





# Study Finds Thyroid, Liver Proteins Help Maintain Brain Health, Could Help Treat Neurodegeneration

Press Trust Of India

A study has uncovered a biological process in which thyroid hormones and proteins in the liver work together to regulate cholesterol, an imbalance of which is considered common in neurodegenerative diseases. Researchers said the "previously unrecognised" process could be targeted to prevent one from developing ageing-related disorders, such as Alzheimer's and Parkinson's diseases. The study, led by the University of Houston, US, reviewed previously published research on how thyroid hormones and liver proteins (liver X receptors) function, and found that the two were part of a single process by which the endocrine system balances cholesterol in the

brain. Further, a decline in the function of liver proteins crucial to regulating thyroid in the brain was found to lead to ageing-related degeneration in neurons (neurodegeneration). Therefore, the "discovery could fundamentally change how we approach treatment for various neurodegenerative conditions", said lead author Margaret Warner, a professor at the department of biology and biochemistry, University of Houston. "A review of the literature clearly shows that these two receptors work together to regulate cholesterol homeostasis and dysregulation of cholesterol homeostasis is a common factor in neurodegenerative diseases," the authors wrote in the study published in the journal Genomic Psychiatry. Alzheimer's disease treatments aimed at activating liver proteins



known to regulate cholesterol and lipid (fat) metabolism could help reduce amyloid plaque formation and improve memory, the researchers proposed. Amyloid plaques are clumps of amyloid proteins in the brain which are considered a hallmark of Alzheimer's disease and are a common target for developing drugs. The authors said their review revealed a higher prevalence of hypothyroidism -- in which thyroid is produced in insufficient levels -- in Alzheimer's disease, but cautioned that they could not discern if it was a risk factor for or a consequence of the neurodegenerative condition.

The team also proposed looking at processes involving liver X receptors for treating Parkinson's disease because of their protective effect on dopamine-producing neurons. A lack of the brain chemical dopamine is considered to play a key role in causing Parkinson's disease. The process involving thyroid and liver proteins could also be targeted for treating amyotrophic lateral sclerosis, a progressive disease affecting movement neurons in the brain and spinal cord, and multiple sclerosis, which is an autoimmune condition, the authors suggested. "What's particularly intriguing is the age-dependent nature of these protective effects. Understanding why certain neurons become vulnerable to degeneration as we age could be key to developing preventive treatments," said co-author Xiaoyu Song, University of Houston.

## 'Poor Sleep In Early Middle Age Related With Accelerated Brain Ageing'

Press Trust Of India

Brain scans have revealed higher levels of shrinkage -- a sign of brain ageing -- among people having poor sleep quality in early middle age, according to a study. A group of 589 people aged 40 years on average responded to sleep questionnaires both at the beginning of the study and again five years later. The participants had their brains scanned 15 years after the study began. "Our study, which used brain scans to determine participants' brain age, suggests that poor sleep is linked to nearly three years of additional brain ageing as early as middle age," Cl  mence Cavall  s, from the University of California San Francisco and corresponding author of the study published in the journal Neurology, said.

Poor sleep habits have been linked to poor thinking and memory in later life, putting people at higher risk for dementia, Cavall  s said. The participants' sleep habits were categorised as such -- short sleep duration, bad sleep quality, difficulty falling asleep, difficulty staying asleep, early morning awakening and daytime sleepiness. They were thus divided into three groups according to low, middle and high levels of poor sleep habits. Brain shrinkage revealed in the brain scans were



used for gauging brain age, with higher levels indicating a greater age, the researchers said. The team found that people having middle levels of poor sleep habits had a brain age that was on average 1.6 years older than that of the people having low levels of poor sleep. Those having high levels of poor sleep were found to have an average brain age of 2.6 years older than those having low levels of poor sleep habits. "Our findings highlight the importance of addressing sleep problems earlier in life to preserve brain health, including maintaining a consistent sleep schedule, exercising, avoiding caffeine and alcohol before going to bed and using relaxation techniques," author Kristine Yaffe, from the University of California San Francisco, said.

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**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 death of Ab Rehman Shah S/o Late Mohd Yaseen Shah R/o Iqbal Colony Pattan Tehsil Pattan District Baramulla with verified date of event (birth) as 15-10-2023 occurred at Home  
 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**  
 This is to inform the general public that I am applying for the registration of a Tour And Travel license under the name OVER MOUNTAIN HOLIDAY TOUR AND TRAVEL, located at KALANTRA PAYEEN, Tehsil Kreeri, District Baramulla, at the office of Assistant Director Tourism Gulmarg. If anyone has any objections regarding this matter, they may file their objection at the Department of Tourism office of the Assistant Director Tourism Gulmarg, within 15 days from the date of publication of this notice. After this period, no objections will be entertained.  
 Danish Rasheed Pala  
 S/O Abdul Rasheed Pala  
 R/O Hadu Madam, Tangmarg Baramulla.

Govt. of U.T. of Jammu & Kashmir  
**Office of the Executive Engineer**  
**Water Works Division Srinagar**  
 "Tel: 0194-2452047, 2477207" email ID: xenwwd@gmail.com  
**PUBLIC NOTICE**  
 General Public is hereby informed that due to some repair works of pumping units at Dalbund Nishat, the water supply from WTP Nishat will remain affected from 30-10-2024 (Afternoon) till 31-10-2024 (Afternoon).  
**The affected areas include:**  
 Nishat, Brein, Kralangri, Gupkar, Nehru Park, Mir Behri Dal, Buchwara, Dalgate, Konakhan, Khayam, Bishambar Nagar, Indra Nagar, Shivpora, Sonwar, Batwara, Lal Chowk, Poloview, M.A. Road, Residency Road, Court Road, Rajbagh (Partly), Maisuma, Gowkadal, Barbarshah, Koker Bazar, Basant Bagh, Habba Kadal, Fateh Kadal, Balgarden, Karan Nagar, Suthra Shahi, Tankipora, Zaindar Mohalla, Karfali Mohalla, Nawa Bazar, Kaka Sarai, Bohri Kadal, Babademb, Nowhatta (Partly), Khawaja Bazar, Rainawari, Miskeen Bagh  
 General Public is hereby notified through the medium of this notice to store sufficient supply of water to meet the demands. For any complaints/grievances regarding scarcity / shortage of water supply, general public are requested to contact the PHE Provincial Control Room which remains functional round the clock for the service of the general public.  
**The Contact Numbers of Provincial Control Room are as under:**  
 1. 0194-2477207, 0194-2452047 (Landline Numbers)  
 2. 9419413914, 9419413915 (WhatsApp Numbers)  
 No: WWD/Sgr/5243-52  
 DIPP-6873/24  
 Dated: 28-10-2024  
 Sd/--  
 Executive Engineer  
 Water Works Division  
 Srinagar

Government of Jammu & Kashmir  
**General Administration Department**  
 Civil Secretariat, J&K  
**Subject: Verification of Character & Antecedents of the applicant who has applied for Compassionate Appointment under SRO-43 of 1994.**  
**NOTICE**  
 The applicant namely **Mr. Mohammad Asgar S/o Late Mohammad Latief, Ex-Helper, Department of Forest, Ecology & Environment R/o Banwat, Tehsil Haveli, District Poonch** is hereby informed to submit his E-mail ID and contact details in the office of Deputy Commissioner, Poonch or in the Cabinet Section, General Administration Department, Civil Secretariat, Srinagar/Jammu, in person, within a period of twenty one (21) days positively, for the purpose of filling up of e-verification roll to obtain his character and antecedents from the Criminal Investigation Department, failing which he shall forfeit his right to appointment under J&K (Compassionate Appointment) Rules, 1994.  
 The Deputy Commissioner, Poonch is requested to facilitate the filling up of e-verification roll of the applicant and after due punching of the data, the e-verification roll may be forwarded to the Criminal Investigation Department, J&K.  
 The report from Criminal Investigation Department as received by the office of Deputy Commissioner, may be forwarded to General Administration Department via E-mail (jkgadsro43@gmail.com).  
 DIPP-6869/24  
 DATED: 28-10-2024  
 No. GAD-SRO/226/2024-09 (CC-7458296)  
 (Irfan Manzoor)  
 Under Secretary to the Government  
 Dated: 22.10.2024

Government of Jammu and Kashmir  
**Department of Skill Development**  
 Civil Secretariat, J&K.  
**Subject: Select list for the post of Lecturer-I (E&C) and Lecturer-II (Travel, Tour and Hotel Management).**  
 Reference: I) PSC/DR/Skill/Lect Electronics and Communication/2022 dated 06.08.2024 from J&K Public Service Commission.  
 II) PSC/DR/Skill/Lect-II, Travel, Tour and Hotel Management/ 2022 dated 06.08.2024 from J&K Public Service Commission.  
**NOTICE**  
 Pursuant to the selection and recommendation by the J&K, Public Service Commission vide communication No. PSC/DR/Skill/Lect Electronics and Communication/2022 dated 06.08.2024 & PSC/DR/Skill/Lect-II, Travel, Tour and Hotel Management/2022 dated 06.08.2024, all the selected candidates are hereby informed to submit their e-mail id and contact. No. details in the Personal Section of the Department of Skill Development, Civil Secretariat, Jammu/Srinagar in person or on official email id jksddl2@gmail.com within a period of (21) twenty one days from the date of issuance of this notice, for uploading the same on the Employee Verification System (EVS), failing which it shall be presumed that they are not willing to take up their appointment in the Department of Skill Development, and shall forfeit the right of appointment without any further notice.  
 (Harjinder Singh)  
 Under Secretary to the Government  
 No. DSD-Poly/7/2023-02 (7207176)  
 DIPP-6848/24  
 Dated:-28.10.2024

**Office of the Executive Magistrate**  
**1st Class Narbal Budgam**  
 Tele Fax 01951-260-276 Pin Code 193401  
**Notice For General Public**  
 I tis hereby notified that the applicant namely Abdul Qayoom Dar S/o Ghulam Ahmad Dar R/O Russu tehsil Narbal District Budgam had applied for the issuance of Death Certificate of his father namely Ghulam Ahmad Dar. The applicant intends to register the DOD of his father as 08-09-2020  
 In this connection, if anybody having any objection regarding the same he/she may contact office of the undersigned within seven (07) days, after which no objections shall be entertained.  
 Executive Magistrate 1st Class  
 Narbal  
 bmg  
 Dated: 28-10-2024

**PUBLIC NOTICE**  
 I have lost my passport bearing number: P8578398, while travelling from Saida Kadal to Hazratbal Srinagar. Now I have to file an FIR in this regard in the local police station. Anyone having any objection may submit the same to the concerned police station within seven days from the date of publication of this notice. No objection shall be entertained after the said date.  
 Jahangir Ahmad Bhat  
 S/o Late Abdul Ahad Bhat  
 R/o Saderbal, Hazratbal Srinagar  
 SS

**The Jammu And Kashmir**  
**Board Of School Education**  
 New Campus Bemina Srinagar  
 I have passed/appeared in Secondary School Examination (Class- 10th) under Roll No. 121012059 Session: Annual Regular Year 2024 through the Jammu and Kashmir Board of School Education. Due to the error committed by the concerned School/parent/ Board, against my father name as Late Gh Hussain Mir Instead of Ghulam Hussain Mir  
 Now, I have applied for correction/rectification of error in the Jammu and Kashmir Board of School Education. New Campus Bemina. Srinagar, if any person has any objection in this regard, may file the same in the office of the Assistant Secretary, Certificates-KD within seven days from the date of Publication of this notice, after the expiry of said period no objection will be entertained.  
 Name: Parveeza Hussain  
 F/N: Ghulam Hussain Mir  
 M/N: Saleema Bano  
 DOB: 06-08-2009  
 Residence: Yagipora Magam  
 Mobile No: 7006599658  
 BMG

**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 Ayaan Ali Mir S/o Ghulam Mohi-ud-din Dar R/o Hanjiwera Payeen Tehsil Pattan District Baramulla with verified date of event (birth) as 10-02-2020 occurred at Home  
 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

از دفتر نائب تحصیلدار پٹان  
 درخواست منجانب جاوید حسن راتھرو ولد غلام حسن راتھرو ساکن گوشہ پٹن بمبرادھصول  
 EWS سرٹیفیکٹ بحق اولاد دان  
 اشتہار ہر خاص و عام  
 معاملہ مندریہ عنوان الصدر میں درخواست سائل دفتر پٹان میں زیر کاروائی ہے اس نسبت  
 پٹاری حلقے سے رپورٹ بشمول مطلوبہ نفاذات ریکارڈ طلب کے گئے جس سے عیاں ہوتا  
 ہے کہ سائل موشع گوشہ کاسکونت مدار ہے سائل مذکورہ کاکل رقبہ مکان وحقن  
 1567.2 موجود ہے سائل کے کنڈی مہانہ آمدنی 23025 روپیہ تک ہے کنڈی بڈیل  
 افراد پر مشتمل ہے  
 جاوید حسن راتھرو 42 سال دکانداری سربرہ کنڈی  
 ممتازہ بیگم 41 سال گھریلو کام زوجہ  
 سرن جاوید 21 سال ملازم دختر  
 توفیق جاوید 19 سال زیر تعلیم پسر  
 قربان جاوید 17 سال -- --  
 اربان جاوید 11 سال -- --  
 سرٹیفیکٹ زیر بحث اجراء کرنے میں اگر کسی شخص یا شخص کاکوئی عذریہ اعتراض ہو تو وہ اپنا  
 عذریہ اعتراض آئین یوم کے اندر پیش کریں۔ عیاد ڈگری کرنے کے بعد کوئی عذریہ اعتراض قابل  
 قبول نہیں ہوگا۔  
 نائب تحصیلدار  
 fko

از نیابت پٹان  
 عنوان:- درخواست منجانب بسند احمد دفتر عبداللہ حدیچو پان ساکن موشع ہری پور پٹان  
 تحصیل پٹن بمبرادھصول OBC سرٹیفیکٹ بڈمہ پٹان  
 اشتہار ہر خاص و عام  
 معاملہ مندریہ عنوان الصدر میں سائل نے ایک درخواست بڈمہ پٹن OBC سرٹیفیکٹ بڈمہ کمار  
 پٹن کی ہے جو کہ زیر کاروائی ہے اس بارے میں پٹاری حلقے سے رپورٹ طلب کی گئی ہے جس  
 سے عیاں ہے کہ سائل واقعی پٹان ذات سے تعلق رکھتا ہے اور سائل ہری پور تحصیل  
 پٹن میں رہائش پذیر ہے اور کبھی بھی ترک سکونت نہیں کی ہے سائل مذکور OBC سرٹیفیکٹ  
 حاصل کرنے کا خواہ ہے۔ سرٹیفیکٹ زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی  
 عذریہ اعتراض ہو تو وہ بعد ہشتاد و ہشتاد دن کے اندر آ کر اپنے عذریہ اعتراض و دلائل حد تک  
 اوقات کے دوران پیش کریں۔ بعد گزرنے کے بعد کوئی عذریہ اعتراض قابل قبول نہیں ہوگا۔  
 نائب تحصیلدار  
 FKO

# Water Supply To Remain Affected In Srinagar On Oct 30-31

Observer News Service

**SRINAGAR:** The Public Health Engineering (PHE) Department has issued a public notice, announcing a temporary disruption in the water supply due to essential repair work on the pumping units at Dalbund Nishat Water Treatment Plant (WTP).

"The water supply will be affected from the afternoon of October 30, 2024, until the afternoon of October 31, 2024, reads a public notice issued by the office of the Executive Engineer Water Works Division Srinagar.

It reads as, residents across various areas, including Nishat, Brein, Kralasangri, Gupkar, Nehru Park, Mir Behri Dal, Dalgate, Khayam, Sonwar, Lal Chowk, and many other localities, are advised to store enough water to cover their



needs during the disruption. "For any concerns or issues related to water shortages, residents can contact the PHE Provincial Control Room, which is operational 24/7. The contact numbers are as Landline: 0194-2477207, 0194-2452047, WhatsApp: 9419413914, 9419413915," reads the notice. Pertinently, the PHE Department appreciates the cooperation and patience of residents as they work to complete these necessary repairs.

## Water Crisis Hit Srinagar's Eidgah, Khanyar Localities

**SRINAGAR:** Residents of Eidgah and Khanyar areas in Srinagar are struggling with acute water shortages, leaving thousands without access to drinking water.

The affected localities include the Wanganpora, Pamposh Colony, Krishibal, Takanwari, Bakshipora, Nowpora, and Alamdar Colony.

"We haven't seen water supply in our area for weeks. We are forced to fetch water from distant sources, spending hours daily," said Gulzar Ahmad, a resident of Wan-

The affected localities include the **WANGANPORA, PAMPOSH COLONY, KRISHIBAL, TAKANWARI, BAKSHIPORA, NOWPORA, AND ALAMDAR COLONY.**

ganpora, Eidgah. The water scarcity has severely impacted daily life. "We struggle to manage basic needs like cooking, washing, and hygiene. Authorities seem unconcerned,"

added Naseema Akhtar, a resident of Pamposh Colony.

Locals expressed frustration with the Public Health Engineering (PHE) department's inaction. "Despite repeated complaints, PHE officials haven't addressed our concerns," Muhammad Yousuf, a resident of Nowpora, Khanyar, told the news agency KNT.

When contacted, a PHE official attributed the shortage to "technical issues" and assured prompt action.

# ADGP CID Inaugurates Grievance Cell In Srinagar

Observer News Service

**SRINAGAR:** As a step toward fostering a stronger public-police relationship, the authorities have inaugurated a dedicated Public Grievance Cell at the CID headquarters in Srinagar.

Launched by Additional Director General of Police (ADGP) CID, Nitish Kumar, this initiative seeks to create a streamlined platform for addressing "public complaints and improving accessibility to essential police services."

The cell was established under the directives of Lieutenant Governor Manoj Sinha, will expedite the resolution of public grievances, offering timely assistance with verification processes and other citizen services.

Sharing the new cell's role, ADGP Nitish Kumar on the sideline of the



event said the initiative will bridge longstanding gaps in service delivery, enabling the public to experience quicker and more efficient handling of their issues.

"From passport verifications to service-related inquiries, all requests will now be addressed here, simplifying processes and reinforcing trust between the community and the police," Kumar said.

Also, the details of griev-

ance cell revealed that for public assistance, the CID grievance cell can be accessed at, Phone: 9906126468, Landline: 0194-2459935 (Srinagar), 0191-2582905 (Jammu) and Email: grievance-cidjk@jkpolice.gov.in.

Pertinently, this grievance cell represents a noteworthy advancement in public service, fostering transparency and a positive police-public interface in Jammu and Kashmir.

# Run for Unity: Traffic Police Issue Advisory

Observer News Service

**SRINAGAR:** Traffic police department has issued an advisory for October 29, to ensure smooth traffic flow during the "Run for Unity" event in Srinagar.

The event, taking place from 7:00 AM to 10:00 AM, will see participants, including VIPs, running from SKICC (Sher-i-Kashmir International Conference Centre) to the Botanical Garden.

To manage the expected congestion along the route, the Srinagar Traffic Police has designated specific parking areas for participants, including Police Golf Course, Royal Spring Golf Course, Jet Ski Point, Botanical Garden, Barista near Lalit Ghat From 7:00 AM to 10:00 AM, traffic on Boulevard Road, spanning

from Lalit Ghat to Kralasangri, will be restricted. Motorists traveling to Nishat, Shalimar, and Harwan are advised to take the Dalgate-Rainawari-Hazratbal route instead.

Those traveling from Harwan, Shalimar, and Nishat to Lal Chowk should use the Foreshore-Hazratbal route.

Additionally, drivers from Gulab Bagh, Zakoora, Naseembagh, Habbak, and nearby areas are encouraged to travel via the Habak-Dargah-Khanyar route instead of Foreshore Road.

Participants are requested to park only in designated zones, as vehicles parked along the roadside will be towed. Emergency vehicles will be allowed to use the shortest available routes.

For assistance, the public can contact the Traffic Police Control Room at 103.

**AIJAZ AHMAD SHAH NO MORE**

With profound grief we announce the sad demise of Aijaz Ahmad Shah S/O late Ghulam Hassan Shah of Sheikh Musa Ghat, Zaina Kadal, Srinagar (presently Alamdar Colony, Gopalpora- Chadoora) on Monday, Oct 28, 2024 after brief spell of illness.

Congregational Fateha Khwani shall be observed at our ancestral graveyard Malkha near Nowhatta police station on Wednesday 30th October 2024 at 10.30 A.M.

**Bereaved**  
Shah & Pandit Families

رس چہرام

یہ خبر انتہائی دکھ کے ساتھ دی جاتی ہے کہ بشیر احمد ولد مرحوم عبدالاحد صاحب ماسٹر ٹرک کالونی اے محرومین کو تار لعل بازار سرینگر بروز اتوار مورخہ ۱۲ اکتوبر ۲۰۲۴ء کو اس دار فانی کو خیر آباد کہہ گئے۔ اس سلسلہ میں ہم چہرہ ۳۱ اکتوبر ۲۰۲۴ء بروز جمعرات صبح ۱۰ بجے بمقام آبائی مقبرہ ملکسا سرینگر نزد یک پولیس اسٹیشن نوہٹہ سرینگر انجام دیا جائیگا۔

سو گواران:

محمد اشرف بٹ، تنویر احمد بٹ، مدثر احمد بٹ، پرویز احمد بٹ، 9419019014

Building Viksit Bharat through Youth Empowerment

Distribution of Appointment Letters to over **51,000** selected candidates for Government jobs across **40** locations nationwide under

**Rozgar Mela**  
by Prime Minister **Narendra Modi**

29<sup>th</sup> October, 2024 | 10:30 AM  
(through Video Conferencing)

- Bharat Sarkaar, along with partner state governments creating lakhs of new jobs
- Stringent law against paper leaks has been enacted to protect the future of youth
- Continuous monitoring of vacant positions and the recruitment process through an online system
- Special benefits to women, Persons with Disabilities and candidates from Aspirational districts
- Appointments through esteemed agencies such as UPSC, SSC, Railway Recruitment Board, and IBPS
- More than 1400 courses are available on i-GoT Karmayogi Portal along with "Karmayogi Prarambh" module for training of selected candidates

For more information regarding training visit the website of Karmayogi Module <https://igotkarmayogi.gov.in/> or Scan the QR code

DD NEWS Watch the live telecast of the event on DD News

CBC 063011300032425

## PM To Launch Health Projects Worth 12,850 Cr Today

Press Trust Of India  
New Delhi: Prime Minister Narendra Modi will launch development projects worth nearly 12,850 crore on Tuesday and also extend his government's flagship health insurance scheme Ayushman Bharat to all senior citizens aged 70 years and above.



PM Modi has chosen to unveil the major health sector push on the occasion of the ninth Ayurveda Day and the birth anniversary of Dhanvantari, considered the god of medicine. At a separate event, he will also distribute more than 51,000 appointment letters to the youth as part of his government's 'Rozgar Mela', an official statement said. Noting that it has been the constant endeavour of the prime minister to provide quality healthcare services in the country, another statement said PM Modi will inaugurate Phase II of India's first All India Institute of Ayurveda in the national capital. It includes a Panchakarma hospital, an ayurvedic pharmacy for drug manufacturing, a sports medicine unit, a central library, an IT and start-ups incubation

centre and a 500-seat auditorium among others. He will also inaugurate three medical colleges at Mandsaur, Neemuch and Seoni in Madhya Pradesh. Further, the prime minister will inaugurate facility and service extensions at various AIIMS - Bilaspur in Himachal Pradesh, Kalyani in West Bengal, Patna in Bihar, Gorakhpur in Uttar Pradesh, Bhopal in Madhya Pradesh, Guwahati in Assam and in New Delhi - which will also include a Jan Aushadhi Kendra. He will also lay the foundation stones of five nursing colleges in Shivpuri, Ratlam, Khandwa, Rajgarh and Mandsaur in Madhya Pradesh, 21 critical care blocks at Himachal Pradesh, Karnataka, Manipur, Tamil Nadu and Rajasthan under Ayushman Bharat Health Infrastructure Mission (PM-ABHIM), and several facilities and service extensions at AIIMS in New Delhi and in Bilaspur, Himachal Pradesh. Among other projects, he will inaugurate an ESIC hospital at Indore in Madhya Pradesh and lay the foundation stone for ESIC hospitals at Faridabad in Haryana, Bommasandra and Narasapur in Karnataka, Indore in Madhya Pradesh, Meerut in Uttar Pradesh, and Atchutapuram in Andhra Pradesh. These projects will bring healthcare benefits to around 55 lakh ESI beneficiaries. In an innovative usage of drone technology to enhance service delivery and make healthcare more accessible, PM Modi will launch drone services at 11 tertiary healthcare institutions.

## Waqf Panel Session Erupts in Clash Again

Press Trust Of India  
New Delhi: Members of ruling and opposition parties engaged in verbal clash as former judges and Waqf administrators of different states appeared before the Parliament's panel on the Waqf bill which met for the first time on Monday after TMC member Kalyan Banerjee's suspension for unruly conduct. Banerjee, who broke a glass bottle and allegedly hurled it towards the chairman during the meeting last week leading to his suspension for a day, was not present at Monday's sitting. It was trouble from the word go, as AAP member Sanjay Singh objected to the examination of the Delhi Waqf Board administrator Ashwini Kumar, contending that the report submitted by him was not approved by the Delhi Chief Minister. A heated exchange among ruling and opposition members ensued, leading to a walkout, for

a brief period, by Singh, Congress members Naseer Hussain and Mohammad Jawed, AIMIM member Asaduddin Owaisi, SP member Mohibullah, DMK member Mohamed Abdulla and Mohammad Nadim-ul Haque of TMC. Opposition members also struck off their signatures from the attendance roster of the parliamentary committee before walking out, parliamentary sources said. Delhi Chief Minister Atishi shot off a letter to Jagdambika Pal, the Chairman of the Joint Committee on the Waqf Amendment Bill, to consider the report of the Delhi Waqf Board as "null and void" as it was sent without the approval of the Delhi government. As the opposition members persisted with their objection to a presentation by the Delhi Waqf Board, the panel Chairman decided to seek the opinion of the Lok Sabha Secretary-General on the matter.



## Israeli Campaign Leaves Lebanese Border Towns In Ruins, Satellite Images Show

Agencies  
BEIRUT: Israel's military campaign in southern Lebanon has caused vast destruction in more than a dozen border towns and villages, reducing many of them to clusters of grey craters, according to satellite imagery provided to Reuters by Planet Labs Inc. Many of the towns, emptied of their residents by the bombing, had been inhabited for at least two centuries. The imagery reviewed includes towns between Kfarkela in southeastern Lebanon, south past Meiss al-Jabal, and then west past a base used by U.N. peacekeepers to the small village of Labbouneh. "There are beautiful old homes, hundreds of years old. Thousands of artillery shells have hit the town, hundreds of air strikes," said Abdulmonem Choukeir, mayor of Meiss al-

Jabal, one of the villages hit by Israeli attacks. "Who knows what will still be standing at the end?" Reuters compared satellite images taken in October 2023 to those taken in September and October 2024. Many of the villages with striking visible damage over the course of the last month sit atop hills overlooking Israel. After nearly a year of exchanging fire across the border, Israel intensified its strikes on southern Lebanon and beyond over the last month. Israeli troops have made ground incursions all along the mountainous frontier with Lebanon, engaging in heavy clashes with Hezbollah fighters inside some towns. Lebanon's disaster risk management unit, which tracks both victims and attacks on specific towns, said the 14 towns reviewed by Reuters had been subject to a

total of 3,809 attacks by Israel over the last year. Israel's military did not immediately respond to Reuters questions about the scale of destruction. Israel's military spokesman Daniel Hagari said on Oct. 24 that Israel has struck more than 3,200 targets in south Lebanon. The military says it is attacking towns in southern Lebanon because Hezbollah has turned "civilian villages into fortified combat zones," hiding weapons, explosives and vehicles there. Hezbollah denies using civilian infrastructure to launch attacks or store weapons, and residents of the towns deny the assertion. A person familiar with Israel's military operations in Lebanon told Reuters that troops were systematically attacking towns with strategic overlook points, including Mhaibib.

## Iraq Lodges UN Complaint Over Israel Using Its Airspace To Attack Iran

Agencies  
BAGHDAD: Iraq has condemned Israel's use of its airspace to attack neighboring Iran in a protest letter sent to United Nations chief Antonio Guterres and the UN Security Council, Baghdad said Monday. A statement from government spokesman Bassim Alawadi said the letter condemns "the Zionist entity's blatant violation of Iraq's airspace and sovereignty by using Iraqi airspace to carry out an attack on the Islamic Republic of Iran on October 26." Alawadi said the Iraqi foreign ministry would also bring up "this violation" in talks with the United

States, Israel's close ally and top arms provider. Iraq has close ties with Tehran but also a strategic partnership with Washington, which has troops in Iraq as part of an international anti-jihadist coalition. While the Iraqi government has sought to avoid being dragged into the escalating regional conflict, some pro-Iran factions have launched attacks on US forces in the region and claimed responsibility for drones sent to Israel. Iranian military said that some Israeli aircraft had fired a "small number of long-range missiles... from a distance," inside the US-patrolled airspace of Iraq. Iranian foreign ministry spokesman Esmail Baghaei said on Monday that Tehran was "sure that no neighboring country has given this permission to the Zionist regime" to use its airspace. "We certainly hope that our friends in Iraq will announce the necessary reactions, including by registering their protest with the United Nations, and will not allow such incidents to happen again," Baghaei added.



States, Israel's close ally and top arms provider. Iraq has close ties with Tehran but also a strategic partnership with Washington, which has troops in Iraq as part of an international anti-jihadist coalition. While the Iraqi government has sought to avoid being dragged into the escalating regional conflict, some pro-Iran factions have launched attacks on US forces in the region and claimed responsibility for drones sent to Israel.

## The Jerusalem Post 'Israel Has Long Way to Go to Defeat Hezbollah'

Agencies  
Beirut: The number of Israeli soldiers killed in southern Lebanon is increasing daily rather than decreasing over time, Israeli media reported on Monday. An analysis by Seth Frantzman published in the Israeli newspaper The Jerusalem Post pointed out that, after a month into war with Lebanon, the Israeli operation has begun to "take toll". Al-Mayadeen News reported Monday. The strikes Israel conducted to supposedly weaken Hezbollah's command and control have failed to meet their objectives, as the Lebanese group's leadership remains intact and capable of continuing its deadly opera-

tion, Frantzman indicated. Despite the fact that the assassination of Hezbollah commanders and Secretary-General Sayyed Hassan Nasrallah "should have weakened the group's command and control," the Gaza war has revealed that such movements "are capable of replacing commanders even as they suffer blows," according to Frantzman. "Hezbollah continues to

fight on," the writer stressed. "The challenge in southern Lebanon is that while Hezbollah has suffered blows to its command and control, the group appears to be clinging on a month of war, the rocket fire continues to average around 100-200 rockets fired by Hezbollah a day." The report highlighted that fighting on two fronts — Gaza

and Lebanon — along with Hezbollah's ongoing rocket launches demonstrates that despite some Israeli "successes", these do not necessarily reduce losses on the front lines or bring about a swift defeat of these groups.

## Israeli Cabinet Meets in Secret Location

After Iran said it would respond to Israel's Saturday strikes in a corresponding fashion, the Israeli government moved its regular meeting to an undisclosed secret bunker, Bloomberg news reported on Monday. Israeli officials said that, for security reasons, the cabinet wouldn't meet at its usual place in Prime Minister Benjamin Netanyahu's office in Jerusalem or in an occasionally used secure part of the defense ministry in Tel Aviv. The actual location is being kept under wraps. Iran said it would respond to Israel's assault on missile and air defense systems in an appropriate fashion, without being more specific.

## Sinking into Gaza, Lebanon quagmire

In a related context, former Head of the Security and Political Bureau at the Israeli Ministry of Security, Major General (Ret.) Amos Gilad, stated that a political solution with the United States must be initiated to put an end to what is happening. This is the responsibility of the Israeli leadership, as Prime Minister Netanyahu is not discussing or making any decisions in this regard, Gilad emphasized. He underlined that such a settlement is essential "due to the rising number of our casualties," warning that without a resolution, "we will sink into the quagmire of Lebanon and Gaza."

**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 Ahmad Bin Mehraj S/o Mehraj-ud-Din Tantray R/o Mamoosa Tehsil Pattan District Baramulla with verified date of event (birth) as 22-09-2011 occurred at Home. 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

**ISLAMIC UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
AWANTIPORA, KASHMIR.  
Web site: www.iust.ac.in  
Tel: 01953 247954/247955  
**DATE EXTENSION NOTICE**  
The tender regarding Internal Electrification of Science Block at IUST Campus, Awantipora issued vide E-NIT no: IUST/EW/24/TEND/ELE/SCBLK/11, dated: 10-10-2024, is hereby extended. The important dates are as following:  
Date of Publishing of Corrigendum: 24-10-2024  
Last Date & Time for Online bid Submission: 28-10-2024, 6:00 pm  
Date of Submission of Hard Copy of DD (Cost of Document): 29-10-2024, 09:00 am to 05:00 pm  
Date & Time of Opening of Technical Bid: 30-10-2024, 10:00 am  
No. IUST/EW/24/ELE/730. S/d:  
Dated: 24-10-2024. Executive Engineer, IUST.  
DIPK-NB-2017/24 DATED: 28-10-2024

UNION TERRITORY OF JAMMU & KASHMIR  
**Office Of The Executive Engineer JSD PHE Division Qazigund**  
Fresh e-NIT No. 18/PHEQ OF 2024-25 Dated: -23-10-2024  
2ND Attempt  
NOTICE INVITING TENDER  
For and on behalf of Lt. Governor of UT of J&K, "Executive Engineer JSD PHE Division Qazigund" invites e-tenders on percentage rate basis from reputed and resourceful Contractors/Firms/Companies/Joint Ventures registered with JKPWD/JS/CPWD/Railways or any other state Government for below mentioned Works, approved under Amrut 2.0. The bidding process shall be completed online in two cover system with Cover 1st consisting of Qualification Criteria, Tender fee, Bid Security, General Terms and Conditions and Technical Specifications etc. Cover 2nd shall consist of Financial Bid (BOQ) in the prescribed format.  
Sr No Particulars of the work Estimated Cost (Lacs) Cost of Bid document (Rs) Earnest money (Lacs) Bid Validity Time of Completion of work (days) Class of Contractor  
01 Construction of successful testing and commissioning of 0.70 Lac Gallons Capacity OHT, Providing, Laying and Fitting of pipes, Const. of RCC Dome for Existing SR, Const. Of 02 No Tube Wells, Const. of Chamber at Junction, Const. of Panel cum Operator Quarter 2 Nos, Const. Of Operator Quarter at OHT Site, Repair Of Existing Sluice Chamber, Const. of DG Platforms at OHT Site & Tube Well Site, Const. of Approach Path and Electromechanical components for Qazigund under AMRUT 2.0 698.00 1000/- Pledged to Ex. Engineer JSD Qazigund 1396000/= Pledged to Superintendenting Engineer Hydraulic Circle Anantang 180 days 180 days AAY Class  
Position of funds: Approved Under Amrut 2.0  
Position of AAA: (Available /Accorded)  
Key/Critical Dates:  
i. Publish Date: 23.10.2024 (09.00 AM)  
ii. Document Download/sale start Date: 23.10.2024 (09.00 AM)  
iii. Clarification start date: 23.10.2024 (09.00 AM)  
iv. Bid submission start date: 23.10.2024 (09.00 AM)  
v. Clarification end date: 29.10.2024  
vi. Pre-bid Meeting date: 28.10.2024 (10.30 AM to (1.30 PM)  
vii. Document Download/sale end Date: 23.10.2024 (09.00 AM) to 31.10.2024 (04.00 PM)  
viii. Bid submission end date: 31.10.2024 (04.00 PM)  
ix. Date and time of Bid opening: 01.11.2024 (10.00 AM)  
No:PHEQ/CC/3745-65  
DIPK-6863/24 Date:28.10.2024  
Executive Engineer  
JSD PHE Division Qazigund.

Government of Jammu & Kashmir  
**Office Of The Executive Engineer Mechanical And Hospitals Division Srinagar**  
(Tele-fax No: 019-2496089, e-mail id: xenmhchdk@yahoo.in)  
CORRIGENDUM  
Subject: - 1. Supply Installation Testing and Commissioning of Two No. (G +4) 26 Passenger Bed Lift including CMC for three years at JLNH Hospital Rainawari Srinagar  
Ref :-1. This office e-NIT No: M&HDS/TS/2024-25/91/e-tendering Dated 10.10.2024  
In view of representations received from the firms to the above referred e-NITs, the Critical dates of above subject work tendered vide above referred e-NIT are extended as follows:-  
S.No Description Date and Time  
1. Last Date of Bid Submission 02.11.2024 (12:00 hrs)  
2. Date of Bid Opening 02.11.2024 (14:00 hrs)  
All other Terms and Conditions of the NIT shall remain the same.  
Sd/-  
Executive Engineer,  
Mechanical & Hospitals Division, Srinagar  
No: M&HDS/TS/5215-18 DIPK-6849/24 Dated: 28.10.2024



KASHMIR OBSERVER®

Printed & Published by Sajjad Haider on behalf of Kashmir Observer LLP  
Printed at: K.T Press Pvt. Ltd 120-Electronic Complex, Industrial Estate, Rangreth-Budgam  
Published from: 5-Boulevard Srinagar J&K  
Editor: Sajjad Haider  
News Editor: Farzana Nisar  
Opinion Editor: Tooba Towfiq  
Online Editor: Syed Hamid  
Head Layout & Design: Muntazir Yaseen,  
Distribution & Advertising: Firdos Ali  
RNI Registration No: 69503/98  
Postal Registration No-L/159/KO/SK/2014-16  
Legal Counsel: Tasaduq Khwaja  
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# Omar's Political Tightrope

The NC-Congress coalition faces the daunting task of balancing aspirations in Kashmir with expectations in Delhi



RIYAZ WANI

“  
Even if the statehood is granted somewhere down the line, it is expected to be more or less a truncated one just like that of Delhi. Centre, it is believed will be loathe to let go of control on the security agencies and the allied security related matters, lest it unravel the gains made in recent years

Contrary to expectations, the newly elected NC-Congress coalition has started on a positive note: Chief Minister Omar Abdullah has reached out to the central government and sought to establish a working relationship, in an apparent bid to prioritize governance over politics. But how long will this honeymoon last is anybody's guess. Omar's first priority is the restoration of statehood and to this end, the cabinet led by him passed a resolution as its first order of business. The CM later handed it over to prime minister Narendra Modi during his visit to New Delhi, his first after assuming the office. The visit during which he also met home minister Amit Shah, defence minister Rajnath Singh and transport minister Nitin Gadkari, attracted more attention for his shawl gifts to the three. This showed Omar's priority is to collaborate rather than to confront the centre to ensure he receives the necessary support to run the government.

But this is unlikely to be easy, and Omar seems to be mindful of this. The NC-Congress combine and the BJP-ruled central government drastically diverge in their ideology and governing philosophy for the union territory, making confrontation far more likely than cooperation. The dynamic places the coalition government at a disadvantage, given its lack of power in the existing arrangement.

The coalition's challenge isn't just dealing with the powerful Lieutenant Governor representing the BJP government at the centre, it will also be up against the BJP as a formidable regional opposition party with the second largest number of seats. The saffron party increased its tally in the Jammu division from the 25 seats in 2014 to 29 now, making

it the majority party from the region. The coalition will thus invariably be accused by the BJP of denying Jammu a credible representation.

With the BJP government at the centre and its LG effectively running the union territory, it is likely to be tough for the elected government to hold its ground, let alone take steps to fulfill its promises. In a recent interview, the senior BJP leader and its J&K pointman Ram Madhav has already put the coalition on notice saying it doesn't fully represent the entire union territory because the Jammu heartland is missing from it. Already such voices have reared their head in Jammu. Social media in the region is abuzz with the people expressing resentment at being left out of the government, even after consolidating in favour of the BJP. Going forward, the BJP is expected to further assert itself.

Will the centre restore statehood in the near future is an open question. It is, however, believed that New Delhi may take its own sweet time, during which it will closely monitor the behaviour of the Omar-led coalition. New Delhi wouldn't take kindly to the adoption of an aggressive stance on Article 370, a reason that may explain the downplaying of the NC rhetoric on Article 370, contrary to what the party has set out in its manifesto. Although Omar has reportedly been assured of the restoration of the statehood, no timeline has been given and thus no action on the assurance is expected anytime soon.

There is another catch: Even if the statehood is granted somewhere down the line, it is expected to be more or less a truncated one just like that of Delhi. Centre, it is believed will be loathe to let go of control on the security agencies and the allied security related

matters, lest it unravel the gains made in recent years.

Meanwhile, the first test of the NC-led coalition relationship with the centre will come when the coalition brings a resolution on Article 370 in the first session of the Legislative Assembly, as the NC MLA and party spokesperson, Tanvir Sadiq has made it clear. While the BJP will oppose it tooth and nail, arguing that Jammu's heartland districts which gave the party 29 seats didn't vote for it, it will be interesting to see how the NC's main coalition partner, the Congress responds to it. The Congress can act neutral or oppose the resolution with an eye on the upcoming elections in Maharashtra where its position on Article 370 will have a bearing on the voters. Abrogation of Article 370 which granted J&K a special position under the constitution enjoys a near-unanimous public support in the rest of the country, making it difficult for a national party like the Congress to support its restoration.

That said, it will also be interesting to see how the smaller parties in the Valley will behave. Considering these parties gunned for the NC when it initially seemed to back out of the resolution on Article 370, they will have no option but to vote for it. The NC too will need their support for any chance of the resolution being passed in the Assembly. As the Assembly session approaches, alliances will thus be tested, and the stakes will rise for all parties involved.

*Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The author is the Political Editor at Kashmir Observer*

KO VIEW

## Surge In Violence

In the third successive militancy related incident in ten days, three militants were killed by Indian security forces in Jammu and Kashmir's Akhnoor area during a failed ambush on an Army vehicle early Monday. Earlier, militants struck in tourist hub of Gulmarg, killing two soldiers and two porters and before that in a major incident, militants killed seven employees including a doctor at the construction site of the Z-Morh tunnel linking Kashmir Valley with Ladakh. The spurt in violence that began early this year has continued to increase its foothold encompassing the entire union territory. The attacks have followed recurrently, disrupting the uneasy calm that has largely prevailed in the UT since the abrogation of Article 370 in August 2019.

In recent years, security forces have achieved complete area domination and intelligence penetration in the urban areas and the countryside in the Valley, making it increasingly fraught for militants to take shelter in residential areas. But while the strategy has ushered in peace in the otherwise volatile countryside in South Kashmir, militants have moved to forests, where they are turning out to be difficult to track down for the security forces.

This is also apparent from the militancy related violence in the union territory this summer, most of which has been concentrated in the hilly terrain stretching from Poonch and Rajouri in Jammu division up to the districts in Kashmir.

The hill warfare has confronted security forces with new formidable challenges. More so, in a largely hilly and mountainous terrain of Jammu. The militants operating out of forests are difficult to locate and once located, difficult to be engaged in an encounter as has been clear in the successive gunfights this year. Most of the militancy related violence in which security personnel have been killed has taken place inside or close to forests.

On a positive note, the plains in the Valley, otherwise traditionally the hotbed of militancy, have seen a drastic drop in the militant numbers. These areas once used to be a site of recurrent encounters. This shows a considerable decline in local recruitment, a fact also acknowledged by security agencies. But a new security challenge is rearing its head. Although, the local militancy has, to a large extent, been reigned in, the influx of foreigners, especially in Jammu, has thrown the union territory into fresh turmoil. It is a new fight and may take a while before the security agencies are able to get a grip on the situation.



Did you know?  
“Teaching Youngsters About Needs and Wants: A Financial Primer”

Irshad Mushtaq

Understanding financial management starts with distinguishing between needs and wants. Needs include essentials like food, housing, and clothing. Wants, meanwhile, are additional comforts, such as trendy gadgets or designer clothing. Sound money management hinges on budgeting—tracking income and expenditures. Children should learn saving techniques, prudent borrowing, and the benefits of investing. Sadly, many young adults reach 21 without grasping these critical concepts. Developing financial acumen empowers individuals to navigate life's challenges more effectively. Experts highlight that education transcends academia, spotlighting real-world skills like financial fluency. Respect for parental investments in education translates into valuing the intrinsic worth of learning. Success isn't solely about hard work. It's also about employing smart strategies and understanding how to make money serve you. While formal education plays a part, understanding financial principles is of paramount importance. Recognizing money's true value can lead you to make wise choices impacting your lifestyle positively. Balancing the pursuit of wealth with continuous education is crucial. Embrace knowledge, grasp concepts, and deepen your learning. A growth-focused mindset is key—start early, learn well, and remember, money should be a tool, not an endpoint. Understanding the importance of investing in quality stocks, ETFs, and mutual funds is critical. Recognize why investments grow over time and how they contribute to financial independence. It's crucial to build a strong financial mindset, aiding in quality decision-making. Educational foundations are vital for developing this mindset, helping differentiate between trading, speculation, and investing. Understanding the difference between cryptocurrencies and traditional investments, as well as the distinction between risk assets and investments, arm youngsters with the knowledge to make informed decisions. Start building these financial principles early, nurture decision-making skills, and perceive money not just as a goal but a versatile tool for achieving life's broader aspirations.

Learn from the insights of @Irshad Mushtaq, Writer, Investor, Entrepreneur & Founder of M1 Securities! Connect for valuable financial advice at [misecurities@bp.sharekhan.com](mailto:misecurities@bp.sharekhan.com)



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## Perils of Urbanisation

The fast rate of urbanisation is currently posing substantial problems for major cities across India. The enormous population expansion in these cities is one of the biggest and most urgent problems they face. Also, the lack of buildable land has led to skyrocketing costs. High-tech satellite towns have emerged as a possible way to address these issues and promote sus-

tainable urban settings. By decentralising urban growth and spreading people, these cities have the potential to create balanced and equitable urban development across the nation. Another trend that is popular among satellite cities is the development of mixed-use areas. This involves creating areas that have a mix of residential, commercial, and recreational spaces. This allows for a more lively

and vibrant city center that can attract more people and businesses.

While satellite cities offer many advantages over living from the crowded centre of a metropolis, they have their own set of challenges too, like lack of amenities and job opportunities, rendering them as isolated suburbs. Despite these challenges, satellite cities continue to be popular places to live for those who want

to be close to a major metropolitan area but don't want to deal with all the hustle and bustle. Overall, the future of satellite cities is looking very bright. With the continued development of smart city technology and the rise of mixed-use areas, these cities are becoming more sustainable, and attractive places to live and work.

Ranganathan Sivakumar

# The Cost of Showmanship: Are Wedding Photoshoots a Display of Wealth or a Search for Memories?

Showkat Ali

In recent years, the wedding industry has seen an overwhelming trend: extravagant photoshoots in public spaces. From opulent parks to bustling streets, couples seem to prioritize the spectacle of their nuptials over the sanctity of the occasion itself. As onlookers, we must ask: are these elaborate displays a genuine quest for memories, or merely a public exhibition of wealth and status?

Weddings have always been significant milestones in people's lives, serving as a celebration of love and union. Traditionally, these events focused on family, friends, and intimate gatherings. However, the advent of social media has transformed the wedding landscape into a stage for public performance. Couples now feel pressured to capture their love story through lavish photoshoots, often at the expense of authenticity and simplicity.

The juxtaposition of wedding celebrations in serene, natural settings against a backdrop of luxury raises important questions about the values we hold dear. Are we documenting our love, or are we showcasing our financial prowess? This phenomenon is not just confined to weddings; it reflects broader societal trends where material wealth is often equated with personal worth.

Consider the myriad of wedding photoshoots taking place in urban parks, his-



torical landmarks, and even crowded marketplaces. While these locations may offer stunning visuals, they also invite scrutiny. Are the couples seeking to immortalize their love, or are they hoping to garner admiration and envy from onlookers? The lines between personal celebration and public spectacle have blurred significantly.

The silence from influential voices—religious leaders, prominent journalists, and social activists—on this topic is disheartening. Our molvis, typically vocal on matters

of morality, seem to be absent from the discussion surrounding the commercialization of sacred traditions. They have the platform to remind us of the true essence of love and commitment, yet their silence allows this trend to flourish unchecked.

Similarly, elite journalists, who often critique societal behaviors, appear to overlook the implications of these ostentatious displays. Instead of exploring the deeper meaning behind such trends, many seem more focused on the glamour, contributing

to a culture that glorifies extravagance over intimacy. The consequence of this oversight is a generation that may equate love with lavish spending rather than meaningful connections.

Activists advocating for social change also seem hesitant to engage with the implications of this trend. They might rally against economic disparities, yet fail to address how such public displays reinforce societal hierarchies. The cost of these photoshoots can often amount to a small fortune—resources that could be better allocated towards community welfare or environmental sustainability. Why, then, do we choose to invest in opulence rather than in purpose?

As we navigate this complex landscape, we must reflect on the messages we are sending to future generations. Children and young adults are absorbing these images of grandeur and associating them with love and commitment. What happens when they reach the age of marriage? Will they feel compelled to outdo their predecessors, spiraling into an endless cycle of excess? Or will they recognize the value of shared experiences and emotional connections over material displays?

Moreover, this trend raises questions about inclusivity. Not everyone can afford the extravagant photoshoots that have become commonplace. Those who cannot may feel marginalized, left to celebrate their unions in less visible or less glamor-

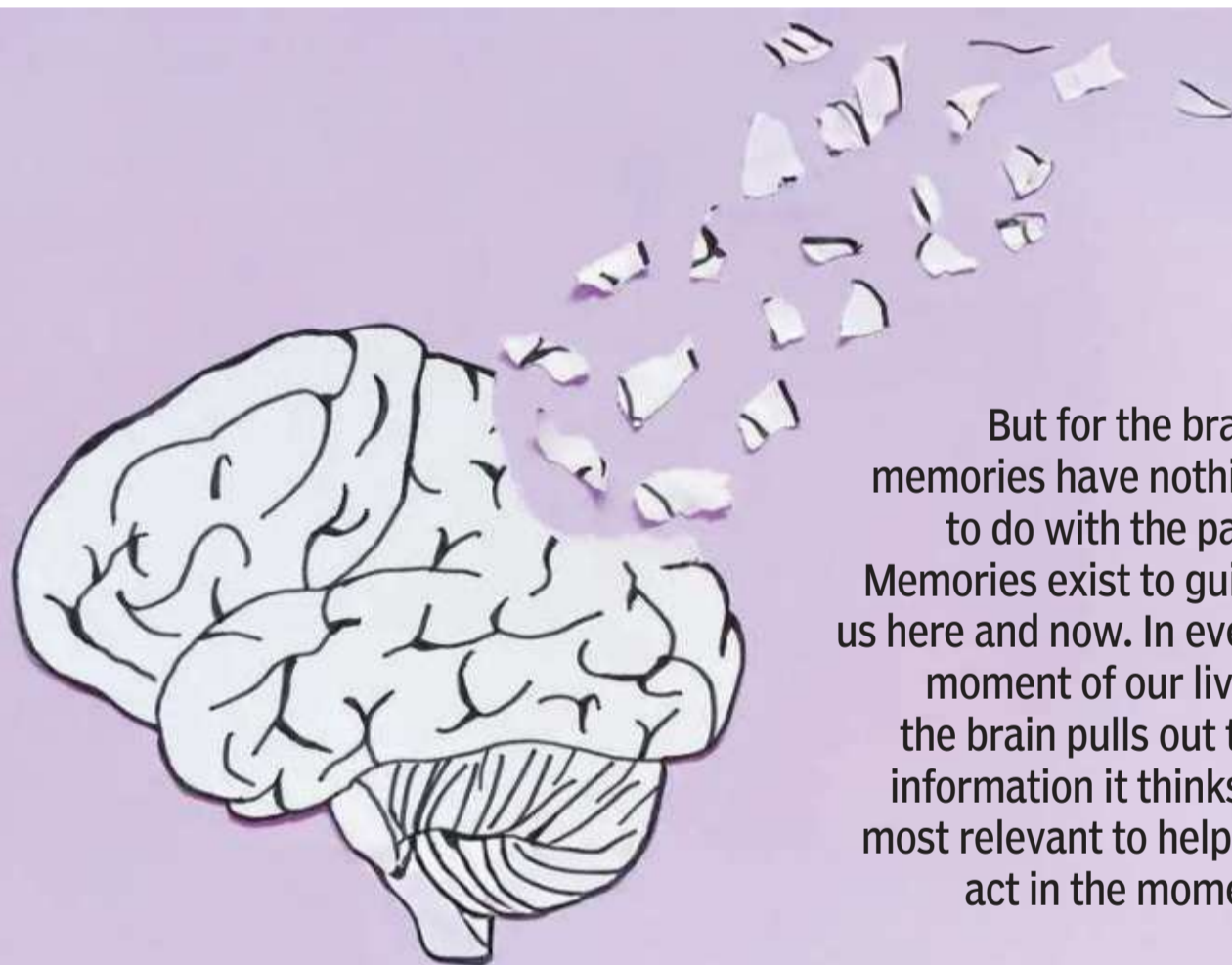
ous ways. Love should not be a privilege marked by economic disparity; it should be an experience shared by all, regardless of financial means.

Ultimately, we need a cultural shift that embraces simplicity and authenticity over extravagance. Weddings should be celebrations of love that reflect personal values, not competitions of wealth. Couples should feel empowered to create meaningful memories without the burden of societal expectations.

To foster this change, we must engage in open dialogue. It is time for our community leaders—be they religious figures, journalists, or activists—to address the implications of this trend. They should guide us in reclaiming the true essence of weddings, emphasizing that love is not defined by what one spends but by the connections we forge.

In conclusion, while photoshoots are an inevitable part of modern weddings, we must remain vigilant about their underlying motivations. Let us champion authenticity over showmanship, ensuring that future generations understand the true value of love and commitment. It is time to shift our focus from public displays of wealth to genuine expressions of affection, reminding ourselves and our communities that the heart of a wedding lies in the love shared, not in the spectacle created.

The author can be reached at [showkat@kashmirobserver.com](mailto:showkat@kashmirobserver.com)



But for the brain,  
memories have nothing  
to do with the past.  
Memories exist to guide  
us here and now. In every  
moment of our lives,  
the brain pulls out the  
information it thinks is  
most relevant to help us  
act in the moment

## Forgetting as Important as Remembering

Michelle Quirk

Every time I run around in my apartment looking for my lost keys, I curse my poor memory. The fact that I forgot where I put them is due to my brain not working as it should. That is at least what it feels like and, until recently, even memory researchers saw forgetfulness as the brain's inability to store new information. But, in 2019, Japanese researchers studying mice discovered a group of brain cells that are active when the animals sleep. These cells, which are also found in humans, have a strange property: They suppress activity in the brain's memory center, the hippocampus. It begs the question: Why has Mother Nature bothered to put special cells in our brains that make us remember worse? We get a clue from the Russian journalist Solomon Shereshevsky (1886-1958), who in the history of medicine goes by the name "S." S is often considered to have had the best memory ever discovered in a human. It was enough for him to hear long strings

of numbers and letters—even poems in languages he did not speak—once to be able to recite them all perfectly. And even more impressive is that he remembered them flawlessly 15 years later! However, there was one thing his brilliant memory could not handle—forgetting. S was inundated with details to the point that he had difficulty thinking abstractly. He had no problem reproducing long passages verbatim but had difficulty grasping wholes. The gist of the text somehow got lost in all the details. Moreover, each word evoked such a tidal wave of associations that he found it difficult to function in everyday life. Despondent that his brain was unable to let the most irrelevant details fall into oblivion, he wrote them down on a piece of paper that he burned, hoping that the details would go up in smoke as the words charred—needless to say, without any effect. The curious case of S draws our attention to the difference between what we perceive as a good memory and what is a good memory to the brain. For you and me, good memory is about remem-

bering details and being able to reproduce events exactly as they happened. But for the brain, memories have nothing to do with the past. Memories exist to guide us here and now. In every moment of our lives, the brain pulls out the information it thinks is most relevant to help us act in the moment. The brain must therefore be selective with what it stores—that is, remembers—as it would make us think too slowly if it constantly had to sift through an infinite amount of information. Further, the ability to think abstractly risks deteriorating if the brain is flooded with details, which is what happened to S. As I write these words, I'm looking for an article about S. It's buried somewhere in the pile of manuscripts strewn across my desk. I have a hard time throwing things away and therefore a hard time finding them. The brain works the same way. Strangely enough, forgetting seems to be as important as remembering.

The article was originally published by [Psychology Today](https://www.psychologytoday.com)

## Celebrate Diwali with Thoughtful Green Gifting Options!

Rajashree Baruah

This Diwali, add a new dimension to your festivities with gifts that spread joy while nurturing the planet. As the Indian gifting market continues to soar, with corporate gifting growing by 200% annually, there's a noticeable shift towards more responsible and eco-sensitive choices. This Festival of Lights, you too can express your appreciation for your colleagues and employees by making meaningful gestures that underline your commitment to a greener world.

Here are five unique corporate gifting ideas that will make this Diwali celebration extra special!

### Light Up Lives, Grow a Forest: Thoughtful Diwali Gifting Ideas

The climate clock is ticking as the world approaches the 1.5 °C barrier. In such a scenario, trees can work as our allies, releasing oxygen into the environment and absorbing carbon dioxide. By gifting a tree to a colleague or an employee this Diwali, you can help mitigate pollution as a mature tree can absorb up to 20 Kg of CO<sub>2</sub> in a year. Click on [Grow-Trees.com](https://www.grow-trees.com) and choose a specific project to support tribal communities, enhance wildlife habitats, increase green cover across urban heat islands, enrich biodiversity and prevent soil erosion. [Grow-Trees.com](https://www.grow-trees.com) not only offers an opportunity to plant trees in various locations across India but also issues a dedicated eTreeCertificate to acknowledge your contribution to reforestation efforts. [Grow-Trees](https://www.grow-trees.com) lets you track the location of the Project.

### Eco-sensitive products

This festive season, help your colleagues and employees to reduce their dependence on single-use plastics and non-biodegradable products by gifting eco-friendly lifestyle products such as reusable water bottles, stainless steel straws, bamboo toothbrushes, pens and mobile holders, upcycled laptop bags, wooden puzzles and sustainable grooming kits etc. These gifts encourage a corporate culture of responsible gifting, mitigate plastic waste and promote zero-waste alternatives.

### Gift hampers with organic treats

Luxurious and environmentally-sensitive hampers filled with caffeine-free teas, artisanal chocolates and breads, preservative-free jams, healthy snacks, vegan cookies and cupcakes, granola bars, curated pantry products like natural honey, fruit squash with jaggery are a great festive gift. Another option could be to give gift vouchers to employees and peers in order to support brands that promote organic foods.

### Green lighting and beyond

Lanterns made of handmade paper, coconut shells, ceramic and clay diyas, cork tea light holders, soya candle jars, and solar-powered lights all make for lovely earth-friendly Diwali gifts. You can also gift incense made from repurposed temple flowers to help reduce floral waste while offering employees a fragrant addition to their Diwali celebrations. This thoughtful gift adds to the festivities atmosphere while promoting a green celebration. Plantable crackers and chemical-free rangoli sets are some other gift options.

### Upcycled goodies

Cork coasters, cork table clocks, plantable seed paper calendar kits and diyas, lamps made from upcycled bottles, and wallets made from repurposed materials such as old tyres, fabric scraps, or reclaimed leather are all unique gifting options that are both stylish and functional. This Diwali, choose a gift with a larger purpose that not only reflects the joy of Diwali but also underlines a shared commitment to a greener future.

The author is from Studio Talk, Assam







## Australia's Test Stars To Skip Pakistan T20Is For India Tests

Agencies

Australia's T20 captain Mitchell Marsh and his Test teammates will skip the three-match series against Pakistan in November as they prepare for the blockbuster clash against India in the longest format of the game.

None of Australia's Test regulars were included in the squad for the matches in Brisbane, Sydney and Hobart when it was announced on Monday, leaving them free to prepare for the start of the first Test against India in Perth on November 22.

Cricketer Australia said some T20 players could join the Test squad after the final T20 at Bellerive Oval on November 18, but head selector George Bailey later said that was just a contingency plan in case of injuries.

"We've been really clear that we are prioritising the preparation for individuals around the Test summer," Bailey told reporters in a video call.



"We were just being clear that if (something) does shift, that we can get someone across to Perth."

That will be a blow for the likes of Josh Inglis and Glenn Maxwell, who might have held out some hope of a Test call-up

to fill the batting spot left open by the season-ending injury to Cameron Green.

Steve Smith will drop down the order to replace the all-rounder at No 4 in the Test side, leaving a vacancy in the opening partnership alongside Us-

man Khawaja.

Bailey, however, said the selectors did not see Inglis as a potential Test opener.

"I don't think that he's someone that we'd be looking to place at the top of the order, but there's no doubt that his form is

really fantastic at the moment," he said.

"He would firmly come into the mix purely as a batter... and I think if the right opportunity opened up throughout the summer... in the spots where we think he's most capable of performing, then I think he'd be firmly in that conversation."

Seamers Xavier Bartlett, Nathan Ellis and Spencer Johnson all return to the T20 squad after injuries sustained before or during the white-ball tour of England and Scotland in September.

Bailey said the captain of the team would be announced closer to the opening match of the series at the Gabba on November 14.

**Australia squad:** Sean Abbott, Xavier Bartlett, Cooper Connolly, Tim David, Nathan Ellis, Jake Fraser-McGurk, Aaron Hardie, Josh Inglis, Spencer Johnson, Glenn Maxwell, Matthew Short, Marcus Stoinis, Adam Zamp.

### Short TAKES

## Laxman Head Coach For South Africa T20Is



Agencies

VVS Laxman will step in as head coach of the Indian team for the T20 Internationals against South Africa starting next month.

According to Cricbuzz, Laxman -- who heads the National Cricket Academy in Bengaluru -- will travel with the Suryakumar Yadav-led team for the four match T20I series starting in Durban on November 8.

India will play the other three T20Is in Gqeberha, Centurion and Johannesburg on November 10, 13 and 15 respectively.

Since Head Coach Gautam Gambhir will travel to Australia with the Rohit Sharma-led Test team on November 10, he will not be available to coach the T20I team for the series that will go on till November 15.

The T20I series has come under criticism from Sunil Gavaskar, who termed it a 'needless' series.

In his column for Sportstar magazine, Gavaskar wrote: 'Next month, there's a needless four match T20 series in South Africa before the tour to Australia. There will also be an 'A' team touring Australia next month, so effectively about 50 to 60 players will not be available for their state teams in the premier national tournament, the Ranji Trophy.'

## Kashmir's Aynan Batool Shines In Inter Division Cricket



Observer News Service

**ANANTNAG:** Department of Youth Services and Sports Anantnag is hosting the Divisional Level Cricket Tournament for Under-19 Girls, with the inaugural ceremony taking place on Monday.

In the first match, Kashmir Division secured victory in the Inter-Division UT Level U-19 Girls Cricket Tournament at Sports Stadi-

um Wanpora, Qazigund. In a well-fought match, Kashmir Division defeated Jammu Division by 13 runs, gaining a 1-0 lead in the tournament.

Organised by the DYSS and hosted by DYSSO Anantnag, the tournament was inaugurated by SHO Qazigund, Muzamil Showkat, along with officials from DYSS Anantnag.

Batting first, Kashmir Division set a competitive target of 110 runs in their al-

lotted overs, with standout performances from Aynan Batool, who scored 48 runs, and Laiba Rafiq, who contributed 26.

While chasing the target, Jammu Division displayed resilience but fell short, managing 96/6 in allotted overs. For Kashmir, Shahista, Aneesa, Tanzeela, Nayeema and Shaheena each took a wicket, helping seal their team's victory.

## Aaqib, Saqlain In Fray To Replace Kirsten As Pakistan White Ball Coach

Press Trust of India

**KARACHI:** Current senior selector Aaqib Javed and former spinner Saqlain Mushtaq are in fray to replace Gary Kirsten as Pakistan's new white ball coach after the former Proteas batter stepped down due to his differences with country's cricket board.

Pakistan Cricket Board (PCB), on Monday, officially confirmed that Kirsten had resigned and as an interim arrangement it has asked the red ball coach, Jason Gillespie to manage the team for the white ball series in Australia from November 4. But Gillespie has intimated that he would look at it as a one-off arrangement.

"The problem is both Kirsten and Gillespie were not happy with their sudden demotion in powers with the selectors given powers to call all the shots," one source said.

He said since Gillespie was in the middle of the England series he reluctantly accepted the changes but has publicly made it clear he is no happy at not being involved in the selection process.

"The situation now is that PCB has to appoint a new white ball coach given the number of white ball commitments of the national team coming up and leading up to the Champions Trophy early next year," the source said.

"One option is to let assistant coach Azhar Mahmood continue as interim head coach but Aaqib or Saqlain could also land the job."

Saqlain has remained head coach of the Pakistan team before but was replaced by Mickey Arthur early last year when Najam Sethi was in power in the board.

The source did say they are some other candidates under consideration and the board chairman, Mohsin Naqvi would soon have talks with short-listed candidates.



PCB has made no official comment on why Kirsten resigned nor has the former South African player said anything but board insiders say the dispute arose over several issues between Kirsten and PCB.

"Look we had high hopes from Kirsten when we entered into a two-year contract with him. The idea was he could help PCB to revolutionise the white ball team," one source aware of the happenings said.

He said PCB got the feeling that Kirsten never seemed fully committed to his job.

"He did not have a single camp in Pakistan for any of the white ball teams. He was not present at the white ball camps of the Shaheens throughout the summer. And it all culminated with him missing the majority of the Champions Cup."

Another complaint against Kirsten is that although his contract stated clearly he would just take 30 day-vacation in a year, he didn't even spend 30 days in Pakistan after joining.

PCB was also put off with Kirsten's insistence on having more foreign coaches on his team and the dispute between them blew up once the board decided to strip the coaches of selection powers.

PCB had also sidelined and pushed foreign coaches, Mickey Arthur, Grant Bradburn, etc. to resign after last year's World Cup.

## 'Run for Stroke' Awareness Program Organized At GMC Srinagar

Observer News Service

**SRINAGAR:** The Department of Neurology at Government Medical College Srinagar today organized a "Run for Stroke" event to promote awareness and action against stroke.

Led by Prof. Dr. Iffat Hassan, Principal/Dean of GMC Srinagar, the event was attended by Dr. Bashir Sanai HOD Neurology, Director Health Services Dr. Jahangeer Bakshi,



Dr. Sheikh Hilal Assistant Professor, BMO Hazratbal Dr. Fara, doctors/consultants & staff of Neurology department besides officers/officials of GMC Srinagar. The event, which started

at Nishat foreshore road and culminated at Hazratbal, saw enthusiastic participation from local residents, highlighting GMC Srinagar's commitment to community health and education.

## Manchester United Sack Manager Erik Ten Hag

Agencies

**MANCHESTER:** Manchester United fired Erik ten Hag on Monday after a troubled start to the season left the 20-time English champions in 14th place in the Premier League and the club's new leadership unimpressed with the pace of change under the Dutchman.

Ten Hag, who was hired in 2022, paid the price for leading United to just three wins in nine league games in the opening months of the campaign. There have been four defeats, the 2-1 loss at West Ham on Sunday being his last game in charge.

United finished in eighth place last season, its lowest in the Premier League era, and appears to have little hope of challenging for the title this campaign. It already leaves the storied team in danger of missing



out on qualification for the lucrative Champions League once again.

"We are grateful to Erik for everything he has done during his time with us and wish him well for the future," said United, which added that Ruud van Nistelrooy, one of Ten Hag's assistants, would be taking over as interim head coach while a permanent head coach is recruited.

Ten Hag joined from Ajax and was tasked with the responsibility of bringing the good times back to a club that has been in decline since former manager Alex Ferguson retired in 2013. Despite winning the League Cup and the FA Cup in Ten Hag's first seasons at Old Trafford, United was showing no sign of improving on its worst league campaign in 34 years.

Ten Hag only held onto his job following an unexpected victory over fierce rival Manchester City in the FA Cup final in May and an extensive end-of-year review by United. He was then handed a one-year extension to his contract to 2026.

His departure comes amid a period of major change at United under new minority owner Jim Ratcliffe.

The British billionaire has taken over control of United's soccer operations, with a new CEO, sporting director and technical director all installed in recent months.

Ten Hag was United's fifth permanent manager since Ferguson's departure, following David Moyes, Louis van Gaal, Jose Mourinho and Ole Gunnar Solskjaer.

United's next game is at home to Leicester in the English League Cup on Wednesday. (AP)

## Real Madrid Will Not Travel To Paris For Ballon d'Or Awards: Report



Agencies

**MADRID:** Real Madrid have cancelled their delegation's plans to attend the Ballon d'Or ceremony in Paris on Monday at the last minute as the club understand that their Brazil forward Vinicius Jr will not win the award, soccer sources told Reuters.

Bookmakers had 24-year-old Vinicius Jr, the Champions League player of the year, as the heavy odds-on favourite to claim his first Ballon d'Or, which is

presented to the best player in the world, ahead of Manchester City's Spain midfielder Rodri, 28, and Real's England international Jude Bellingham.

Vinicius Jr helped Real to a Champions League-LaLiga double last term along with 21-year-old Bellingham, who was named LaLiga MVP after scoring a career best 19 goals in a sparkling debut campaign and helping England reach the Euro 2024 final.

Rodri, who City manager Pep Guardiola has called "the best

midfielder in the world", was instrumental in helping his team win an unprecedented fourth consecutive Premier League trophy last season and was named best player at this year's European Championship after Spain lifted a record-extending fourth title.

Real and France Football, which organises the Ballon d'Or awards, were not immediately available to comment.

The awards are based on voting by a panel of journalists from the top 100 FIFA-ranked countries.



## 'Shocked At Arrogance': Why Raymond Chairman Is Upset With Lamborghini

Agenceis

New Delhi: Raymond Group Chairman and Managing Director Gautam Singhania has blasted Italian carmaker Lamborghini for "arrogance" having failed to reach out to him regarding an issue with his car.

Mr Singhania had earlier tweeted on X about his Lamborghini Revuelto getting stranded at Mumbai's trans-harbour link due to a complete electrical failure.

"I'm shocked at the arrogance of India Head @Agarwal\_sharad and Asia Head Francesco Scardoni. No one has reached out even to check what the customer issues are," he tweeted on Sunday.

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In a tweet on October 16, Mr Singhania had noted that the Lamborghini India and Asia leadership failed to reach out to him despite him being an old loyal customer.

"It is shocking that the India Head of Lamborghini @agarwal\_sharad has not even bothered to make a phone call to enquire what the problem with an old loyal customer is. Is the brand arrogance getting to another level?" he tweeted.

Earlier this month, Singhania had tweeted about taking his new Lamborghini Revuelto for a test drive and ended up stranded on the trans-harbour link due to a complete electrical failure.

"It's a brand-new car. Are there reliability concerns? This is the third one I've heard of experiencing issues within 15 days of delivery," he had stated.

Lamborghini Revuelto is priced around 8.89 crore in India.



## Ratan Tata felt Noel needed more exposure, experience to succeed him as Tata Sons Chairman: Book



Agenceis

Ratan Tata, the late Chairman Emeritus of Tata Sons, felt that his half-brother Noel Tata needed greater exposure and experience in handling difficult assignments to succeed him as the head of the principal investment holding firm and promoter of Tata companies, according to a recently released book.

Noel Tata, recently appointed as the Chairman of Tata Trusts -- a collective of charities that indirectly controls the USD 165-billion salt-to-software conglomerate -- after the death of Ratan Tata, was among several candidates interviewed in March 2011 when a search for his successor was underway.

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March 2011 when a search for his successor was underway.

Ratan Tata had decided to stay away from a selection committee to find his successor despite many wanting him to be a part of it -- a decision he would later regret, according to a biography of the late veteran industrialist and philanthropist -- Ratan Tata A Life -- authored by Thomas Mathew and published by HarperCollins Publishers.

One of the reasons for Ratan Tata to stay away from the committee was that there were many aspirants from within the Tata Group, and he "wanted to give the contenders the comfort and confidence of knowing that a collective body of equals would recommend one of them based on a unanimous decision, or if not by a majority, and not on account of the Chairman's preference".

The second reason was more personal as there was the "overwhelming view that his half-brother Noel Tata was the 'default candidate' to succeed him" amid a push from the Parsis in the company and the traditionalists in the community as they considered him to be one of them.

However, according to the book, for Ratan Tata, only "the talent and the values of the person mattered", with religion, community or the region contenders

came from were hardly relevant.

Ratan Tata was even open for the selection committee to consider foreigners if they had the right qualifications. The late Chairman Emeritus was also clear that he should not be seen as steering the selection committee or 'pushing it in one direction or the other'.

Even in the event of Noel not being selected, Ratan Tata did not want to be seen as 'anti-Noel', wrote the author.

"Perhaps, if Noel had had the experience of handling difficult assignments, he could have established his credentials more forcefully," the book quoted Ratan Tata as saying.

More importantly, Noel could have had the opportunity to demonstrate the 'courage and enterprise' that JRD had identified as a prerequisite to be appointed as the Tata group chairman.

"For Noel to compete successfully for the top post 'he should have greater exposure than he has had," said Ratan Tata. "Partly, his not having it has been his own choice." Citing an interview with 'the Times', the book noted that Ratan Tata had stated that he 'rose up through the business' and added that even if he had a son, he would have done something to not have his son automatically become his successor.

## Census likely from early 2025, future cycles to be changed; no decision on caste yet: Sources

Agenceis

The much-delayed decadal census exercise and the work to update the National Population Register (NPR) are likely to begin early 2025 and the data will be declared by 2026, thus changing future census cycles completely, official sources said.

However, no decision has been taken yet on whether caste census will also be carried out along with the general census.

The country's population count has been conducted every 10 years since 1951, but the census work in 2021 could not be carried out due to the COVID-19 pandemic. So far, no formal announcement has been made on its next schedule.

"In all probability, the work for the census and the NPR will begin early next year and the population data will be announced by 2026. With this, the census cycle is likely to be changed. So, it will be 2025-2035 and then 2035-2045 and so on in future," sources privy to the thinking of the government said.

The Office of the Registrar General and Census Commissioner had prepared 31 questions to be asked to the citizens during the census exercise. These questions include whether the head of the household belongs to Scheduled Caste or Scheduled Tribe and other family members as asked in the previous census.

Opposition Congress and the RJD are among the political parties which have been demanding a caste census so that the total OBC population in the country is known.

"The government has not yet taken any decision on caste census," a source said.

It is to be seen whether the government will go ahead with the delimitation exercise, which is due in 2026, after the census data is published.

Several political leaders from Southern states have expressed their apprehensions over the

possibility of their states losing out on Lok Sabha seats and thereby their political clout as they have been successful in population control, unlike the Northern states.

They feel that the southern states may get less number of Parliamentary seats than the existing number of constituencies if the delimitation is carried out with the new data.

On the other hand, the Article 82 of the Constitution states: "Provided also that until the relevant figures for the first census taken after the year 2026 have been published, it shall not be necessary to readjust the allocation of seats in the House of the People to the States as readjusted on the basis of the 1971 census".

It means if census is conducted in 2025 and data published in 2026, delimitation exercise cannot be carried out based on 2025 census data. If it happens, then the Article 82 has to be amended.

"All these factors will have to look into before any decision is taken on delimitation," a source said.

The 31 questions to be asked to each family under the census exercise include the total number of persons normally residing in the household, whether the head of the household is a woman, the number of dwelling rooms exclusively in possession of the household, the number of married couple(s) living in the household among others.

The questions also include whether a family has telephone, internet connection, mobile or smartphone, bicycle, scooter or motorcycle or moped, and whether they own a car, jeep or a van.

The citizens will also be asked what is the cereal they consume in the household, the main source of drinking water, main source of lighting, access to latrine, type of latrine, waste water outlet, availability of bathing facility, availability of kitchen and LPG/PNG connection, main fuel used for cooking, availability of radio, transistor, television etc.

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

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