

IGP Kashmir Chairs Crime, Security Review Meeting

Observer News Service

Srinagar: IGP Kashmir V.K. Birdi-IPS chaired a crime and security review meeting of Kashmir Zone at PCR Kashmir today. The meeting was attended by all the range DIsG, district SSSP and other senior officers.

At the outset, IGP Kashmir took an overall assessment of the security situation of the Kashmir Zone. This was followed by the presentations of district

UAPA and other cases. Actions taken under preventive laws and pending inquest proceedings were also discussed.

IGP Kashmir appreciated the efforts of the district chiefs in preventing crime and emphasized the need for improving the quality of investigation. He also underscored the need to improve the conviction rates by way of establishing a robust follow-up system for securing convictions in narco and terror



SSSP highlighting their efforts in crime prevention and maintenance of law & order in their respective districts. The discussions revolved around disposal of general crime, NDPS,

related cases. IGP Kashmir also reviewed the current security situation and took stock of the preparations put in place for the upcoming counting day of the Assembly Elections-2024.

Special Lok-Adalat For MACT, Matrimonial Cases On Oct 14

Observer News Service

Srinagar: In view of upcoming Lok Adalat which is scheduled to be held on 19th of October, 2024 for MACT and Matrimonial Cases, District Legal Services Authority, Srinagar, has scheduled a Special Lok Adalat on 14th of October, 2024, in District Court Complex (DCC) Srinagar.

In this connection, Ld. Advocates and litigants who desire to get their MACT & Matrimonial cases settled through the Lok-Adalat

process are informed to approach the concerned courts, for referring their aforementioned nature case to the said special Lok-Adalat for their amicable settlement.

Ld. Advocates and litigants are requested to take advantage of this opportunity and get their cases settled through the Lok Adalat process.

The objective of this Special Lok Adalat is to provide an opportunity for the parties to resolve their disputes amicably, without resorting to a lengthy trial.



Annual Urs Of Dastgir Sahib Begins In Khanyar

Observer News Service

Srinagar: The annual Urs of Hazrat Ghos-ul-Azam Dastgir Sahib (R.A) commenced on Saturday on the 1st Rabi al-Thani, at the revered shrine in Khanyar, Srinagar, with thousands of devotees from across Kashmir participating in the gathering.

The gathering, which corresponds today on 1st Rabi al-Thani, marks the beginning of 11-days of prayers, remembrance, and devotion.

The Urs includes special prayers at the shrine which continues till the end of the 11th day. "On the 11th, the relics are displayed to the general public.

Devotees, according to KNO, started to throng the shrine to offer prayers and also recitations of Azkars, Naat and Manajaat.

Mubashir Ahmad Shah, one of the devotees from Budgam said, "I have been attending the Urs here for the past several years, and

I have been attending the Urs here for the past several years, and every time it fills my heart with peace and hope

every time it fills my heart with peace and hope."

"This shrine holds immense spiritual significance for all of us, and being here is a way to seek blessings and express our faith," he said.

Another devotee, Farooq from Nowgam shared, every year, this Urs brings them together in faith and devotion. "We are thankful for the smooth arrangements, allowing us to focus on our prayers without any disruptions," he said.

In the meanwhile, the authorities have ensured necessary preparations to facilitate a smooth and serene observance of the Urs. "From sanitation to traffic management, authorities have been working to provide an uninterrupted experience for the visitors," a devotee from Habba Kadal said.

Moreover, Mohammad Yousuf, a local shopkeeper near the shrine, said "This is a time when people from all corners of Kashmir come here not only to seek blessings but also to strengthen the bonds of brotherhood," he said adding this gathering also helps me and as a result my sales also got boosted.

In the meanwhile, an official communiqué from Dargah Hazratbal shrine, a copy of which lies with KNO, reads, the administration has also released a detailed prayer schedule, with the Fajr prayer at 5:50 AM, Dhuhur at 1:30 PM, Asr at 4:45 PM, Maghrib at sunset, and Isha at 7:55 PM.

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,245222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS
SHEIK UL ALAM AIRPORT: 01942303311 ✈

RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BUBHERA: 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 02 Rabi-ul-Sani 1446	PRAYERS	
	FAJR	5: 06
ZUHR	12:20	
ASR	4: 31	
Magrib	6:16	
ISHA	7: 37	

This Day In History

- 1762 - British troops occupy Manila, Philippines
- 1783 - Benjamin Hanks patents self-winding clock
- 1861 - Revolt of Russian student shuts down university of Petersburg
- 1863 - Battle at Baxter Springs, Kansas
- 1889 - Thomas Edison shows his 1st motion picture
- 1939 - Adolf Hitler denies he intends to go to war against France and Britain
- 1943 - Battle at Vella Lavella, Solomon Island
- 1944 - Allied aircraft accidentally bomb Fishing, Overijssel
- 1944 - Canadians free Austria
- 1948 - The 1948 Ashgabat earthquake kills 100,000 in the Turkmen Soviet Socialist Republic
- 1948 - Paleontologist Mary Leakey finds the first partial fossil skull of Proconsul africanus, an ancestor of apes and humans on Rusinga Island, Kenya
- 1956 - Scientist Albert Sabin announces that his oral polio vaccine is ready for testing; it would soon supplant Jonas Salk's vaccine in many parts of the world
- 1959 - Soviet Luna 3, 1st successful photographic spacecraft, impacts Moon
- 1986 - Russian nuclear sub K291 sinks in Atlantic Ocean
- 1987 - Military coup leader Maj-Gen Sitiveni Rabuka declares Fiji a republic
- 1990 - US 67th manned space mission STS 41 (Discovery II) launches into orbit
- 1990 - Solar Polar Orbiter 'Ulysses' launched
- 1995 - 51 Pegasi discovered as the first major star, apart from the Sun, to have a planet orbiting around it
- 2000 - President of the Federal Republic of Yugoslavia, Slobodan Milošević resigns
- 2010 - Kevin Systrom and Mike Krieger launch Instagram
- 2015 - Nobel prize for Physics awarded to Takaaki Kajita (Japan) and Arthur McDonald (Canada) for work on neutrinos
- 2017 - British writer Kazuo Ishiguro is awarded the Nobel Prize for Literature
- 2018 - Khabib Nurmagomedov of Dagestan beats Irishman Conor McGregor by 4th round submission in UFC lightweight title fight in Las Vegas; instantly marred by ugly post-fight brawl incident; belt withheld pending investigation

From KO Archives

70-Yr-Old Sets Himself Ablaze

Observer News Service

Srinagar- Overcome by his daughter's defiance, a 70-yr-old set himself and his house ablaze in Sopore village today. Muhammad Aabid Malla later succumbed to burn injuries.

Reports said that Sabir's daughter had opposed the match he had arranged for her. Unable to bear this rebel-lion, Sabir drenched himself and his two-story home with petrol, climbed atop the building and set himself alight. The village Sopar Naghama some 7 kilometres from Handwara watched aghast as flames engulfed the man and his dwelling. Fire tenders rushed from Dangiwacha prevented the blaze from spreading to the ground floor. Sabir who had sustained extensive burns passed away soon after.

Meanwhile there were reports of two youth and women trying to put an end to their lives in different parts of the Valley. Tired of his life Shiraz Ahmad Lone of Saphora Pattan attempted suicide but was rushed to the hospital, where he is reported to be in a serious condition.

Saleema w/o Muhammad Shaban Bhat of Baran Pattan was rushed to hospital after she consumed some poisonous substance in a bid to put an end to her life. Doctors saved her life.

(Kashmir Observer, October 06, 2000)

NOTICE
I Mohammad Maqbool Bhat S/o Abdul Gani Bhat R/o Iqbalabad lane no 4 house no 70 Bemina, Srinagar want to transfer my Electricity Connection bearing Consumer Id 0203010018072 From mohammad Maqbool Bhat To Asif Ali Bhat S/o Ali Mohammad Bhat R/o Baghiyas Chattabal, Srinagar. In this Regard, if anybody is having any objection may file his/her objection in the Concerned Authorities of PDD within a weeks time after that no objection will be entertained. Media Line Ads

Public Notice

My daughter is currently studying Grade 8th under Admission No.1407/12 in Woodlands House School Shivepora Sgr. and her name is Atoofa daughter of Zahid Rashid Sheikh & I want change her name Atoofa to Zehwa. Any body having any objection regarding the same may contact the office of the Woodlands House School Shivepora Sgr within 7 days from the publication of this notice..No objection shall be entertained after expiry of the stipulated tme.

Zahid Rashid Sheikh
F/O Zehwa Zahid

R/O Banapora Batmaloo Srinagar. inf

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

KASHMER / 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

Need to Detach from the Digital World and Embrace Human Creativity

Maleeha Jan

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To embrace creativity in a digital world, it is essential to cultivate intentional habits that prioritize offline activities. This might include engaging in hands-on hobbies such as painting, cooking, or crafting, which allow for tangible creation and provide a break from the screen

In the hyper-connected world of today, digital devices have become indispensable. Smartphones, tablets, laptops, and an array of gadgets are constantly in our hands, pockets, and homes, making it easier than ever to access information, connect with others, and navigate daily tasks. While technology has undoubtedly enhanced many aspects of life, an over-reliance on the digital world can stifle our natural creativity and disrupt the depth of human experience. As we move deeper into the digital age, the need to detach from our screens and reconnect with human creativity has become increasingly important.

The Rise of the Digital Overload

The 21st century has seen an exponential rise in digital engagement, with the average person spending several hours each day staring at a screen. Social media platforms, video streaming services, online news outlets, and mobile apps compete for our attention, often leaving little time for offline pursuits. The effects of this digital saturation are becoming apparent: rising anxiety, decreased attention spans, and a reduction in creative thinking.

One major issue lies in the passive nature of digital consumption. While scrolling through endless social media feeds or binge-watching a TV series, our brains are engaged, but not necessarily stimulated in a way that encourages original thought. We are fed a constant stream of curated content, limiting our ability to think critically, to reflect deeply, and to create from within ourselves. Moreover, the sheer volume of information can overwhelm our minds, making it difficult to focus or engage in more meaningful activities like art, writing, or innovation.

The Human Need for Creativity

Human beings are innately creative creatures. From ancient cave paintings to the development of complex language systems, our capacity to imagine and create has always been a defining characteristic of our



species. Creativity is not only limited to the arts, but it also plays a crucial role in problem-solving, innovation, and personal fulfillment. When we engage in creative activities, we tap into a part of our brains that fosters self-expression, emotional well-being, and cognitive growth.

However, the constant barrage of digital stimuli can dull this creative spark. When every moment is filled with distraction—from notifications pinging on our phones to algorithm-driven content pulling us into a digital rabbit hole—there is little room left for introspection or exploration of original ideas. True creativity requires time, space, and focus, all of which are in short supply in the digital age.

The Perils of Instant Gratification

One of the most profound ways the digital world hinders creativity is through the culture of instant gratification it promotes. Whether it's the dopamine rush from getting a "like" on social media or the convenience of immediate answers from a Google search, we have grown accustomed to receiving quick rewards without much effort. However, creativity is a process that often requires patience, experimentation, and even failure. Artistic endeavors, writing, inventing, or building something from

scratch are not instantaneous; they demand persistence and dedication.

In contrast, digital platforms thrive on quick, easy content consumption. This shift towards instant gratification undermines our ability to invest in longer, more fulfilling creative projects. Over time, the capacity for sustained focus weakens, making it harder to engage in deep work—the kind of work necessary for true innovation and creative breakthroughs.

The Benefits of Digital Detoxing

Detaching from the digital world, even temporarily, allows individuals to rediscover their innate creativity. A "digital detox," whether it's a few hours a day or a weekend unplugged from technology, can bring a sense of mental clarity and space for the imagination to flourish. Without the distractions of constant notifications or the pressure to stay updated on the latest digital trends, the mind is free to wander, reflect, and create.

Many studies have shown that people who take breaks from technology report increased feelings of calmness, heightened focus, and more original thought. For instance, taking a walk in nature without a smartphone or sitting down with a sketchbook or notebook can reawaken a dormant creative spirit. By allowing the brain to rest and recharge,

individuals can return to their work with a fresh perspective and renewed energy.

Reconnecting with Human Creativity

To embrace creativity in a digital world, it is essential to cultivate intentional habits that prioritize offline activities. This might include engaging in hands-on hobbies such as painting, cooking, or crafting, which allow for tangible creation and provide a break from the screen. Reading physical books, journaling, or even engaging in long conversations without the interference of digital distractions can stimulate new ideas and foster deeper connections.

Another powerful way to reignite creativity is to set aside time for daydreaming or "boredom." In the constant hustle of digital life, we often avoid boredom at all costs. Yet, studies show that moments of boredom can trigger creative thinking as the brain seeks ways to occupy itself. Allowing yourself to be bored—without reaching for a phone—can open up mental pathways to new ideas and solutions.

Conclusion

While the digital world offers convenience, entertainment, and efficiency, it also comes with significant downsides when overused. To fully experience the richness of human life and creativity, it is crucial to detach from the digital overload and reconnect with the creative process. By reclaiming time for reflection, imagination, and hands-on activities, we can rediscover the joy of creating something uniquely our own, without the constant influence of technology. Embracing this balance between the digital and the creative allows us to live more meaningful and fulfilled lives.

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

The author is an independent scholar

Is Manning Up Enough For Womxn?

Competency vs. Likeability. The former may not be enough if you are a womxn

Sabzara Ali

If you are a woman looking forward to pursuing a traditionally male-dominated profession, this simple strategy can increase your chances of being hired: Man Up. According to a recent study by Michigan State University, using male language to describe themselves in the application process can make women appear more suited for typically masculine jobs.

The patriarchal standards of masculinity have shaped the men's language to a great extent.

Traditionally, men speak in a forceful, abstract, and authoritative way. Men, for example, are more likely to use direct imperatives such as, "Get it done". Women, on the other hand, tend to use a tentative, indirect, and communal speech, relying on collaborative directives such as "let's do it". Since men have dominated the workplace for a long time, masculine styles have now become the gold standard for communicating in professional spaces. As a result, women who use feminine language in the workplace are often seen as less competent. So, to be recognised at the workplace, women are often advised to switch to more "forceful language", or to "man up."

However, the question remains: does Manning Up actually fix all of the issues that women face in the workplace because of their unique speaking styles? In reality, no, because these masculine styles contradict the characteristics of socially acceptable feminine speech. Thus, utilizing these styles diminishes women's likeability in the workplace, which in turn can limit women's professional advancement chances.

When women begin speaking like men, they have to face the social backlash for violating gender norms. Traditionally, men are expected to be "hardcore" and "tough" and women are expected to be "sensitive" and "soft spoken." When women break these norms and switch to a more masculine style of speech, society usually dislikes them because these styles make them appear less femi-



nine, and therefore, less of a woman. The Psychologist Linda Carli's experiment provides evidence for this. In her experiment, she found that women who spoke assertively were seen as more competent and knowledgeable by the audiences, but they were less likable to both men and women.

The potential downside of appearing less likable might outweigh the benefits of coming across as more competent through the use of masculine language. This could particularly place women at a disadvantage in hiring processes. This is because women using masculine styles like assertiveness are often perceived as "bossy," "rude," and dismissive of others' perspectives. This in turn diminishes their perceived suitability for the workplace. In a meta analysis of dozens of studies, it was found that women who assert their ideas and advocate for themselves are often viewed as less hireable by managers. Although they are seen as equally competent, they are liked less than men who engage in the exact same behaviors.

“When women begin speaking like men, they have to face the social backlash for violating gender norms. Traditionally, men are expected to be “hardcore” and “tough” and women are expected to be “sensitive” and “soft spoken.” When women break these norms and switch to a more masculine style of speech, society usually dislikes them because these styles make them appear less feminine, and therefore, less of a woman

Further, use of masculine language can attract negative feedback from the employers. Ultimately, this can make it harder for women to advance in their careers. It happens because women are evaluated more on their interpersonal traits such as likeability than on their actual skills. Therefore, it becomes important for women to care about how they sound.

By telling women to change their speech, we are reinforcing the notion that women's speech is intrinsically flawed. This can make women feel that they are unfit for jobs traditionally held by men, which, in turn, can prevent them from considering these jobs. Psychologist Tanja Hentschel found that when employers use stereotypically masculine language in job ads, female candidates view these jobs as unwelcoming. They don't apply as often and expect lower chances of success.

Women contribute in workplaces all over the world. As such, the work force carries a responsibility to make changes in their working culture to ensure that women are not discriminated against because of their distinct speech styles. Workplaces should be open to different communication styles. Managers should be trained to recognize unconscious biases in professional language. Clear criteria for evaluating candidates should prioritize performance—not personality or communication style. And if communication metrics are necessary, these should focus on results. Recruiting ads should also use and be checked for gender-neutral language to encourage women to apply for these positions.

We're all entitled to express ourselves how we want, and especially through language. However, why do workplaces expect women to make compromises because of the sexism in so-called professional language. Rather than "manning up," I think it's time for the professional world to try womaning it up instead.

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

Minimalism

Are We Done with Modernity?

Azher Ahmad Dar

“I wish everyone could become rich and famous so they realise it's not the answer.”

These lines were told by Jim Carrey. It is quite perplexing, in the sense that conventional wisdom has otherwise always been tilted toward amassing material resources as much as possible, thereby increasing the quotient of happiness or utility. It has always been perpetuated in everyday life that happiness is directly proportional to consumption. Is that so?

With the triumph of market fundamentalism and capitalism, this notion is said to have gotten stronger, with the capitalists speaking in pejorative terms of the totalitarian life of those living in the Soviet Union, with a total crackdown on what people eat, what they wear, etc. One positive thing, though, is that the whole world has ushered in the freedom associated with everyday life in terms of choosing whatever one wants. But is that freedom?

We will have to adopt the lenses of Emmanuel Kant and political philosophy in general. With the Industrial Revolution, we saw a tremendous increase in the production of goods and services, which directly improved the standard of living of people and their consumption of commodities. Saying that conspicuous consumption is the answer to satisfaction implies the intrusion of markets into everyday life. While markets have various moral limits, it seems that those limits have been violated in the guise of maximising consumer satisfaction.

Now, with postmodernism, we see an everyday contest happening between minimalism and maximalism. While maximalism has been an all-famous trend, it points to a positive relationship between conspicuous consumption and satisfaction. On the other hand, we see the rise of a new ideology or an alternative way of life, for that matter, which is minimalism, which means being satisfied with the little stuff instead of amassing too many material things. While it is not wrong that people consume, it is wrong that humans consume for the sake of consumption or because they are supposed to do so. One problem with humans is that they keep buying more and more stuff and are not satisfied with an assortment of their desired items.

The reason for this, according to various psychologists, is that they do not know where and how they will be satisfied. Ryan Nicodemus, an American and the co-author of 'Everything that Remains', with Joshua Fields Millburn, had a fancy corporate job. Despite drawing a handsome salary, something was missing in him, in the sense that he was not happy in the usual sense of the word. His solution to fill the void was to purchase as many

goods as possible and find a solution in conspicuous consumption. However, to his surprise, it did not fill the void that he had in his life, despite having everything that the social world puts a premium on. His friend, on the other hand, whose name was Joshua Fields Millburn, also had a good corporate job. However there was a difference between them. It was that he was comparatively happy and satisfied with whatever he had had.

During a conversation, Ryan Nicodemus asked his friend why he was happier. The answer that came to his surprise was the pursuit of minimalism. For many months, he had been living a meaningful life with as few things as possible, in that he did not have to worry about what to wear or what to eat. They are now popularly known as minimalists, who have been popular in the West for their advocacy of the philosophy of minimalism. One particular problem, which is difficult for an ordinary person to understand, is human nature, which has always been shown in Hobbesian terms as selfish, nasty, nasty, brutish and restless.

While it is true that human nature is so, common sense is somehow wrong, and this ideology will likely linger forever. On the other hand, we had John Locke, who described the man in hunky dory terms, in the sense that everything is fine with man; he is not selfish, nasty, nasty etc., as has been perceived by conventional wisdom. Those calling human nature coherent and doggedly chasing tangible goods may be called those who believe in standard preferences, in the sense that preferences do not change.

However, all of these are partially wrong, as has been put forward by leftists, environmentalists, etc. Human nature can essentially be tweaked, either in a good direction or a bad direction. With the reigning of liberalism and the free market, we have seen that human nature has been painted with negative connotations, and efforts have been made by the marketing industry to change consumer behaviour toward conspicuous consumption. One answer to why human nature is not stable and can be changed is the role of the advertising industry in changing the consumer patterns of a person, be it toward good things or bad, for that matter. What this marketing industry has done is show what an ideal life looks like, which triggers cravings in those who can't afford to get them, leading to an unscrupulous life. The shift towards consumerism now is all because of it.

Now that we are living in a modern age, it is an age where, because of all of this, the ends justify the means. Saying this points to the intrusive role of money in everyday life, which has become so pervasive that there is no second thought beyond money. That is exactly the reason why the modern age has a



moral deficit. We see various people saying “Had I had the information about the earning potential of social media, I would not have studied further”, which is dangerous when we are talking of living a right life. The problem with it is that education is important; leaving education in the middle would make him a beast who would doggedly chase money, since money, in this case, money has no substantive instrumental value, which will ultimately lead him to do something, including unscrupulous things, to make as many as possible. This is a grave peril of the so-called liberal order, which has made everyone a slave of his desire, to

dom of other people, specifically the lower middle class. He talks of two kinds of power: one is extractive power, which is gaining satisfaction by extracting a part of the capacities of another person and making him work for his desires. This, according to him, characterises the liberal world order, where the poor, or the have-nots, to put it in Marxist terms, do not have the opportunity to fully develop their power because their power is used and exploited by the big capitalists. A surprising ramification of the same, according to him, is the dehyphenation of the words liberal and democratic, because real democracy is based on the development of a kind of power, where everyone has equal chances of satisfying his desires', not implying sameness, so to speak.

An important example of the same would be the decolonial school, which exposed the Cartesian lenses of the West about environmental protection. In South America and the Oriental world at large, we have examples of people holding nature in high esteem, such as in Africa, where the natives considered the Earth an integral living part of their lives and protected it. What we saw after the colonial exploitation and the recent modernization, in general, is the brazen exploitation of natural resources because of the internationalisation of capitalism, to put it in Lenin's terms or the neo-imperialist project of the global North. Now the West has woken up from slumber, and it is strongly the case that they should pay reparations to third-world countries for their contribution to environmental degradation.

Ironically, the US has not even ratified the Kyoto Protocol or the Convention on the Rights of Children. All of this is because of consumerism. There is one argument, that of often surfaces, related to modernity, which is that with time, humans

ought to change, which is doomed to deceive people by adopting immoral modern means to fulfil the ends, which will either put humanity in danger or the whole of modernity project will crash down. It seems likely that the project of modernity is falling because of a paradigm shift to decolonization, in the sense that people have moved away from the project, which has all in all destroyed the fuel of morality and religion in third-world countries.

The growing number of conflicts is a testament to it, especially in the West, in the form of wars like the Russia-Ukraine war and the Israel-Palestine war. One important drawback of modernity is the crisis of morality. People have become so blinded by the lure of luxury and money that it does not matter whether trying to sell bad things to children is scrupulous or otherwise. In the early 20th century, advertisements for children worked by appealing to parents to buy things. With technology and modernity, now children are directly approached and tricked into buying bad things, which is so dangerous and immoral of liberalism.

One important reason for this is reigning in deontological logic, which says that it is wrong to judge a person, implying maximum good is always right, which has been adopted by the liberals. On the other hand, we have teleological logic, which judges people for their good, implying that the maximum good is not always right. Not putting a moralistic premium on things is what has plunged the current order into crisis. While there may be divergences on the substantive matter of moral principles, there are some basic moral values, which are absolute and universal, that should guide human nature and have been missing throughout the modernity crisis. We have Emmanuel Kant defining

freedom as autonomy, in that it implies that just consuming goods and desires is not freedom; it is being a slave to the desires beyond which people can't think. As per him, humans have given themselves a higher order, and acting on its path is what is called freedom.

Deep down, humans should think that it is wrong to expect happiness with the amount of money in hand. People talk of humans as people who are not satisfied with time, but they are partially wrong. I will talk about myself. I am happy with whatever little I have, but my happiness is only relative. I also see others who have been tweaked by the advertising industry to envy the ideal life, which has put them into a restless mode with the result that they do not have mental peace, and this hurts their growth and productivity.

Minimalism is being deliberate with the choices—not getting lured by fancy fast fashion—doing things that you feel like doing. A grave consequence of maximalism is ending up doing that job, which, although pays well, is not satisfying. This has lately been one of the grave regrets of every person who has gotten into the wrong vocation. It is highly pressing that the human brain needs a permanent resignation from modernity and to be happy with whatever it has; that is what would be satisfying. Now we have political philosophers like Habermas saying that modernization has led to a crisis of legitimacy, a crisis of rationality, a crisis of motivation, and a crisis of economy. In his opinion, modernity, especially the technological revolution, has led to a technical consciousness, and humans do not know what rational choices are. This is how the market has led people to put a monetary value on everything, even those that are non-marketable. Michael Sandel, in his book 'The Moral Limits of Markets', says that everything has now become transactional. On the other hand, AG Cohen draws on the analogy of a camping trip to establish the efficiency of the common pursuit of goals instead of being possessive, which is exactly what the capitalist world order has done. There has been a valorization and patronization of self-interest and consent, so much so that now the relationship of parents with their children has become highly consensual, which has repeatedly been criticised by even supporters of the liberal world order like Francis Fukuyama. The growing premium put on the word consent is because of the decline of trust among people today and a rise in murder, crimes, crimes and the abandonment of old parents, which has been most stark in the West, the so-called propagator of flawed capitalism and liberalism.

The author is a student of political science and economics at the University of Delhi



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put it in Kantian terms. We have CB Macpherson saying that liberalism has described individuals as possessive, who could do anything to get their wishes fulfilled, which has negatively impacted the real free-

On Hold or in Overdrive: Decoding Inaction and Impulsivity

Alain Samson

Behavioral economics has identified many psychological quirks and problems that negatively impact individuals' decisions. Two of the most basic tendencies that may lead to undesirable outcomes are inaction and impulsivity. While the failure to act (due to procrastination or inertia) and acting too quickly (due to impatience or immediate gratification) are opposites with respect to behavioral outcomes, they stem from similar psychological processes. Both are responses to uncertainty that are rooted in our intuitive, automatic, and emotional System 1 (as opposed to the deliberate, controlled, and reflective System 2).

The Role of Self-Control

A key factor that contributes to both inaction and impulsivity is a lack of self-control. Individuals' System 2 often struggles to regulate their System 1 impulses, leading them to place excessive weight on the here-and-now. For example, they may procrastinate

their financial planning and favor spending money on short-term temptations rather than long-term needs.

Time Discounting and Risk Tolerance in Decision-Making

Whether or not a person is prone to impatience or even impulsivity depends on the extent to which they prefer present rewards over potentially larger ones in the future. In behavioral economics, this is known as temporal discounting. Would you rather have \$100 today or \$120 next year? After a light bulb blows, will you buy just one light bulb at \$10 or three for \$25?

Our knee-jerk reaction is often to maximize the amount of money in our pocket today. Being patient, on the other hand, is about seeing the big picture—a willingness to look at long-term costs and benefits. A problem may arise if this turns into an indefinite wait-and-see approach.

Whether or not patience is inaction in disguise may come down to another trait of interest to economists: risk tolerance. Risk-takers are often more impulsive, seeking quick

rewards, while risk-averse people may avoid action due to a fear of uncertain outcomes. A risk-averse person might put off investing in the stock market, weighed down by uncertainty about picking the right point in time, while an impulsive person might invest in cryptocurrency on a whim.

Situational and Dispositional Factors

An illustration of people's responses to contexts that involve uncertainty (due to too much rather than too little information) is provided by the concept of choice overload. For instance, some people may keep putting off a home insurance policy purchase because they feel overwhelmed with the available choices and the complexity of each option. Similarly, they may fail to switch an existing insurance policy even if a better deal is available elsewhere. Other people may buy the insurance based on a snap decision. In economic terms, both a lack of action and quick action may result from perceived costs of

deliberation due to the time and hassle involved.

The tendency to either defer a choice or make an immediate decision can be seen in decision-making styles, which may also be applied more strategically. Individuals who prefer to satisfy will choose options that meet basic or simply “good-enough” decision criteria. For example, they may be happy to invest their retirement savings in a target-date fund, a pre-packaged portfolio that reflects the investor's time to retirement. In some cases, satisfying may lead to impulsive decisions.

Individuals who maximize, by contrast, carefully weigh their choices to choose the optimal one. For example, they may decide to carefully design their own portfolio of stocks and bonds. As a result of their preference to process more information, however, they may be more prone to choice overload and deferral.

While satisficing can be a strategic preference rather than impatience in decision-making, a more dramatic and emotional perspective on im-

pulsivity would be contexts that elicit a fight-or-flight response—an emotional reaction to stress. This idea suggests that stress can either trigger an impulsive behavior (fight-or-flight) or a freeze response, which results in inaction, especially if stress is prolonged. The source of stress could be in the scope or complexity of the decision (as suggested by choice overload), the importance of the decision (e.g., due to financial risks or being held accountable for the choice), or situational factors (e.g., stress induced by life events). Whether you are prone to inaction or impulsive action in a stressful situation can be assessed by questionnaires like the Fight Flight Freeze Fawn Test.

Behavioral Interventions

There are different kinds of behavioral interventions that work with inaction or impulsivity. These nudges either embrace the shortcomings or work against them.

The best-known nudge that harnesses inertia is the setting of defaults, such as automatic pension enrollments. Other

interventions are designed to spur individuals into action by making decisions easier, such as simply reducing the number of pension plan choices. Alternatively, implementation intentions encourage individuals to create specific plans for when and how they will act, such as managing their finances.

When it comes to impulsivity, the disease (i.e., short-term thinking) can also be used as a cure. For example, giving people a limited time window to make changes to their insurance plan taps into a fear of missing out to counteract procrastination. “Keep the change” programs that round up purchases accept people's spending behavior (which may be impulsive at times) in order to increase long-term outcomes in the form of savings. Similarly, impulse-saver programs provide app users with a “quick save” button to put away money on a whim.

Other nudges work against an excessive focus on the present and impulsivity. For example, programs that allow people to connect with their future selves via age-pro-

gressed photos have had some success in increasing savings behavior. Cooling-off periods for purchases are interventions that offset impulsive decisions.

Conclusion

To wrap up, inaction (decisions on hold) and impulsivity (decisions on overdrive) are opposite behavioral responses that may occur in situations of uncertainty, overload or stress. However, they have a common origin in our intuitive, automatic, and emotional System 1, as well as limited self-control.

In behavioral economics, these responses can account for a range of suboptimal decisions. Behavioral nudges may help by either acknowledging and using these shortcomings or countering their effects. Understanding the psychological roots of inaction and impulsivity is key to designing interventions that improve decision-making, particularly in high-stakes areas like financial planning or health.

By arrangements with The Conversation

India Look To Regain Fight In Crucial T20 WC Game Against Pakistan

Press Trust of India

DUBAI: India will have to regroup quickly and iron out the imbalances in team combination when they face arch-rivals Pakistan in a crucial second group A match of the Women's T20 World Cup here on Sunday. An early 58-run defeat to New Zealand on Friday has not just dented India's chances of entering the semifinals of the ICC showpiece, but it certainly has pushed them to a tight corner. India's run-rate currently stands at -2.99 and it makes big victories mandatory for them in the remaining three matches against Pakistan, Sri Lanka and Australia. The Harmanpreet Kaur-led side was wretched in all three departments of the game against the Kiwis in its World Cup opener, and India now need a reversal within 24 hours. It's tough but that is the



path they have to tread against Pakistan, high on confidence after beating a strong Sri Lanka in the first match on Thursday. As a first step, India will have

to sort out their combinations ahead of the Pakistan game. Against New Zealand, India made a hash of their three-pronged pace attack move, giving just one over to Pooja Vas-

trakar, the third-best bowler in T20s this year with 20 wickets from 16 matches. Also, the decision to go with the pace trio cost India the presence of left-arm spinner

Radha Yadav, their second most successful T20I bowler with 22 wickets from 13 matches. So, head coach Amol Muzumdar will need to take a long look at the combination as another defeat will seriously hamper India's chances of progressing to the last-four stage from Group A. Though India have a head-to-head edge over Pakistan in T20Is, winning 12 out of 15 matches so far, they have the ammunition to stun any opposition. Their bowling is especially formidable with the likes of experienced Nida Dhar, captain Fatima Sana and Sadia Iqbal leading the pack. However, Pakistan will keep a close eye on the fitness lead pacer Diana Baig after she suffered a calf strain in the match against Sri Lanka, limping out after bowling just one ball. Match starts at 3.30 PM IST on October 6.

Short TAKES

1st T20I: Security Stepped Up In Gwalior

Ahead of the T20I contest between India and Bangladesh in Gwalior on Sunday, police have beefed up security in the city and at the venue, Madhavrao Scindia Stadium, officials said on Sunday. Prohibitory orders have already been clamped in the city and over 2,500 policemen have been deployed to keep the match incident-free, they said. Cops will be on the streets from 2 pm on Sunday. They will be on duty till spectators reach home after the day-night game is over, police said. After prohibitory orders were invoked two days ago, police are also keeping an eye on social media for inflammatory material, officials said. Meanwhile, right-wing outfits Bajrang Dal and Hindu Mahasabha continue to oppose the match. HM has also asked business establishments in the city to remain shut on Sunday. Earlier, police had arrested some of its workers for protesting against the match.

Pakistan's Captaincy Debate Heats Up

Pakistan's head coach for limited-overs format Gary Kirsten has returned home with the board set to announce the successor to captain Babar Azam in white-ball formats later in the month. Kirsten returned home after spending the last few weeks in Lahore and Faisalabad after watching the Champions Cup and attending several meetings with the selectors and board officials on the state of Pakistan cricket. "Kirsten will join the Pakistan squad directly in Melbourne on October 29 for the white ball series in Australia, Zimbabwe and South Africa," a board official confirmed. Pakistan is due to play total of 18 matches — nine ODIs and as many T20Is — in these three countries in November-December, starting with the first ODI in Melbourne on November 4.

EPL: Liverpool Get Win At Crystal Palace

Diogo Jota's early goal was enough to give Liverpool a tight 1-0 victory at Crystal Palace on Saturday and ensure the Reds go into the international break top of the Premier League, though goalkeeper Alisson was forced off injured late on. Palace had the ball in the net inside 30 seconds after Ismaila Sarr got in behind Kostas Tsimikas and centred to Eddie Nketiah, who finished deftly but had strayed offside. The hosts started the game sharply but Liverpool took the lead with their first real attack in the ninth minute when Cody Gakpo ran on to Tsimikas' through ball down the left. He centred for Jota, who breezed past Palace debutant Trevor Chalobah to poke home from close range and record his fourth goal of the season in all competitions.

CAS Cuts Paul Pogba's Doping Suspension

French soccer player Paul Pogba's doping suspension has been cut from four years to 18 months, the Court of Arbitration for Sport (CAS) said on Friday. The France international was provisionally suspended by Italy's national anti-doping organisation (NADO Italia) in September 2023 after testing positive for DHEA - a banned substance that raises levels of testosterone. The 31-year-old Pogba, who has a contract with Italy's Juventus until June 2026, denied any wrongdoing and said in February he would appeal to CAS. "Finally the nightmare is over. Following the decision by the Court of Arbitration for Sport, I can look forward to the day when I can follow my dreams again," Pogba said in a statement.

UT Level Wushu Championship For Girls Begins In Budgam

Observer News Service

BUDGAM: The Department of Youth Services and Sports Budgam inaugurated the Inter-Division UT Level Wushu Championship for Girls in the Under-17 and Under-19 age categories on Saturday at Sports Stadium, Charar-i-Sharief.

The championship was inaugurated by Shakeel ur Rehman, a prominent member of the Activity Section, DYSSO Budgam. He was accompanied by MBashir Ahmad Sheikh, Activity Incharge, ZPEO Narbal, along with other dignitaries and sports officials.

A number of athletes from both divisions of J&K participated in the event.

"The event aims to promote the spirit of sportsmanship and encourage young



girls to excel in martial arts like Wushu. The competition promises to witness thrilling performances as the young

athletes compete for top honors, bringing pride to their respective divisions," the department said in a statement.

ZPEO Bijbehara Organises Fit India Swachhata Freedom Run

Observer News Service

ANANTNAG: Zonal Physical Education Officer Bijbehara organized a Fit India Swachhata Freedom Run on Saturday in Zone Bijbehara. The run was flagged off by Boys Higher Secondary School Bijbehara Principal Nasreena Akhter along with sports analyst Lal Mohammad Ganie and other officials of ZPEO Bijbehara.

The run kick-started at the ground of Boys Higher Sec-



ondary School Bijbehara and culminated at Middle School

Gadiseer. In the run, 270 school students participated.

Surya Reveals India's Opening Combo For Bangladesh T20Is



Press Trust of India

GWALIOR: India's T20I captain Suryakumar Yadav confirmed that Sanju Samson will open the batting with Abhishek Sharma in the series against Bangladesh.

India play Bangladesh in the T20I series opener in Gwalior on Sunday. "Sanju will open in this series." Suryakumar himself bowled in the previous series against Sri Lanka and he is all for batters rolling their arm over for an over or two if the situation demands. "It can only be good if we can get couple of overs from the batters. In this squad most of them can bowl. We saw that in Sri Lanka as well. If you have the skill why not."

June and is the new home of big ticket cricket in the city replacing the deteriorating Captain Roop Singh Stadium, which is run by the local corporation. Speaking to PTI ahead of the India-Bangladesh T20I, Khandekar said Gwalior is a city with a rich cricketing history and therefore deserved a world-class venue.

Gwalior Welcomes International Cricket After 14 Years

International cricket will return to Gwalior after a 14-year gap on Sunday but going forward the city will not have to wait that long to host high-profile matches as the newly built stadium will allow MPKA to stage games "alternatively" with Indore, the state association's president Abhilash Khandekar informed PTI on Saturday. The state-of-the-art Shrimant Madhavrao Stadium was inaugurated in

Varma Replaces Injured Dube For Bangladesh T20I Series

All-rounder Shivam Dube is ruled out of the three-match T20I series owing to a back injury, the BCCI said in a statement on Saturday. "The Senior Selection Committee has named Tilak Varma as Shivam's replacement. Tilak will link up with the squad in Gwalior on Sunday morning," the statement added.

India take on Bangladesh in the first of the three-match T20I series in Gwalior, on Sunday.

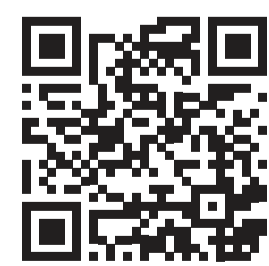
India's updated squad for the T20I series against Bangladesh: Suryakumar Yadav (C), Abhishek Sharma, Sanju Samson (wk), Rinku Singh, Hardik Pandya, Riyan Parag, Nitish Kumar Reddy, Washington Sundar, Ravi Bishnoi, Varun Chakaravathy, Jitesh Sharma (wk), Arshdeep Singh, Harshit Rana, Mayank Yadav, Tilak Varma

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In our latest podcast, we present Irshad Mushtaq, founder of MI Securities. In addition, he is a financial expert who has helped countless individuals and businesses navigate complex financial landscapes. In this episode, we discussed different investment strategies, personal finance tips, and wealth building. The full video will be released soon on our YouTube channel. Subscribe Kashmir Observer channel for the latest updates.