the LG will not have any right to frame laws in J-K after the elections as there will be a government elected by the people and that will decide who will contest or not. The NC leader said it should be political parties like

his who should complain as "they (JeI) are contesting against us". 'We are not making any such demand. Why is the LG doing it? What problem does he have?" he asked. On Congress leader Viqar Rasool Wani's allegation

of an assault by NC workers in Banihal, Abdullah said "people say a lot in frustration". "Wani seems to be highly frustrated. The election is over. He should sit silent and wait for October 8 when he decision of the people will be in front of us,

Abdullah said Wani's own party has not liked his statements. The Jammu and Kashmir Pradesh Congress Committee (JKPCC) president has issued a statement against him, he said.

The NC and the Congress have stitched a pre-poll alliance for the assembly elections, but the parties are contesting Banihal and four other seats as a friendly

# Wani is pitted against NC's Sajad Shaheen in Banihal.

**KPs Bat For** "We still feel like we are in exile even though Iammu is a part of the state. For anyone, being thousands of miles away from home is nothing short of a nightmare. We voted for our honorable return to our motherland and aspire to be able to establish a homeland in Kashmir in the near future," said Ashok Bhat, a migrant voter who voted at Kulgam assembly segment

at a polling booth at Jagti camp. Calls for a boycott of the polls by Panun Kashmir and other KP groups, seeking a legislation to be tabled to guarantee the legal recognition of alleged crimes perpetrated against the community, had a little impact.

The first-time voters of the community support

creative approaches to the humanitarian issue and demand that all sides work together to preserve the valley's traditional culture. The pragmatic way to pursue rights through a democratic process, in the opinion of a seventy-nine-year-

old Kashmiri Pandit Bhat, is to 'vote'. Besides rightful return to Kashmir, they also sought relocation to guarantee that their lineage would be preserved for future generations.

While KPs acknowledged the government's proposal to provide 5,000 Kashmiri migrant youths-including Muslims and Sikhs—jobs and official quarters in Kashmir as a symbolic move, they contended that it may jeopardize the community's return and rehabilitation needs of the 300,000 strong-community.

"Our collective right to a homeland in Kashmir is the sole demand we have continuously pursued with our votes over the years and the fact that this desire has consistently been ignored is disheartening," Bhat told Kashmir Observer. For almost twenty years, the government's 'return and rehabilitation policy', he claimed, had not been executed successfully; instead, it had served just as an intent symbol. "Out of our 300,000 people, only 6,000 have received

government employment and official accommodation till retirement under the policies of successive regimes. including the Congress and then the BJP. Does this really constitute rehabilitation?" he questioned. Likewise, Ram Chandra, an eighty years old voter, expressed reservations about political pledges to re-

turn and rehabilitate KPs in the valley while casting

a ballot in the Shangus-Anantnag seat, where three Pandits from Kashmir are running for office. As promised in its election campaign, he said, the Bhartiya Janata Party-led centre will adopt the Tika Lal Tiploo project on the ground and guarantee the repatriation of the Kashmiri Pandit people to the valley as

soon as the new government is formed in the state.

Ram Chandra underscored the need to restore their homes and mailing addresses in the valley prior to their death, offering comfort and reuniting the younger generation "Sayar Ahmad Reshi represents a change we need. with their heritage instead of forcing them to flee the nation.

# **Your Vote For INDIA Bloc** Will Ensure Return Of **Your Rights: Rahul**



**Press Trust Of India** 

NEW DELHI: Leader of Opposition in the Lok Sabha Rahul Gandhi on Wednesday urged people in Jammu and Kashmir to vote for the INDIA bloc, saying every such vote will ensure the return of their rights and bring employment.

Voting was underway on Wednesday for the assembly elections in Jammu and Kashmir for the first time since the abrogation of Article 370. Twenty-four constituencies spread over seven districts of the Union territory are voting in the first phase.

"My brothers and sisters of Jammu and Kashmir, today the first phase of voting is being held. For the first time in the history of the country, a state's statehood has been taken away and it has been made a union territory - this is a violation of all your constitutional rights, an insult to Jammu and Kashmir," Gandhi said in a post in X.

"Your every vote for INDIA will ensure return of your rights, will bring employment, will make women strong, will bring you out of the 'era of injustice'...will make Jammu and Kashmir prosperous again," he said.

"Today, come out of your homes in the largest of numbers possible and exercise your

Agencies

**SRINAGAR:** While the first

phase of assembly polls in

lammu & Kashmir began this

morning, large queues were

"missing" at the home polling

station of former chief minister

Mehbooba Mufti in the Sriguf-

Large queues were witnessed

at almost all polling stations

across the 24 assembly constit-

**Observer News Service** 

JAMMU: With an aim to attract

maximum number of voters

and make electoral process

pleasant and enriching, Elec-

tion Commission of India (ECI)

had established 107 Special

Polling Stations of different

categories for voters in seven

districts, across 24 Assembly

Constituencies which went for

polling today in the first phase

of General Elections to Legisla-

These innovative polling sta-

tions namely women managed,

youth managed, PwD managed,

Green Polling Stations, Model

Polling Stations and Unique Poll-

ing Stations were designed to ca-

ter specifically to women, youth,

Persons with Disabilities (PwDs),

promote eco-friendly practices,

ensure inclusive and accessible

elections and to cater voters of

lished under specific themes in all

seven districts of Anantnag Doda,

The polling stations were estab-

different kinds in the region.

tive Assembly 2024.

**ECI Establishes 107 Special** 

**Polling Stations To Attract Voters** 

wara-Bijbehara segment.

No Large Queues At

democratic right - vote for IN-DIA," Gandhi added.

In a post in Hindi, Congress general secretary Priyanka Gandhi Vadra said, "My brothers and sisters of Jammu and Kashmir, in the last 10 years, things have only been taken away from you. Statehood was taken away, the right to vote and elect a government was taken away, the identity and self-respect of Jammu and Kashmir was taken away."

'Today is the time to change that. Your every vote will strengthen Jammu and Kashmir and your rights. Use your right to vote in maximum numbers and make INDIA win with a huge majority," she said.

This is the maiden assembly election in Jammu and Kashmir as a Union territory. It is also the first poll to elect an assembly in the last 10 years.

The Centre abrogated Article 370, which gave special status to Jammu and Kashmir, and bifurcated the erstwhile state into two Union Territories --Jammu and Kashmir, and Ladakh -- on August 5, 2019.

In the first phase of the threephase polls, seven districts of Jammu and Kashmir located on either side of the Pir Panjal mountain range are voting to choose their representatives.

More than 23 lakh voters will decide the fate of 219 candidates, including 90 Independents, who are running for 24 assembly segments -- eight in three districts of the Jammu region and 16 in four districts of the Kashmir valley.

The other two phases are scheduled to be held on September 25 and October 1, while the votes will be counted on

and 191 female voters. Voters

were seen arriving one by one

Kishtwar, Kulgam, Pulwama,

The newly established poll-

Ramban and Shopian.

to cast their ballots—(KNO)

**ELECTIONS THROUGH THE EYES OF VETERAN VOTERS** 

# **'Most Winning Candidates Forget Us, Only Few Fulfil Promises'**



**Age**ncies

**SRINAGAR:** Pulwama district of South Kashmir has seen a huge transition over the years. On Wednesday, serpentine lines were seen outside the majority of polling booths of this politically significant Assembly constituency of Kashmir. What caught the attention of the media were the Octogenarian people, some of them on wheel-chairs and some taking the help of sticks to reach out to the polling booths to cast votes.

Ghulam Muhammad, 82, said: "I don't feel anything will happen. Nothing has happened in the past 50 years. Most of the winning candidates forget their voters. Only a few remember us. Very few fulfil promises. Many of them don't allow us to enter their homes after they win."

Asked despite having bitter

experience that nothing happens, why he chose to vote this time too, he said maybe better sense prevails. "Who knows my vote may change the heart of the candidate I have voted for. It's better to try luck, who knows whether I will be alive next time," he said. "If the candidate for whom I voted for wins, I will catch-hold of him tomorrow and ensure my children and grandchildren get

His wife, Khadija, 80, however, differed with her husband. "It's true that nothing has happened in the past. But this time, it seems candidates in fray are sincere and won't forget the voters. Wasting a vote is not a good suggestion," she said.

Another octogenarian Ali Muhammad Alai, a resident of Kakapora, Pulwama claimed that he had come to vote to get back his land retrieved by the

I&K administration two years ago. "When late Jawahar Lal Nehru visited Kakapora, Pulwama he asked us to use the land for growing paddy and other crops. "It was the Bakshi Ghulam Muhammad who installed a water pump shed in Kakapora for water supply to the fields. Ghulam Nabi Azad initiated the process of giving us ownership rights of the land under our use for decades but the process stalled after his government was toppled."

Alai said two years ago, LG Manoj Sinha led administration retrieved almost 30 acres of land from us and other villagers. "We protested but got lathis. Now I have voted to get back the land," he said.

A group of elderly people present on the occasion stated that sadak, pani and bijli will continue to remain issues to be resolved by the candidate who wins-(KNO)

# **Sikhs Vote For Minority Status**

**Agencies** 

SRINAGAR: During the first Mehbooba Mufti's Home Turf phase of assembly elections, members of the Sikh comuencies since morning. munity in various villages in However, the situation was south Kashmir's Anantnag disquite different at Mehbooba trict cast their votes, hoping that the new government will Mufti's home polling station, where no such queues were grant them minority status. seen until 11:00 am.

Voters expressed their desire As per official details, by for a representative who will 10:30 am, a total of 77 votes had advocate for the inclusion of been cast out of 362 registered Punjabi as an official language. voters, which included 171 male Sadbir Singh Sodi, a voter at

the Mattan area, said, "In the past, we have been overlooked by every government. This time, we are optimistic about being granted minority status. which would provide us with job reservations in Jammu and

He said the Sikh community has long sought the recognition of Punjabi as an official language, but their requests have largely gone unaddressed. "In Anantnag district alone, Sikhs reside in 14 villages, yet we often feel taken

for granted," he added. Another voter, Tablog Singh,

said, "Development is the right of every individual but there are some specific demands of the Sikh community which need to be addressed."

"The long-standing demands for minority status and the inclusion of Punjabi as an official language must be prioritised once the new government is in place," he asserted. "We came to the polling booths with the hope of finally having our issues resolved."-(KNO)

# Alleged Checking Of Voter IDs Of 'Bhurka clad' women

# **BJP-PDP Workers Clash** In Kishtwar

A brief clash surfaced at

Bagwan Mohalla polling sta-

tion over checking voter ID

cards of Burka Clad women by

a BJP candidate. The BJP can-

didate was hacked by work-

ers from the PDP along with

its contesting Candidate from

Security forces were kept

on standby near the polling

station as police and election

authorities worked to de-

fuse the situation. Additional

Kishtwar Firdous Tak.

the Bongund polling station in

ing stations aim to revolutionize **JAMMU:** Bharatiya Janata the electoral process by ensur-Party (BJP) and People Demoing accessibility and representation for all segments of society. cratic Party (PDP) candidates With a special focus on women, in Kishtwar today barbed acyouth, and PWD, these stations cused on each other after, Shahave been equipped with amenigun Parihar, the BJP candidate from Kishtwar assembly segties tailored to meet their unique needs, fostering an environment ment was allegedly surfaced in controversy for allegedly for active participation in the asking for voter ID cards of democratic process. Furthermore, the ECI's com-Burka-Clad women at a polling booth.

mitment towards environmental sustainability is showcased through the implementation of green practices at these polling stations, meticulously designed to minimize environmental impact and promote a greener future.

Speaking on this unique initiative, Chief Electoral Officer, J&K, Pandurang K Pole, said that establishment of these unique polling stations underscores our unwavering dedication towards fostering inclusivity and sustain-

paramilitary forces attempted to remove the PDP workers and their candidate from the

Voting at the Bagwan Mohalla polling station was temporarily halted amid the escalating tensions between BIP and PDP supporters. However, the situation was brought under control after the Deputy Commissioner of Kishtwar, Rajesh Shavan, arrived at the site, and polling resumed.

"The (PDP) candidate came here and said this girl is playing the victim card and trying to get sympathy. I felt bad. I said why would I play the victim card and said you have made me a victim. They tried to push me. PDP and National Conference workers entered the place where voting was taking place...", Parihar said.

In response to the incident, the BJP announced plans to file a complaint with the Election Commission of India (ECI) regarding the heckling of their candidate. BJP General Secretary Sunil Sharma confirmed that the party's Jammu and Kashmir unit would be writing to the ECI soon, seeking action against PDP candidate Firdous Tak for the incident involving Shagun Parihar.

Meanwhile, PDP candidate Firdous Tak accused BJP for playing victim card and said that he registered separate FIRs on cops and candidate over assault and

"The BJP has only one card to play in Kishtwar - the victim card. With regard to the incident have filed complaints against SP Iftikar for assault and PSO of a BJP leader for attempt to murder. A separate complaint has been filed against the BJP candidate as well," Firdous Tak in post on X said—(KNO)

I, Mohammad Yousuf Ganie, son of late Mohammad Akbar Ganie, resident of Kathi Maidan, near Masjid Jaffari, Zadibal, Srinagar, hereby notify that I have applied for the transfer of electricity connection bearing installation No.: 79062 and Consumer ID: 0204040014851 from my late father, Mohammad Akbar Ganie, to my name.

If anyone has any objection to this transfer, they may contact Office of the Executive Engineer Electrical Division-IV Hawal, Srinagar within one week from the date of publication of this notice. No objections will be entertained after this period.

# BJP Suspends Pawan Khajuria, **Two Other Rebel Leaders**

Agencies

**JAMMU:** Bharatiya Janata Party (BJP) on Wednesday expelled three senior leaders for contesting assembly elections against the party's official candidates in Jammu and Kashmir, a party spokesman said.

J&K BJP vice president Pawan Khajuria along with senior party leaders, Balwan Singh and Narinder Singh Bhau, were suspended from the membership of the party on the recommendation of a disciplinary committee headed by Sunil Sethi, the spokesman said.

Khajuria and Singh had entered the election fray as an independent and a candidate of National Panthers Party (NPP), respectively from Udhampur East assembly segment where BJP has fielded former MLA R S Pathania.

Bhau is fighting as an independent from Chamb constituency of Jammu against party candidate and former MLA Rajeev Kumar. Senior Congress leader and former deputy chief minister Tara Chand is also trying his luck from the seat.

The BJP spokesman said party's working president Sat Paul Sharma ordered the suspension of the three leaders from the membership of the party for an "act of indiscipline" in contesting elections against the official candidates of the

The BJP has faced rebellion in nearly a dozen assembly constituencies with several of its prominent leaders announcing resignation and some jumping into the fray as independents to fight the elections—(KNO)

# Pahalgam Voters Seek 'More' **Development In Tourist Destination**

**Agencies** 

**SRINAGAR:** Voters in Pahalgam, a bustling tourist destination, showed enthusiasm as they participated in the first phase of assembly elections. Their only desire is to see development in the scenic locale.

Residents said their primary motivation for voting was the development of Pahalgam.

"Development is our only priority. Regardless of who wins, Pahalgam must be enhanced to attract tourists from across the country and around the globe," said Abdul Rahim, a

Many residents in Pahalgam are employed in the tourism sector, and Rahim said there is a need for further growth in this area to support their livelihoods.

"We cannot expect a boom in tourism without the development of our attractions; it's crucial to beautify these destinations to draw more visitors to Kashmir." he added.

Another voter, Ashiq Ahmad said, "Though progress has been made so far, much more needs to be done. "While much has been achieved, there is always room for betterment. We hope the winning candidate will initiate the development process as soon as the new government takes office in Jammu and Kashmir," he said—(KNO)

# **OFFICE OF THE NAIB TEHSILDAR PALHALLAN EXECUTIVE MAGISTRATE 1ST CLASS**

**PUBLIC NOTICE** 

Subject: Junaid Munawar S/o Mohammad Munawar Hajam R/o Ussan Khoil Pattan for issuance of OBC (UT) Certificate.

This is to inform the general public that the applications of above mentioned applicants regarding obtaining OBC certificates are currently being processed in the office of undersigned. According to the field staff's report, the applicants are permanent residents of village USSAN KHOIL Tehsil Pattan District Baramulla, have been residing in the said village for more than 15 years and have not migrated. The total annual family income of the applicants 7200. The family details of the applicants are as:

S.no	Name	Parentage	Age	Occupation
1	Mohammad Munawar	Ab. Salaam Hajam	51	Labour
2	Meema Begum	W/o Mohammad Munawar Hajam	48	House Wife
3	Akib Munawar	Mohammad Munawar	25	Student
4	Junaid Munawar	Mohammad Munawar	22	Student
5	Tabasum Munawar	Mohammad Munawar	20	Student
6	Usma Munawar	Mohammad Munawar	14	Student

Any objections regarding this matter should be reported to this office within 07 days after the publication of this notice. After this period, no objections will be entertained

**Executive Magistrate 1st Class** Naib Tehsildar Palhallan

**ANNEXURE 47** 

FORMATS C-1

Format C-1 (for candidate to publish in Newspapers, TV)

**Declaration About Criminal Cases** 

(As per the judgement dated 25th September, 2018, of Hon'ble Supreme Court in WP (Civil) No. 536 of 2011 (Public Interest Foundation & Ors. VS Union of India & Anr.

Name and address of candidate: Zaffar Habib Dar Zainakote **HMT Srinagar** 

Name of political party: Jammu and Kashmir Apni Party (Independent candidates should write "Independent" here) Name of Election: General Election Lgislature Assembly Name of Constituency: 26-Central Shalteng

I, Zaffar Habib Dar (Name of candidate), a candidate for the above mentioned election declare for public information the following details about my criminal antecedents:

SI. No.	Name of Court	Case No. and dated	Status of case(s)
1	Principle District And session judge sgr	FIR No 303 574/2022	Pending
Section(s) of Acts concerned and brief description of offence(s)	153A -CŔPC FIR NO 3 CASE NO: 574/22	03	

(B)	Details about cases of conviction for	or criminal offences
SI. No.	Name of Court & date(s) of order(s)	Description of offence(s) & punishment imposed
	Maximum Punishment Imposed	

In the case of election to Council of States or election to Legislative Council by MLAs, mention the election concerned in place of name of constituency.

1. The particulars regarding criminal cases pending against the candidate shall be in bold letters. 2. The matter in newspapers shall be published in font size of at

3. Details should be given separately for each case in separate

4. If a candidate is contesting an election on the ticket of a particular party, he/she is required to inform the party about the criminal

# cases pending against him/her.

## **Make Frequent Inspections To Ensure Protection Of Consumer Interests: Atal Dulloo** Commissioner, Food Safety national standards to boost

**Observer News Service** 

IAMMU: Chief Secretary, Atal Dulloo, chaired the first meeting of the UT level Committee for Standardization & Quality Control of the local chapter of Bureau of Indian Standards (BIS) tasked to maintain the highest standards for goods and services that are critical for establishing a robust "Quality Ecosystem" throughout the country.

The Dy Director General, BIS (North); Commissioner Secretary, Industries & Commerce; Commissioner Secretary, FCS&CA; Deputy

Organization; GM, NHPC; Representatives from R&B, SIDCO. SICOP. Kashmir/ Jammu Chamber of Commerce & Industries, Consumer Protection (an NGO) and other concerned officers attended the meeting.

While speaking in this meeting, the Chief Secretary impressed upon the concerned organisation to make frequent inspections of all business establishments dealing with such products and services coming under the ambit of the

law of Standardization. He stressed upon the

Food, Civil Supplies & Consumer Affairs Department (FCS&CA) to work for establishment of district level cells as is the nationwide practice to protect the consumer rights.

Dulloo also urged them to generate awareness among the masses about the same so that they too are familiar with the national standards recommended by this organisation regarding the goods and services availed by the

Dulloo further emphasized upon the importance of ensuring adherence to consumers here across J&K. During the meeting, discussions focused on strengthening the implementation of standards across various sectors in Jammu and Kashmir to promote safety, quality, and consumer protection. The committee reviewed ongoing initiatives and identified new opportunities for the integration of Indian Standards in government policies, infrastructure, and industries

within the Union Territory.

economic growth, improve

public services, and protect









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