

SKIMS Signs MOU With Indian Oil Corporation



Observer News Service

Srinagar: The Sheri Kashmir Institute of Medical Sciences (SKIMS) Soura signed an MoU with Indian Oil Corporation...

patients. Director SKIMS Dr. M. Ashraf Ganaie welcomed the Head IOC and officers from IOC and expressed his gratitude to IOC for the initiative to provide support under CSR for various patient care facilities.

Two Wild Boars Captured From House In Dalgate

Sedated, Boars Sent Back To Woods: Wildlife Dept

Majid Nabi

Srinagar: Two wild boars that were seen roaming around Dal Lake and Foreshore Road a few days ago, have been captured alive by the wildlife life department near Chest Diseases Hospital, Dalgate late last evening.



The enraged crowd would have stoned the boars to death had not the wildlife department's rescue squad arrived in time.

It is worth mentioning that two wild boars found wandering around Dal Lake a few days ago, according to officials, exist in Dachigam National Park and its surrounding Conservation Reserves since Maharajas Time.

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Youth Electrocuted To Death In Srinagar

Observer News Service

Srinagar: A 24-year-old youth died from an electric shock in Tengpora area of Srinagar, officials said Wednesday.

Javaid Malik, son of Abdul Rahman Malik a resident of Kalarooos Kupwara, according to officials, lost his life due to an electric shock.

Following medico-legal formalities, the body of the deceased youth was handed over to the next of his kin for last rites.

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India's Incubation Ecosystem

A Vital Force for Entrepreneurial Growth



Azra Mufti

A recent report sheds light on the dynamic yet still developing nature of India's startup incubation ecosystem. Jointly conducted by NSRCEL at IIM Bangalore and CREST at IIT Madras, the India Incubator Kaleidoscope 2024 report reveals that over 1,100 active incubators now operate across the country. This impressive number underscores India's commitment to fostering innovation and supporting entrepreneurs at all stages. Yet, as India strives to solidify its position as a global startup hub, the report also highlights areas where further development is urgently needed.

The diversity of incubators across India's major cities reflects the unique startup needs in different regions. For instance, Chennai leads in academic incubators, which account for 82% of the city's incubator landscape. Meanwhile, Bengaluru and Gurugram are industry-focused, with incubators that make up 71% and 84% of their respective ecosystems. Notably, 45% of India's incubators are concentrated in the Southern region, further solidifying its reputation as the powerhouse of Indian innovation.

Yet, while the density of incubators is rising, it remains significantly below global standards. India has only 0.8 incubators per million people—a stark contrast to the 8 to 10 incubators per million people in countries like the United States and China. Moreover, only 8.2% of Indian startups are currently incubated, and a mere 10% of incubators support a staggering 98% of these startups. These figures indicate an urgent need to activate underutilized incubators and expand the reach of incubation services, particularly to underserved regions and entrepreneurs.

The Positive Impact of Incubation on Startups

Incubation provides tangible benefits for startups, enhancing their chances of success by connecting them with essential resources. Incubated startups are 11.7% more likely to secure first-round funding within a year, and they file patents at five times the rate of non-incubated startups. Under the Atal Innovation Mission's TIDE 2.0 framework, incubators are organized into three tiers—G3, G2, and G1—each with specific roles designed to build a robust and scalable ecosystem.

The framework's structure allows G3 incubators, often affiliated with academic institutions, to focus on outreach in underserved areas, while G2 incubators provide large-scale training and support. At the top level, G1 incubators offer advanced resources and supervision, ensuring that startups in all regions re-

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ceive adequate support. This tiered approach exemplifies India's commitment to a comprehensive support system that nurtures startups from the ground up.

A Spectrum of Incubator Types: Serving Diverse Needs

Incubators in India are not one-size-fits-all; they cater to a variety of startup types and social objectives. Livelihood Business Incubators (LBIs), for instance, prioritize startups with a social impact, often supporting underserved communities through funding from NGOs, gov-

ernment bodies, and CSR initiatives. LBIs are critical in building social capital and addressing socio-economic disparities. On the other hand, Technology Business Incubators (TBIs) target tech-driven ventures, particularly those affiliated with prestigious institutions like the IITs and IIMs, providing access to cutting-edge research and industry networks.

Accelerators and Traditional Incubators: Balancing Speed and Flexibility

India is also home to several accelerators that focus on rapid growth. Programs like Techstars, Axilor Ventures, and Y Combinator India offer structured, time-bound initiatives that combine seed funding, mentorship, and investor connections. While accelerators often work on a compressed timeline, traditional incubators, such as the Indian Angel Network (IAN) Incubator and NASSCOM 10K Startups, provide long-term resources to startups across various industries. Together, these incubators and accelerators cater to startups' diverse needs, ensuring flexibility in the paths available to entrepreneurs.

Beyond Numbers: The Need for Strategic Expansion and Inclusive Growth

Despite the impressive presence of incubators in India, the journey is far from complete. As the demand for incubation continues to grow, it is crucial to invest in regions with limited resources and support networks, enabling startups outside major cities to benefit from the incubation ecosystem. Additionally, efforts should focus on activating underutilized incubators and making incubation opportunities more inclusive, particularly for students, women founders, and those from marginalized communities.

Incubators have proven to be more than just physical spaces; they are catalysts for growth, innovation, and resilience. As India's startup ecosystem matures, incubators must evolve in tandem, ensuring that the next generation of entrepreneurs can thrive on a global scale. By enhancing access to incubation, expanding resources, and fostering a culture of inclusive entrepreneurship, India can unlock its full potential as a global leader in innovation. The path ahead may be challenging, but the opportunities are boundless, and the future of Indian entrepreneurship shines brighter than ever.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The author works with Indian Institute of Management Jammu

KO VIEW

Unity Over Fracture

The deep import of Tuesday's Assembly election result is still being processed across Jammu and Kashmir. And it will continue to be analyzed in the coming days. The voters of the union territory have delivered a clear message through their electoral choices. More so in Kashmir Valley where a crowded electoral scene was threatening to divide the mandate. But the voters united in the face of such attempts. As the National Conference (NC) and Congress alliance bask in their win, it is the wisdom of the voters that has actually won. For their preference showed a profound understanding of the electoral strategies at play.

This election highlighted a deep awareness among Kashmiri voters about the dangers of a fractured mandate. This could have produced a government comprising smaller parties and independents without a meaningful governance agenda. But people in the Valley rallied to vote largely for the National Conference, the main regional party, just as the voters in Jammu did so for the BJP.

Now that the NC-Congress coalition is set to form the government, having secured the clear majority, it is important that both Kashmir and Jammu regions have a stake in the elected government. More so, when both the regions have been seeking a democratically elected government over the past five years.

That said, the victory does not mean an easy path ahead for the NC-Congress alliance. They now face the daunting task of governing with their hands tied. Being a union territory, an elected chief minister in Jammu and Kashmir will have fewer powers. Most of the authority is vested in Lieutenant Governor. Unless the LG-CM relationship is managed and negotiated well, this could give rise to recurrent friction akin to what has been happening in New Delhi between the LG and the AAP government. The promises made during the campaign, by the NC—such as the restoration of statehood and Article 370—are unlikely to be fulfilled under the current framework—more so, the latter which is considered a fait accompli by the BJP. This casts doubt on the alliance's ability to deliver on some major points in its manifesto.

But the initial signs show an attempt by the NC to reach out to the central government. Omar Abdullah's acknowledgment of Prime Minister Narendra Modi's wishes shows a cautious optimism about collaboration with the Centre. PM Modi also lauded the NC for its performance, while acknowledging the importance of these elections. In a post on X, he assured the people that his government “will keep working for the welfare of Jammu and Kashmir.” Here's hoping that the spirit of cooperation between the two continues as this is very critical for the good governance in the union territory.



Did you know?

Creating a Successful Investment Portfolio Requires Patience

Irshad Mushtaq

Creating a successful investment portfolio in the stock market requires an understanding of basic principles and a commitment to long-term strategies rather than short-term trading. Here's a structured approach to creating a portfolio that maximizes your investment potential:

- 1. Understand the Market Fundamentals:**
 - Develop faith in the stock market by understanding its basic logic and dynamics.
 - Separate investing from speculative trading. Avoid becoming a screen-based trader who reacts to minute-by-minute fluctuations—a strategy that often leads to losses.
- 2. Adopt an Investor Mindset:**
 - Embrace the role of being an investor instead of a trader. Investing is about long-term growth and stability.
 - Recognize that even high-quality stocks can decline temporarily. Patience and discipline are essential as these fluctuations are normal.
- 3. Time and Patience:**
 - Understand that investments require time to mature and may not yield immediate returns. Patience can turn temporary declines into long-term gains.
 - Educate yourself on money management techniques to minimize risks.
- 4. Sector and Stock Selection:**
 - Identify promising sectors with positive government intervention and long-term growth potential.
 - Choose stocks within these sectors that demonstrate strong earnings and growth opportunities.
 - Diversify by investing in quality stocks across different sectors.
- 5. Invest in Exchange-Traded Funds (ETFs) and Mutual Funds:**
 - Use ETFs to gain exposure to various industries with less single-company risk.
 - Consider emerging mutual funds, especially if you lack confidence in small-cap or micro-cap stocks.
- 6. Leverage Systematic Investment Plans (SIPs):**
 - Utilize SIPs in mutual funds to benefit from cost averaging, reducing volatility risks over time.
- 7. Avoid High Leverage and Intraday Trading:**
 - Focus on creating a quality portfolio for the long term and avoid strategies that involve high leverage or day trading, as these increase risk.
 - Remember, successful investing is about building a diversified portfolio that reflects your risk tolerance and investing horizon. Regular portfolio review and adjustments, based on changing market conditions and personal financial goals, will also aid in maximizing returns.
 - Learn from the insights of @IrshadMushtaq, Writer, Investor, Entrepreneur & Founder of M I Securities! Connect for valuable financial advice at misecondurities@bp.sharekhan.com*



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Simple Pleasures

DESPIITE living in the digital age, there are some habits which many of us simply cannot give up. Preferring to read a printed book over the online version is one such. There are multiple reasons why a large swathe of Indian readers always prefer hard copy of books to online reading. Psycho-

logically, the 'ownership' factor could be a key reason, besides the nice feeling you get while touching a new book, its fragrance, pleasure of turning the pages, easy portability, leisure reading – all make a physical book comfortably win over an e-book. However splendid the cover image of an e-book may look on screen, it is still an image

rather than a physical thing. Another major disadvantage with an e-book is that you cannot look at more than one page at once. In fact, a study from West Chester University of Pennsylvania reveals that students who read on iPads had lower reading comprehension than when they read traditional printed books. A good physical book is like

a full course of a sumptuous meal, whereas an e-book is just fast food. Said the noted American novelist Harper Lee: “The book to read is not the one that thinks for you, but the one which makes you think.”

Ranganathan Sivakumar
siva19kumar@gmail.com

On World Mental Health Day

It is Time to Prioritize Mental Health in the Workplace

Arshid Qalmi

As the world moves into an era where professional life often blurs with personal life, and the workplace becomes an all-encompassing environment, the importance of mental health has never been more critical. This year, the theme for World Mental Health Day is "It is Time to Prioritize Mental Health in the Workplace" calls for a radical and necessary shift in how we view and address mental well-being in professional settings. This theme reverberates with urgency, especially in regions like Kashmir, where the socio-political backdrop adds unique dimensions to the challenges employees face.

Mental health in the workplace is a silent epidemic, globally under-recognized and often inadequately addressed. From corporate offices to educational institutions, from government services to healthcare workers, mental health struggles are common but rarely spoken about. Stress, anxiety, depression, and burnout plague professionals at all levels, leading to reduced productivity, poor job satisfaction, and, ultimately, a decline in the quality of life.

In Kashmir, the situation is further compounded by the backdrop of political instability, which infiltrates the social fabric and seeps into work environments. Employees are not just battling professional stress but are also constantly weighed down by the anxieties of an uncertain future, frequent disruptions, and the pressure to meet expectations in a fragile environment. The scars of conflict, woven into the mental health narrative, make this issue deeply personal and pervasive.

In an ideal world, workplaces would be environments of growth and self-actualization, where individuals are empowered to perform at their best without compromising their well-being. However, the reality is often quite different. The constant pressure to meet targets, the fear of job insecurity, long working hours, and the expectation of being perpetually available can be mentally exhausting. This "always-on" culture blurs



the boundaries between work and personal life, eroding the time needed to decompress, reflect, and rejuvenate.

In Kashmir, where mental health issues are compounded by societal stressors, we find ourselves at the intersection of personal vulnerability and professional strain. The trauma from conflict seeps into workplaces, exacerbating the mental toll on employees. Studies have shown that unresolved workplace stress leads to physical health issues, increased absenteeism, and an overall decrease in productivity.

It is clear mental health in the workplace is not just a personal issue; it's a collective responsibility. Leaders and employees need to recognize that mental health is fundamental to organizational success. A mentally healthy workforce is more

engaged, motivated, and resilient, qualities that are crucial in today's competitive and volatile world. For organizations, the time has come to break the stigma around mental health. Kashmir's workplaces need to be pioneers in this change, considering the unique emotional and psychological terrain its people navigate. Employers must foster an environment where mental well-being is valued as highly as physical health, where seeking help is encouraged, and where managers are trained to be empathetic and understanding.

Organizations should have clear policies that outline support systems for employees, such as access to counseling, flexible working hours, and mental health days. These policies should be easily accessible and integrated into the company

culture. Supervisors and managers should be trained to recognize the signs of mental distress. They must know how to approach employees with sensitivity, provide support, and avoid stigmatizing conversations. Like vacation time, mental health breaks should be part of company policy. In high-stress regions like Kashmir, where employees juggle societal stress along with workplace demands, such breaks are even more vital. Encourage an open culture where employees can voice their struggles without fear of judgment or reprisal. Creating safe spaces within the organization, where conversations about mental health are normalized, is crucial for long-term change.

For Kashmir, mental health in the workplace isn't just a matter of professional efficiency it's a human imperative. The region's

enduring political tensions, coupled with economic challenges, mean that stress levels among professionals are disproportionately high. We must also remember that workplaces in Kashmir have a broad socio-cultural impact; they shape not only the economic landscape but also the psychological resilience of the community.

The unique social fabric of Kashmir, with its deeply entrenched sense of community, can also be leveraged as a support system. Workplaces should aim to nurture this sense of community by promoting solidarity, peer support, and collective healing. Whether it's through group therapy sessions, team-building activities focused on mental health awareness, or simply fostering a culture of care, workplaces can become sanctuaries of emotional well-being.

World Mental Health Day 2024 offers a unique opportunity for organizations, policymakers, and individuals to rethink how we approach mental health at work. In Kashmir, where historical, social, and political factors amplify the stress of daily life, prioritizing mental health is not just an option it's a necessity.

The time has come to recognize mental health not as a peripheral issue but as central to the functioning of any successful organization. As individuals, let us encourage open dialogue, practice self-care, and support our colleagues. As leaders, let us commit to creating environments where mental well-being is prioritized, where policies are put in place, and where the culture of care extends beyond lip service.

Kashmir can become a beacon of progress by taking bold steps to ensure that workplaces are not just spaces of labor but spaces of growth, healing, and support. As we step into the future, let us remember that a mentally healthy workforce is not only an ethical responsibility but also a foundational pillar of sustainable success. It is time to prioritize mental health in the workplace now, more than ever.

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The Impact of AI in the Mental Health Field

Like it or not, AI is transforming healthcare

Kaytee Gillis

The advent of artificial intelligence (AI) is reshaping many areas of our lives, including how we search for and receive information about our mental health. Like all technology, AI has its benefits and its risks. Much like the advent of the internet and telehealth, which increased access to underserved populations, AI increases accessibility by giving information to those who need it when they need it.

However, this increase in information availability raises concerns about the risks. Due to a lack of oversight of the information given to vulnerable populations, many clinicians worry that the integration of AI into the mental health field offers more challenges than opportunities.

Benefits of AI in Therapy

AI offers several advantages to therapy patients.

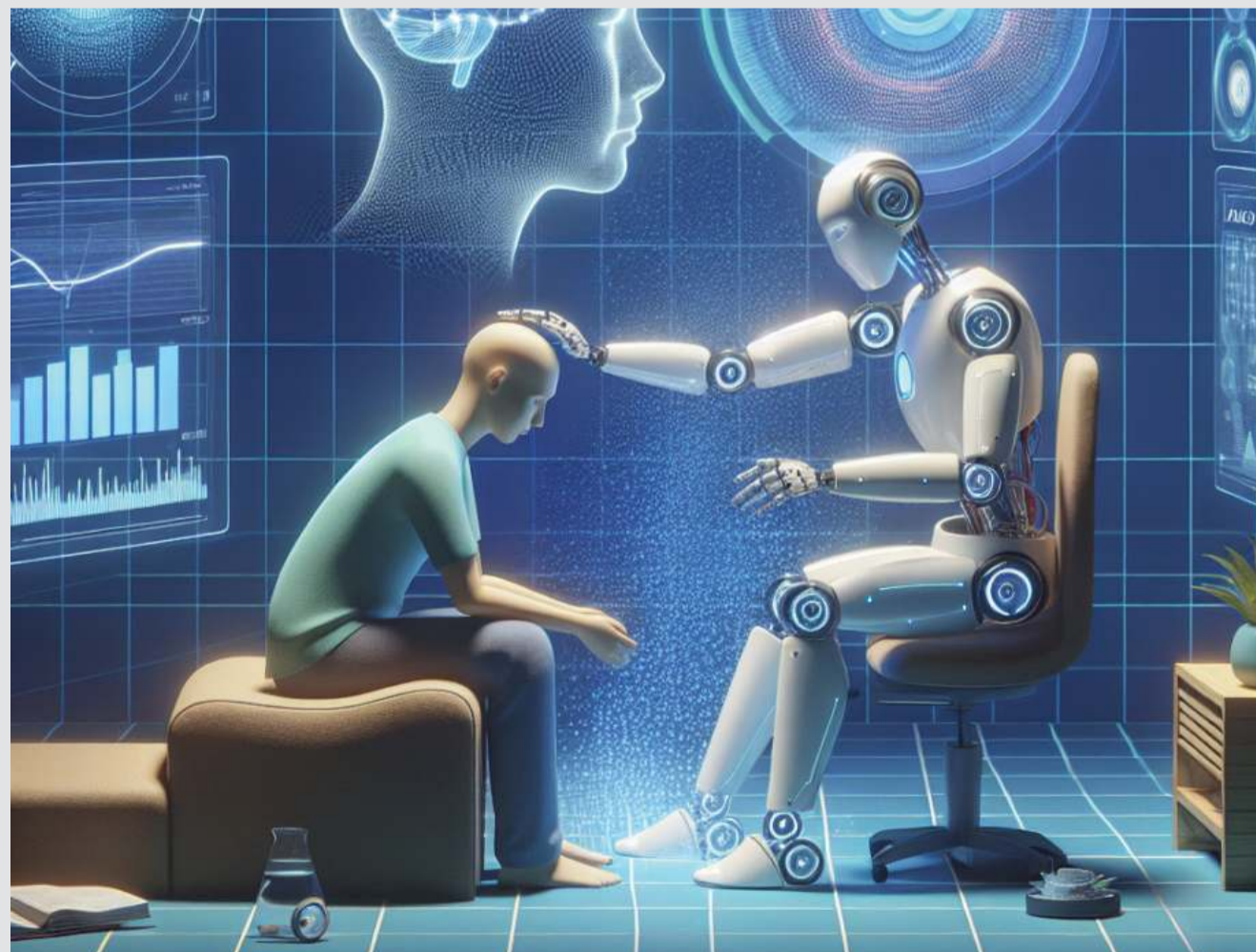
1. Increased Accessibility and Convenience

AI-powered tools, such as chatbots and search engines, offer increased accessibility to mental health support. These tools can provide immediate, 24/7 support, breaking down barriers related to time, location, and availability. For some individuals in underserved or remote areas, AI very well might serve as a stand-alone resource, as it offers support that might otherwise be inaccessible.

2. Early Detection

"The evolution of AI has contributed effectively to the early detection, diagnosis, and referral management of mental health disorders" (Thakkar et al., 2024). Research has found that AI has shown promise in detecting medical and mental health conditions such as Autism, seizures, and even the early stages of schizophrenia.

Furthermore, AI has been able to detect cognitive decline in those at risk, such as the elderly: "AI-powered sensors can detect changes in behavior patterns and alert caregivers or healthcare providers to potential emotional distress or cognitive decline" (Thakkar et al., 2024). With early detection, caregivers and medical providers are better



able to provide the best possible support available to patients who need it.

3. Support for Mental Health Professionals

AI can assist therapists by providing data-driven insights and recommendations. For instance, AI can analyze session notes to detect patterns or progress that might not be immediately apparent to the therapist. It can also automate administrative tasks, such as scheduling and documentation, allowing therapists to focus more on direct client interaction.

Limitations and Challenges

Despite these benefits, however, many mental health clinicians understandably remain concerned about the risks and challenges associated with AI's rising presence.

1. Ethical and Privacy Concerns

One of the primary apprehensions of mental health clinicians include issues related to ethical and privacy concerns. AI systems often require access to sensitive personal data, which raises questions about data security and confidentiality.

Therapists apply ethical principles and moral reasoning in practice, often address-

ing sensitive issues with intuitive perspective and experience—something that can't be replicated with a machine. AI systems may struggle with ethical complexities and moral considerations in the same way a human therapist can, but without the human "gut feeling" that can help with reasoning.

2. Lack of Human Touch

While AI can offer some support and provide information, it lacks the human touch that is essential for therapeutic relationships. Research shows that the therapeutic relationship, rather than any specific modality used, is the biggest predictor of suc-

cess in treatment (Ardito & Rabellino, 2011). Therapy is not just about providing solutions but also about fostering a supportive and empathetic relationship, which, at least at this time, AI may struggle to deliver. As is not surprising, empathy, emotional understanding, and the personal connection between therapist and client are difficult for AI to replicate.

As therapists, we often rely on judgment and intuition developed through experience to interpret clients' needs, emotional states, and non-verbal cues. Over time, we learn to adapt therapy in real-time based on the evolving needs of the client, including adjusting approaches and techniques as needed. AI lacks the ability to do this, instead relying on superficial, surface-level conversations. So, while it might be beneficial for getting information about what types of therapy your insurance may cover, for example, it will likely fail to offer support other than a simple "sorry to hear that" type statement, which can feel cold and dismissive.

3. Lack of Oversight

There is a risk that individuals may become overly reliant on AI for mental health support, potentially neglecting the value of human interaction and professional guidance. A significant risk associated with AI in therapy is the lack of oversight and regulation. AI systems may operate with unchecked biases or inaccuracies, which run the risk of leading to harmful recommendations to those who need support (Espejo et al., 2023).

Like it or Not, It's Here to Stay

As AI technology continues to advance, it is likely that we will continue to see its integration into the mental health field. When used correctly, AI tools can complement, rather than replace, traditional therapeutic methods.

For those of us who struggle with adaptation to new technologies, it is to our benefit to learn the basics of how to use and even how to recognize AI. Even if we do not plan to use it in our practice, having a basic understanding of its presence and availability can help empower us as clinicians in a changing world.

The article was originally published by *Psychology Today*

Study Finds New Ways To Prevent, Treat Type 2 Diabetes

ANI

Pancreatic cells, like human cells, have a limit to how much stress they can handle before they start to break down. Through overstimulation of these cells, certain stresses like inflammation and hyperglycemia lead to the onset of type 2 diabetes.

As it turns out, pancreatic cell stress tolerance to two distinct types of molecular stress is correlated with DNA sequence variations that are known to raise an individual's risk for diabetes. These findings were made by researchers at The Jackson Laboratory (JAX). Stress and inflammation may increase the risk of failure or death of the insulin-producing cells in individuals with these genetic alterations in the pancreas.

"Ultimately we want to develop new ways to prevent and treat type 2 diabetes by targeting the genes and pathways that are perturbed in people who are most susceptible to the disease," said Michael L. Stitzel, associate professor at JAX and co-senior author of the new study with JAX professor Dugyu Ucar, published in the Oct. 8 advanced online issue of Cell Metabolism. "These findings give us new insight into

some of those genes and pathways."

The work points toward dozens of genes that connect cell stress and diabetes risk, including one that is already under investigation as a drug target for type 2 diabetes complications.

When living cells face challenges, including damage, inflammation, or nutrient changes, they activate protective responses to try to cope with and reverse the stress. But over time, sustained stress can overwhelm the cells, causing them to slow down or die.

In the pancreas' islet beta cells, two types of cell stress have previously been implicated in the development of type 2 diabetes.

In both cases, the stress can eventually lead islet beta cells to stop producing insulin or die off.

Stitzel and his colleagues wanted to know what genes and proteins were used by islet cells to respond to both ER stress and cytokine stress.

"Researchers have completed multiple studies looking at what molecular pathways are important in regulating insulin production in happy, healthy islet cells," said Stitzel. "But we were working on this hypothesis that islet cells are not always happy. So what pathways are important when the cells are under stress, and how do diabetes-linked DNA sequence changes in



each of us affect them?"

Stitzel's group exposed healthy human islet cells to chemical compounds known to induce either ER stress or cytokine stress. Then, they tracked changes to levels of RNA molecules in the cells as well as how tightly or loosely packed different stretches of DNA were inside the cells—a proxy for what genes and regulatory elements are being used by the cells at any given time.

To analyze the results, the team collaborated with Ucar, a professor and com-

putational biologist at JAX. Together, the scientists found that more than 5,000 genes, or nearly a third of all the genes expressed by healthy islet cells, change their expression in response to ER stress or cytokine stress. Many were involved in the production of proteins, which is crucial for islet cells insulin-producing role. And most of the genes were only involved in one or the other stress response, raising the idea that two separate stress pathways play a role in diabetes.

In addition, around one in eight regulatory regions of DNA typically used in islet cells were altered by stress. Importantly, 86 of these regulatory regions had been previously found to contain genetic variants in people most at risk of type 2 diabetes.

"What this suggests is that people with these genetic variants may have islet cells that respond worse to stress than other people," said Stitzel. "Your environment - things like diabetes and obesity - pulls the trigger with type 2 diabetes, but your genetics loads the gun."

Stitzel hopes that the new list of regulatory regions and genes eventually lead to new drugs to prevent or treat diabetes by potentially making islet cells more resilient to stress.

The researchers homed in on one gene that was altered by both ER stress. Called MAP3K5, the gene was shown to alter islet beta cell death in mice containing a diabetes-causing mutation in the insulin-encoding gene.

In the new paper, Stitzel and his colleagues showed that higher levels of MAP3K5 led to more islet beta cells dying in response to ER stress. Eliminating or blocking MAP3K5, on the other hand, made the islet cells more resilient to ER stress and less likely to die.

Researchers Sound Alarm On 'Irreversible Climate Disaster', Earth's 25 Vital Signs Hit Extremes

Press Trust Of India

Researchers have sounded an alarm on a possibly "irreversible climate disaster" as 25 of the 35 planetary vital signs that help track climate change every year hit record levels.

Extreme weather events becoming more frequent, and intense and emissions from fossil fuels are at an all-time high - these are a couple of the 25 vital signs, the international team, including researchers from the Potsdam Institute of Climate Impact Research, Germany, said in a report.

Other vital signs they described included Earth's average surface temperature, ocean heat, global sea levels and human population - all touching record highs. The human population has been increasing at roughly two

lakh a day, they said.

Climate change made the experience of devastating heatwaves of 2024 across Asia, including the longest one ever in India, much more frequent and extreme, the authors said in the analysis, titled 'The 2024 State of the Climate Report: Perilous Times on Planet Earth' and published in the journal Bioscience.

Greenland and Antarctic ice hit record lows in terms of both mass and thickness, they added.

Emissions of methane and nitrous oxide - potent greenhouse gases - have reached unprecedented levels, they added. Nitrous oxide levels were found to have increased by roughly 40 per cent between 1980 and 2020.

Consumption of coal, oil and gas together rose by 1.5 per cent in 2023, compared to that in 2022, while use of fossil fuels remains

roughly 15 times that of solar and wind energy, the researchers said.

In 2023, the team had shown 20 of the 35 vital signs to be touching record extremes.

"We are on the brink of an irreversible climate disaster. This is a global emergency beyond any doubt. Much of the very fabric of life on Earth is imperilled," the authors wrote.

A "critical and unpredictable new phase of the climate crisis" could be unravelling, they said and emphasised that current policies place the planet on track to achieving 2.7 degrees Celsius of warming by 2100 - far exceeding the Paris Agreement goals of 1.5 degrees Celsius.

The authors highlighted several climate tipping points, or 'points of no return', that may be fast approaching and can potentially

trigger irreversible catastrophic changes. Some of these points included the collapse of major ice sheets and forest dieback - it refers to the slow, eventual death of trees which can threaten the resilience of a forest ecosystem.

Tree cover loss around the world was found to have increased from 22.8 mega hectares a year in 2022 to 28.3 mega hectares a year in 2023.

"We're already in the midst of abrupt climate upheaval, which jeopardises life on Earth like nothing humans have ever seen," lead author William Ripple, from the University of Oregon, US, said.

As the "future of humanity hangs in the balance", the researchers called for bold, transformative change, including measures targeted at reducing overconsumption and human population.

Myntra Concludes Festive Sale With 1.5 Mn New Customers

Press Trust Of India

Fashion and lifestyle e-commerce platform Myntra concluded its Big Fashion Festival (BFF) sale on Tuesday and onboarded 1.5 million new customers during the period.

Around 80 per cent of the new customers belonged to non-metro cities, reflecting a strong festive shopping senti-



The 3X value constructs were a major pull for customers, which made shopping even more rewarding. We expect the buoyant shopping sentiment to carry on in the weeks to come

ment across the country, Myntra said in a statement.

The retailer said the BFF sale turned out to be "its outstanding and biggest edition by far", with the platform registering 390 million visits a 100 per cent growth in orders per minute at peak.

Categories with heightened demand included women's ethnic wear, men's occasion and casual wear, and sports footwear.

"This BFF, shoppers from all over the country thronged the Myntra platform to leverage the value-driven offers for buying millions of products across fashion, beauty and lifestyle.

"The 3X value constructs were a major pull for customers, which made shopping even more rewarding. We expect the buoyant shopping sentiment to carry on in the weeks to come," Neha Wali, Senior Director, Revenue and Growth, Myntra, said.

The BFF sale commenced on September 26, 2024, with 24-hour early access for Myntra Insiders.

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EMPLOYMENT NOTICE

Online applications from the domiciles of UT of Jammu & Kashmir are invited from the eligible candidates for the position of **Junior Technical Assistant (Medical Lab Technology)** purely on contractual basis initially for a period of six months. The detailed employment notice is available on the University website www.iust.ac.in.

No: IUST/Reg/Adm/E/24/416 Sd/-
Dated: 08-10-2024 Registrar

DIPK-NB-1640/24 dated: 09-10-2024

Government of Jammu and Kashmir
Department of Education
Office of the Chief Education Officer Kupwara
Email: ceokupwara11@gmail.com ph./fax: 01955252209

NOTIFICATION

Subject Final seniority list of Contingent/Local Fund Paid workers of District Kupwara as it stood On 01-06-2024 whose engagement falls up to 23-08-201 (both qualified and Unqualified)

Whereas, the Tentative seniority list of Contingent/Local Fund Paid workers of District Kupwara as on 01-06-2024 (both qualified and un-qualified) were kept available in Zonal Education Offices of this district / Official WhatsApp groups for inviting of objections, if any, from the concerned, regarding which notification was duly published through Information Department Vide this office No; CEOKUP/NT/Sen-list/CPW/2024/44/8491-8515, in the newspapers, Tameel- Irshad and Brighter Kashmir dated : 08-06-2024

Whereas, the correction lists of these contingent /Local fund paid workers were received from the concerned Zonal Education Officers by this office, and necessary corrections made by the concerned Zonal Education Officers were made in the tentative Seniority list, already published and a final Seniority list of the Contingent/Local Fund paid workers as on 01-06-2024, whose engagement falls up to 23-08-2011, were prepared.

Whereas, now the Final seniority list of contingent /Local Fund paid workers as on 01-06-2024 District Kupwara is hereby kept available in all higher secondary schools, Zonal Education Offices, High Schools of this district and also all Officials WhatsApp groups for further records and reference to General Public as well as the CPW,s through this notification

No; CEOKUP/NT/Sen-list/CPW/2024/44/14412-596
DIPK-5694/24
dated: 09-10-2024

(Abdul Majeed Dar)
Chief Education Officer Kupwara

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CONTD. FROM FRONT PAGE

NC Legislatures

said the NC legislature party meeting will be followed by a meeting of the alliance partners to elect the leader of the alliance in the House.

"Then we will go to the Raj Bhavan to stake the claim for government formation and ask the LG to fix a time for swearing in," Omar Abdullah said, adding, "I hope the new government is in place in the next few days".

However, NC president Farooq Abdullah asserted his supremacy over the choice of person who will head the government.

Reacting to his son's statement that the alliance will decide the chief minister, the NC patriarch said, "Whatever I have decided, only that will happen".

Farooq Abdullah said the aim of the NC-Congress government would be to minimise the differences between the two regions of the Union Territory and to build confidence among the Hindus.

Omar Abdullah said the NC-Congress government will pass a resolution demanding the restoration of Jammu and Kashmir's statehood in its first cabinet meeting.

"After the formation of the government, I hope in the first cabinet meeting, the cabinet will pass a resolution impressing upon the Centre to restore the statehood. The government should then take that resolution to the prime minister," Omar told reporters here.

He expressed hope that the government in Jammu and Kashmir will be able to run smoothly unlike in Delhi.

"There is a difference between us and Delhi. Delhi was never a state. No one promised Delhi a statehood. Jammu and Kashmir was a state before 2019. We have been promised the restoration of statehood by the prime minister, the home minister and other senior ministers who have said that three steps will be taken in J&K-delimitation, election and then statehood.

"Delimitation has happened, the elections have now taken place as well. So, only the statehood remains which should be restored," he added.

Asked how important was the need for coordination between the new J&K government and Centre, the NC leader said nothing can be achieved by having a confrontation with New Delhi.

"Let the government be formed first. This question should be posed to the chief minister. There should be a cordial relationship with New Delhi. My advice to him (CM) will be that we cannot address any issues by having a confrontation with the Centre.

"It is not that we will accept the BJP's politics, or that the BJP will accept our politics. We will continue to oppose the BJP, but it is not our compulsion to oppose the

Centre," he said.

"It will be for the benefit of J&K and for the people of J&K to have a good relationship with the Centre," Omar said.

"The people have not voted for a confrontation. The people of J-K have voted because they want employment, they want development, they want the restoration of statehood, they want to address electricity and other issues and that redressal will not happen by having a confrontation with New Delhi," he added.

Omar said the NC would call a meeting of the legislative party on Thursday to start the process of government formation.

"I have spoken to NC president Farooq Abdullah and the party will call a legislative party meeting tomorrow. After that, there will be a meeting of the alliance partners where the alliance leader will be elected and then we will go to the Raj Bhavan to stake the claim for government formation," he said, adding, "I hope the new government is in place in the next few days".

To a question about whether the PDP would be a part of the coalition government, the NC leader said there were no discussions over that as of now.

"There has been no approach made to us by the PDP. We have made no approach to them. Given the results of this election, which I think is quite a setback to them, I think at the moment I can understand that there must be some internal discussion going on.

"At some points of time, if a channel of communication opens, we will sit down and talk to them. But it is not a priority for us at the moment," he said.

Omar said while he is humbled by the mandate of the people, he is also acutely aware of the responsibility that it places upon them.

"The people of J&K have gone unheard since 2018. Now the time has come for us to work for the benefit of the people of J-K. I am also acutely aware of the fact that there is a sharp divide between Kashmir and Jammu and therefore, the incoming government will have a major responsibility of giving a sense of ownership to the people of Jammu," he said.

The government that comes in in the next few days will not be a government of the NC or of the alliance, or it will not be a government of those that voted for the alliance, it will be a government for every single individual of J&K, regardless of who they voted for, or whether they voted at all, the NC leader said.

"A special emphasis will be laid to give a sense of ownership and voice within the government to those areas from where MLAs in this coalition will be less in

number," he added.

On the issue of the nomination of five MLAs by the LG, the NC vice president advised Manoj Sinha not to do it "because even with nominating those five MLAs, the BJP will not be able to form the government".

"You will only nominate five MLAs to sit in the opposition and there will be a row, because we will then have to approach the Supreme Court and file a case against it. While we want to have a cordial relationship with the Centre, this move will create tension right from day one.

"The nomination of five MLAs will not have any impact on government formation. Some independents who won the election are already in touch with us and they will join us and we will increase our lead. The BJP will not gain anything by nominating these five MLAs," he added.

'Foolish To Seek

Article 370 or that Article 370 is not an issue for us now," Abdullah told reporters here when asked what the stand of the party would be on the matter after government formation.

The NC leader expressed hope of getting some special provisions for J-K once a new government gets elected in the country.

"I have said this many times before the elections that hoping for the restoration of Article 370 from the people who snatched it will be foolish," he said.

"But we will keep this issue alive. We will continue to talk on this and hope that tomorrow there will be a change of government in the country, there will be a new setup with whom we can discuss this and get something for J-K," Omar added.

Over 76% Candidates

father and uncle were killed by terrorists in November 2018, polled 29,053 votes.

The BSP has fielded over two dozen candidates across Jammu region but barring its Kathua candidate Sandeep Majotra none of them made any impact on the ground. Majotra finished runner up from the constituency losing to BJP's Bharat Bhushan by a margin of 12,117 votes after securing 33,827 votes.

Majority of the BSP leaders also polled less votes than NOTA.

Overall, the votes polled by NOTA edged past 164 candidates across the 43 constituencies of the Jammu region.

The DPAP, facing its first assembly election after being formed by former chief minister Ghulam Nabi Azad in September 2022, also failed to woo the voters. Its senior leader and former minister Abdul Majid Wani ended up fourth from Doda by getting only 10,027 votes, which is way

short of the maximum requirement to save the security deposit.

The seat was won by district development council member Mehraj Malik for the Aam Aadmi Party (AAP) which has opened its account for the first time in the J&K assembly. Malik polled 23,228 votes, defeating BJP's Ganjay Singh by a margin of 4,538 votes. NC leader and former minister Khalid Najib Suharwardy was third and narrowly saved his security deposit by getting 13,334 votes.

Several other AAP and DPAP candidates not only lost their security deposit but also secured less votes than NOTA.

Former minister and J&K Apni Party leader Manjit Singh managed to save his security deposit by getting 13,161 votes and ending up third in Vijaypur constituency which was retained by former BJP minister Chander Prakash Ganga who got 32,859 votes against NC's Rajesh Kumar Pargotra's 13,819 votes.

However, Singh's other colleagues were not lucky to save their deposits and were among the 164 candidates who scored less than the votes polled by NOTA.

Most of the 123 independents also failed to make a mark with the majority of them ending up forfeiting their security deposits. However, the NC rebel candidates - Choudhary Mohammad Akram (Surankote), Payare Lal Sharma (Inderwal), Rameshwar Singh (Bani) - and Congress rebel candidate Satish Sharma (Chhamb) won their seats by defeating their rivals.

Missing Soldier

the missing TA soldier reached there on Wednesday. Junaid Ahmad Bhat, cousin of the slain soldier, said, "He had come home 10 days ago. I met him yesterday morning. He was a nice person." He said that Hilal had left behind a family, and it is very sad news for the whole village. Another villager said, "He was so young, and I appeal to the government to take special care of his family, as they have lost their breadwinner."

Meanwhile, J&K Lieutenant Governor Manoj Sinha paid rich tributes to fallen brave hearts and also laid wreaths on his coffin.

"I salute the supreme sacrifice of our Army brave heart Rfn Hilal Ahmad Bhat. His valour and sacrifice will never be forgotten. The entire nation stands firmly with the family of the martyr in this hour of grief," the LG said as per an official statement issued here. (KNO)

ECI Thanks MHA

deployment of forces. EC salutes Commitment of forces in maintaining peace & working hand in hand with election officials for a peaceful & intimidation

free environment for voters in regions with a history of violence & insurgency," Kumar said.

Case Filed

huge scholarship funds without proper accreditation, did not conduct examinations through the relevant body, and issued certificates of little-to-no value.

By bypassing the scheme's guidelines, these officials and institute owners allegedly conspired to misappropriate Rs 1.66 crore, the spokesperson said.

4 Independents

Mohammed Akram won from Surankote, defeating alliance candidate Mohammad Shahnawaz Chowdhary by a margin of 8,851 votes. Akram polled 34,201 votes. Senior Political leader Mohd Aslam Kohli of Surankote who was campaigning for Akram confirmed that the NC leadership is in touch with them and Akram decided to rejoin the party. Akram could not be reached out. Akram left NC after the alliance was formed and Congress leader Shahnawaz Chowdhary was declared the candidate for the alliance in Surankote Constituency.

Dr Rameshwar Singh won from Bani, defeating BJP candidate and former MLA Jewan Lal by 2,048 votes. Singh secured 18,672 votes, while Lal polled 16,624 votes.

A senior NC leader said four independent MLAs who were part of the National Conference before the elections were in touch with the party leadership and will rejoin soon. The NC can stake claim to form the government on its own after the MLAs are back in its fold. The NC emerged as the single largest party in Jammu and Kashmir by winning 42 seats in the 90-member assembly, while the BJP retained its stronghold, Jammu, by bagging 29 seats and Congress bagged six. (KNO)

Asia's Largest

chairman of the Atomic Energy Commission, at Hanle, Ladakh, on October 4, 2024," the statement said.

In his inaugural address, Mohanty applauded the collective effort that brought the MACE telescope to fruition.

He said the MACE observatory is a monumental achievement for India, and it places the country at the forefront of cosmic-ray research globally. The telescope will allow scientists to study high-energy gamma rays, paving the way for deeper understanding of the universe's most energetic events, Mohanty said. He emphasised the significant role that MACE project plays not only in advancing scientific research, but also in supporting the socio-economic development of Ladakh.

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Fans Throng Bakshi Stadium As International Cricket Returns To Kashmir



Abid Bhat/KO

Observer News Service

SRINAGAR: Thousands of cricket lovers queued outside Bakshi Stadium on Wednesday to witness the first game of the 2024 Legends Cricket League finals leg as Toyam Hyderabad took on Southern Super Stars.

The recently revamped stadium is hosting a T20 league that features former international cricketers, giving fans a chance to witness the first international cricket match in Kashmir Valley in close to 40 years. In Wednesday's game, players like Martin Guptill,

Hamilton Masakadza, Kedar Jadhav and Jeevan Mendis suited up for Southern, while Hyderabad had Gurkeerat Singh Mann, Stuart Binny, Monty Panesar and others in the lineup. Local lad Abid Nabi was on the substitutes bench for Toyam. Fans were ecstatic to wit-

ness international-level T20 match. "I grew up hearing stories about international matches in Srinagar, but I never thought I would witness one in my lifetime. Today, standing here in this crowd, it feels like a dream come true. The energy and excitement are

overwhelming," a young fan told local news agency KNO. The game itself turned out to be decent, with Hyderabad chasing down a target of 153 runs in 18.2 overs. Ravi Jangid top scored in the chase, scoring 42* in 48 balls. Jangid had also bowled 4 overs for 1 wicket and 24 runs, capping

off a superb all-round performance that won him the Player of the Match award. India all-rounder Kedar Jadhav remarked on his experience of playing in Srinagar. "It is unforgettable playing here. The energy of the crowd is electric, and I invite everyone from Srinagar to come

and be a part of this beautiful game." The game saw a total of 13 sixes and 23 fours, with the Srinagar crowd loving the spectacle. The matchups continue today, Thursday, with India Capitals taking on Manipal Tigers at 7:00 PM.

DPS Srinagar Students Excel In UT Level Pencak Silat C'ship



Observer News Service

SRINAGAR: Delhi Public School, Srinagar, students have been lauded for their achievements at recently-concluded UT Level Pencak Silat Championship 2024. The event was held from September 21 to 23 at Indoor Hall Polo Ground here. Six students from DPS Srinagar competed in the cham-

pionship and helped secure the top rank in the competition. Out of 1,000 participants from different districts, six students who won medals include: Allishba Jeelani who won Gold; Mehreen Aashiq secured a Silver; Nehal Zubair and Aisha Yatoo were awarded Bronze medals. "Their hard work and dedication have truly brought

honour to the school and exemplified their commitment to achieving their goals," the school said in a statement. The three-day event, organised by the Pencak Silat Association of J&K and J&K Sports Council. The best performers will now have the opportunity to represent J&K at the national level later this year.

J&K Bank Win 4-0 In Srinagar Premier League 2024

Observer News Service

SRINAGAR: J&K Bank XI highlighted the lone match of the 2024 Srinagar Premier League on Wednesday at TRC Stadium here. Bank XI took on Kashmir Arrows FC and a strong show-

ing had them triumph 4-0. Charismatic Bank striker and captain Akif Reshi scored a hat trick, opening the scoreline in the 10th minute. He made it 2-0 in the 24th minute. Fuqan added the third in 30th minute to put the game to bed even before the

half-time whistle. Akif made it 4-0 with his third goal of the game in the 60th minute, earning him the Player of the Match award. In Thursday's game, Northall United FC will take on Real Kashmir FC at TRC Stadium, with kick off at 4:00 PM.

Arshdeep Enters Top 10 Among Bowlers In ICC T20I Rankings



Press Trust of India

DUBAI: Riding on a string of impressive performances, Indian seamer Arshdeep Singh entered the top 10 among bowlers and was placed eighth in the ICC T20I rankings issued here on Wednesday. The left-arm seamer, who returned 3/14 in the opening T20I against Bangladesh in Gwalior last Sunday, jumped eight spots with 642 rating points to reach the eighth position. He is the only Indian bowler in the top 10. England's Adil Rashid continues as the top-ranked bowler in the shortest format followed by Akeal Hossain of the West Indies and Afghanistan's Rashid Khan at the second and third spots respectively.

Hardik Pandya, who blasted a 16-ball 39 with five fours and two sixes, moved up seven places to reach the 60th spot among batters. The ace Indian all-rounder also returned 4-0-26-1 and moved to the third spot as he rose four positions in the list of top all-rounders, which is headed by England's Liam Livingstone with Nepal's Dipendra Singh Airee at the second position. Yashasvi Jaiswal, who is not a part of the India squad for the three T20Is against Bangladesh, dropped one position to fifth and was leapfrogged by Pakistan's Babar Azam. Washington Sundar also improved his ranking as he got to 35th among T20I bowlers, moving up four positions.

Williamson To Miss Initial Part Of Away Test series v India

Press Trust of India

AUCKLAND: Senior batter Kane Williamson is set to miss the initial part of the upcoming three-Test series in India starting on October 16 due to groin strain, with New Zealand naming Mark Chapman as his cover in the 17-man squad here on Wednesday. Williamson, who is dealing with a groin strain, will delay his depart-

ure to India where New Zealand will play three Tests at Bengaluru, Pune and Mumbai. While senior batting all-rounder Michael Bracewell has been roped in only for the first Test in Bengaluru, spinner Ish Sodhi will be available only for the second and third Tests. Tom Latham will be leading the Kiwis after Tim Southee stepped aside from the leadership role a few days ago.

Short TAKES

National Games In Uttarakhand From Jan 28 Next Year: IOA

The 38th edition of the National Games will be held in Uttarakhand from January 28 to February 14 next year, the Indian Olympic Association announced on Wednesday, saying that the schedule is subject to approval from its General Assembly later this month. The IOA General Assembly is scheduled to be held on October 25. The Games will feature competitions in 38 sports and over 10,000 athletes, officials, and coaches are expected to participate.

Root Goes Past Gavaskar, Lara

Joe Root continued his record-breaking run in Test cricket. The England batter led the visitors' strong reply with a majestic unbeaten century on Day 3 of the first Test against Pakistan in Multan on Wednesday. Root brought up his 35th Test century from 167 balls as he went past Sunil Gavaskar, Brian Lara and Younis Khan, who had made 34 centuries in their career. He looked poised to plunder more runs after cruising to 176 not out to guide England to 492/3 at stumps.

Cole Palmer Wins England Fans' Player Of The Year

Cole Palmer has been named the 2023-24 England men's Player of the Year, the Football Association said on Tuesday.



Chelsea midfielder Palmer, 22, was voted Three Lions' fans' favourite player ahead of Real Madrid midfielder Jude Bellingham, in second, and Arsenal forward Bukayo Saka - the winner of the previous two editions - in third. Palmer made his England debut in a 2-0 home win over Malta in November 2023 and has gone on to earn nine senior caps.

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