

Model Code of Conduct In J&K Lifted

Observer News Service

Srinagar: The Election Commission of India (ECI) on Thursday lifted the Model Code of Conduct (MCC) in Jammu and Kashmir and Haryana following the completion of the election process in both regions.

In a joint notification to the Chief Secretaries and Chief Electoral Officers of J&K and Haryana, the ECI confirmed that with the declaration of election results, the MCC is no longer in effect.

The communique said that the MCC cessation is effective immediately and urged authorities to inform all relevant stakeholders.

The MCC, | More on P6

Gupta Is New Admin Secretary SED

Observer News Service

Srinagar: Following the pre-mature repatriation of Alok Kumar, the government Thursday assigned Suresh Kumar Gupta (IFS) the post of administrative secretary, School Education Department in addition to his own duties.

Kumar was holding the charge of administrative secretary for the School Education Department and Higher Education Department. Commissioner Secretary to the Government (GAD), Sanjeev Verma said that the assignments were ordered by the Lieutenant Governor.

The order states that Shaleen Kabra (IAS) financial commissioner (Additional Chief Secretary), Jal | More on P6

NC Secures Majority Without Congress After 4 Independents Offer Support



Observer News Service

Srinagar: The Congress has been relegated from a junior partner in the incoming Jammu and Kashmir government to a relative non-entity, after four independent MLAs extended support to the National

Conference, the 'big brother' in the alliance that won this week's election.

Pyare Lal Sharma, Satish Sharma, Choudhary Mohammed Akram, and Dr Rameshwar Singh - who won the Inderwal, Chhamb, Surankote, and Bani seats - have backed the NC.

The party now has the support of 46 lawmakers - the majority mark in the 90-member House; this does not include the five to be nominated by Lieutenant Governor Manoj Sinha.

This means the political party now does not need the Congress' support to govern,

adding to an existential crisis that has dogged the party over the last decade, fuelled by all-too-many leadership squabbles and election losses, the most recent of which was Haryana.

It is a slim margin, yes. The loss of even one MLA drops the | More on P6

Omar Elected Leader By NC MLAs

Majid Nabi

Srinagar: Omar Abdullah was on Thursday unanimously elected as a leader of the 46-member National Conference Legislature Party, in preparation to stake a claim for government formation in Jammu and Kashmir.

The 46 lawmakers, including four independents who extended their support to the National Conference, attended the Legislature Party meeting, co-chaired by NC President Dr. Farooq Abdullah and Vice President Omar Abdullah at Nawai-Subh here.

"A meeting of the legislature party was held where everyone unanimously chose Omar Abdullah as its leader," Farooq Abdullah said.

Awaiting letter of endorsement from | More on P6

Will Fight For Restoration Of Art 370: NC

The National Conference on Thursday said that the party will stick to its promises, stating that it will fight for the restoration of Article 370 and the rights of people that were snatched on August 5, 2019. Speaking with reporters at party headquarters in Srinagar, NC spokesperson Tanvir Sadiq said that the party will stick to its promises.

"Today is our party meeting and tomorrow we will choose the leader. Jammu and Kashmir requires a strong and vibrant leadership and I don't think anyone is better than Omar Abdullah," he said. Meanwhile, former MP and senior NC leader Hasnain Masoodi said that with the formation of government, they will start working on restoration of Article-370. "We

will deliver all those promises that were made by NC in its party manifesto." Another party leader, Farooq Ahmad Shah said that people have shown faith in NC and J&K requires a strong and effective government. Shah also said that they will fight for the restoration of Article-370 and rights of people that were snatched on August 5, 2019.

India Bids Farewell To Business Icon



Agencies

Mumbai: Thousands of people, including corporate leaders, politicians and celebrities, gathered in Mumbai on Thursday to pay their last respects to one of India's most respected business tycoons, Ratan Tata, who died aged 86.

His mortal remains were placed at the National Centre for Performing Arts in Mumbai for people to pay their respects.

His casket was wrapped in the Indian flag and covered with wreaths of white flowers.

Follow business tycoon Mukesh Ambani, Home Minister Amit Shah and Bollywood star Amir Khan were among those present to say goodbye.

Also in attendance was Ratan Tata's dog, Goa, accompanied by two Tata employees. The dog was rescued from the streets of Goa state, which gave it its name.

The tycoon, who had a reputation for being modest and shy, was known for his philanthropic work, including animal welfare, health and education.

Maharashtra state declared a day of mourning and his coffin was given a military salute as it was taken away for the funeral rites.

Ratan Tata took over as group chairman in 1991 and is credited with transforming | More on P6

Delhi Tribunal Confirms Ban On J&K Jama'at

Press Trust Of India

New Delhi: A Delhi High Court tribunal has validated the ban imposed on Jamaat-e-Islami, Jammu & Kashmir for its alleged involvement in activities which are prejudicial to internal security and public order, having the potential to disrupt the unity and integrity of the country.

A few members of the group, which was banned for five more years in February, had contested the recently concluded assembly elections in Jammu and Kashmir. This led to speculation that the ban imposed on Jamaat-e-Islami (JeI), Jammu & Kashmir under the Unlawful Activities (Prevention) Act, (UAPA) 1967 might be withdrawn by the government.

While declaring the group outlawed, the home ministry had listed 47 cases registered against it. They included an NIA case for collection of funds and encouragement to violent and secessionist activities.

The funds were also used by the active cadres and members of Hizb-ul-Mujahideen, Lashkar-e-Taiba and other terrorist organisations through a well-established network of their cadres to organise violent protests, create public unrest and communal disharmony, thus instilling a sense of fear and insecurity in J&K and all over the country, the home ministry had said.

Another NIA case was registered against the members and cadres of the JeI, including Ameer Mohammed Shamsi, chief executive, Al-Huda Educational Trust (AHET) for receiving funds through AHET, Rajouri, in the name of JeI even after its ban in February, 2019.

AHET was formed by the top leadership of JeI, including accused Ameer Mohammed Shamsi. They were the trustees of AHET.

The home ministry also said the JeI is in close touch with militant outfits and is continuously supporting | More on P6

84% Of Newly Elected J&K MLAs Are Crorepatis

Agencies

Srinagar: A staggering 84% of the newly elected Members of the Legislative Assembly (MLAs) in Jammu and Kashmir are crorepatists, marking a 9% rise since 2014. According to data compiled by the Association of Democratic Reforms (ADR), the average declared assets of these MLAs stand at Rs11.43 crore.

Over the past decade, the average declared wealth of MLAs has more than doubled, increasing from Rs 4.56 crore in 2014. Notably, Congress President of Jammu and Kashmir, Tariq Hamid Karra, and BJP leader Devender Rana are among the wealthiest MLAs, with personal assets exceeding Rs100 crore.

The ADR data reveals that out of the 90 newly elected

Wealthiest MLAs	
Tariq Hamid Karra (Congress)	Rs 148 crore
Devender Rana (BJP)	Rs 126 crore
Mushtaq Ahmad Guroo (NC)	Rs 94 crore
Poorest MLA	
Meraj Malik (AAP)	Rs 29,070
Javaid Ahmad Mirchal (NC)	Rs 3 lakh
Zafar Ali Khatana (NC)	Rs 34 lakh

MLAs, 76 have declared assets worth over Rs1 crore. In contrast, in 2014, 75% (65 of 87) of the legislators were crorepatists. Karra, who represents the Central Shalteng constituency, tops the list with assets worth

Rs148 crore, followed by BJP's Devender Rana from Nagrota with Rs126 crore. National Conference (NC) MLA Mushtaq Ahmad Guroo, representing Chanapora, ranks third with assets totaling Rs 94 crore.

On the other hand, Aam Aadmi Party's Mehraj Malik is the poorest legislator in the newly elected assembly, with assets of just Rs 29,070. He is the first MLA from the AAP in Jammu and Kashmir. NC's Javaid Ahmad Mirchal, representing Karnah, is the second poorest with Rs 3 lakh, while Kokernag MLA Zafar Ali Khatana, also from NC, has a net worth of Rs 34 lakh.

The average wealth of the six Congress MLAs is over Rs 30 crore, while the 29 BJP MLAs have an average net worth of Rs14.55 crore. NC's 42 MLAs have | More on P6

9 MLAs Face Criminal Charges

The ADR details divulge that a notable trend in the 2024 elections is the rise in candidates with criminal backgrounds. Out of the 90 winning candidates analyzed, 9 (10%)

have declared criminal cases against themselves, compared to 5 candidates (6%) in the 2014 assembly. Even more concerning, 8 (9%) of the winners face serious criminal charges. In 2014,

Iltija Accuses NC, CPI(M) Of Hooliganism

Syed Mohammad Burhan

Srinagar: The PDP on Thursday accused the NC and CPI(M) of indulging in hooliganism after victory in the Jammu and Kashmir assembly elections.

Addressing a press conference at the party headquarters here, People's Democratic Party (PDP) leader Iltija Mufti congratulated the National Conference (NC) on its victory and the party vice president Omar Abdullah on his election as the legislature party leader but questioned whether the huge majority was for hooliganism and destruction of properties.

"The NC's elected MLA from Srigufwara-Bijbehara (Bashir Veeri) is indulging in hooliganism. His workers are destroying the outer walls of the houses of PDP workers, a cowshed belonging to a PDP worker was also burnt. I want to question Omar Abdullah whether the huge majority they got was for this," she said.

Iltija Mufti lost the election seat to Veeri in the recently held J&K assembly polls.



She alleged the NC workers were harassing women workers of the PDP and using foul language against them.

"I do not mind if they abuse me or Mehbooba Mufti, but do not touch our workers. Then we will take action," she added.

Iltija Mufti said she was worried about the people of Bijbehara because of the "wrong MLA they elected".

"Not just in Bijbehara, the NC is indulging in the same behaviour in DH Pora constituency. The CPI(M) is doing it in Kulgam as well against Jamaat-e-Islami (JeI). The NC is known for hooliganism and 'gunda raj'. They are doing what | More on P6

BANK FRAUD CASE

Ex-JKGB Manager's Assets Worth Over 3 Cr Seized

Observer News Service

Srinagar: The ED on Thursday said it has attached assets worth Rs 3.40 crore of a former Jammu and Kashmir Grameen Bank (JKGB) branch manager, his family members and some others in a case linked to alleged fraud with the lender.

A provisional order was issued under the Prevention of Money Laundering Act (PMLA) against former bank official Ishiyaq Ahmad Parray, (a resident of Tangbagh, Khayam, Srinagar), Tariq Ali Parray, Haseena Bano and Maqsood Ali Parray to freeze their properties located in Srinagar and a flat in Delhi's Zakir Nagar area, the agency said in a statement.

The money laundering case stems from a charge sheet

filed by the Central Bureau of Investigation (CBI) against Ishiyaq and 10 others for "embezzlement" of funds to the tune of Rs 6.30 crore by fraudulently sanctioning various types of loans to non-existent borrowers.

According to the ED, while Ishiyaq was posted as branch manager at JKGB Mirgund, Pattan and Khanpet between 2014 and 2019, he "fraudulently" sanctioned 107 Kisan Credit Card loans, 50 joint liability group loans, 17 vehicle loans, four cash credit loans and two easy finance loans.

He sanctioned these loans worth Rs 6.30 crore for 180 mule accounts, which later turned into non-performing assets (NPAs), it said.

"The loans so sanctioned were subsequently transferred into the bank accounts of several mule account | More on P6

J&K Govt To 'Name & Shame' Power Bill Defaulters

Agencies

Srinagar: In a bid to recover outstanding dues, the Jammu and Kashmir government is considering publicly naming individuals and entities who owe more than Rs 50,000 in unpaid power tariffs.

The move is part of a broader effort to address the significant revenue shortfall in the region's power sector.

A senior official stated that the Jammu and Kashmir Power Development Corporation Limited (JKPDCL) has been directed to identify major defaulters and compile a list for submission to the government. This list, which includes businessmen and politicians with long-standing dues, will be made public.

"The government is seriously concerned about the large number of defaulters,

some of whom owe lakhs of rupees in unpaid tariffs. These names will be displayed on billboards in our department as well as in the defaulters' local areas. Additionally, the government plans to publish their names in newspapers," the official said.

The official further mentioned that power connections for those with overdue payments will be disconnected as part of this initiative. Notices are also being issued to government departments with pending electricity dues.

This move is aimed at curbing power theft and improving tariff collection efficiency in the Union Territory. Over the past decade, Jammu and Kashmir has purchased power worth around Rs 30,000 crore, yet there remains an annual revenue realization gap of | More on P6

LG Calls For Quality Seed Centre & Innovations At SKUAST-K

Observer News Service

Srinagar: Lieutenant Governor Manoj Sinha chaired the 35th University Council Meeting of SKUAST Kashmir, at Raj Bhawan on Thursday.

The University Council discussed important policy matters and gave in-principle approvals to various agenda points for overall development and administrative functioning of the University.

The LG emphasised the need to have the university's own Seed Centre for distribution of the quality seed to farmers. He also advised the University to strengthen outreach programmes so that new innovations and technologies could reach the farmers. Dr. Nazir A. Ganai, Vice Chancellor, SKUAST Kashmir presented various Agenda items before



the Council for approval and ratification.

The meeting was attended by Rajeev Rai Bhatnagar, Advisor to LG; Atal Dulloo, Chief Secretary; Shailendra Kumar, Principal Secretary, Agriculture Production Department; Santosh D Vaidya, Principal Secretary, Finance Department; Dr Ashok Dalwai, former CEO NRAA; Prof. RC Agrawal, DDC, ICAR; Dr Mandeep Kumar Bhandari, Principal Secretary to Lt Governor; Dr. Nazir A. Ganai, Vice Chancellor, SKUAST Kashmir; Dr. BN Tripathi, Vice Chancellor, SKUAST Jammu; Dr. Shahid Iqbal Choudhary, Secretary, Planning, Dr. T. H. Masoodi, Registrar, SKUAST-Kashmir and other senior officers, in person and through virtual mode. | More on P6



Study On Autistic Children Finds Higher Neuron Density In Their Brain's Amygdala

Press Trust Of India

Autistic children, known to have trouble with social skills, have been found to have a higher density of neurons in amygdala -- the area responsible for emotions, according to a new study. It is, however, not clear from the study if a higher density of neurons in the amygdala was directly responsible for causing impaired social skills. Previous studies have linked an affected ability in autistic people to process faces with a lower neuron density in brain regions involved in the task. Researchers from the University of Rochester, US, also found in autistic people a lower neuron density in cerebral cortex, which is important for tasks such as memory, learning and reasoning. For the study, published in the journal Autism Research, the researchers analysed MRI brain scans of over 11,800 children aged 9-11 years, of which 142 were on the spectrum. The scans of children having autism were compared with children of two categories -- those without any neurodevelopmental condition and those diagnosed with ADHD and anxiety. The results were the same, suggesting that these differences are specific to



autism, the researchers said. "People with a diagnosis of autism often have other things they have to deal with, such as anxiety, depression, and attention deficit hyperactivity disorder (ADHD). But these findings mean we now have a new set of measurements that have shown unique promise in characterising individuals with autism," study author Zachary Christensen, a doctoral candidate at the University of Rochester, said. Reliably describing these unique de-

viations in the neuron structure of autistic children opens a lot of opportunities to understand how the condition develops, and these measures can potentially be used in diagnosis and therapy, Christensen said. The brain imaging data used for analysis was taken from the Adolescent Brain Cognitive Development (ABCD) study, which began in 2015 and tracks brain development and mental health of children and adolescents across the US.

Office of the Naib-Tehsildar Pattan

Executive Magistrate 1st Class

Subject: Issuance of Registration orders in respect of delayed Birth Public Notice

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Itrat Zehra D/o Irfan Ahmad Dar R/o Janwanpor Kripalpora Tehsil Singhpora District Baramulla with verified date of event (birth) as 14-12-2022 occurred at SDH Pattan

In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.

Executive Magistrate 1st Class Naib Tehsildar Pattan

fko

PUBLIC NOTICE

I have changed my name from Syed Javad Shah S/o Syed M. Safdar to Syed Jawad Razvi S/o Syed Safdar R/o Tantray Pora Pattan If anybody having any objection in this regard may please contact Branch Manager J&K Bank Magam within seven days from the date of publication of this notice. After that no objection shall be entertained.
Javid Syed Jawad Razvi
S/o Syed Safdar
R/o Tantray Pora Pattan bmg

PUBLIC NOTICE

I have changed my name from (old name) Javid Ahmad S/o Mohd Amin Misgar R/o Kadipora Laizbal Anantnag to (New Name) Javid Ahmad Misgar S/o Mohammad Amin Misgar R/o Laizbal Kadipora Anantnag . in future i will be known as (New Name) Javid Ahmad Misgar S/o Mohammad Amin Misgar R/o Laizbal Kadipora Anantnag . If anybody having any objection in this regard may please contact Regional Passport Office Srinagar within seven days from the date of publication of this notice. After that no objection shall be entertained.
Javid Ahmad Misgar
S/o Mohammad Amin Misgar
R/o Laizbal Kadipora Anantnag fko

Office of the Naib-Tehsildar Pattan

Executive Magistrate 1st Class

Subject: Issuance of Registration orders in respect of delayed Birth Public Notice

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Samiya Javid D/o Javid Ali Shah R/o Edipora Sopore Tehsil Zainger District Baramulla with verified date of event (birth) as 03-06-2021 occurred at SDH Pattan

In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.

Executive Magistrate 1st Class Naib Tehsildar Pattan

fko

PUBLIC NOTICE

I have applied for the issuance of DOB certificate. As per Certificate issued by BMO Pampore my DOB is 18-03-1993. If anybody has any objection in this regard he/she may file his/her objection in the office of the Naib Tehsildar Kakapora within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Humaira Ali
D/o Ali Mohad Khan
R/o Begumbagh laa

PUBLIC NOTICE

I have applied for the issuance of DOB certificate In favour of my daughter namely Aqsa Bashir who was born on 24-12-2007 . If anybody has any objection in this regard he/she may file his/her objection in the office of the Naib Tehsildar Kakapora within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Bashir Ahmad Wani
F/o Aqsa Bashir
R/o Reshipora laa

Office of the Naib-Tehsildar Pattan

Executive Magistrate 1st Class

Subject: Issuance of Registration orders in respect of delayed Birth Public Notice

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Zahram Showkat D/o Showkat Ahmad Dar R/o Ningli Sopore Tehsil Sopore District Baramulla with verified date of event (birth) as 16-05-2022 occurred at SDH Pattan

In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.

Executive Magistrate 1st Class Naib Tehsildar Pattan

fko

Office of the Naib-Tehsildar Pattan

Executive Magistrate 1st Class

Subject: Issuance of Registration orders in respect of delayed Birth Public Notice

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Aaliya Hilal D/o Hilal Ahmad R/o Chirkipora Sopore Tehsil Sopore District Baramulla with verified date of event (birth) as 09-06-2021 occurred at SDH Pattan

In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.

Executive Magistrate 1st Class Naib Tehsildar Pattan

fko

Office Of The Executive Engineer Jal Shakti (PHE) Division, Pulwama

email : xenpheapulwama@gmail.com

NOTICE INVITING TENDERS
E-NIT S. No. 05/PHEP of 2024-25

For & on behalf of the Lieutenant Governor of Jammu & Kashmir (UT) e-tenders in single cover system are invited on overall percentage rate basis from Registered PWD Contractors whose registration cards are valid in terms of standing rules & are active for the following works:-

S. No	Description of work	Estimated Cost (in lacs)	EMD @3% (in)	Cost of TD (in)	Time for completion	Class of Contract	Programme	Ref to AA
1	Providing of water connection for the S/C Banderpora, Zadoora, Murrn, Gangoo, Pinglena etc	6.583	19749	500	30 days	C&D	District Capex (Health Sector)	175-DDCP of 2024 Dated. 10-08-2024, endorsed vide No. DDCCP/Capex/
2	Reapirement of PHE pipe line near PHC Parigam at Parigam A (Newa)	0.485	1455	200	15 days	DEE	(District Capex-PRI Grants)	196-DDCP of 2024 Dated. 12-08-2024, endorsed vide No. DDCCP/Capex/PRI
3	Improvement of water supply BWO pipes from Maimoona Banoo to Parvaiz Ah. Dar at Zaminadar Mohalla WanporaNewa.	0.98	2940	200	20 days	DEE	(District Capex-PRI Grants)	
4	P/Laying of water pipe line to CSC at stadium Achan Block Litter	0.80	2400	200	20 days	DEE	(District Capex-PRI Grants)	
5	Providing of Filtered water supply to PHC Wasoora Block Litter	0.807	2421	200	20 days	DEE	(District Capex-PRI Grants)	

The NIT consisting of qualifying information, eligibility criteria, bill of quantities (BOQ), terms and conditions of contract can be seen/downloaded from the departmental web site (jktenders.gov.in) as per the dates shown below:-

S. No.	Description	Date	Time
1	Publishing date of NIT	09/09	10:00 Hrs
2	Download start date	09/09	10:00 Hrs
3	Bid submission start date	09/09	10:00 Hrs
4	Bid submission end date	23/09	14:00 Hrs
5	Bid opening date	25/09	10:00 Hrs

- Bidders are advised to download bid submission manual from the "download bid submission".
- To participate in bidding process bidders, must get digital signature certificate (DSC) as per information technology-2000 bidders can get digital certificate from approved option as well as from "Bidders Manual Kit" on website (jktenders.gov.in) to acquaint vendors.
- The bidders have to submit their bids online in electronic format with digital signature.
- Bids must be accompanied by bid security deposit & cost of tender document as specified in column (4&5) of the above table. Bid security will be in the shape of CDR/FDR pledged in favour of Executive Engineer, Jal Shakti (PHE) Division Pulwama and the cost of tender document shall be deposited in the Treasury under MH 0215 PHE in favour of Executive Engineer, Jal Shakti (PHE) Division Pulwama. (Name of work to be mentioned on the Treasury Challan / Receipt)
- Bidders must ensure to upload their bids in SINGLE COVER containing documents as under:
 - Scanned copies of Treasury Challan/Receipt and Earnest Money Deposit CDR/FDR
 - Scanned copy of Valid Registration Card.
 - Scanned copy of the latest Income Tax Return.
 - Scanned copy GST return in FORMGST-3B of the last quarter.
 - Scanned copy of Legal Affidavit, certifying the following lines in the affidavit by the authorized Signatory for this tender.
 - The Tenderer is not blacklisted / debarred by any of the Central/ State/ UT Government / Board/Corporation / PSU, as procuring entity in India on the date of the submission of the tender.
 - Has not been declared bankrupt by any institution or Government.
 - Has not been adjudged by any court of law of the land as insolvent.
 - Rates submitted by the bidders in the BOQ.
- Note: Bidders must upload only the required documents as specified above. Submitting irrelevant or unnecessary documents will lead to the rejection of your tender. Please ensure that you follow the instructions carefully to avoid any issues.
- Bidders must ensure to upload scanned copy of all necessary documents in terms of soft copies with the technical bid and no documents in terms of hard copies shall be entertained. However, in case of any clarification the bidders shall have to produce original documents in support of soft copies if need arises.
- The original instrument in respect of Treasury Receipt, EMD and relevant attested copies of Technical Bid Documents as specified above must be submitted by Lowest Bidder (L1) to Executive Engineer, Jal Shakti (PHE) Division Pulwama by hand or by speed/registered post before processing of allotment. If the bidder fails to produce the same within the prescribed time period, he will be debarred from taking part in tendering process in this division for at least two years.
- No financial bid will be accepted in physical form.
- The bid shall be deposit in electronic format only on the web site of (jktenders.gov.in)
- The bid(s) shall be opened online on above mentioned date or any other subsequent date in presence of the tender opening committee to be constituted by the competent authority.
- No claim shall be entertained on account of disruption of internet services being used by bidders and are advised to upload their bids well in advance to avoid any technical snags in last hours.
- Videography record through the professional person before, during & after execution and progress reports in soft copies and hard copies for works register & office record. Taking levels by Auto Level / ETS before and after execution. Preparation of work abstract of executed work, preparation of Bills. The information and data stated and incorporated in tender document elsewhere is for the General guidance only and may vary as a result of more detailed construction drawings and as per site requirements.
- The department will not be responsible for delay in online submission due to any reason whatsoever claimed by the bidder

NO: PHEP/2375-86
DIPK-5701/24
Dated:-10-10-2024

Sd/-
Executive Engineer,
Jal Shakti (PHE) Division,
Pulwama

DIPK-5701/24
dated: 10-10-2024
No. GMCA/Estt/Rec/VRDL/2024/4400-07

Subject: Engagement of Staff on contract basis for Viral Research Diagnostic Laboratory (VRDL) project in Govt. Medical College Anantnag.

Ref: CID Verification report received from CID, J&K vide Form No.'s 110513 dated 22-08-2024, 110517 dated 19-08-2024, 110515 dated 26-09-2024, 110514 dated 17-09-2024 and 110658 dated 23-08-2024.

ORDER NO: 358 GMCA of 2024
DATED: 09 /10/2024

Pursuant to the selection list issued vide notification No. GMCA/Estt/Rec/VRDL/2024/3506-13 dated 08-08-2024, the below mentioned candidates are hereby engaged against the posts of Scientist B (Non-Medical), Lab Technician, Data Entry Operator (DEO) and Multi-Tasking Staff (MTS) in Govt. Medical College Anantnag on contract basis for Viral Research Diagnostic Laboratory (VRDL) project from DHR, ICMR under the scheme of Ministry of Health & Family Welfare, Govt. of India, initially for a period of one (01) year or till the continuation of project, whichever is earlier and yearly extendable subject to the good performance.

S.No.	Name of the Candidate/ Parentage	Name of the Post
01	Mir Haris, S/O Mir Ghulam Nabi	Scientist B (Non Medical)
02	Jahangir Mohi Uddin, S/O: Gh Mohi Uddin Wani	Lab Technician
03	Towseef Nabi Rather, S/O: Gh Nabi Rather	Lab Technician
04	Aamir Ahmad Kutay, S/O: Ghulam Rasool Kutay	Data Entry Operator (DEO)
05	Shah Umar, S/O: Mohd Ramzan Shah	Multi-Tasking Staff (MTS)

The engaged candidates are directed to join Govt. Medical College Anantnag at main campus Dialgam within a period of (07) days from the date of publication of this engagement order and shall be allowed to join on production of following documents/ testimonials in original for verification.

- Degree Certificate.
- Marks Certificate(s).
- Registration Certificate.
- D.O.B Certificate.
- 10th /12th Marks sheet.
- Domicile Certificate.
- Health Certificate.
- Experience Certificate (if any).

TERMS AND CONDITIONS

- In case the selected candidate fails to join within a period of 07 days from the date of publication of this engagement order, it will be presumed that the said candidate is not interested and for that reason waiting list shall be operated.
- If the candidates found guilty or impersonation or submitting fabricated or tempered documents/testimonials or making statement which are incorrect/ false or suppressing material information shall render such person liable for legal action under law and his candidature shall be cancelled. In case such a defaulter is traced after selection, his contract shall be terminated.
- The candidate shall have to submit an affidavit duly attested by the Judicial Magistrate to the effect that:-
 - I am permanent resident of J&K UT
 - I will adhere to the roster duties to be issued by the Administration.
 - I am not an active in-service candidate.
 - I will not leave the department/ institute before the completion of one year contract.
 - I shall not claim for any regular appointment in the department.
 - I will not participate in any kind of strike during my tenure.
 - I am not involved in any criminal/subjudice activity nor there is any FIR pending/registered in Police Department against me.
 - If the documents submitted by me are found tempered/wrong at any point of time, my contractual engagement shall be cancelled.
- The engagement is purely on contract basis for a period of one year or till the life of project, whichever is earlier. However, in case of unsatisfactory performance, the contractual engagement can be terminated by the department.
- The contractual engagement shall not confer any right on the appointee to claim extension or for regular appointment at any point of time.
- The salary of the engaged candidate shall be kept withheld till the receipt of verification report of documents/ testimonials from the concerned quarter.

Prof.(Dr) Rukhsana Najeed
Principal GMC Anantnag

Waqf-Built Washrooms Next To Dastgir Sahab Shrine Annoy Residents

Observer News Service

Srinagar: The residents of Khanyar have had difficult times following the construction of washrooms with translucent window-panes facing residential area next to the revered shrine of Peer Dastgir Sahab (r.a) by the J&K Muslim Wakf Board.

Although the washrooms were built for the convenience of the devotees who offer prayers or pay obeisance at the revered shrine, the residents living around have been greatly inconvenienced by the facilities.

"We don't hold it against the devotees who obey nature's call or perform ablution, but the fact that these facilities have been built in front of a residential area irri-

tates the residents, especially the women," Lateef Ahmad Khan, a resident of Mir Masjid Khanyar said.

Everyone, including those who come to offer Namaz and those who do not, uses the restrooms, according to Khan. Every time the azan is delivered and the worshippers undertake ablution to offer prayers, nevertheless, makes residents feel annoyed.

"We humbly request that the authorities—especially the incumbent chairperson of the Muslim Wakf Board—install fiber-optic windowpanes in these restrooms and plug all gaps so that people can exhale in comfort. Our requests appear to be ignored, despite the fact we brought the matter to the attention of Wakf Board officials," added Khan.

DC Srinagar Chairs Meeting On Launch of E-Arzi Portal

Observer News Service

Srinagar: Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat today chaired a meeting here at Meeting Hall of the DC Office Complex regarding the launch of the E-Arzi, an Applications Management Portal to facilitate the Citizens.

The E-Arzi is a Portal being launched to effectively and efficiently manage applications the Deputy Commissioners Office receives.

During the meeting, the DC Srinagar remarked that this portal is a novel idea focusing on applications received and their redressal. All the line Departments of the District are integrated into

this portal.

Through the E-Arzi Portal, Citizens no longer need to physically come to the DC Office to submit their applications. They can log in to the Portal with their Phone number and submit applications. A Tracking ID will be provided so that citizens can track their application and know about the resolution.

Taking it a step further, the DC also remarked about the WhatsApp Chatbot being launched as an integral part of the E-Arzi portal. Citizens can now message the Official Account of DC Srinagar on WhatsApp to log their applications. They can also track their applications from the same account by providing the Tracking ID.



PICT: Abid Bhat/KO

Workers Gather At Gupkar To Celebrate NCs Victory

Observer News Service

Srinagar: Jubilant scenes unfolded at Dr Farooq Abdullah's Gupkar residence on Wednesday and continued on Thursday as National Conference (NC) supporters and workers thronged the premises in celebration, following the party's landslide win in the assembly elections.

The gates of the residence were wide open, welcoming a steady stream of people who carried sweets, flowers and renewed hopes for what could be the return of an NC-led government.

Celebration, which began after the NC's big win in the assembly elections, soon transformed the Gupkar residence of the NC president and vice president into a place of festivity and unity.

Workers and supporters, young and old, poured in from various parts of the valley, all eager to catch

a glimpse of their leader and share in the party's achievement.

Bashir Ahmad, a long-time party worker, speaking to KNO said, "We waited a long time for this moment. It feels like a fresh start for the people of Kashmir under the leadership of Dr Farooq Abdullah and Omar Abdullah."

With eyes brimming with emotion, Bashir said NC is "not just a party but a movement for the people of Kashmir". These celebrations, he said, are a "sign that we are heading toward a brighter future".

Another worker, Nayeem Ahmad, who travelled all the way from Kulgam to meet his leader, said they believe Dr Farooq Abdullah and Omar Abdullah can lead them out of the "challenges" faced over the years. "This is not just about politics, but about trust. The people have spoken," he said.

Similarly, amidst the celebrations, a specially-abled supporter of

the NC also made his way to Gupkar, capturing the hearts of everyone present.

Despite personal hardships, he arrived to show solidarity with the party he has stood by for years. "This is my family," the specially-abled supporter said, adding, "I came because this victory is ours. It belongs to every single one of us who believes in a better Kashmir."

Meanwhile, the residence has come alive over the last two days, as a huge rush of workers and supporters adorned with flowers echoed with cheers and prayers while party workers exchanged sweets.

"This is just the beginning," said Tariq Lone, another NC worker. "We are confident that the NC will form the government and take decisions that are truly for the welfare of the people. The coming days will mark a new chapter in our history."

'World Mental Health Day': DLSA Srinagar Organizes Awareness Program

Observer News Service

Srinagar: The District Legal Services Authority (DLSA) Srinagar, in collaboration with Human Rights and Anti Corruption forum J&K HQ-Delhi Thursday organized an awareness program on World Mental Health Day at Govt Girls Higher Secondary School Kothibagh.

The program was conducted

under the directions of Jaffer Husain Beg, Chairman DLSA/Pr. District and Sessions Judge Srinagar, and under the supervision of Nusrat Ali Hakak, Sub-Judge/Secretary, DLSA Srinagar, which was aimed to shed light on the importance of mental health and wellbeing.

Nusrat Ali Hakak, Secretary DLSA Srinagar, served as the chief guest, while Prof. Dr. Muzaffar

Jan, Medical Superintendent, Lal Ded Hospital, Srinagar was the guest of honor.

The program was attended by Nusrat Bukhari, Principal, Government Girls Higher Secondary School Kothibagh, Srinagar; Mudasir Ahmed Naikoo, President of Human Rights and Anti Corruption J&K, Aejaz Bashir, Secretary Education wing of HRACF

- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
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- Ambulance: Kashmir EMS Service: +91 94841 00200


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- BARAMULLA: 0194-102029
- BIJHERA: 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
07 Rabi-ul-Sani
1446

PRAYERS

FAJR	5: 09
ZUHR	12:18
ASR	4: 24
Magrib	6:07
ISHA	7: 26

- 1138 -Earthquake in Aleppo, Syria, kills an estimated 230,000
- 1142 - Treaty of Shaoxing ratified with Chinese southern Song Dynasty agreeing to pay tribute to northern Jin dynasty
- 1531 -Battle of Kappel: Swiss Roman Catholic cantons beat protestant forces of Zurich; Huldrych Zwingli Swiss reformation leader is killed
- 1540 -Emperor Karel names his son Philip, Duke of Milan
- 1573 -Battle of South Seas - Dutch rebels beat Spanish navy
- 1687- Hungary accepts Habsburg sovereignty
- 1698 -France, England & Netherlands ratified the First Partition Treaty, which eventually led to the War of the Spanish Succession
- 1726 - Benjamin Franklin returns to Philadelphia from England
- 1737 -Earthquake reported to have killed 300,000 and destroyed half of Calcutta in India. Now thought to have been an exaggerated account of a hurricane which claimed 3,000 of the city's estimated 20,000 residents. [1]
- 1746 -Battle of Rocoux: French defeat British, Austrian and Dutch armies
- 1776- Brigadier-General Arnold's Lake Champlain fleet defeated by British during the Battle of Valcour Island (American Revolutionary War)
- 1797- Battle of Camperdown (Kamperduin): British navy defeats Dutch fleet
- 1811- The Juliana, 1st steam-powered ferryboat, begins operation
- 1852- The University of Sydney, Australia's oldest university, is inaugurated in Sydney.

NORTHERN RAILWAY Tender Notice

The Chief Medical Superintendent, Northern Railway, Firozpur Cantt for and on the behalf of the President of India, invites tender on the prescribed form for the following work:-

1	Name of work	Registration of supplier for Local Purchase of medicines and other hospital items health unit Ludhiana
2	Completion period	Two year from the Date of starting.
3	App. Cost of the work	Health Unit Ludhiana Rs. 16,00,000/- per year
4	Earnest money	Health Units Ludhiana 32,000/-
5	Last date and time of submission of tender on IREPS Portal	31.10.2024 up to 17.00 Hrs.
6	Date of opening	01.11.2024 up to 10.00 Hrs.

Allocation: 110-230-28
No.: 43-Med/Firm Registration/FZR Dated: 10.10.2024 3124/2024
SERVING CUSTOMERS WITH A SMILE

GOVERNMENT OF UT JAMMU AND KASHMIR
Office Of The Executive Engineer
PCD(PHQ) J&K Jammu/ Srinagar

INVITING E-TENDER NOTICE
e-NIT No/EE-PCD/PHQ/51/2024-25 Dated: - 09-10-2024

Executive Engineer PCD PHQ&K JAMMU/SRINAGAR on behalf of The President of India invites tenders by e-tendering on Percentage rate basis from approved and eligible contractors registered with J&K Govt. / CPWD / Railways and other State / Central Governments for the following works.

S. No	Name of Work	Name of Division	Estimated Cost (Rs. In lacs)	Cost of document (In Rs.)	Earnest Money (In Rs.)	Time Allowed for completion	Date of opening of tender	Class of Contractor
1	Construction of boundary wall at Police Station Bandipora	PCD (PHQ) J&K, Jmu/ Sgr	31.99lacs	2000/-	63980/-	90 working days	22-10-2024	"A" & "B"
2	Up-gradation of Police Station Baramulla including SHO Quarter and NGO Residential Quarter including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	38.30 lacs	2000/-	76600/-	90 working days	22-10-2024	"A" & "B"
3	Up-gradation of all buildings/ Washrooms of Police Station Bandipora including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	79.99lacs	4000/-	159980/-	120 working days	22-10-2024	"A"
4	Up-gradation of all buildings/ bathrooms and dining hall for Jawans of Police Station Dangi-wacha including electrification works	PCD (PHQ) J&K, Jmu/ Sgr	21.90lacs	2000/-	43800/-	75 working days	22-10-2024	"A", "B" & "C"
5	Up-gradation of all buildings of Police Station Sumbal Bandipora.	PCD (PHQ) J&K, Jmu/ Sgr	39.99 lacs	2000/-	79980/-	90 working days	22-10-2024	"A" & "B"

- Date of Publishing 11-10-2024 at 1600 hours.
- The Bidding documents can be downloaded from the website <http://jktenders.gov.in> from 1630 hours on 11-10-2024.
- The Bids shall be deposited in electronic format on the website <http://jktenders.gov.in> from 13-10-2024 to 21-10-2024 upto 1600 Hrs. The bids received will be opened at 1100 hours on 22-10-2024 on line.
- The complete bidding process will be on line.
- Technical bids of bidders shall be opened on line in the office of Executive Engineer PCD PHQ J&K Jammu/ Srinagar on 22-10-2024 at 1100 Hrs.
- The lowest bidder i.e. L1 shall be intimated to deposit the original copy of required earnest money in shape of CDR/ FDR and hard copies of all relevant documents as mentioned in clause 2 of general instructions to the bidders within five days from opening of financial bids.
- In light of Govt. Notification issued by Finance Department Civil Secretariat Vide No. A/24(2017)-651 dated:- 07-06-2018, the bidder must upload the copy of challan / receipt on account of cost of tender documents remitted in the treasury concerned for that the bidders must write an application to be addressed to treasury officer concerned requesting therein for remittance of amount as cost of tender documents towards M. H. 0055/ Revenue (others).
- The cost of tender documents should be submitted by the bidder in shape of treasury challan / receipt and upload the same.
- Earnest Money:- The earnest money deposit (EMD @ 2% of advertised cost) in the shape of CDR/FDR pledged to Executive Engineer PCD PHQ J&K Jammu/ Srinagar of the successful bidder (L1) shall be released, only after defect liability period, the DLP shall be calculated from the date of successful comple-

Sd/-
(Er. Neeraj Gupta)
Executive Engineer
PCD (PHQ) J&K Jmu/Sgr.

No:- e-NIT/EE-PCD/PHQ/2024-25/4517-24
DIPK-5737/24
Dated: 10-10-2024.

- tion of the work to the satisfaction report of Engineer incharge.
- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> Bid documents contain qualifying criteria for bidder, specifications, bill of quantities, conditions and other details.
- The site for the work is available. The intending bidders are strongly advised to inspect the site of work before bidding.
- Financial Bids will be opened on line in the office of the Executive Engineer, PCD PHQ J&K Jammu/Srinagar. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.
- The bid for the work shall remain open for acceptance for a period of 90 days from the date of opening of bids. If any bidder / tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the said earnest money shall stand forfeited.
- No Engineer of Gazetted rank or other Gazetted Officer employed in Engineering or Administrative duties in an Engineering Department of the Government is allowed to work as a Contractor for a period of two years after his retirement from Government service, without permission of the Government. This contract is liable to be cancelled if either the contractor or any of his employees is found any time to be such a person who had not obtained the permission of the Government as aforesaid before submission of the tender or engagement in the Contractor's Service.
- Other details can be seen in the bidding documents.
- Instruction to bidders regarding e-tendering process.
 - The interested bidder can download the NIT/bidding document from the website <http://jktenders.gov.in>.
 - To participate in bidding process, bidders have to get (DSC) "Digital Signature Certificate" as per Information Technology Act-2000, to participate in online bidding. This certificate will be required for digitally signing the bid. Bidders can get above mentioned digital certificate from any approved vendors. The Bidders, who already possess valid (DSC) Digital Signature Certificates, need not to procure new Digital Signature Certificate.
 - The bidders have to submit their bids online in electronic format with Digital Signature. The bids cannot be uploaded without Digital Signature. No Proposal will be accepted in physical form.
 - Bids will be opened online as per time schedule mentioned in Para 2(III).
 - Before submission of online bids, bidders must ensure that scanned copies of all the necessary documents have been attached with bid.
 - The department will not be responsible for delay in online submission of bids whatsoever reasons may be.
 - All the required information for bid must be filled and submitted online.
 - Bidders can contact the undersigned for any guidance for getting DSC or any other relevant details in respect of e-tendering process.
 - Original Registration certificate of GST No. shall be uploaded on line.
 - The guidelines for submission of bid online can be downloaded from the website <http://jktenders.gov.in>
 - No construction material shall be supplied by Police Construction Division, PHQ. However, the brands of the material will be approved by Engineer in-charge of the concerned site in consultation with Executive Engineer, PCD PHQ J&K.
 - In case of any typographical error, if found in the rates or units etc. the same shall be corrected and paid as per sanctioned schedule of rates /LMR with contractor's Tender appreciation/depreciation.
 - Any item of work not advertised in the rate list but found necessary during execution of work should be got approved by the competent authority before proceeding further beyond the allotment and payment for the same shall be made on sanctioned schedule of rates / LMR with contractor's overall appreciation/depreciation.
 - In case of delay in completion of the work beyond scheduled period of completion (as per allotment), a penalty at the rate of 1% per week (on pro-rata basis) on the amount of allotted work shall be imposed on the contractors subject to a maximum of 10% of the contract value.

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KO VIEW

A Triumph Of The Old Political Order

With the unanimous election of Omar Abdullah as the leader of the National Conference (NC) legislature party, the ball has been set rolling for the formation of J&K's first elected government in six years. With 42 seats under the NC's belt, Omar is poised to become the next chief minister. This development signals not only a victory for the NC and to some extent for its alliance partner Congress, but also a victory for the old political order in the Kashmir Valley. The pre-poll alliance of the NC, Congress, and CPI(M) has a comfortable majority in the 90-member assembly, which is expected to ensure a stable government.

The election outcome underlines the resilience of traditional political forces in the face of the challengers that emerged in recent years. The entities such as the Apni Party, Democratic Progressive Azad Party (DPAP), the People's Conference (PC) and the Awami Ittehad Party fell by the way side with only the last two securing a seat each. Even the PDP, otherwise considered a rival to the NC, managed just three seats. This stark division between the old and new political orders offers key insights into the preferences of the electorate, particularly in the Valley.

The rise and rise of the BJP in Jammu which garnered 29 of the 43 seats in the region is the other important takeaway from this election. The BJP's rise in the former state is a post 2015 phenomenon when for the first time it won 25 of 37 seats from Jammu division in the then Assembly elections and later formed a coalition government with the PDP. But in the Valley, the BJP failed to make any gains. The voters in the Valley have reaffirmed their trust in the NC.

The NC's campaign, centered around the restoration of Article 370, statehood and the defense of regional identity, resonated with voters who saw the party as a bulwark against the BJP, which revoked Article 370 that granted J&K a special status within the India Union. However, Omar has tempered expectations, acknowledging that the restoration of Article 370 is not a realistic goal under the current government in New Delhi. Instead, he has prioritized restoration of statehood, signaling a pragmatic approach in dealing with the BJP-ruled center.

On the other hand, the new political parties forged in the aftermath of the abrogation of Article 370, such as the Apni Party and DPAP, failed to gain traction. Despite being heralded as fresh alternatives to the traditional players, they were unable to present a compelling enough narrative to displace the established parties. The Assembly election results, therefore, reflect the enduring influence of the established political parties in Jammu and Kashmir, particularly in the Valley.

Going forward, the NC-Congress coalition will need to navigate the challenges of limited authority in a union territory setting while managing the expectations of their supporters, who hope for tangible governance outcomes despite the complexities of power-sharing with the Lieutenant Governor and the BJP at the center.



Did you know?

Understanding Penny Stocks and the Role of Funds in Investments

Irshad Mushtaq

Many investors are drawn to penny stocks, hoping they'll become multibaggers—stocks that increase in value many times over. The idea is appealing: buy a share at a low price, and watch it rise dramatically. However, in regions like Kashmir, history shows that most people end up losing money investing in penny stocks. The reality is that out of a hundred penny stocks, only a few—typically five to seven—achieve multibagger status. How can an average person predict which will succeed?

In practice, it's nearly impossible for a layman to pick the future winners. Though some frontline stocks were once small-cap companies that blossomed into large caps, we hear more about their successes than the numerous failures. Choosing viable stocks from small-cap or micro-cap categories is particularly challenging.

For those without insider knowledge, it's wise to consider investing in small-cap, mid-cap, or micro-cap funds through ETFs or mutual funds. These allow you to diversify your investment, spreading risk across a range of companies. Professional fund managers curate these portfolios with carefully managed risk and broader exposure.

Keep in mind, investing directly in small-cap stocks should only account for 5-10% of your portfolio. Fund managers often construct portfolios with prudent money management strategies to minimize risk. Many small companies lose value over time, leading to potential losses in money, time, and energy.

In summary, ETFs and mutual funds offer a convenient way to invest in small-cap stocks for those lacking deep market knowledge. By selecting companies with strong fundamentals, and trusting in professional management of funds, investors can mitigate the significant risks associated with direct investment in these volatile stocks.

Learn from the insights of @Irshad Mushtaq, Writer, Investor, Entrepreneur & Founder of M1 Securities! Connect for valuable financial advice at miscurities@bp.sharekhan.com

Adverse Effects of Melting Glaciers in J&K



Mohammad Hanief

The glaciers in the Kashmir Himalayas are melting rapidly, threatening water security in the region. This alarming rate of glacier melt in Kashmir and Ladakh has raised concerns among experts, who warn of significant impacts on regional water availability and hydrological systems. The melting glaciers in Jammu, Kashmir, and Ladakh will affect water, food, and energy security, with adverse consequences for the livelihoods that depend on them. The researchers explained that the main drivers of the glacial melt in the Himalayan region are increasing temperatures and decreasing snow precipitation, resulting from greenhouse gas emissions from industrialization and increasing use of fossil fuels worldwide.

The slow-moving glaciers of the Himalayas, essentially frozen rivers of ice, supply drinking water and support agricultural needs for vast populations across the Indo-Gangetic plains. Glaciers form over thousands of years as layers of snow accumulate, with the weight of the top layers compressing the lower ones into ice. This pressure, along with the pull of gravity, causes the glaciers to move.

As the carbon emission continues to increase, the melting of glaciers has gained a pace in Jammu & Kashmir while as the experts assert that the union territory has lost nearly 30 percent of glaciers in the past 60 years and warned that 70 percent of them will receive by the end of this century if the prevailing pace continues.

As per the available media reports in which experts informed that there are 18000 glaciers in Jammu, Kashmir and Ladakh, but all of them are melting. The glaciers are melting in the entire Himalayas including J&K. In the past couple of years, the melting of glaciers has increased. The record melting of glaciers was witnessed last year and this year it was a bit low.

Described as 'nature's bulldozers', these solid rivers melt gradu-

ally with rise in temperatures and pick up vegetation and silt that comes in their way while flowing creating snow bridges, gullies, glacial lakes, glacial troughs, ice-falls, valleys, crevasses and moraines and cause major changes in the topography as they descend forming rivers rich in sediments.

Kolahoi glacier is Kashmir's biggest glacier and is the main source of water for the river Jhelum, which serves as a blessing for the fertile Kashmir valley. It is named after the Kolahoi peak - 'Goddess of Light' and forms the West Lidder river upstream of Pahalgam and the East Lidder. Both the rivers join together to form the Jhelum river near Anantnag. Kolahoi's meltwater renders the Kashmir Valley extremely fertile with cultivation of cereal crops, dry fruits, saffron, and apples.

Kolahoi Glacier has lost almost 23 percent of its area since 1962 and has fragmented into smaller parts. Recent study of experts on the Kolahoi Glacier, based on the last 10 years' observation, showed that the average mass balance of the glacier has increased recently. The glacier is losing mass at the rate of about 1.0 m water equivalent annually, which is significantly higher than the glaciers in the rest of the Himalayas. The mass loss of the glaciers is expected to exacerbate in future as a result of the projected climate change, and thus further diminishing the stream flow of the trans-boundary rivers emanating from the region.

Glaciers in Kashmir, including the Thajiwas glacier in Sonmarg, Kousar-Nag glacier, snow reserves in Shopian, and the renowned Tarsar Marsar and Nun Kun Peak glaciers, are all experiencing accelerated melting due to the worldwide impact of global warming, as the consequences of this retreat are dire, as rising temperatures triggered by climate change and excessive pollution continue to take their toll.

The environmentally fragile region of Ladakh is also not spared from these adverse effects, as rising temperatures caused by climate change have put its glaciers at risk. The vulnerability of the Himalayan re-

In Kashmir, the increasing pace of industrialization and the proliferation of concrete structures are exacerbating the environmental impact. Plastic pollution is another significant issue that is deteriorating water bodies, emphasizing the urgent need to address this menace seriously

gions to Glacial Lake Outburst Floods (GLOF), increased chances of cloud bursts, sudden flash floods, and the looming threat of moronic material breach.

Climatic change-induced streamflow depletion is possibly one of the causes of land system changes in the Lidder watershed, the economic considerations perhaps play a much bigger role in forcing the massive unplanned land system changes in the watershed. However, the depleting streamflows in the Kashmir region can greatly affect water security in the region and have a major influence on agriculture, hydropower and domestic water use, given the changing climate prevalent over the region.

Experts observed that unprecedented increase in temperature, deforestation, increasing human activity, especially around Kolhai Glacier and high levels of pollution caused by the emission of greenhouse gases by vehicles and cement plants are major reasons for retreating of Kolhai Glacier. With decreasing precipitation trends including snow over Kashmir, warmer temperatures in winter led to less accumulation of snow and more recession of glaciers in the region.

Smaller glaciers are retreating more rapidly than larger ones due to their greater sensitivity to

climate change, driven by their lower elevation and smaller accumulation areas. Glaciers located between 4200 and 4400 meters have receded more significantly than those found above 4800 meters. Additionally, glaciers with steep slopes experience less recession compared to those with gentler slopes, as the steeper slopes facilitate a faster transfer of glacier mass from the accumulation area.

Being an eco-fragile zone, Jammu and Kashmir is confronted with environmental challenges due to global warming, unplanned urbanisation, deforestation and encroachment of water bodies. Climate warming will not only affect the retreat patterns but might affect dependent sectors of the economy that include agriculture, hydropower, and tourism.

In Kashmir, the increasing pace of industrialization and the proliferation of concrete structures are exacerbating the environmental impact. Plastic pollution is another significant issue that is deteriorating water bodies, emphasizing the urgent need to address this menace seriously.

The Jammu and Kashmir government in its Draft Environment Policy, aimed at conserving the fragile environment, has recommended measures to protect and conserve critical ecological systems including climate change.

The glaciers in Kashmir play a vital role as a major water source for irrigation through canals and water streams. Should these glaciers continue to melt at the current alarming rate, the region will face a deficit of irrigation for agricultural lands in the future.

This situation demands urgent attention and concerted efforts to mitigate the adverse effects of climate change on the region's glaciers and the ecosystem they sustain. The time to act is now to ensure a sustainable future for Jammu and Kashmir.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The author can be mailed at m.hanief@gmail.com X (Twitter): @haniefmha



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Graceful Gestures

In the hustle and bustle of our cutting-edge lives, where efficiency and speed often take priority, the significance of mannerism can occasionally be neglected. Mannerism, the diffused art of carrying out oneself with grace and politeness, is an undying distinctive feature that provides a touch of beauty to our interactions. Beyond being an insignificant social nicety, it plays a pivotal role in fostering tremendous relationships, developing harmonious environments, and contributing to personal and expert achievement.

Mannerism isn't restrained to a hard and fast of inflexible regulations; rather, it is an expression of consideration and appreciation for others. It features a spectrum of behaviors, from easy gestures like protecting doors open for others to greater complicated interpersonal competencies like powerful communication and active listening. At its

center, mannerism displays a cognitive of the impact our movements can have on the ones around us and a dedication to contributing definitely to our shared areas.

One of the profound benefits of training mannerism is its ability to put the foundation for meaningful relationships. Politeness, kindness, and attention form the cornerstone of wholesome interactions. By adopting a mannered technique, we create an ecosystem of consideration and warmth, making it easier for others to connect to us on a deeper stage. Whether in non-public relationships or expert settings, the artwork of mannerism will become a bridge that fosters information and cooperation.

Imagine a world wherein anyone prioritizes kindness and attention. Mannerism has the energy to convert our environment into havens of tranquility and positivity. When people embrace correct manners, conflicts

are minimized, and the general environment turns into conducive to collaboration and creativity. A polite and respectful environment nurtures a feel of network and belonging, contributing to the overall well-being of its inhabitants.

In the expert realm, mannerism is a precious asset which can set people apart in their careers. Employers often cost personnel who no longer only excel of their abilities however additionally show off a high degree of professionalism and courtesy. Effective conversation, punctuality, and a deferential demeanor decorate one's professional recognition, establishing doors to possibilities and advancement.

Mannerism isn't always handiest a non-public exercise however it is also a catalyst for wonderful change in society. The ripple effect of courteous conduct can encourage others to undertake comparable at-

titudes, growing a collective movement closer to a greater thoughtful and compassionate international. In this way, the effect of mannerism extends far beyond personal interactions, influencing groups and shaping the cultural fabric.

In a world that is continuously evolving, the undying essence of mannerism stays a beacon of mildness, guiding us towards a greater graceful and harmonious lifestyle. It is a preference to embrace the artwork of consideration, politeness, and respect—and funding in the first-rate of our interactions and the proper-being of our groups. As we navigate the complexities of our lives, let us now not neglect the transformative power of mannerism, for in its subtlety lies the key to growing a greater stunning and interconnected world.

Dr Mudasir Ahmad Gori

Double-Edged Sword of Social Media

Impact on Relationships and Mental Health

Dipak Kurmi

In today's digital age, social media has become a cornerstone of daily life, profoundly influencing the way we communicate, interact, and present ourselves to the world. With billions of users around the globe, platforms like Facebook, Instagram, Twitter, and TikTok offer people unprecedented access to information and social connection. However, while social media has brought about numerous benefits, it has also introduced complex challenges—particularly in terms of its effects on relationships and mental health.

Unrealistic Expectations: The Illusion of Perfection

One of the most significant impacts of social media on relationships is the creation of unrealistic expectations. Users often present an idealized version of their lives through carefully curated posts, filtered images, and positive updates. This curated reality may not always reflect the true complexities and struggles of everyday life. Instead, it paints a picture of perfection—whether it be through vacations, accomplishments, or physical appearance—that can be difficult for others to measure up to.

This constant exposure to seemingly flawless lives can lead individuals to compare themselves to others. As a result, feelings of inadequacy, self-doubt, and frustration often emerge. Social media becomes a platform where people unknowingly compete to showcase their happiest moments, leaving little room for vulnerability or authenticity. The gap between one's real life and the filtered versions of others can strain self-esteem and lead to dissatisfaction in personal relationships.

Moreover, these unrealistic expectations extend into romantic relationships. Couples may feel pressured to portray a "perfect" relationship online, which can result in conflict when reality doesn't match this facade. The disparity between online personas and actual relationships can create tension, disappointment, and even contribute to relationship breakdowns.

Social Media and Relationship Breakdown

While social media provides new opportunities to connect with others, it also poses risks that can damage personal relationships. One of the most prominent issues is the platform it offers for harmful behavior, such as



Social media's influence on relationships and mental health is undeniable. While it offers opportunities for connection, communication, and community-building, it also presents challenges that can damage relationships and contribute to mental health struggles.

cyberbullying, harassment, and online infidelity.

The anonymity and distance social media provides can embolden individuals to engage in behavior they might otherwise avoid in face-to-face interactions. Cyberbullying, trolling, and harassment have become rampant on many platforms, damaging relationships and harming the mental health of both victims and perpetrators. When these negative behaviors extend into romantic or familial relationships, they can cause irreparable harm. Trust is eroded, and communication breaks down, making it difficult to resolve conflicts.

Online infidelity is another challenge. Emotional affairs that begin through seemingly innocent conversations or interactions online can quickly escalate, damaging trust and intimacy between partners. Social media offers constant access to new connections, which can sometimes foster inappropriate or secretive relationships. This online behavior can result in real-life consequences, such as emotional distance, suspicion, and ultimately, the breakdown of trust.

Anxiety, Stress, and the Fear of Missing Out (FOMO)

In addition to its impact on relationships, social media can also take a heavy toll on mental health. One of the primary contributors to this is the constant

pressure to stay online and connected. This pressure gives rise to the "Fear of Missing Out," commonly referred to as FOMO. The barrage of updates, notifications, and posts from friends, family, and acquaintances creates a sense of urgency to remain engaged, leading users to spend excessive amounts of time scrolling through feeds.

FOMO is particularly damaging because it can cause individuals to feel left out or isolated, even when they are not. Seeing others enjoy vacations, parties, or new experiences can trigger feelings of jealousy and inadequacy. Over time, this can foster anxiety, stress, and even depression. The desire to stay constantly updated on social media often takes precedence over real-life interactions, causing users to neglect their relationships, hobbies, and personal well-being.

Ironically, despite its promise of connecting people, social media can create feelings of loneliness and isolation. Users who spend too much time online may begin to lose touch with the meaningful, face-to-face connections that are essential for emotional well-being.

Impact on Mental Health: Depression, Anxiety, and Suicidal Thoughts

The impact of social media on mental health is particularly concerning among young peo-

ple, who are often heavy users of these platforms. Research has shown a strong correlation between excessive social media use and increased rates of depression, anxiety, and even suicidal thoughts.

One factor contributing to these mental health challenges is the exposure to negative content. Cyberbullying, hate speech, and harassment are all too common on social media, and repeated exposure to such negativity can be harmful to emotional well-being. For young users, who may already be navigating the challenges of adolescence, social media can exacerbate feelings of insecurity, self-doubt, and worthlessness.

Additionally, the constant comparison to others on social media plays a significant role in shaping one's mental health. The seemingly endless stream of perfect bodies, glamorous lifestyles, and professional successes can create a distorted perception of reality. This pressure to live up to impossible standards can result in low self-esteem, anxiety, and depression. Young people, in particular, may feel overwhelmed by the need to "keep up" with their peers, leading to a sense of failure or inadequacy when they fall short.

The Positive Side: Building Communities and Staying Connected

Despite its many challenges,

social media also offers several positive benefits for relationships and mental health. For many, it provides a platform for connecting with like-minded individuals and building supportive communities. These online communities can offer comfort, encouragement, and a sense of belonging, particularly for individuals who may feel isolated or marginalized in their offline lives.

Social media can also be an invaluable tool for staying connected with friends and family who live far away. Whether through video calls, messaging, or social updates, these platforms make it easier than ever to maintain long-distance relationships. In this way, social media can foster connection and strengthen bonds, even across physical distances.

For those facing mental health challenges, social media can be a source of support and empowerment. Online groups and forums dedicated to mental health awareness offer a safe space for individuals to share their experiences, seek advice, and find comfort in knowing they are not alone.

Mindful Social Media Use: Finding Balance

Given the potential risks and rewards of social media, it is essential to approach its use mindfully. Finding a healthy

balance between online and offline life can help mitigate the negative effects on relationships and mental health. Here are some strategies for mindful social media use:

- 1. Set Limits:** Establish boundaries around social media usage, such as limiting the amount of time spent on platforms each day. Consider setting specific times for checking social media and take regular breaks to disconnect.
- 2. Be Mindful of Content:** Be conscious of the content you share and consume. Try to follow accounts that promote positivity and inspiration, and avoid those that trigger negative emotions or self-comparison.
- 3. Take Breaks:** It's important to step away from social media from time to time. Taking regular breaks can help reduce stress and prevent FOMO from taking over.
- 4. Prioritize Real-Life Connections:** While online communication can be valuable, it should not replace real-life relationships. Make time for in-person interactions with loved ones, and focus on building deep and meaningful connections.
- 5. Seek Support:** If social media use is contributing to mental health challenges, consider seeking professional support or joining a support group. Online therapy options are also available and can provide help in navigating these difficulties.

Navigating Social Media's Complex Landscape

Social media's influence on relationships and mental health is undeniable. While it offers opportunities for connection, communication, and community-building, it also presents challenges that can damage relationships and contribute to mental health struggles. By approaching social media with mindfulness, setting boundaries, and prioritizing real-life relationships, individuals can navigate the digital world more effectively, reaping the benefits while minimizing the risks. In doing so, we can cultivate healthier relationships, stronger mental well-being, and a more balanced approach to online engagement.

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Is Stress Turning My Hair Grey?

Theresa Larkin

When we start to go grey depends a lot on genetics.

Your first grey hairs usually appear anywhere between your twenties and fifties. For men, grey hairs normally start at the temples and sideburns. Women tend to start greying on the hairline, especially at the front.

The most rapid greying usually happens between ages 50 and 60. But does anything we do speed up the process? And is there anything we can do to slow it down?

You've probably heard that plucking, dyeing and stress can make your hair go grey – and that redheads don't. Here's what the science says.

What gives hair its colour?

Each strand of hair is produced by a hair follicle, a tunnel-like opening in your skin. Follicles contain two different kinds of stem cells:

- keratinocytes, which produce keratin, the protein that makes and regenerates hair strands
- melanocytes, which produce melanin, the pigment that colours your hair and skin.

There are two main types of melanin that determine hair colour. Eumelanin is a black-brown pigment and pheomelanin is a red-yellow

pigment.

The amount of the different pigments determines hair colour. Black and brown hair has mostly eumelanin, red hair has the most pheomelanin, and blonde hair has just a small amount of both.

So what makes our hair turn grey?

As we age, it's normal for cells to become less active. In the hair follicle, this means stem cells produce less melanin – turning our hair grey – and less keratin, causing hair thinning and loss.

As less melanin is produced, there is less pigment to give the hair its colour. Grey hair has very little melanin, while white hair has none left.

Unpigmented hair looks grey, white or silver because light reflects off the keratin, which is pale yellow.

Grey hair is thicker, coarser and stiffer than hair with pigment. This is because the shape of the hair follicle becomes irregular as the stem cells change with age.

Interestingly, grey hair also grows faster than pigmented hair, but it uses more energy in the process.

Can stress turn our hair grey?

Yes, stress can cause your hair to turn grey. This happens when oxidative stress damages hair follicles and stem



cells and stops them producing melanin.

Oxidative stress is an imbalance of too many damaging free radical chemicals and not enough protective antioxidant chemicals in the body. It can be caused by psychological or emotional stress as well as autoimmune diseases.

Environmental factors such as exposure to UV and pollution, as well as smoking and some drugs, can also play a role.

Melanocytes are more susceptible to damage than keratinocytes because of the

complex steps in melanin production. This explains why ageing and stress usually cause hair greying before hair loss.

Scientists have been able to link less pigmented sections of a hair strand to stressful events in a person's life. In younger people, whose stem cells still produced melanin, colour returned to the hair after the stressful event passed.

4 popular ideas about grey hair – and what science says

- 1. Does plucking a grey**

hair make more grow back in its place?

No. When you pluck a hair, you might notice a small bulb at the end that was attached to your scalp. This is the root. It grows from the hair follicle.

Plucking a hair pulls the root out of the follicle. But the follicle itself is the opening in your skin and can't be plucked out. Each hair follicle can only grow a single hair.

It's possible frequent plucking could make your hair grey earlier, if the cells that produce melanin are damaged or exhausted from

too much regrowth.

2. Can my hair can turn grey overnight?

Legend says Marie Antoinette's hair went completely white the night before the French queen faced the guillotine – but this is a myth.

Melanin in hair strands is chemically stable, meaning it can't transform instantly.

Acute psychological stress does rapidly deplete melanocyte stem cells in mice. But the effect doesn't show up immediately. Instead, grey hair becomes visible as the strand grows – at a rate of about 1 cm per month.

Not all hair is in the growing phase at any one time, meaning it can't all go grey at the same time.

3. Will dyeing make my hair go grey faster?

This depends on the dye.

Temporary and semi-permanent dyes should not cause early greying because they just coat the hair strand without changing its structure. But permanent products cause a chemical reaction with the hair, using an oxidising agent such as hydrogen peroxide.

Accumulation of hydrogen peroxide and other hair dye chemicals in the hair follicle can damage melanocytes and keratinocytes, which can cause greying and hair loss.

4. Is it true redheads don't go grey?

People with red hair also lose melanin as they age, but differently to those with black or brown hair.

This is because the red-yellow and black-brown pigments are chemically different.

Producing the brown-black pigment eumelanin is more complex and takes more energy, making it more susceptible to damage.

Producing the red-yellow pigment (pheomelanin) causes less oxidative stress, and is more simple. This means it is easier for stem cells to continue to produce pheomelanin, even as they reduce their activity with ageing.

With ageing, red hair tends to fade into strawberry blonde and silvery-white. Grey colour is due to less eumelanin activity, so is more common in those with black and brown hair.

Your genetics determine when you'll start going grey. But you may be able to avoid premature greying by staying healthy, reducing stress and avoiding smoking, too much alcohol and UV exposure.

Eating a healthy diet may also help because vitamin B12, copper, iron, calcium and zinc all influence melanin production and hair pigmentation.

By arrangements with The Conversation

NC Secures Majority

NC below the threshold and the Congress' six seats (assuming the party can now hold on to all six) is back in play.

But, for now, the Congress is not a factor Omar Abdullah absolutely has to consider.

The NC had finished Tuesday's counting of votes with 42 seats and the Congress six.

The Bharatiya Janata Party, which dominated the Jammu region, as expected, scored 29; the saffron outfit's count has since gone to 32 after support from the other three independents.

The People's Democratic Party of ex-Chief Minister Mehbooba Mufti collapsed, dropping all but three seats from its 2014 tally of 28 and, with it, any hope of playing 'kingmaker'.

The result bucked exit poll predictions of a hung Assembly and offered some solace on a bad day for the Congress, after the party slumped to a torrid defeat in Haryana.

That loss invited scathing criticism from the party's INDIA bloc allies; the Shiv Sena of Uddhav Thackeray and Mamata Banerjee's Trinamool were particularly severe.

The Sena, the Trinamool, and the AAP slammed the Congress' "arrogance" and "overconfidence" and, ahead of elections in Maharashtra and Jharkhand later this year, as well as Delhi early next, lamented its ability to "turn a winning innings into a defeat".

One other important announcement followed a meeting of NC MLAs this afternoon.

Omar Abdullah was unanimously elected the legislative party leader and will become the next Chief Minister of Jammu and Kashmir.

This was expected; party patriarch Farooq Abdullah, his father, said as much Tuesday; he told reporters "Omar Abdullah banega Chief Minister" as his party strode towards victory.

Omar Elected Leader

the Congress, Omar Abdullah said he will stake claim for the government formation at Rajbawan as soon as he receives support from the coalition partner.

"Once the Congress extends its support, I will move to Rajbawan and meet with the Lieutenant Governor to stake claim for the government formation in Jammu and Kashmir. Since talks are on with the Congress at the moment, we have given them a day to finish the formalities," Omar told reporters after the LP meeting.

Omar also extended his heartfelt gratitude to all the members of the NC Legislature Party for unanimously electing him as their leader.

"You might be aware of the decision that was taken. NC's Legislative Party meeting was held today and all the members of the LP elected me as their leader. I am highly grateful to every NC legislator who trusted me and provided me with an opportunity to visit the Rajbawan and meet with the LG in order to stake claim for the government formation, he added.

Earlier, Dr. Farooq Abdullah, the president of the NC, asserted that they will meet with the Congress tomorrow to decide on the CM candidate and the government formation tomorrow.

"We won't wait to stake claim for the formation of the government and deciding on a Chief Ministerial candidate. The alliance meeting is scheduled for tomorrow, and all matters will

be determined then," Dr Farooq added.

Omar Abdullah thanked the National Conference (NC) legislators for electing him their leader so that he can stake claim to form the government in Jammu and Kashmir.

"You are aware of the decision that was taken. A meeting of the NC legislature party took place, the legislature party has decided its leader and I am thankful from the bottom of my heart to the NC legislators that they have reposed their faith in me and given me a chance to stake claim for government formation," Abdullah told reporters after he was elected the leader of the legislature party here.

With 42 seats, the National Conference became the single largest party in the Assembly elections, results of which were announced on Tuesday, while the Bharatiya Janata Party managed to cling onto its stronghold Jammu with 29 seats.

Nevertheless, the Congress, the NC ally, performance remained dismal, winning just six seats, five of in the Kashmir valley and one in Jammu.

The National Conference, according to Omar, now has the backing of four out of the seven independent MLAs, bringing the total number of party members in the 90-member Assembly of the Union Territory to 46.

India Bids

it into a global powerhouse.

Known for his exemplary business acumen and philanthropic nature, as chairman he led various companies under the Tata conglomerate for more than 20 years, which had revenue of \$165 billion in 2023-24.

Although in recent years Tata was not as active in the day-to-day running of the group, he was consulted on big decisions by the Tata Sons leadership, a senior company executive told Reuters.

Tata had been in a Mumbai hospital since Monday, but the cause of his death was not immediately made public.

The Tata Group is one of India's largest companies, with annual revenues in excess of \$100bn (£76.5bn), and he was one of India's most internationally-recognised business leaders.

Founded 155 years ago, the group straddles a business empire ranging from Jaguar Land Rover and Tata Steel, to aviation and salt pans.

During his 20-year tenure, the conglomerate made several high-profile acquisitions, including the takeover of Anglo-Dutch steelmaker Corus, UK-based car brands Jaguar and Land Rover, and Tetley, the world's second-largest tea company.

Some of those decisions paid off, while others - including a failed telecom venture and the Nano, which was billed as the world's cheapest car but flopped - lost money.

Tata was born in a traditional Parsi family in 1937. He studied architecture and structural engineering at Cornell University in the US.

In 1962, he joined Tata Industries - the promoter company of the group - as an assistant and spent six months training at a company plant in Jamshedpur.

From there, he went on to work at the Tata Iron and Steel Company (now Tata Steel), Tata Consultancy Services (TCS) and National Radio and Electronics (Nelco).

In 1991, JRD Tata, who had led the group for

over half a century, appointed Ratan Tata as his successor. "He [JRD Tata] was my greatest mentor... he was like a father and a brother to me - and not enough has been said about that," Tata later told an interviewer.

In 2008, the Indian government awarded him the Padma Vibhushan, the country's second-highest civilian honour.

Prime Minister Narendra Modi hailed Tata as a "visionary business leader, a compassionate soul and an extraordinary human being".

Model Code

which guides political conduct during elections, was in place throughout the polling period in both J&K and Haryana to ensure a fair electoral process.

Gupta Is New

Shakti Department (Additional charge of Financial Commissioner Revenue) shall hold the charge of post of Administrative Secretary, Estates Department in addition to his own duties till further orders.

It also said that Dheeraj Gupta, (IAS) Financial Commissioner (Additional Chief Secretary), Department of Forest, Ecology and Environment shall hold the post of Administrative Secretary, Information Technology Department in addition to his own duties till further orders.

The GAD further said that Suresh Kumar Gupta (IFS) Principal Secretary to the Government, Culture Department, shall hold the post of Administrative Secretary, School Education Department in addition to his own duties till further orders.

"Rashmi Singh, (IAS) Commissioner/Secretary to the Government, Hospitality and Protocol Department (Additional Charge of Principal Resident Commissioner, J&K Government, New Delhi) shall hold the post of Administrative Secretary, Higher Education Department in addition to her own duties till further orders," it reads.

Delhi Tribunal

extremism and militancy in J&K and elsewhere.

According to the home ministry, the Jel J&K is supporting claims for secession of a part of the Indian territory from the Union and is supporting terrorist and separatist groups fighting for this purpose by indulging in activities and articulations intended to disrupt the territorial integrity of India. It is involved in anti-national and subversive activities in the country intended to cause disaffection, it added.

Asad Ullah Mir, one of the alleged members of the Jel J&K, appeared before the tribunal through his counsel and submitted that it is a socio-religious organisation with a written constitution. It is committed to peaceful constitutional means and does not have any links with militant outfits nor it supports extremism in any form, he claimed.

Mir also said the group was set up in 1953 to spread the word of Islam and in doing so it extends its Da'wah (invitation to Islam) to all people without discriminating on the basis of sect, language, colour, race, nation or country. The constitution of the association has never supported violence, the Jel member submitted.

He said the Jel has always participated in the

democratic process. In 1969, it participated in the municipal and panchayat elections and had contested the Lok Sabha elections in 1971 securing more than 1 lakh votes, he added.

In 1972, five members of the association were elected members of the J&K assembly. In 1977, one member of the association was elected to the assembly. In 1983, none from Jel, J&K was elected to the state legislative assembly, although the association contested 20 constituencies, the tribunal has ben told.

"In 1987, two members of the Jel, J&K were elected to the assembly and it was first declared unlawful after emergency was imposed in 1975. The chief minister of Jammu and Kashmir at the time, Sheikh Mohammad Abdullah, got the central government to declare the association as unlawful because it was his only serious rival in the state.

"The declaration of the association as unlawful was lifted with the election of the new government at the centre, after Emergency was lifted," the group submitted through its counsel.

It also submitted before the tribunal that the group participated in the elections of 1987 and put up 22 candidates.

"However, the elections of 1987 were rigged, resulting in election of only two members from the association. That the 1987 elections were rigged is common knowledge and has been acknowledged even by former deputy prime minister and home minister, L K Advani, in his autobiography, 'My Country My Life', and by several others.

"Most recently, the Union Home Minister, Amit Shah, while moving the amendment bill of the Jammu and Kashmir Reservation Act in the Lok Sabha also stated that farcical elections were conducted by the earlier Congress government in Kashmir", the group said.

The Jel J&K said it was only after the "wholesale rigging of elections" of 1987 that it decided not to contest elections until there was a guarantee of free and fair elections.

"Although the association has always been opposed to violence, and although Ameer-e-Jama'at Hakeem Ghulam Nabi, expressly condemned violence at several public meetings when the state was in the grip of armed militancy in 1987, a misconception began to build that the association supported militancy.

"This misconception was entirely the creation of persons with vested interest against the association. It was because of this misconception that the association was declared unlawful in March 1990," it said.

However, the tribunal, consisting of Justice Navin Chawla, Judge, High Court of Delhi, concluded that the tribunal finds that there is ample justification to declare Jel J&K as an unlawful association under Section 3(1) of the UAPA and the central government was justified in taking recourse to the provision of Section 3(3) of the UAPA vide notification dated February 27.

"Thus, the Reference is answered in affirmative and an order under Section 4(3) of the Unlawful Activities (Prevention) Act, 1967 confirming the declaration made in the Notification No.S.O.924(E) dated 27.02.2024, published in the Gazette of India, Extraordinary issued under Section 3(1) of the Unlawful Activities (Prevention) Act, 1967 is hereby passed," the tribunal said.

84% Of Newly

an average of Rs 8.47 crore, the three PDP MLAs average Rs 4.25 crore, and the seven Independents have around Rs 5 crore in assets.

According to ADR's findings, 88% of NC MLAs (37 out of 42) are crorepatists, while 86% of BJP MLAs (25 out of 29) hold assets worth crores. All six Congress MLAs, as well as the lone MLAs from CPI(M) and People's Conference, declared assets exceeding Rs 1 crore.

In terms of asset brackets, 23 MLAs possess assets exceeding Rs 10 crore, while 26 have assets between Rs 5 crore and Rs10 crore. The majority of MLAs, 27 in total, have declared assets ranging from Rs1 crore to Rs 5 crore, and 14 legislators reported having less than Rs 1 crore.

9 MLAs Face

only 2% of the winning candidates faced such serious charges.

In the recent elections, JKNC reported that 5 candidates (12%) have criminal cases, with 4 of them facing serious charges. The BJP has 2 candidates (7%) with criminal cases, both of whom are also facing serious charges. In the JKDP, 1 candidate (33%) has criminal cases and is similarly facing serious charges. Meanwhile, AAP has 1 candidate (100%) with criminal cases, which also include serious charges.

Itija Accuses

they used to do 30-40 years back," she said. The PDP leader said the party has raised the issue with the administration and police and expressed gratitude to them for acting swiftly.

"Some FIRs have been registered. I want to warn the NC workers to stop doing it. Otherwise we will take them to task," she said, adding "I think the NC has always been drunk on power".

Ex-JKGB Manager's

holders who were his known persons like drivers, daily wage workers, etc.

"Thereafter, these amounts were transferred into the bank accounts of Ishtiyaq Ahmad Parray and his family members... (and) ultimately used for the acquisition of immovable properties in their names," the ED claimed.

J&K Govt To

Rs 3,500 crore. This shortfall places an immense burden on the state exchequer, exacerbated by the region's outdated electricity infrastructure, which leads to frequent power disruptions.

Despite having a hydroelectric potential of 20,000 MW, Jammu and Kashmir currently generates only around 3,500 MW through various corporations. To meet consumer demand, the administration is forced to purchase electricity worth hundreds of crores annually from central entities such as the National Hydroelectric Power Corporation (NHPC) and other power corporations.

"The administration collects less than 50 percent of the expected tariffs from consumers, further straining the exchequer," an official from the JKPDCL said. The revenue realization stands at Rs 3,500 crore, while the cost of power purchases annually reaches Rs 7,500 crore. (KINS)

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Statehood Resolution Won't Meet Autonomy Fate: NC's Bashir Veeri

Agencies

SRINAGAR: The newly elected Member Legislative Assembly (MLA) from Bijbehara in South Kashmir's Anantnag district, Dr Bashir Ahmed Veeri Thursday said he was confident that the Statehood restoration resolution to be passed by the upcoming cabinet won't meet the same fate as that of Autonomy. He also said political battles are won by pursuing the issues and restoration of statehood will set ground for bringing back Article 370.

Dr Veeri said as already stated by the NC vice president Omar Abdullah that the first cabinet meeting of the new government will pass a resolution seeking restoration of Statehood to J&K. "I am damn sure and confident enough that the statehood resolution won't meet the Autonomy resolution fate. It won't be rather, it can't be trashed as there is no scope for that," the MLA Bijbehara said.

He said that Prime Minister Narendra Modi is on record that after polls Statehood would be restored to J&K. "Union Home Minister has made a statement about the same on the floor of the parliament. The BJP has given a written assurance to the Supreme Court about restoration of Statehood. So with all this, where is the scope for not getting the Statehood back," Dr Veeri said.

He said restoration of Statehood would be the first step for the big fight which is to get back Article 370. "I believe once we get back Statehood, our morale will go up a bit further and we would be able to raise the bar for the Article 370 restoration. We are also aware that it is not easy but we believe it is not impossible as well," he said. "NC's second name is to fight and strive hard for the peoples' rights. We will get back what we have promised in our manifesto."

On NC vice president Omar Abdullah's statement that they



can't afford to have an antagonist relationship with the Government of India, Dr Veeri said this shouldn't be misconstrued that NC was going to surrender on Article 370. "We are dependent on the Centre for funds and so many things. We can't afford to stop working relation with the Gol. How can we run J&K affairs without having a working relationship with Centre," he said. "We will have a working relationship with Gol not BJP. This is where some people try to create confusion."

About how he managed victory against PDP's Iltija Mufti in Bijbehara that was considered as a strong bastion of PDP, Dr Veeri said people came out to vote for him. "My father's great legacy saved me and helped me sail through. My father had defeated the late Mufti Muhammad Sayeed as well. Apart from that, I got tremendous support from youth, the first time voters," he said.

To a query how interesting the contest was in Bijbehara, Dr Veeri said that it was not Iltija Mufti or Mehbooba Mufti but the entire PDP against whom he fought. "They were one behind the scene," he said.

On what made him sail through, Dr Veeri said it was Iltija herself who helped him win from Bijbehara.

"Indeed, Iltija made my fight easy. She used abusive language against me and my workers. She provoked people against me which helped me win finally," the NC leader said. —(KNO)

WORLD MENTAL HEALTH DAY

Experts Call For Comprehensive Assessment To Enhance Services

Agencies

SRINAGAR: On World Mental Health Day, experts have called for the urgent need for a detailed assessment of mental health issues within the general population to better understand the current landscape and improve services.

Mental health professionals said that while services have improved, they remain insufficient to meet the needs of the entire population.

Dr Nizam Ud Din, a psychiatrist at SKIMS Bemina, said the theme for World Mental Health Day 2024 is "It is time to prioritise mental health in the workplace". He said there are two significant barriers to mental health care: stigma and the shortage of qualified professionals.

"Reducing stigma is essential," Dr Nizam Ud Din said. "This can be achieved through awareness programmes and comprehensive assessments of mental health issues among

the general population. Addressing the genuine recommendations from these surveys will significantly improve mental health care." He praised the



efforts of NGOs and the government but called for continuous improvement, which he said can only be realised through feedback from these assessments. "While services have improved considerably, they are still inadequate to address the mental health needs of the entire

population," he added.

Dr Shoaib, another psychiatrist at DHSK, shared a crucial message: "Mental health is vital to physical health, and it must be prioritised." He urged the community to break the silence surrounding mental health issues.

"It's time to end the stigma, provide support to those struggling, and create safe spaces for open discussions about mental health," Dr Shoaib said. He pointed out that in Jammu and Kashmir, the stigma surrounding mental health remains a significant barrier for those seeking help.

He explained that cultural influences, societal pressures, and a lack of awareness perpetuate the misconception that mental health issues are something to hide or a sign of weakness. "As a result, many individuals delay necessary treatment, fearing rejection or isolation," he added—(KNO)

CBC's Outreach Programme On Mission Life Concludes At Kargil

Observer News Service

KARGIL: The three day long integrated communication and outreach programme organised in Kargil by the Central Bureau of Communication Ministry of Information and Broadcasting, Govt of India, concluded on Thursday.

The programme for public awareness on themes of Mission LiFE, Poshan Abhiyaan, New Criminal Laws and Ek Bharat Shreshtha Bharat (EBSB) was underway at Syed Mehdi Memorial Auditorium in Kargil from October 08, 2024.

Haji Mohammad Hanifa Jan, Member of Parliament (MP), representing Ladakh in the Lok Sabha presided over the proceedings on the concluding day.

In his presidential address, Hanifa Jan lauded the CBC for organising public outreach programmes in Ladakh region, adding that such programmes are a key to people's awareness, leading to their empowerment.

Appreciating the informative exhibition display and expert lectures, the Ladakh MP impressed upon the participants to benefit from the valuable inputs provided by the resource persons. He called for organising more such programmes in the region.

Earlier, while welcoming the guests, Shahid Moham-

mad Lone, Field Publicity Officer, CBC Anantnag, provided a brief overview of the outreach program and stressed upon the need for healthy and sustainable lifestyles. He emphasised on the role of youth in ensuring a better future for the nation.

Naseer Ahmad Rather, Field Publicity Officer, CBC Srinagar, underscored the significant role of the CBC in conducting outreach across Ladakh. He informed that CBC organised similar programmes across Ladakh over the last three weeks, ensuring grassroots level awareness of the public welfare schemes.

Other eminent speakers who addressed the valedictory session included SD Namgial, Chief Education Officer, Kargil, and Nitin Yadav Deputy Superintendent of Police (Headquarters), Kargil.

On the concluding day, resource persons from the department of education and Ladakh Police shared insights on Ek Bharat Shreshtha Bharat and New Criminal Laws respectively. Tsering Nurboo, Sub Inspector, Ladakh Police delivered a lecture on the three new Criminal Laws while Marzia Banoon from department of school education gave a detailed presentation on EBSB.

Participating students also shared their views on issues

concerning environment, public health and national integration. As part of the mobilisation activities, an open quiz competition was organised for participants and theme based cultural programmes were presented by the CBC empanelled troupes.

Pertinently, the three day event was inaugurated on October 8, 2024, by Dr. Mohammad Jaffar Akhoun, Chief Executive Councillor of LAHDC Kargil in presence of Ghulam Abbas, Director of CBC J&K and Ladakh region.

The event witnessed an overwhelming turnout of students, teachers, experts from various departments and general public, showcasing a strong commitment to the themes discussed over the three days.

During the last three days, resource persons from the ICDS, Health, Agriculture, Horticulture, Wildlife, Forest, Police, and education departments delivered comprehensive lectures on sustainable development, health, cleanliness, environment protection, biodiversity conservation and schemes promoting self employment and entrepreneurship.

Interactive activities, such as open quizzes and painting competitions were organised during the three day event, with participants receiving mementos and certificates.

DC Shopian Felicitates Best Performing BLOs, Students For SVEEP Awareness

Observer News Service

SHOPIAN: The District Election Office, Shopian today conducted a felicitation ceremony at GDC Shopian in order to recognise the exemplary work of staff and students for their SVEEP activities and awareness generation in the district in the Assembly Elections, 2024.

The ceremony was presided over by the District Election Officer (DEO) Shopian, Mohammad Shahid Saleem Dar who on the occasion expressed appreciation for all stakeholders who participated in the smooth execution of elections. He congratulated students and BLOs whose exemplary work was recognised on the occasion.

He also thanked the people of the district especially wom-

en, old aged and specially abled voters for massively coming out in numbers for exercising their franchise in the elections.

Best Performing BLOs of both Assembly Constituencies of Zainapora and Shopian who excelled in increasing voter turnouts, were awarded with appreciation certificates and mementos.

Similarly, students who participated in SVEEP Reel, Painting and Quiz Competitions were also awarded with appreciation certificates and mementos.

The gathering was also addressed by ADDC, Dr. Nasir Ahmad Lone; ADC, Dr. Zakir Husain Faaz and was attended by other civil and police officers and a mammoth gathering of staff and students.

Police Intervenes To Quell Post-Poll Clashes In Kulgam

Agencies

KULGAM: Tensions boiled over in Kulgam district's Bachro and Tarigam villages, as supporters of rival political candidates clashed following the declaration of CPI(M) candidate Muhammad Yousef Tarigami's victory in the Kulgam assembly segment.

Yesterday, a youth identified as Muhammad Omar from Bachro village was injured after being allegedly assaulted by Tarigami supporters in Tarigam village. Additionally, eyewitnesses reported that Farhan Ramzan also from Bachro was critically injured during clashes between Jamat-i-Islami and CPI(M) supporters and was shifted to SKIMS Soura for treatment.

Locals from Bachro village alleged that Tarigami supporters from Tarigam village ignited firecrackers in a graveyard, sparking tensions when villagers intervened. The situation escalated into full-blown clashes, resulting in damage to multiple vehicles.

Police swiftly intervened, using cane charges to disperse the crowds and bring the situation under control. However, tensions remain.

The clashes have sparked widespread concern, with multiple videos going viral on social media. Netizens urged authorities to maintain law and order and prevent further escalation.

The Kulgam assembly segment witnessed intense campaigning, with CPI(M) candidate Muhammad Yousef Tarigami ultimately emerging victorious. The election results sparked celebrations among Tarigami supporters, while rival factions expressed dissatisfaction.

Authorities have launched an investigation into the clashes, with officials promising action against those responsible. As the situation remains fragile, locals appeal for calm and restraint, emphasizing the need for peaceful coexistence.

Meanwhile, police have been deployed in both these villages to maintain law and order. (KNT)

JK SVEEP Tops Bimonthly Social Media Index

Agencies

SRINAGAR: Jammu & Kashmir has emerged as the top performer in the Bi-monthly Social Media Index (July-August) thus demonstrating exceptional social media engagement and outreach efforts.

This achievement is based on data submitted by the social media teams of 15 States and Union Territories of Chief Electoral Officers (CEOs) and subsequent analysis.

Jammu & Kashmir leads the ranking, showcasing a highly effective and dynamic social me-

dia strategy that has successfully amplified voter awareness and community engagement.

Through a combination of targeted campaigns, user-generated content (UGC), and ongoing digital initiatives, the region has set a benchmark for others to follow.

The other top four performers for July-August are Punjab followed by Odisha, West Bengal and Telangana. Jammu & Kashmir's digital strategy aligns with key priorities, including the ongoing Special Summary Revision (SSR) and various electoral awareness campaigns. (CNS)

Police Arrest Drug Peddler In Ganderbal

Observer News Service

SRINAGAR: Police in central Kashmir's Ganderbal district have arrested a notorious drug peddler after recovery of contraband substance from his possession.

Police said that PS Safapora received information through reliable sources that one person named Umar Reyaz Bhat son of Reyaz Ahmad Bhat, a resident of Treasa, Safapora had hoarded some contraband Cannabis-like substance inside his residential house with the intention to sell it to the local youth of the area.

"Acting swiftly, a special police team led by SHO Safapora conducted a search of the said house along with Executive Magistrate 1st Class Lar. During the

search, 11.2 Kg (Approximately) of crushed Cannabis-like substance (Bung Patti with top & Seeds) were recovered. The accused was arrested on the spot and was shifted to the police station where he remains in custody," police said.

Subsequently, a case vide FIR No. 26/2024 under relevant sections of law has been registered at PS Safapora & further investigation has been taken up, they said.

J&K Police urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact the nearest police establishment or dial 112. People are requested to cooperate with police in curbing the menace of drugs from the society, police added.

WORLD MENTAL HEALTH DAY

Awareness Programme On "Importance Of Mental Health In Professional Efficiency" Held At JU

Observer News Service

JAMMU: In a significant event commemorating "World Mental Health Day, 2024", the J&K Legal Services Authority in collaboration with the Department of Law, University of Jammu, organized an awareness programme on the Importance of Mental Health in Professional Efficiency at General Zorawar Singh Auditorium, University of Jammu.

Chief Justice, High Court of J&K and Ladakh and Patron-in-Chief, J&K Legal Services Authority, Justice Tashi Rabstan, presided over the event which was attended by nearly 700 law students, faculty members and legal professionals.

The Chief Justice, who was accompanied by M. K. Sharma, Principal Secretary and Amit Kumar Gupta, Member Secretary, J&K Legal Services Authority, was warmly received by Prof. Meena Sharma, Officiating Vice-Chancellor and Dean of Planning, University of Jammu, Prof. (Dr.) Manju Jamwal, Head, Department of Law, University of Jammu, along with

other esteemed HoDs and faculty members.

Addressing a large gathering of law students and faculty members of law department and School of Law, the Chief Justice appreciated the eminent resource persons for their collective efforts in promoting mental well-being within the legal fraternity. He emphasized that maintaining good mental health is not only a personal responsibility but also a professional necessity, particularly in high-pressure fields like law and the judiciary.

Highlighting the importance of self-care in preventing burnout and ensuring long-term well-being, the Chief Justice remarked "The mantra for healthy mental health is to spare time for yourself". He cautioned about the potential dangers of technology, stating that while it offers immense benefits, its misuse can be detrimental to mental health. Furthermore, he drew attention to the adverse effects of poor lifestyle choices, such as consuming junk food and

inadequate sleep, which contribute to rise in mental disorders.

"Effective time management is key to avoid stress and leading a healthier life, especially for judges and advocates who often have to work on weekends and holidays also", maintained the Chief Justice.

The Chief Justice called for a supportive work environment where open dialogue and mental health resources are readily available, enabling professionals to perform at their best while breaking the stigma surrounding mental health issues. He concluded by encouraging all the participants to engage in creative and physical activities as a means to refresh their minds and promote overall well-being.

In her welcome address, Prof. (Dr.) Manju Jamwal, Head, Department of Law, University of Jammu, highlighted the collaborative efforts between the University of Jammu and J&K Legal Services Authority in organizing today's programme which in the present scenario is of immense importance especially for

the younger generation.

Prof. (Dr.) Meena Sharma, Officiating Vice-Chancellor and Dean of Planning, University of Jammu, laid emphasis on the role of mental well-being in both academic and professional success. She explained how maintaining a balanced mental state enhances cognitive abilities and contributes to sustained professional growth and resilience. She encouraged educational institutions to incorporate mental health support systems into their frameworks to foster a thriving academic environment and build resilience among students and professionals.

Prof. (Dr.) Sanjay Gupta, Department of Law, University of Jammu tracing the legal history about mental inadequacy of a litigant referred to various legislations especially the Mental Healthcare Act, 2017 and pointed out the shortcomings therein. He highlighted the need of providing legal aid and assistance not only to the litigants but also to the students and working professionals.

Government of Jammu & Kashmir
Office Of The Executive Engineer (R&B) Division Baramulla

NOTICE INVITING TENDERS
TWO COVER SYSTEM
NIT No55/6213-22/2024-25/RnB/Bla Dated 09.10.2024 (E-tendering)

For and on behalf of the President of India, e-tenders are invited on %age basis from approved and eligible Contractors registered with J&K State Govt. CPWD, Railways and other State/Central Governments for each of the following works. The Contractors should mandatorily be registered on JKPWDOMS for making online payment to the agency as per Govt. Order No.: 186-PW(R&B) of 2023 dated 08-05-2023:-

S. No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/Doc. (Rs. In Lacs)	Earnest money (Rs. In Lacs)	Time of completion	Time & Date of Opening of tender (Technical Bid)	Class of Contractor
1.	Construction of appurtenant work (allied works) at Fatehpura Phase-I Baramulla	904.02	0.085	18.08	365days	25.10.2024	AAV

Major Head of Account = PMDP
Position of AAA = Accorded(OM No: DMRRR-Plan/47/2023 dated: 09.08.2023)
Position of funds = Available

1.	Date of Issue of Tender Notice	09.10.2024
2.	Period of downloading of bidding documents	From 10.10.2024 to 24.10.2024, 4.00 P.M
3.	Date, Time and place of pre-bid meeting	14.10.2024 From 10.00 A.M in the Office of the Chief Engineer PWD (R&B) North Kashmir.
4.	Bid submission Start Date	15.10.2024 From 10.00 A.M.
5.	Bid Submission End Date	24.10.2024 upto 4.00 P.M
6.	The 1st lowest bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/FDR/BG in favour of Chief Accounts Officer, PWD (R&B) North Kashmir.	As per time specified in SBD.
7.	Date & time of opening of Technical Bids (Online)	25.10.2024 at 11.00 A.M in the Office of the Chief Engineer PWD (R&B) North Kashmir.
8.	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

1. The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per above schedule.
Note:- The Bidders are advised to read all conditions laid down in the NIT/SBD carefully before uploading softcopy any short fall found in the soft copy the tender shall be rejected.

1.1 Bids must be accompanied with cost of Tender document (as mentioned above) in shape of Treasury Challan/e-challan/Demand Draft in favour of Executive Engineer R&B Division Baramulla.
(The Date of Treasury Challan/Demand Draft must be between the date of start of bid and Bid Submission End date).
The bidder who chooses the option of Demand draft shall upload the copy of DD for Rs. 8500/- In addition to this the bidder shall submit the demand draft through Registered post/courier latest by 25.10.2024 to Office of the Chief Engineer PWD (R&B) North Kashmir. The department shall not be responsible for any delay in submission of DD due to any reasons.
1. Defect Liability Period shall be 03 Years after date of completion.

9. All key construction material (i.e. cement, bitumen, pipes etc) shall have to be arranged by the contractor strictly as per specifications with the approval of Engineer-in-charge.

10. Qualification criteria for the work and other terms and conditions are contained in the bidding document available on website.

No:- 6213-22
DIPK-5714/24
Dated: 10.10.2024

Executive Engineer
R&B Division Baramulla

India Could Miss Skipper Rohit Sharma For One Test In Australia

Press Trust of India

NEW DELHI: India could miss the services of skipper Rohit Sharma during one of the first two Test matches in Australia due to personal reasons which have communicated to the BCCI.

The Indian team will embark on tough five-Test series in Australia starting November 22 in Perth and there is a possibility that Rohit could give either the first or the second game in Adelaide (December 6-10) a miss.

"There isn't any complete clarity about the situation. It is understood that Rohit has intimated to the BCCI that there is a possibility that



due to a pressing personal matter, he might have to skip one of the two Tests at the beginning of the series," a BCCI source

told PTI on conditions of anonymity. "In case, the personal issue is sorted before the start of the series, he

might play all five Tests. We will get to know more in coming days," he said. The 37-year-old Rohit played both the home

Tests against Bangladesh. India will next host New Zealand for a three-Test rubber starting October 16.

In case Rohit misses a Test match in Australia, the in-form Abhimanyu Easwaran is likely to be his cover although Shubman Gill and KL Rahul are also players with enough experience in the opening slot.

Easwaran will also be in Australia with the India A team which he is supposed to lead.

However, there is no word who the vice-captain of the Test team will be as there was no official deputy for Rohit during the recent home series against Bangladesh.

Cycling Expedition 'Race Across India' Kicks Off From Srinagar

Observer News Service

SRINAGAR: On Thursday, J&K Chief Secretary Atal Dulloo flagged off India's longest cycling expedition, "Race Across India", from Polo View ground. The cyclists will now pedal to the farthest point of the country, Kanyakumari.

The expedition, mainly sponsored by the Indian Oil Corporation Limited, is the second edition of the series, with 22 teams including national as well as international cyclists participating this year. The race has cyclists of different age categories and professions taking part.

On the occasion, the Chief Secretary applauded the efforts of both J&K Sports Council and IOCL for their collaboration in organising this event in J&K.

Dulloo further pointed out that numerous events



of international prominence are now being organised in J&K with large participation of sportspersons of great repute.

Secretary DYSS Sarmad Hafeez, who was present at the ceremony, also bestowed his wishes on the participants.

IOCL Divisional Head called the event significant that would give opportunity to the cyclists to

experience India in its true diversity.

"Race Across India" is the largest organised event in the country with cyclists destined to start from Srinagar and conclude at Kanyakumari more than 3750 km away from here.

It has around 15 solo riders and 22 teams comprising two or four members categorized in different age groups.

Legends Cricket League: India Capitals Light Up Bakshi Stadium



Observer News Service

SRINAGAR: Australian left-handed batter Ben Dunk lit up Bakshi Stadium on Thursday as India Capitals hammered Manipal Tigers after being sent in to bat first.

Dunk, who plays for Lahore Qalandars in Pakistan

Super League, fell just three runs short of a century as he made 97 from 47 balls. He hit 7 sixes and 8 fours in his knock, with the Srinagar crowd loving every hit. The Capitals posted a mammoth 185/7 in their 20 overs. Apart from Dunk, Dwayne Smith made 29 from 32 balls for the team.

Manipal Tigers, meanwhile, were led by Asela Gunaratne who took 3 wickets in his 4 overs for 10 runs.

In reply, the Tigers were crumbling and had reached 40/3 after 8 overs. English batter Phil Mustard had top scored at the time of writing, making 20 off 19 balls.

Srinagar Premier League: Real Kashmir Beats Northall 6-0

Observer News Service

SRINAGAR: Real Kashmir FC was on fire Thursday as its Reserves team took their Srinagar Premier League opponents to the cleaners at TRC Stadium here.

The floodgates opened early on as Basit scored the opener against Northall United FC in just the second minute of the game. Asrar made it 2-0 in the 28th minute, while Aqib scored in the 44th to give the Snow Leopards a 3-0 lead at half time.



Northall United tried to stem the flow in the second half, but Real Kashmir pounced on the opportunities it got. Ubaid made 4-0 in the 75th minute,

while Talib converted a 82nd minute penalty.

Asrar scored his brace in the 85th minute to complete a comprehensive 6-0 win for Real Kashmir.



District Srinagar Kabaddi Championship 2024 Concludes

Observer News Service

SRINAGAR: The two-day long District Srinagar Kabaddi Championship 2024, organised by District Srinagar Kabaddi Association in collaboration with J&K Sports Council under the aegis of J&K Amateur Kabaddi Association, concluded at Indoor Hall Polo Ground. The championship saw eight teams of each category participate. Hilal Ahmad, Deputy Manager Polo Ground, was the chief guest, while Shakeel Ahmad and Irfan Ahmad were among Guest of Honours on the occasion.

Speaking on the occasion, the Chief Guest congratulated all participants and hailed the organisers for organising such event. He hoped that a Kashmir-based Kabaddi team will participate in Kabaddi Pro League.

Acme sports Academy won the championship by defeating MGL Kabaddi Club by 20 points.

The championship was conducted under the supervision of Jahangeer Mohammad (Kabaddi Coach).

DYSS Holds Fit India Freedom Run In Zone Mattan



Observer News Service

ANANTNAG: The Department of Youth Services and Sports Anantnag successfully organized the Fit India Freedom Run in Zone Mattan on Thursday. This initiative, held under the larger banner of the Fit India program, witnessed the participation from almost 98 students (Boys and Girls), YSS staff and sport analysts.

The event was flagged off from main market Kehribal and run was finished at High School Wantrag.

"Event reflected the core objectives of the Fit India initiative, promoting physical well-being and awareness through active participation in sports and cleanliness drives," the department said in a press release.

Brook & Root Set Records As England Close To Famous Win

Agencies

MULTAN: England is on the verge of a famous cricket victory after Harry Brook smashed the second-fastest triple century in history, Joe Root scored a career-best 262 and the tourists declared their first innings at an enormous 823-7 against Pakistan in the first Test on Thursday.

Pakistan, which scored 556 in its first innings, collapsed second time round to reach stumps on Day 4 at 152-6, needing another 115 runs to avoid an innings defeat.

It was the fourth time a




Test team scored more than 800 runs — and the first time this century — as Yorkshire pair Brook and Root showed plenty of resilience and stamina to rewrite the record books in the heat of Multan.

Brook hit 317 off 322 balls and also raised England's

highest-ever partnership of 454 runs with Root for the fourth wicket, taking the team from 249-3 to 703-4 in a marathon stand.

Pakistan then crumbled with its top-order stumbling against the pace of Gus Atkinson (2-28) and Brydon Carse (2-39).



Jammu & Kashmir Bank Ltd
Human Resources (Medical Section)
Corporate Headquarters, Srinagar.
retireeinsurance@jkbmail.com

Renewal of Group Medical Insurance Scheme for Retirees of the Bank for the year 2024-2025

The Group Medical Insurance (GMI) scheme for retirees of the Bank is due for renewal w.e.f **November 1st, 2024** and Indian Banks' Association (IBA) has again hired services of existing insurer, "National Insurance Company" through the request for Proposal (RFP) process. Accordingly, all the retired employees of the Bank who are already covered under (IBA) Medical Insurance Scheme up to **31st October, 2024** and intend to continue with the Insurance Cover on revised premium rates & conditions, and those Retirees who have attained the age of superannuation after **31st October, 2023** may now opt/join the Medical Insurance Scheme cover as per terms and conditions of the scheme.

In addition to above, Retirees who are not covered under expiring Retirees policies, can be covered under Retirees policy 2024-25 with Retiree Base policy and can also opt for Top up policy as a onetime measure.

Those retirees who are willing to continue/join the aforesaid Medical Insurance Scheme may visit/contact their nearest Branch for detailed guidelines regarding the subject matter, and for forwarding their consent to Medical Claims Section, Human Resources-Corporate Headquarters at retireeinsurance@jkbmail.com, or suheel.ahmad@jkbmail.com by or before **25th October, 2024** in the prescribed format.

However, the insurance cover shall be subject to acceptance from the Insurance Company without any liability on part of the Bank.

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DIPK-NB-1642-24
DT: 10/10/2024

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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.