

## PM To Address Rally In Srinagar Today

Observer News Service

Srinagar: Prime Minister Narendra 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 VIP visit," Inspector General of Police (IGP) Kashmir V K Birdhi said. "Elections and VIP 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



### 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%
- Padder Nagseni: 76.80%

### Press Trust Of India

Jammu: A turnout of about 59 percent was recorded in

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 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](#)

## 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.

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

President Masoud 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 ex-President 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 no-confidence 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 red-flagged concerns over changes to the Constitution and practical challenges.

Sources within an under-terred government said last month the proposal would be implemented in this, the third, term of | [More on P6](#)

## 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, districts 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](#)

### 'Crops Can Wait, Voting Can't'

Despite the ongoing apple and paddy harvest season, residents of south Kashmir's Kulgam district turned out in impressive numbers to cast their votes in three key assembly segments. While the fields were bustling with activity, voters made time to participate in | [More on P6](#)

## Young Voters Vote For Change In South Kashmir

Observer News Service

Srinagar: The young boys, they 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.

"We live in a | [More on P6](#)

## Neck-and-Neck Showdown In Kulgam? CPIM & JEL Backed Candidate Face A Tough Battle

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

Majid 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](#)

KASHMIR OBSERVER

EPS # 3

**PODCAST**

27<sup>th</sup> year OF PUBLICATION

KASHMIR OBSERVER

FT FILM MAKER

**Bashir Budgami**

**SCAN THIS TO WATCH THE PODCAST**






# 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.

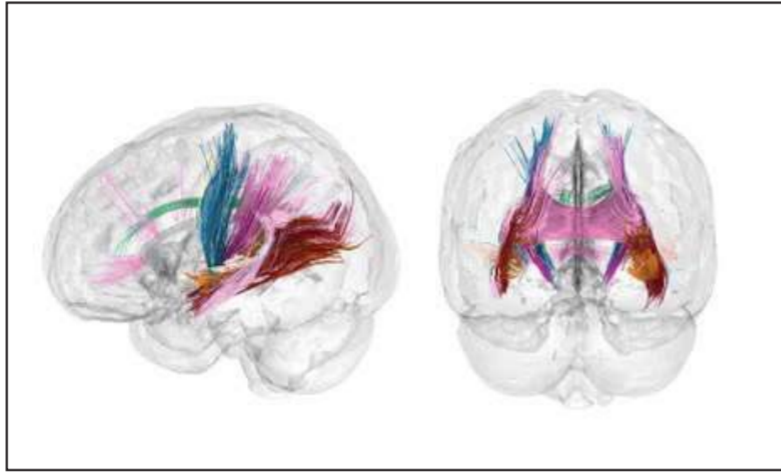
The findings, published in the journal Nature Neuroscience, could represent one of the first comprehensive maps of changes before, during and after pregnancy, to further explore and understand the maternal brain, they said.

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



**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 wrote.

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.

**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**  
**Name : Nasreena Parveen**  
**Father's Name: Mohd Yousuf Khan**  
**Mother's Name : --Saleema**  
**Date of Birth:- 04-02-1978**  
**Residence:- Khore Sheerabad Pattan**

According to 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 [www.ireps.gov.in](http://www.ireps.gov.in) 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 through tender document cost and earnest money only through only payment modes available on [www.ireps.gov.in](http://www.ireps.gov.in) portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information logon to [www.ireps.gov.in](http://www.ireps.gov.in)

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
13.09.2024	23.09.2024	07.10.2024 / 15:00 Hrs.

S.N.	Tender No.	Details of Tender
1.	189-2024-25-	Mis Pway Works for track maintenance in the section of PTK-DRM-FZR ADEN/PTK.
		Advertised Value (Rs.) Earnest Money (Rs.) Validity of Offer Period of Completion
		59,99,089.08/- 1,20,000.00/- 60 08 Months
		Similar nature of work:- "CTR/TRR/TFR/TTT 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".
2.	190-2024-25-	Repair and maintenance of level crossings in the section of PTK-DRM-FZR ADEN/PTK.
		Advertised Value (Rs.) Earnest Money (Rs.) Validity of Offer Period of Completion
		59,94,880.51/- 1,19,900.00/- 60 08 Months
		Similar nature of work:- "Any civil work other than track work".

Note 1. Before bidding, bidders to check for any corrigendum issued against tender.  
 No.: 189 & 190-2024-25-PTK-DRM-FZR Dated: 17.09.2024 2901/2024

**SERVING CUSTOMERS WITH A SMILE**

**از دفتر نائب تحصیلدار پٹن**  
 عنوان:- درخواست منجانب نکیل نی ولد غلام نبی آہنگر ساکنہ بانچی ویرہ تحصیل پٹن برادرانی OBC بچن خوں

**اشتہار ہرخاص و عام**

معاہدہ مندرجہ عنوان الصد میں ساکن نے ایک درخواست بغرض OBC سرٹیفکیٹ بزمہ آہنگر پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹناری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن واقعی آہنگر ذات سے تعلق رکھتا ہے اور ساکن بانچی ویرہ میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے ساکن کا کنڈیڈیل افراد پر مشتمل ہے نکیل نی ولد غلام نبی گورنمنٹ ملازم 34 سال  
 ماضف تاورز ویدج نکیل نبی گھریلو کام 32 سال  
 بریرہ دختر۔۔۔ کم سن 02 سال

سائل مذکورہ OBC سرٹیفکیٹ حاصل کرنے کا خواہ ہے اور کنڈیڈی مہوارہ آمدنی 65507 روپے تک ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کس کوئی شخص کو کوئی عراض ہو تو وہ بعد مشتمل اخبارات دن کے اندر اندر اپنے عارضہ عارضہ و دالت حد ا کو دفتر ای اوقات کے دوران پیش کریں۔ بعد گزرے میا کو کوئی عارضہ عارضہ قابل قبول نہیں ہوگا۔

نائب تحصیلدار FKO

**از دفتر نائب تحصیلدار تیلہ گام**  
 عنوان:- درخواست منجانب توصیف احمد پڑے داماد محمد رمضان گنائی ساکنہ بزم پورہ تیلہ گام تحصیل پٹن برادرانی legal heir بچن متوفیہ دوسریہ زویہ توصیف احمد پڑے

**اشتہار ہرخاص و عام**

معاہدہ مندرجہ عنوان الصد میں ساکن نے ایک درخواست بغرض legal heir سرٹیفکیٹ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹناری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن زویہ متوفیہ دوسریہ مورثہ 26-07-2024 کو فوت ہو چکا ہے ساکن کا کنڈیڈیل افراد پر مشتمل ہے

توصیف احمد پڑے داماد محمد رمضان شوہر متوفی گھریلو کام  
 عظمت جان دختر۔۔۔ دختر زیر تعلیم  
 محمد طالب پڑے ولد۔۔۔ بچہ

سائل مذکورہ لیکل بھیر سرٹیفکیٹ حاصل کرنے کا خواہ ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کس کوئی شخص کو کوئی عراض ہو تو وہ بعد مشتمل اخبارات دن کے اندر اندر اپنے عارضہ عارضہ و دالت حد ا کو دفتر ای اوقات کے دوران پیش کریں۔ بعد گزرے میا کو کوئی عارضہ عارضہ قابل قبول نہیں ہوگا۔

نائب تحصیلدار FKO

**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 Kashmir Tour and Travels situated at Court Road Magam Budgam KASHMIR under tourist trade act 1978/82/2011-12.

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

Now as per J&K Registration of Tourist Trade Act 1978/82/2011/12) before my case is processed for my registration by the Competent Authority, the matter is hereby notified for information of general public/ Financial institutions/Bank/ Organisation, etc for objection, if any and the same should reach to the Deputy Director Tourism Registration(email id: dtdregl23@gmail.com) within a period of 7 days from the publication of this notice in a leading newspaper/newspapers of the valley. No objection beyond a period of 7 days shall be entertained.

bmg\_r

**PUBLIC NOTICE**

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 MOUNTAIN VISTA INN situated at Buchwara Gagribal under Tourist Trade Act 1978/82/2011-12.

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

Now before my case is processed for registration by the Prescribed Authority. The matter is hereby notified for information of general Public/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 under rules as per merit.

fko\_r

**از دفتر نائب تحصیلدار پٹن**  
 عنوان:- درخواست منجانب ارشاد حسین ولد غلام رسول ملہ ساکنہ بانچی ویرہ تحصیل پٹن برادرانی legal heir بچن متوفی غلام رسول ملہ

**اشتہار ہرخاص و عام**

معاہدہ مندرجہ عنوان الصد میں ساکن نے ایک درخواست بغرض legal heir سرٹیفکیٹ پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹناری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن کا والد متوفی غلام رسول ملہ مورثہ 10-10-2018 کو فوت ہو چکا ہے اور ساکن بانچی ویرہ میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے ساکن کا کنڈیڈیل افراد پر مشتمل ہے

سعیدہ بیگم زویہ متوفی گھریلو کام  
 شہیرہ رسول دختر متوفی گھریلو کام  
 زونفر علی پسر متوفی مزدوری  
 مایدعلی -- --  
 ارشاد حسین ملہ۔۔۔ --

سائل مذکورہ لیکل بھیر سرٹیفکیٹ حاصل کرنے کا خواہ ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کس کوئی شخص کو کوئی عراض ہو تو وہ بعد مشتمل اخبارات دن کے اندر اندر اپنے عارضہ عارضہ و دالت حد ا کو دفتر ای اوقات کے دوران پیش کریں۔ بعد گزرے میا کو کوئی عارضہ عارضہ قابل قبول نہیں ہوگا۔

نائب تحصیلدار FKO

**از دفتر نائب تحصیلدار پٹن**  
 عنوان:- درخواست منجانب پرویز احمد جام ولد محمد سلطان جام ساکنہ بانچی ویرہ تحصیل پٹن برادرانی OBC بچن پرویز احمد و عیامن پرویز

**اشتہار ہرخاص و عام**

معاہدہ مندرجہ عنوان الصد میں ساکن نے ایک درخواست بغرض OBC سرٹیفکیٹ بزمہ جام پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹناری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن واقعی جام ذات سے تعلق رکھتا ہے اور ساکن بانچی ویرہ میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے ساکن کا کنڈیڈیل افراد پر مشتمل ہے

پرویز احمد جام ولد محمد سلطان جام سرکاری ملازم 39 سال  
 معرفت اختر زویہ پرویز احمد گھریلو کام 35 سال  
 عیامن پرویز پرویز احمد زیر تعلیم 11 سال  
 تمنا پرویز ولد۔۔۔ -- 09 سال  
 آیتہ پرویز -- -- 06 سال

سائل مذکورہ OBC سرٹیفکیٹ حاصل کرنے کا خواہ ہے اور کنڈیڈی مہوارہ آمدنی 66279 روپے تک ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کس کوئی شخص کو کوئی عراض ہو تو وہ بعد مشتمل اخبارات دن کے اندر اندر اپنے عارضہ عارضہ و دالت حد ا کو دفتر ای اوقات کے دوران پیش کریں۔ بعد گزرے میا کو کوئی عارضہ عارضہ قابل قبول نہیں ہوگا۔

نائب تحصیلدار FKO

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 the said inspection; and

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

**از دفتر نائب تحصیلدار پٹن**  
 عنوان:- درخواست منجانب فیصل فیاض، رفیق فیاض، مہوش فیاض، فیاض فیاض اولادان فیاض احمد شیر گوری ساکنہ پٹن تحصیل پٹن برادرانی OBC

**اشتہار ہرخاص و عام**

معاہدہ مندرجہ عنوان الصد میں ساکن نے ایک درخواست بغرض OBC سرٹیفکیٹ بزمہ شیر گوری پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹناری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن واقعی شیر گوری ذات سے تعلق رکھتا ہے اور ساکن بانچی ویرہ میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے ساکن کا کنڈیڈیل افراد پر مشتمل ہے

فیاض احمد شیر گوری مزدوری 52 سال  
 سائز بیگم زویہ فیاض احمد گھریلو کام 50 سال  
 فیصل فیاض ولد۔۔۔ زیر تعلیم 21 سال  
 رفیق فیاض -- -- 19 سال  
 مہوش فیاض -- -- 17 سال

سائل مذکورہ OBC سرٹیفکیٹ حاصل کرنے کا خواہ ہے اور کنڈیڈی مہوارہ آمدنی 7000 روپے تک ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کس کوئی شخص کو کوئی عراض ہو تو وہ بعد مشتمل اخبارات دن کے اندر اندر اپنے عارضہ عارضہ و دالت حد ا کو دفتر ای اوقات کے دوران پیش کریں۔ بعد گزرے میا کو کوئی عارضہ عارضہ قابل قبول نہیں ہوگا۔

نائب تحصیلدار FKO

**از دفتر نائب تحصیلدار پٹن**  
 عنوان:- درخواست منجانب جمیل یوسف، شمشادہ یوسف عاشق حسین شہنازہ بانچو اولادان احمد یوسف آہنگر ساکنہ بانچی ویرہ تحصیل پٹن برادرانی OBC بچن پرویز احمد و عیامن پرویز

**اشتہار ہرخاص و عام**

معاہدہ مندرجہ عنوان الصد میں ساکن نے ایک درخواست بغرض OBC سرٹیفکیٹ بزمہ آہنگر پیش کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹناری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ ساکن واقعی آہنگر ذات سے تعلق رکھتا ہے اور ساکن بانچی ویرہ میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے ساکن کا کنڈیڈیل افراد پر مشتمل ہے

جمیل یوسف آہنگر ولد علی محمد سرکاری ملازم 54 سال  
 حاجرہ بیگم زویہ محمد یوسف گھریلو کام 53 سال  
 شہنازہ یوسف دختر۔۔۔ -- 25 سال  
 عاشق حسین ولد۔۔۔ زیر تعلیم 32 سال  
 شمشادہ یوسف دختر۔۔۔ -- 22 سال  
 جمیل یوسف ولد۔۔۔ -- 20 سال

سائل مذکورہ OBC سرٹیفکیٹ حاصل کرنے کا خواہ ہے اور کنڈیڈی مہوارہ آمدنی 65698 روپے تک ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کس کوئی شخص کو کوئی عراض ہو تو وہ بعد مشتمل اخبارات دن کے اندر اندر اپنے عارضہ عارضہ و دالت حد ا کو دفتر ای اوقات کے دوران پیش کریں۔ بعد گزرے میا کو کوئی عارضہ عارضہ قابل قبول نہیں ہوگا۔

نائب تحصیلدار FKO

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.

The General Observer 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 Imtiaz 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.

# 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.

Nodal Officer SVEEP 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-



tance of active voter engagement in safeguarding democratic values.

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

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 ruf folk songs, ladhshah, 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.

## 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 series of road restrictions and alternative routes for motorists.

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.

## Pre-Dawn Blaze Damages 5 Residential Houses In Chota Bazar

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 said.

An official told local news gathering agency-KNO that at least five residential houses were damaged in the blaze that broke at around 4:29 AM in the morning.

Five residential structures, he said, suffered



damage in the blaze, which was later brought under control, and no loss

of life or injuries were reported in the incident. Meanwhile, investiga-

tions have been initiated, and the cause of the fire is being ascertained.

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,2452222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

**AIRPORTS**  
SHIEKH UL ALAM AIRPORT: 01942303311 ✈

**RAILWAYS**

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

**HIGHWAY STATUS**

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

**HIJRI CALENDAR**  
14 Rabi-ul-Awwal  
1446

**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 Constantine I
- 634- Muslim forces led by Khalid ibn al-Walid capture 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' War
- 1523- Emperor Charles I & England sign anti-French covenant
- 1559- Five Spanish ships sink in storm off Tampa, about 600 die
- 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 fighting
- 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 January 28 1871)
- 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' 2 1/2" 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 rights
- 1916- 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
- 1939- 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 by B-1 rocket
- 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 300
- 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

**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:

S.No	Name	Parentage	Age	Occupation
1	Gh. Rasool Najar	S/o Ab. Khalig	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	Javid 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.

Executive Magistrate 1st Class  
Naib Tehsildar Palhallan

**FKO**

**OBSESSIVE COMPULSIVE DISORDER**

**8 WEEK FREE GROUP THERAPY**

I did wash my hand ... but... did I clean it enough? ?Wash it again? Is it clean now?

It's not just RECURRENT HANDWASHING AND CHECKING BUT UNSEEN PAIN, distress, myths and stigma associated with OCD

**KASHMIR (Kashmir American Society of Healthcare)**  
Medical Education & Research  
in collaboration with **HPVT (Help Poor Voluntary Trust)**  
is initiating a **free 8 weeks Group Therapy** for the individuals suffering with OCD by a team of counselling clinical psychologists led by leading consultant clinical psychologist of J&K.

If you or some one you know is experiencing symptoms of OCD, seeking professional help is crucial.

You do not have to fight your battles alone.

There is no need for referral, simply call us for registration.

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

**9070806160**

KASHMIR OBSERVER®

Thursday | 19-09-2024

## Spontaneous voting

The 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

In 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](mailto: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

In 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. 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 face—such 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



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## Not Counting the Greatest Blessing

As we 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

In 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 in children and adolescents, who are often the primary consumers of sugary drinks and are at a higher risk of developing lifelong unhealthy eating habits.

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.

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. Moreover, caffeine is mildly addictive, and frequent consumers of caffeinated cold drinks may develop a dependence, experiencing withdrawal symptoms such as headaches, irri-

stability, 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, high-calorie 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 digestion, immunity, and overall health. Alterations to the gut microbiome have been linked to a wide range of health problems, including obesity, diabetes, and gastrointestinal disorders.

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 metabolic 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-Magazine SAMPROTIK

# 3 Ways to Regulate the Nervous System

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

Marianna Pogoyan

Imagine 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 body-mind data that is already within our reach.

Psychologist Inna Khazan is a biofeedback 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 to the back 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.

The article was originally published by Psychology Today



## 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

democratic right - vote for INDIA," 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 three-phase 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 October 8.

## ELECTIONS THROUGH THE EYES OF VETERAN VOTERS

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



Agencies

**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 jobs."

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

J&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 lathi. 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)

## No Large Queues At Mehbooba Mufti's Home Turf

Agencies

**SRINAGAR:** While the first phase of assembly polls in Jammu & Kashmir began this morning, large queues were "missing" at the home polling station of former chief minister Mehbooba Mufti in the Srigufwara-Bijbehara segment.

Large queues were witnessed at almost all polling stations across the 24 assembly constituencies since morning.

However, the situation was quite different at Mehbooba Mufti's home polling station, where no such queues were seen until 11:00 am.

As per official details, by 10:30 am, a total of 77 votes had been cast out of 362 registered voters, which included 171 male and 191 female voters. Voters were seen arriving one by one to cast their ballots--(KNO)

## ECI Establishes 107 Special Polling Stations To Attract Voters

Observer News Service

**JAMMU:** With an aim to attract maximum number of voters and make electoral process pleasant and enriching, Election 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 Legislative Assembly 2024.

These innovative polling stations namely women managed, youth managed, PwD managed, Green Polling Stations, Model Polling Stations and Unique Polling Stations were designed to cater specifically to women, youth, Persons with Disabilities (PwDs), promote eco-friendly practices, ensure inclusive and accessible elections and to cater voters of different kinds in the region.

The polling stations were established under specific themes in all seven districts of Anantnag Doda,

Kishtwar, Kulgam, Pulwama, Ramban and Shopian.

The newly established polling stations aim to revolutionize the electoral process by ensuring accessibility and representation for all segments of society. With a special focus on women, youth, and PwD, these stations have been equipped with amenities tailored to meet their unique needs, fostering an environment for active participation in the democratic process.

Furthermore, the ECI's commitment 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-

## Sikhs Vote For Minority Status

Agencies

**SRINAGAR:** During the first phase of assembly elections, members of the Sikh community in various villages in south Kashmir's Anantnag district cast their votes, hoping that the new government will grant them minority status.

Voters expressed their desire for a representative who will advocate for the inclusion of Punjabi as an official language.

Sadbir Singh Sodi, a voter at the Bongund polling station in

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 Kashmir."

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

Agencies

**JAMMU:** Bharatiya Janata Party (BJP) and People Democratic Party (PDP) candidates in Kishtwar today barbed accused on each other after, Shagun Parihar, the BJP candidate for Kishtwar assembly segment was allegedly surfaced in controversy for allegedly asking for voter ID cards of Burka-Clad women at a polling booth.

A brief clash surfaced at Bagwan Mohalla polling station over checking voter ID cards of Burka Clad women by a BJP candidate. The BJP candidate was hacked by workers of the PDP along with its contesting Candidate from Kishtwar Firdous Tak.

Security forces were kept on standby near the polling station as police and election authorities worked to defuse the situation. Additional

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

Voting at the Bagwan Mohalla polling station was temporarily halted amid the escalating tensions between BJP 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 Ifitikar 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)

## Make Frequent Inspections To Ensure Protection Of Consumer Interests: Atal Dulloo

Observer News Service

**JAMMU:** 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

Commissioner, Food Safety 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 people.

Dulloo further emphasized upon the importance of ensuring adherence to

national standards to boost economic growth, improve public services, and protect 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.

## 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 had 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 party.

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 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," 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 Barammulla, 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

FKO

## ANNEXURE 47 FORMATS 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 Legislature 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:

Sl. 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 -CRPC FIR NO 303 CASE NO: 574/22			

Sl. 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.

- Note:**
- The particulars regarding criminal cases pending against the candidate shall be in bold letters.
  - The matter in newspapers shall be published in font size of at least 12.
  - Details should be given separately for each case in separate rows.
  - 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.

## NOTICE

I, Mohammad Yousuf Ganie, son of late Mohammad Akbar Ganie, resident of Kathi Maidan, near Masjid Jafari, Zaidibal, 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.

INFO



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-  Day Care Procedures
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-  Sum Insured Reinstatement Benefit

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