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Study Finds Loss Of Smell Linked With Inflammation In 140 Conditions

Press Trust Of India

New Delhi: A loss of smell -- once a telltale sign of COVID-19 -- has been linked with inflammation in nearly 140 medical conditions, including those related to ageing and menopause, and therefore, could be an early sign of neurological and bodily diseases, according to a study.

Researchers said the results highlighted the role that our sense of smell plays in maintaining physical and mental health.

"The data are particularly interesting because we had previously found that olfactory (smell-related) enrichment can improve the memory of older adults by 226 per cent," Michael Leon, a professor emeritus at the



University of California-Irvine, US, and lead author of the study published in the journal Frontiers in Molecular Neuroscience, said.

"We now know that pleasant scents can decrease inflammation, potentially pointing to the mechanism by which such scents can improve brain health,"

Leon said.

The findings could have implications for addressing symptoms and possibly reducing onset of certain disease by treating one's sense of smell, which can often precede ageing-related conditions such as Alzheimer's and Parkinson's diseases, the researchers proposed.

For the study, the researchers tracked 139 medical conditions related to both a loss of smell and heightened inflammation, thereby uncovering insights into a route shared

between the two symptoms.

Given that linking a loss of smell with a wide range of disorders is complex, tracking down studies for several medical conditions was difficult, Leon said.

Majority of the studies the team looked at (9,000) pertained to long Covid's loss of smell, while close to 2,000 looked at olfactory loss due to ageing-related memory loss. About 3,900 studies explored loss of smell in menopause and 3,500 pertained to loss of smell in depression.

"Olfactory loss accompanies at least 139 neurological, somatic, and congenital/hereditary conditions," the authors wrote.

"Mechanisms that may underlie the connections between medical conditions and olfactory loss include inflammatory factors, and all 139 of the medical conditions listed here are also associated with inflammation," they wrote.

The findings about how rehabilitating | More on P10

Kashmir School Timings Changed

Observer News Service

Srinagar: The Director of School Education Kashmir (DSEK) Thursday ordered a change in school timing for Kashmir division with effect from November-01.

DSEK in an order said that the schools within Srinagar municipal limits shall have a school time of 10:00 am to 3:00 pm in all government and private schools.

It also said that the educational institutes outside municipal limits of Srinagar province shall have a timing of 10:30 am to 03:30 pm.

"All the concerned institutions must strictly adhere to order and instructions and any deviation in this regard will be taken seriously," it reads.

CM Wishes People On Diwali

Observer News Service

Srinagar: Chief Minister Omar Abdullah today extended heartfelt greetings to the people of Jammu and Kashmir on the joyous occasion of Diwali.

Taking to the microblogging site X, he shared, "Wishing everyone celebrating today a very happy Diwali. May the light of all the lamps fill our lives with good health, happiness, and success." He expressed his hope that the festival of lights would bring peace and prosperity to every household in the region.

Israeli Raids In Lebanon Kill 6 Medics

Agencies

Beirut: At least six health workers have been killed in Israeli attacks in southern Lebanon as Israel has bombed areas around the ancient eastern Lebanese city of Baalbek for a second day after issuing forced evacuation orders.

"Enemy aircraft launched four strikes on the village of Douris and the surroundings of the city of Baalbek," Lebanon's National News Agency (NNA) reported on Thursday.

Lebanon's Ministry of Health said the six medics were killed and four others were wounded in multiple Israeli attacks. It said Israeli forces hit a gathering point for civil defence workers, killing four medics. Two other medics were killed in two more separate incidents.

There was another attack in the town of Salaa, which destroyed an ambulance, but the paramedic operating it "miraculously survived", it said.

"The international community's silence regarding this brutality is unjustified at a time when voices must be raised to restore humanitarian laws and put an end to the machine of brutality that | More on P10

We Must All Accept That J&K Is A UT: LG

'5 Years of UT Era of Peace, Prosperity & Development'

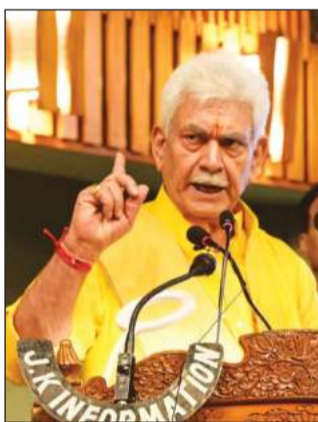
Slams Politicians For Missing Foundation Day

Observer News Service

Srinagar: Lieutenant Governor Manoj Sinha Thursday said that J&K is a Union Territory and that reality must be accepted by all. Sinha was addressing the J&K UT Foundation Day celebrations in Srinagar.

In his address, the Lt Governor congratulated and extended his felicitations to the people of Jammu Kashmir on the occasion. He extended his gratitude to every section of the society, Police, Security Forces, Administrative apparatus and all stakeholders for their contribution to J&K's progress and working tirelessly for a secure and prosperous Union Territory.

"It is a reality that J&K is a UT today and members have taken oath and affirmed their true faith and allegiance to the Constitution. When it becomes a state, we will definitely celebrate statehood day. The Prime Minister and Home Minister have assured that statehood will be given at an appropriate time,"

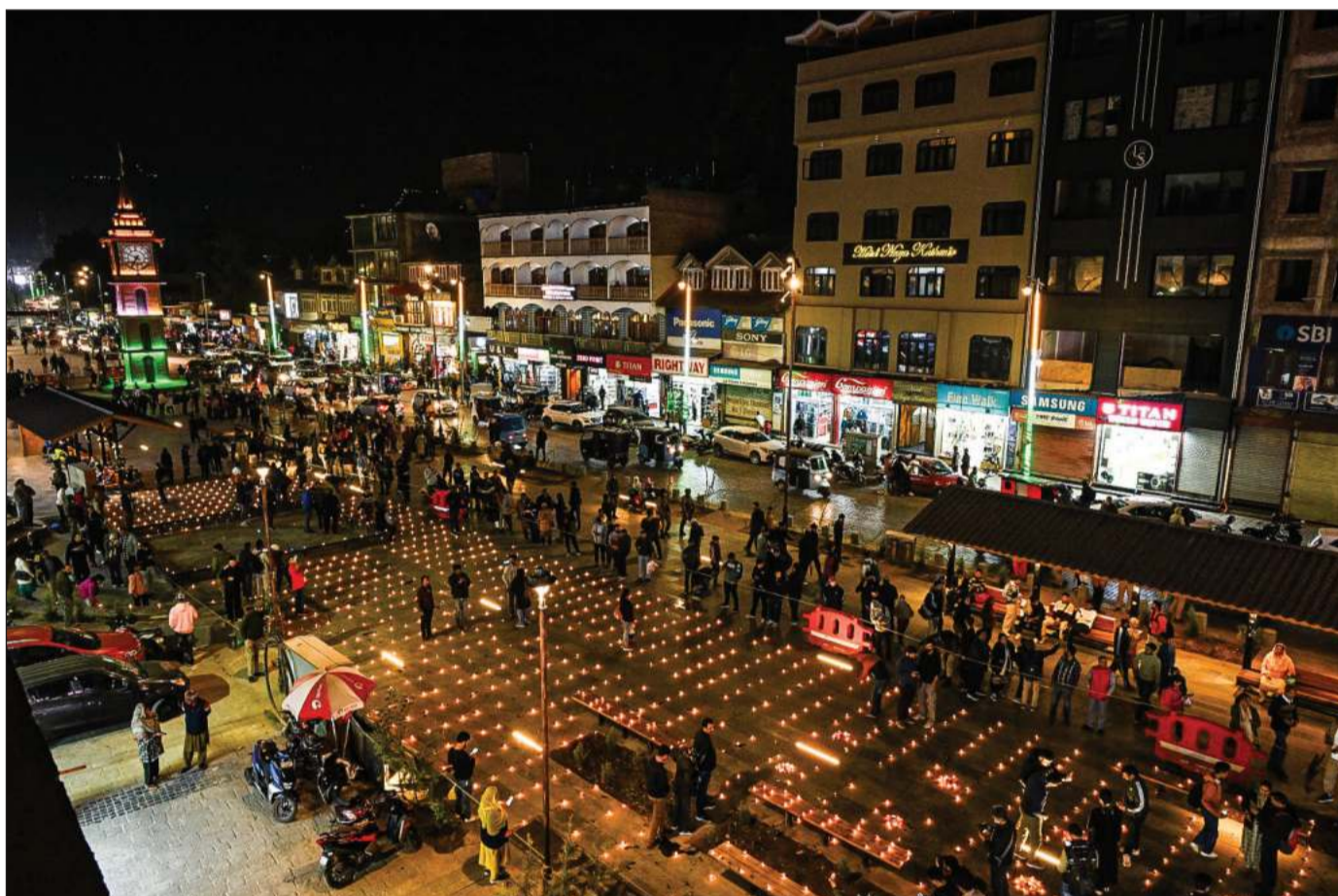


the LG said.

He criticised the politicians who did not attend the Union Territory Foundation Day, saying it reflected their "dual character."

"I am seeing that those who took oath as MLA of a Union Territory and often refer to the Constitution of India (are not here)," Sinha said in his address at the UT's fifth Foundation Day.

The National Conference did not attend | More on P10



Tourists and locals light diyas to celebrate Diwali at Lal Chowk, Srinagar. KO Photo | Abid Bhat

J&K Records 74% Deficit Rainfall In October

Agencies

Srinagar: After deficient rainfall in Monsoon, Jammu and Kashmir has yet again recorded the scarcity of rains in the month of October with the Meteorological department (MeT) revealing the deficit of 74 per cent precipitation in this month.

As per the data, Kargil in Ladakh and Shopian in J&K have recorded 100 per cent deficit rainfall in the month of October.

The data prepared by the local MeT department here has revealed that the majority of districts have recorded a large deficit rainfall in this month while five districts including Doda, Jammu, Kathua, Kupwara and Reasi have recorded deficit rainfall.

In Srinagar, the summer capital of J&K, the precipitation of only 2.6 mm was recorded against

J&K CM Took Oath Under Constitution For First Time: PM

Observer News Service

Srinagar: Prime Minister Narendra Modi said on Thursday that the people of Jammu and Kashmir have decisively turned away from 'separatism and terrorism, instead embracing democracy through the power of their vote'.

He said that for the first time in 70 years, the chief minister of Jammu and Kashmir has taken oath on the Constitution.

He was addressing a gathering near the iconic Statue of Unity at Ekta Nagar in Gujarat's Narmada district after paying floral tributes to Sardar Vallabhbhai Patel



on the birth anniversary of India's first Home Minister.

Since 2014, Sardar Patel's birth anniversary has been celebrated on October 31 as 'Rashtriya Ekta Diwas', or National Unity Day.

Referring to the abrogation of Article 370, PM Modi said it stood as | More on P10

Can't Compromise An Inch On Our Borders: PM

Observer News Service

Prime Minister Narendra Modi on Thursday said India cannot compromise on even an "inch" of land on its borders, adding the people believe in the strength of its armed forces for defending the country. India's enemies "see the end of their sinister plans" when they see the Indian armed forces, he said at Sir Creek in Gujarat's Kutch district, as he kept up his tradition | More on P10

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UT Foundation Day 'Black Day': J&K Parties

National Conference (NC) and People's Democratic Party (PDP) Thursday said the Union Territory Foundation Day was a "black day" for the people of Jammu and Kashmir. J&K Congress president Tariq Hameed Karra also termed the UT foundation day as a "black day" and said that expecting the people to celebrate it is "asking for too much". | More on P10

6 J&K BANK IS ONE OF THE GREATEST TURNAROUND SUCCESS STORIES OF THE UT. In 2019-20, the bank has reported a loss of Rs.1139 Cr. It reported a profit of Rs. 1700 Cr in the year 2023-24. In the current FY, J&K Bank clocked Rs. 991 Cr in profit, he added."

BJP MLA Devender Rana Passes Away

Observer News Service

Srinagar: Business tycoon and BJP politician Devender Singh Rana has passed away in Delhi, sources close to the family said.

Rana, the founder of JamKash Vehicleads, had won the Nagrota assembly seat with the highest margin ever and was expected to be the Legislative Party leader within a few days.

Rana was not well for a long time and had lost a lot of weight in the last six months. He had undergone a procedure in the recent past also.

Devender Rana has had an interesting journey in politics. He won the Nagrota assembly constituency in Jammu district in December 2014 on a National Conference ticket, the lone candidate from the party to score a victory in the region then Brother of Jitendra Singh,



Union MoS in the PMO, Rana was once a close associate of Omar Abdullah. But he quit NC in 2021.

Rana won the Nagrota seat in the Jammu and Kashmir assembly election 2024 by defeating his closest rival, Joginder Singh of the Jammu & Kashmir National Conference (JKNC), by 30,472 votes.

In the 2014 assembly elections, he was the richest contestant by his own declaration. Rana was | More on P10

Ruhullah & Parra Battle It Out On X Over Article 370

Observer News Service

Srinagar: Srinagar Member of Parliament and senior JKNC leader, Aga Ruhullah Mehdi, in an online debate, confronted inquiries from PDP leader Waheed Parra regarding his parliamentary conduct on restoration of Article 370, the liquor bill, and actions against laws such as the Unlawful Activities Prevention Act (UAPA) and the Armed Forces Special Powers Act (AFSPA).

Waheed Parra raised several points on X, questioning Aga Ruhullah Mehdi's actions since the abrogation of Article 370 on August 5, 2019. He asked why Ruhullah did not propose a resolution in Parliament to condemn the abrogation, stating that such a move would have been a

significant gesture in response to the change in Jammu and Kashmir's political status. Parra also inquired why Aga Ruhullah introduced a bill to restrict liquor sales in Jammu and Kashmir instead of a bill focused on restoring Article 370.

He suggested that proposing a restoration bill could have opened a dialogue on a critical issue affecting the region.

Parra further criticized the NC leader for not pushing for legislation aimed at curbing the misuse of the Unlawful Activities (Prevention) Act (UAPA). He pointed out that UAPA has faced criticism for its role in prolonged detentions without trial. He noted that with support from the INDIA alliance, there could be an opportunity to provide relief to those affected | More on P10

HC Directs Hassle-free Movement Of Ambulances In J&K, Ladakh

M Ahmad

Srinagar: The High Court of J&K and Ladakh has directed Chief Secretaries and Director Generals of Police (DGPs) of Jammu & Kashmir and Ladakh to develop a mechanism in consultation with the Health Department for hassle-free movement of ambulances in both the UTs.

A division bench of Chief Justice Tashi Rabstan and Justice Puneet Gupta passed the direction while closing a Public Interest Litigation filed by White Globe NGO in 2018 through senior Advocate Syed Faisal Qadri for upgradation of basic structures of ambulance as per European standards and importantly enduring coordination between different government Departments



particularly traffic department and health department for hassle free movement and passage of ambulances and saving precious lives.

In April last year, the High Court of J&K and Ladakh had appointed Divisional Commissioner Kashmir as "nodal officer" for filing report regarding upgradation of basic structures of ambulances and for ensuring their hassle-free passage in Kashmir Valley.

The Divisional Commissioner Kashmir, accordingly, on the basis of the inputs received from various departments including the office of the Mission Director, National Health Mission (NHM), J&K; Director Health Services Kashmir, and Regional Transport Officer, Kashmir, filed a "comprehensive affidavit" on 22 February this year before the Court.

"It is stated that on the basis of the report of the Mission Director, the National Health Mission, J&K, has undertaken an initiative of J&K Emergency Medical Services under Public Private Partnership (PPP Mode) since 24 March, 2020 with BVG India Pvt. Limited," the court observed, adding, "It is further submitted that, as per the report of the Directorate of Health Services. | More on P10



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NOTICE INVITING TENDER

For and on behalf of the Managing Director, KPDCJammu and Kashmir UT, e-Tenders (In Two Cover System) are hereby invited from OEM's, Authorized Dealers & Service providers, registered (A- Class) Electric Contractors registered with J&K Government, Central Public Works Department, Railways and other state/central governments for "Stabilization, improvement of 33 KV Potushai Ajar, Potushai Nadihal and Potushai Aloosa Line of STD Ganderbal under Capex Budget".

Important Dates and Events

Table with columns: e-NIT No., Description, Date & Time. Includes details for bidding document download, clarification start, and bid submission.

The tender document can be downloaded from website jktenders.gov.in "Corrigendum, if any, would appear only on the jktenders.gov.in in website. Sale of physical tender document is not applicable. No price shall be submitted offline in any form. Bidder can modify his bid before last date of submission of online bid. After the last date of submission of online bid, no claim of bidder shall be entertained.

No: STD/GBL/Ts/654-60

DIPK-NB-2088/24 Date: 31-10-2024

Executive Engineer, STD Ganderbal

PUBLIC NOTICE

We the following members of Sheikh ul aalam calligraphy & cultural organization intends to Re-registar our society under Act 1860 if any person having any objection in this body namely

- 1. Mohammad Hussain Bhat
2. Shabir Ahmad Bhat
3. Ruqaya Akhter
4. Mohammad Maqbool bhat
5. Mohammad Amin Bhat
6. Abdul Rahim Bhat
7. Tahir Ahmad bhat

If any person having any objection related to this body so contact within 7 days from the publication of this notice register societies of Kashmir ,after 7 days we will not consider any objection.

Chairman SACCO

Office of the Executive Magistrate 1st Class Narbal Budgam

Tele Fax 01951-260-276 Pin Code 193401

Notice For General Public

It is hereby notified that the applicant namely Mohammad Ataf Rather S/o Ali Mohammad Rather R/o Jawahar Pora Narbal Tehsil Narbal District Budgam had applied for the issuance of Death Certificate of his father namely Ali Mohammad Rather S/o Abdul Rahim Rather . The applicant intends to register the DOD of his father as 16-02-2013

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

Dated: 31-10-2024

bmj

Public Notice

I have changed the name of my son from (Old name) Syed Umaiq Andrabi S/o Syed Riyaz Ahmad to (New name) Syed Shayan Andrabi S/o Syed Riyaz Ahmad . in future he will be known as Syed Shayan Andrabi S/o Syed Riyaz Ahmad .If anybody has any objection in this regard he/she may file his/her objection in the office of the principal Valen Teens School Ratnipora within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Syed Riyaz Ahmad F/O Syed Shayan Andrabi (DOB: 03-02-2014) R/o Ratnipora Pulwama

laa

Public Notice

My name has been wrongly spelled in my Aadhaar Card as Ab Rehim Pandith while my correct name is Ab Rahim Pandith which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the concerned office within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Ab Rahim Pandith S/o Mohd Ismail Pandith R/o Mughama Kunzer

bmj

Office of the Naib-Tehsildar Pattan Executive Magistrate 1st Class

Subject: Issuance of Registration orders in respect of delayed Death

Public Notice

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth/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 (death) 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_r

Government of Union Territory of Jammu & Kashmir Office Of The Executive Engineer (R&B) Division Awantipora NOTICE INVITING E-TENDERS NIT No:76/EAA/RNB/of 2024-25/5839-49 Dated: 25/10/2024

E-tenders (In single cover system) from qualified contractors registered with the J&K UT Government, CPWD, Railways, and other State/Central Governments are invited for Snow Clearance (Stage-wise) on a Percentage Rate basis for a contract period of one year that may be extended to three years depending on the performance of the successful bidder.

Main table for snow clearance tenders with columns: Name of work, Name of the Road, Road length, Stage Length in KMs, Earnest Money, Class of the Contractor, Tender Document Cost.

Table listing various road projects and their details, including restoration of road surface and emergency basis by way of snow clearance.

Table listing various road projects and their details, including restoration of road surface and emergency basis by way of snow clearance.

FKO

DC Srinagar Greets People On Diwali

Observer News Service

SRINAGAR: Deputy Commissioner (DC) Srinagar, Dr Bilal Mohi-Ud-Din Bhat has extended his greetings and good wishes to the people on the eve of Diwali, the festival of lights.

In his greetings, the Deputy Commissioner said that the Diwali festival signifies lighting of people's lives by good deeds and occasion marks victory of good over evil and triumph of truthfulness.

The DC added that, Diwali is an occasion to eradicate evil from our society and



embrace a virtuous lifestyle. He prayed that this Diwali be celebrated by the people with renewed joy, enthusiasm and hope and wished the people of J&K good health, prosperity and happiness.

World Hospice & Palliative Care Day SKIMS Organizes CME On Palliative Care On Experts



Observer News Service

SRINAGAR: A day-long CME on Palliative Care on the occasion of World Hospice & Palliative Care was organized today by the Pain & Palliative Care Unit, Department of Radiation Oncology, SKIMS.

The event witnessed various scientific sessions besides panel discussion and patient & families interaction. A short film was also shown focusing on various services rendered by the Pain & Palliative Care Unit at SKIMS.

The scientific sessions deliberated on vital and critical topics including Evolution of Palliative Care - Reflecting on the present by Dr. Shaqul Qamar Wani Additional Professor Radiation Oncology SKIMS, Art of Palliative Care by Prof. Shad Salim Akhtar, Interventional Pain Management in Cancer Patients by Dr. Zulfiqar Ali Additional Prof. Anesthesiology SKIMS, Palliative Care in Oncology by Prof. Nazir Ahmad Khan former HOD, Radiation Oncology SKIMS & Chairman CSK Srinagar.

The event was inaugurated in presence of Director SKIMS / EOSG Prof. M Ashraf Ganie who was Chief Host of the event. Director SKIMS congratulated the department for rendering excellent services in patient

care academics. He said the academic programs serve a greater purpose to create awareness and exchange scientific knowledge. He said through pain & palliative care the quality of the terminally ill patients has improved and advised doctors/ staff of the SKIMS to make patient friendly and empathetic hospitals.

SKIMS has to play a leading role and emphasized on adopting collaborative approach to facilitate & widen scope of services, he added. He assured full support to the department and asked the faculty to rope in various agencies for grant exploring avenues that are available for such services. Director SKIMS also urged the government to establish Pain & Palliative Centers at District Hospitals to help these terminally ill patients.

Prof. Ashraf while referring to various initiatives to improve Cancer Care facilities said that Cancer Consortium has been established at SKIMS where all the Oncology Departments will work under one Umbrella. Day Care Services will be available in the State Cancer Institute which will be inaugurated soon besides, a dedicated MRI & theatre complex will be established.

Training Program For Legal Aid Lawyers Organized In Srinagar



Observer News Service

SRINAGAR: The District Legal Services Authority (DLSA), Srinagar today organized a training program for Legal Aid Lawyers as per NALSA guidelines at Conference Hall of ADR Centre, Srinagar.

The program was held under the guidance of Jaffer Hussain Beg, Chairman DLSA/Principal District and Sessions Judge Srinagar, and under the guidance of Nusrat Ali Hakak, Secretary of DLSA Srinagar.

Speaking on the occasion, Secretary DLSA highlighted the significance of adhering to NALSA's guidelines. She highlighted the importance of continuous capacity building for legal aid lawyers and stressed that the training would empower them to deliver effective legal assistance,

ensuring that justice is accessible to everyone, regardless of their financial status.

Tasneem Kausar, Deputy Legal Aid Defense Counsel provided valuable insights and practical knowledge to the panel lawyers and legal aid Defense counsels.

The training covered crucial aspects of legal aid, including procedural matters, ethical considerations, and the best practices for representing clients in need.

Participants engaged actively in discussions, reflecting their commitment to the principles of legal aid and support.

The primary aim of the program was to enhance the efficacy of legal assistance provided to marginalized sections of society, ensuring that every individual has access to fair legal representation.

Pro-Tem Speaker Assesses Dev Issues Of Srinagar Residents



Observer News Service

SRINAGAR: Pro-tem Speaker, Mubarak Gul, today convened a meeting with the Vice Chairman of Srinagar Development Authority (SDA), along with other district officers of the authority and the Executive Engineer (SDA).

The purpose of the meeting was to address key development needs in Srinagar to ensure better facilities

and support for the local community.

The meeting had detailed discussion on several crucial issues including repairs, renovations and macadamization of roads in Pamposh Colony, Rath Colony, Gata Colony, and Palapora Colony, streamlining of drainage system to prevent water logging and ensure proper sanitation, lease extension for Eidgah Constituency residents and provision of residential flats for weaker sections.

The Speaker highlighted the need for affordable (2BHK) residential flats for weaker sections and homeless individuals in the Eidgah constituency, reinforcing his commitment towards improving living conditions for all.

The Speaker stressed upon the officers of SDA to expedite the execution of all development works in the area, ensuring that the people of these areas do not face further inconvenience.

Chief Secy Administers 'Unity Pledge' To Secretariat Employees

Observer News Service

SRINAGAR: On the eve of 10th Rashtriya Ekta Diwas, Chief Secretary, Atal Dulloo today administered 'Unity Pledge' to the officers and officials of Civil Secretariat here.

Jammu based employees participated in the pledge ceremony through video conferencing.

These civil servants solemnly pledged that they dedicate themselves to preserve the unity, integrity and security of the nation and would also strive hard to spread this message among other countrymen.

They also pledged that in the spirit of unification of the country they resolved to make contributions to ensure internal security of their



country.

Pertinent to mention here that the day is celebrated to commemorate the contribution of India's first Home Minister, Sardar Vallabhbhai Patel in the unification of this

country.

Today it was Sardar Patel's 150th Birth anniversary and from the year 2014 the day is commemorated as 'Rashtriya Ekta Diwas' all over the country.

SMC Celebrates Rashtriya Ekta Diwas

SRINAGAR: The Srinagar Municipal Corporation (SMC) commemorated Rashtriya Ekta Diwas (National Unity Day) today, honoring the enduring legacy of Sardar Vallabhbhai Patel, a pivotal figure in India's quest for unity.

This significant occasion aimed to foster a sense of togetherness and reinforce the values of integrity and solidarity within the community.

The ceremony was held at the SMC headquarters and was attended by all officers of SMC central office including Joint Commissioners, FA/CAO, Secretary SMC, engineers, and senior officials, besides the ceremony was also celebrated in all 35 administrative Wards of SMC which underscored the importance of collaboration in building a unified society.

Speaking on the occasion, Commissioner SMC, Dr Owais Ahmed

emphasized the crucial role of National unity in strengthening community bonds. He said that true progress is attainable only when communities unite in respect and understanding.

A highlight of the event was a collective pledge taken by all participants to uphold peace, harmony, and unity, reinforcing their commitment to foster a cohesive environment in Srinagar.

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HIGHWAY STATUS
 • Sgr-Jammu highway - (Open)
 • Mughal Road - (Open)
 • Srinagar- Leh- (Open)

PRAYERS

FAJR 5:25
 ZUHR 12:14
 ASR 4:01
 Magrib 5:42
 ISHA 7:03

HIJRI CALENDAR
 28 Rabi-ul-Sani
 1446

This Day In History

- 835 - All Saints Day made compulsory by Pope Gregory IV throughout Frankish Kingdom
- 996 - First recorded use of modern name for Austria in the 'Ostarrichi Document'
- 1570 - All Saints Flood, tidal wave in the North Sea devastates the coast from Holland to Jutland; killing more than 1,000 people.
- 1721 - Prince Eugenius of Savoy unveils statue of himself
- 1755 - Lisbon earthquake kills more than 50,000 in Portugal
- 1834 First published reference to poker (as Mississippi riverboat game)
- 1894 - Vaccine for diphtheria announced by Dr Roux of Paris
- 1894 - Nicholas II becomes the new Tsar of Russia after his father, Alexander III, dies.
- 1897 - Italian football club Juventus F.C. is founded by students in Turin as Sport-Club Juventus
- 1902 - France and Italy sign an Entente under which Italy agrees to remain neutral if France is attacked; this is France's attempt to neutralize the Triple Entente
- 1911 - The first aerial bomb is dropped by an Italian pilot on Turkish troops in Libya during the Italo-Turkish War
- 1913 - Less than a week after the US non-intervention promise, President Woodrow Wilson demands that Mexican dictator Huerta resigns
- 1917 - In WW I, the 1st US soldiers are killed in combat
- 1928 - Graf Zeppelin sets airship distance record of 6384 km
- 1942 - 10th day of battle at El Alamein
- 1944 - World War II: Units of the British Army land at Walcheren in the Netherlands.
- 1947 - UN trusteeship for Nauru granted to Australia, NZ & UK
- 1951 - First atomic explosion witnessed by troops, New Mexico
- 1956 - Delhi becomes a territory of Indian union
- 1956 - Nobel for physics awarded to Shockley, Brattain & Bardeen
- 1962 - Greece enters European Common Market
- 1962 - USSR launches Mars 1; radio contact lost before arrival at Mars
- 1974 - UN affirms independence of Cyprus
- 1985 - Netherlands decides definitive sites for cruise missiles
- 1990 - Last of Margaret Thatcher's original government resigns, Deputy PM Howe
- 1990 - Rhetoric escalates as Bush likens Saddam to Hitler
- 1991 - Three faculty, and one staff member of the department of physics and astronomy, were killed, along with one administrator, when physics graduate student Gang Lu went on a shooting rampage at the University of Iowa.
- 1993 - The Maastricht Treaty, the Treaty on European Union comes into effect
- 1998 - The European Court of Human Rights is instituted.
- 2012 - Scientists detect evidence of light from the universe's first stars, predicted to have formed 500 million years after the big bang
- 2012 - 2 Iranian fighter jets fire on a US General Atomics MQ-1 Predator drone in international airspace
- 2015 - Turkish Prime Minister Ahmet's Davutoglus Justice and Development Party regains its parliamentary majority in a surprise result
- 2017 - Boiler explosion at a NTPC government-run coal-fired power plant in Rae Bareilly, India, kills 29
- 2017 - UK Defense Secretary Michael Fallon resigns due to his behavior towards women, part of wider scandal of sexual harassment by UK politicians
- 2018 - Google employees stage mass walkout to protest the company's handling of sexual harassment
- 2018 - Ground assault mounted on Yemeni port city of Hudaydah by Saudi-backed government forces
- 2020 - Gunmen kill at least 32 people, set fire to homes in Oromia state, Ethiopia, in attack blamed on rebel Oromo Liberation Army
- 2021 - Global death toll from COVID-19 passes 5 million according to Johns Hopkins, with estimates the true toll is at least twice as high [1]
- 2021 - Novavax COVID-19 vaccine receives its first emergency use authorization in Indonesia. The first protein-based covid vaccine. [1]
- 2022 - Fifth Israeli election held in under four years won by Benjamin Netanyahu and his Likud party, defeating sitting Prime Minister Yair Lapid

KASHMER *Aspire. Strive. Achieve.*

OBSESSIVE COMPULSIVE DISORDER

8 WEEK FREE GROUP THERAPY

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

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

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

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

You do not have to fight your battles alone.

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

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

9070806160

Canada-India Tensions Could Escalate Cyber Threats, Hinder Immigration

Reuters

Ottawa: Canada's deepening dispute with India over its alleged campaign of violence against Sikhs in Canada could intensify Indian-based cyber espionage and hold back immigration, but analysts and experts see no immediate impact on trade.

Concern about a widening rift between the two countries comes after a senior Canadian official told a parliamentary national security committee on Tuesday that Indian Minister of Home Affairs Amit Shah, a close ally of Prime Minister Narendra Modi, was the mastermind behind the alleged plots.

While Indian officials dismissed the official's statement, the disclosure might worsen a dispute that started a year ago when Prime Minister Justin Trudeau cited credible evidence linking Indian agents to the June 2023 shooting of Sikh leader Hardeep Singh Nijjar in British Columbia.

In response, Canada expelled six Indian diplomats earlier this month, accusing them of involvement. Four men have been charged with his murder.

The Canadian signals intelligence agency that monitors foreign-based cyber threats said New Delhi was most likely already conducting threatening cyber activity against Canadian networks for spying purposes.

"As Canada and India potentially may have some tensions, it is possible that we may see India want to flex those cyber threat actions against Canadians," Caroline Xavier, head of the agency, known as Communications Security Establishment Canada, told a Wednesday press conference. The agency has previously described India as an emerging threat.

On the diplomatic front, Ottawa is unlikely to take more punitive steps until more details of the Nijjar case emerge, said Vina Nadjibulla, vice president of the Asia Pacific Foundation of Canada think tank.

Cabinet ministers are due to testify about the matter to the national security committee and the murder trial of the four men has yet to start, she noted.

"If there are charges laid in the process on individuals that are living in India at whatever level, then it would trigger an extradition process which could take years. And of course, India is unlikely to cooperate," she said.

Officials working for Trudeau and Foreign Minister Melanie Joly did not respond to requests for comment about what steps Ottawa might take next.

India is the top source for temporary foreign workers and international students coming to Canada but a backlog of applications has built since Trudeau's allegations last year.

Delhi Air 'Very Poor' On Diwali Morning, Likely To Deteriorate

Press Trust Of India

New Delhi: Delhi's air quality remained "very poor" on Thursday, the morning of Diwali.

The Air Quality Index was 330 at 9 am and is expected to deteriorate further towards the evening as festivities take on.

Delhiites woke up on Thursday to a sky shrouded in a thick layer of smog. The air in Anand

joyed clearer skies and abundant sunshine, with an AQI of 202 in the morning, according to the data.

Delhi recorded an AQI of 218 on Diwali last year, 312 in 2022, 382 in 2021, 414 in 2020, 337 in 2019, 281 in 2018, 319 in 2017, and 431 in 2016, according to Central Pollution Control Board data.

Last year, a decrease in stubble-burning incidents and rain



Vihar, a major terminus, was especially polluted with AQI in the "severe" category.

Thirty-eight monitoring stations showed that air was in a "very poor" category across the city.

The 24-hour average air quality index on Wednesday stood at 307.

An AQI between zero and 50 is considered 'good', 51 and 100 'satisfactory', 101 and 200 'moderate', 201 and 300 'poor', 301 and 400 'very poor', 401 and 450 'severe' and above 450 'severe plus'.

In 2023, Delhi residents en-

joyed clearer skies and abundant sunshine, with an AQI of 202 in the morning, according to the data.

Delhi recorded an AQI of 218 on Diwali last year, 312 in 2022, 382 in 2021, 414 in 2020, 337 in 2019, 281 in 2018, 319 in 2017, and 431 in 2016, according to Central Pollution Control Board data.

Last year, a decrease in stubble-burning incidents and rain before Diwali, along with favourable meteorological conditions, prevented the national capital from turning into a gas chamber after the festival.

Delhi earlier in the month announced a comprehensive ban on the manufacture, storage, sale and use of firecrackers.

On Wednesday, Delhi Environment Minister Gopal Rai announced that 377 teams have been formed to enforce the ban on firecrackers across the national capital.



UN Says One Child A Day Killed In Israel's War On Lebanon In Past Month

Agencies

Washington: The United Nations children's agency says at least one child a day has been killed in Lebanon over the past month as Israel intensifies its bombing campaign.

"Since October 4 of this year, at least one child has been killed and 10 injured daily," UNICEF Executive Director Catherine Russell said on Thursday and added that "the ongoing war in Lebanon is upending children's lives."

The UN agency said "thousands more children who have survived the many months of constant bombings physically unscathed are now acutely distressed by the violence and chaos around them."

According to the Lebanese

Ministry of Public Health, 166 children have been killed and at least 1,168 injured since Hezbollah and Israel began exchanging fire across the border in October 2023. The conflict has escalated since August.

Trauma is prevalent among children, who show signs of emotional, behavioural and physical distress.

"UNICEF teams have met children who are gripped by overwhelming fear and increased anxiety, including separation anxiety, fear of loss, withdrawal, aggression, and difficulty concentrating," Russell said in a statement.

"Many have disrupted sleep, haunted by nightmares, headaches, and loss of appetite. Deprived of the safety, stability,

and support that school provides, many of these children are left without the spaces they need to play, learn, and heal."

"But the true healing can only begin when the violence ends," she added.

Top United States officials, including President Joe Biden's Middle East peace envoy, Amos Hochstein, were expected to meet their Israeli counterparts on Thursday to discuss a possible deal to end the conflict in Lebanon.

On Wednesday, Lebanese caretaker Prime Minister Najib Mikati expressed optimism about a ceasefire in "the coming hours or days" and Hezbollah's new leader, Naim Qassem, said the group would accept a truce under certain conditions.

Israel Strikes Lebanon's Ancient City of Baalbek, Threatens Heritage

Agencies

Beirut: The United Nations has called for protecting cultural sites following Israeli airstrikes on the Lebanese city of Baalbek, which is known for its historical sites and tourist attractions.

Speaking at a press conference on Wednesday, UN secretary general's spokesman Stephane Dujarric made the call, hours after strikes by Israeli warplanes rocked the eastern Lebanese city of Baalbek and its outskirts.

"Clearly, we do not want to see any harm, to people and also to the cultural heritage. I think one of the things we've seen in conflicts in recent years is the destruction of cultural heritage that can never be replaced," he said.

The strikes in two towns in Baalbek region killed at least 19 people, according to a statement by the Lebanese Health Ministry. However, other reports raised the death toll to at least 30 people.

This has been Israel's biggest assault on the region since attacks escalated in September.

Baalbek, a significant urban center in the Bekaa Valley, is renowned for being home to some of the best preserved Roman temples. Designated as a UNESCO World Heritage site in 1984, it has a population of over 100,000 residents.

Previous Israeli airstrikes in Duris, a village located almost



"The strikes in two towns in Baalbek region killed at least 19 people, according to a statement by the Lebanese Health Ministry. However, other reports raised the death toll to at least 30 people.

in the vicinity of Baalbek, have damaged ancient sites. The village is home to a 13th-century Muslim shrine and a necropolis dating back to the late Roman Imperial period.

Since October last year, Israel has killed over 2,700 people in Lebanon. Most of them have lost their lives in the past month amid the intensified airstrikes and a ground offensive.

Hezbollah has been responding to the aggression with retaliatory operations, targeting the occupied territories.

The Lebanese resistance movement has vowed to keep up its operations against Israel as long as the regime continues its campaign of genocide in the besieged Gaza Strip, which has so far killed more than 43,000 Palestinians, mostly women and children.

Harris vs Trump Polls Indicate US Election Too Close To Call

Press Trust Of India

Washington: Two recent major polls have revealed a tightly contested race in the upcoming American presidential elections between Vice-President Kamala Harris of the Democratic Party and her Republican rival Donald Trump.

As of Wednesday, nearly 60 million people had already voted either by mail-in-vote or in-person early votes, five days ahead of the General Election scheduled for November 5. Simultaneous voting and campaigning are a unique aspect of American democracy.

A Fox Poll released on Wednesday revealed that Trump is ahead of Harris in two battle-

while in the battleground States, he has a lead of just one per cent. Trump is, however, leading in the betting market with 63.1 points against Harris's 35.8.

Meanwhile, the editorial board of The Wall Street Journal on Wednesday wrote that a Harris victory would mean a fourth Obama term.

"Her candidacy is best understood as an attempt to continue the progressive political wave that began in 2006 with the GOP defeat in Congress and rolled ashore as a tsunami amid the financial panic of 2008. She is running for what essentially would be Barack Obama's fourth progressive term," the daily wrote.



ground States, Pennsylvania and North Carolina, by just one percentage point, while there is a tie between the two in Michigan. The three other battleground States this time are Arizona, Nevada, Georgia and Wisconsin.

A CNN poll put the two nominees tied at 48 per cent in Pennsylvania, while Harris is ahead of Trump by six points in Wisconsin and by five points in Michigan. CBS News polls said Trump and Harris are tied at 49 per cent in Pennsylvania. A candidate needs 270 electoral votes to win the 2024 presidential election.

Real Clear Politics, which tracks all major polls, gives a slender 0.4 percentage points advantage to Trump at the national level,

"At home, she's no centrist. Abroad, she seems unprepared for the dangers ahead," the journal said.

The Washington Post said on Wednesday that Harris has held her leads nationally and in Michigan, Wisconsin and Nevada, but her lead in Pennsylvania shrunk in the last week. Trump still leads in Arizona, Georgia and North Carolina, it said.

According to CNN, Harris runs much closer to Trump on trust to handle the economy and further ahead of him on handling democracy in both Michigan and Wisconsin, where she also holds wider advantages on key attributes than in Pennsylvania, differences that help to explain her stronger showing in the upper Midwest states.

Afghan Women Forbidden From Praying Loudly Or Reciting Quran: Taliban Minister

Agencies

Kabul: Afghan women are forbidden from praying loudly or reciting the Quran in front of other women, according to a Taliban government minister.

It's the latest restriction on women following morality laws that ban them from raising their voice and baring their faces outside the home. They are already excluded from education after sixth grade, many public spaces and most jobs.

Nobody from the vice and virtue ministry was immediately available on Wednesday to clarify the official's remarks or confirm if the prohibition would also become part of the morality laws.

During an event in

eastern Logar province on Sunday, vice and virtue minister Khalid Hanafi said: "It is prohibited for a grown woman to recite Quranic verses or perform recitations in front of another grown woman. Even chants of takbir (Allah-u-Akbar) are not permitted."

He said that uttering similar expressions like "subhanallah," another word central to the Islamic faith, was also not allowed. A woman was not permitted to perform the call to prayer, he told the gathering. "So, there is certainly no permission for singing."

Audio of Hanafi's remarks was shared on the ministry's social media platforms but was later deleted.

Modi celebrates Diwali with armed forces near Indo-Pak border in Kutch

Prime Minister Narendra Modi on Thursday celebrated Diwali with the personnel of the Border Security Force (BSF), Army, Navy and Air Force near the Indo-Pak border in Gujarat's Kutch district.

Modi reached Lakki Nala in Sir Creek area after landing at Koteswar in Kutch from Ekta Nagar, said a BSF official.

"He celebrated Diwali by offering sweets to jawans," the official added. In a video shared by officials, Modi, wearing a BSF uniform, can be seen offering sweets to the personnel on board a patrol vessel.

Earlier in the day, the prime minister paid floral tributes to Sardar Vallabhbhai Patel at the Statue of Unity in Ekta Nagar on the birth anniversary of India's first Home Minister which is celebrated as National Unity Day.



"In a video shared by officials, Modi, wearing a BSF uniform, can be seen offering sweets to the personnel on board a patrol vessel.

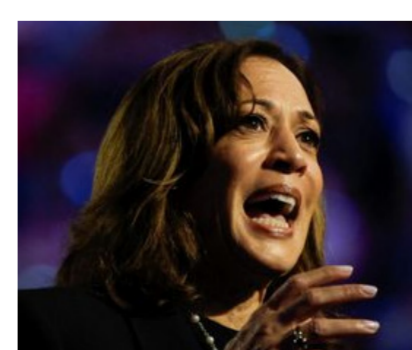
Harris distances herself from Biden's 'garbage' comment about Trump supporters

Democratic presidential candidate Kamala Harris has distanced herself from a controversial comment made by President Joe Biden, in which he referred to supporters of her Republican rival Donald Trump as 'garbage'.

"I think that, first of all, he clarified his comments. But let me be clear: I strongly disagree with any criticism of people based on who they vote for. You heard my speech last night and continuously throughout my career," Vice President Harris told reporters on Wednesday.

"I believe that the work that I do is about representing all the people, whether they support me or not. As president of the United States, I will be a president for all Americans, whether you vote for me or not," she said, responding to a question on Biden's comment comparing Trump supporters to garbage.

Biden was commenting on a racist



joke a comedian made at a Trump rally days earlier, likening Puerto Rico to an "island of garbage".

"The only garbage I see floating out there is his (Trump's) supporters, his demonisation of Latinos is unconscionable and it's un-American. It's totally contrary to everything we've done, ev-

everything we've been," Biden said in his remarks on a campaign call for Latino voters on Tuesday.

Trump, the former president, was quick to denounce the comment.

The Republican Party presidential candidate, who was holding a rally in Allentown, described Biden's remarks as "terrible" and likened them to Hillary Clinton's comments calling some of Trump's supporters "deplorable" in 2016. "So, you have to remember Hillary [Clinton]—she said 'deplorable' and then she said 'irredeemable,'" Trump said. "'Garbage' I think is worse," he added.

In a damage control exercise, Biden later tried to explain his remarks on X. "Earlier today, I referred to the hateful rhetoric about Puerto Rico spewed by Trump's supporter at his Madison Square Garden rally as garbage—which is the only word I can think of to describe it," Biden wrote.

NEWS MAKERS

Ahead Of Winter, JKDMA Issues Safety Guidelines For Cold Weather Hazards

Agencies

SRINAGAR: The Jammu & Kashmir Disaster Management Authority (JKDMA) has released essential guidelines to help residents prepare for the harsh winter ahead and mitigate risks associated with extreme cold waves in the region.

JKDMA, has called for strengthening infrastructure and ensuring timely access to resources to combat the chilling effects of winter.

Among the key recommendations, the authority advises wearing adequate winter clothing, preferably in multiple layers, to enhance insulation against the cold. It specifically suggests mittens over gloves for better warmth.

Residents have been urged to prepare emergency supplies, including food, water, blankets and batteries, and to limit travel to reduce exposure to the cold. "Stay dry; if wet, change

clothes quickly to prevent heat loss," JKDMA has advised.

They also recommend keeping up with weather updates through radio, TV, or newspapers and encourage regular consumption of hot beverages while cautioning against alcohol, which can lower body temperature.

According to these guidelines, the Kashmir region is particularly vulnerable to severe winter weather. Residents have been advised to stock adequate water supplies, as pipes may freeze, affecting availability.

JKDMA has called for recognising signs of frostbite, such as numbness and pale skin on extremities like fingers, toes and the nose. In cases of hypothermia, a dangerous drop in body temperature, they have recommended moving the affected person to a warm environment, changing wet clothing, and using layers of dry blankets or skin-to-skin contact to raise body temperature.

Will Come Up To People's Expectations, Say MLAs Of Sopore & Wagoora-Kreeri

Agencies

SOPORE: MLA Wagoora-Kreeri, Irfan Hafiz Lone and MLA Sopore, Irshad Rasool Kar on Thursday called for improved coordination among departments to ensure that essential services reach the local population efficiently and effectively.

"We will ensure that the general public does not suffer in any way. We have been elected by the people and will stick to their expectations", the MLAs said while holding joint review meetings with key line departments here to address public concerns.

The departments involved included the Power Development Department (PDD), Public Health Engineering (PHE), Health, Education and others. The MLAs were apprised of various ongoing

works. Additional Deputy Commissioner (ADC) Sopore was also present in the meeting.

During the meeting, the MLAs assessed various developmental issues pertaining to road connectivity, water supply concerns, health sector initiatives and upgrades, school education, accelerating the irrigation canal network, rural development, horticulture, agriculture works and schemes and other matters of public importance.

Health officials were issued strict directives to ensure that all available facilities at the health institutions are initiated for the benefit of the larger public besides, requested PWD for the prompt compilation and submission of Detailed Project Reports (DPRs) to ensure the timely commencement of newly initiated works. —(KNO)

16th Annual Day Function Of Delhi Modern Public School Held



Observer News Service

SRINAGAR: The 16th Annual Day Function of Delhi Modern Public School Pampore was celebrated with grandeur at the Convocation Complex, University of Kashmir. The event saw the presence of esteemed guests, including Dr. Farooq Abdullah; Health and Education Minister Sakeena Masood Itoo; Vice Chancellor of the University of Kashmir, Mrs. Nilofer Khan; and MLA Pampore, Retired Justice Hसनain Masoodi, along with other dignitaries.

The school's principal, Mrs. Shaheena Mushtaq, addressed the gathering, expressing immense pride in the achievements of the students. She highlighted the school's commitment to providing a holistic

education that nurtures students beyond academics, focusing on their all-round development. The School Management echoed her sentiments, underscoring their dedication to fostering a well-rounded learning environment.

The event featured a vibrant display of cultural performances and academic accomplishments by the students, showcasing their talent and hard work.

As Delhi Modern Public School pampore looks forward to another successful academic year, the Annual Day celebration at Convocation Complex, University of Kashmir stands as a testament to the school's unwavering dedication to fostering a conducive learning environment and reaffirmed its commitment to excellence in education and holistic development.

J&K Panchayat Polls Soon: LG Manoj Sinha

Agencies

SRINAGAR: Jammu and Kashmir's Lieutenant Governor Manoj Sinha Thursday said that the administration is committed to hold the Panchayat polls as soon as possible as the same couldn't be held due to some formalities involved.

"There was a need to include backward class for reservation in Panchayats under the State Re-Organisation Act. We couldn't hold the polls earlier but we are committed to hold Panchayat polls soon after all formalities are completed," the LG said addressing the UT Foundation Day function at SKICC.

He also said peace, stability, rule of law and time-tested democratic values make J&K UT an attractive investment destination. "The confidence of investors in Jammu Kashmir is reflected in the highest ever inflows of investment in the



past four years," he said and reiterated his commitment for the extension of the new industrial development scheme in J&K. "Time is not far when the flow of investment would touch to Rs one lakh crore which will also create ample opportunities for the youth,"

About the achievements registered in the Banking sector, the LG highlighted that the J&K Bank is one of the greatest turnaround success stories of the UT. "In 2019-20, the bank has reported a loss of Rs.1139

Cr. It reported a profit of Rs. 1700 Cr in the year 2023-24. In current FY, J&K Bank clocked Rs. 991 Cr in profit," he added.

The LG called upon the people to remain united, identify and isolate anti-national elements and those disrupting the peace.

"My dream is to see that every family is prosperous. My dream is to see Faster development of the infrastructure, industries and fruits of growth reach the last person in the queue," he said—(KNO)

LG Administers 'Rashtriya Ekta Diwas' Pledge To Officers

Observer News Service



SRINAGAR: Lieutenant Governor Manoj Sinha administered 'Rashtriya Ekta Diwas' Pledge to the officers at Raj Bhawan, on the occasion of Rashtriya Ekta Diwas to commemorate the birth anniversary of the Iron Man of India, Sardar Vallabhbhai Patel.

Paying tributes to Sardar Vallabhbhai Patel on his Janm-Jayanti, the Lt Governor has called upon the

people to dedicate themselves to the ideals of Sardar Vallabhbhai Patel and work towards building a Viksit Bharat.

"Humble tributes to Sardar Vallabhbhai Patel Ji, Iron Man of India, on his birth anniversary. He dedicated his life for India's freedom & creation of a united India. On the occasion of his Janm-Jayanti, let us dedicate ourselves to his ideals & work towards building a Viksit Bharat," the LG posted on X.

Lack Of Facilities Along Mughal Road Continues To Irk Travellers

Agencies

SRINAGAR: The historical Mughal Road, a vital 84-km route connecting the Poonch district with Shopian, continues to pose difficulties for passengers despite its designation as a national highway three years ago.

With increasing traffic each year, the lack of essential facilities along the road has become a significant concern for travellers.

An official said that the Mughal Road has been witnessing a steady influx of tourists who head to attractions like Peer Ki Gali and Dubjan, as well as students commuting between the Pir Panchal area and Kashmir. However, many travellers have expressed frustrations over the absence of basic amenities, particularly network connectivity.

A truck driver said there is natural beauty along the road and they have been enjoying it but it lacks basic facilities, especially network connectivity. "We face the challenges of travelling without adequate roadside facilities. Though the journey feels heavenly, the lack of amenities makes it cumbersome," he said, adding, "There are no washrooms, shops or eateries for kilometres, which inconveniences everyone."

Students using the road for their commute said there are no repair facilities for vehicles. One student at Baba Gulam Shah Badshah University (BGSBU) said a vehicle breakdown on the Mughal Road could leave travellers stranded for hours, especially due to poor telecommunication services that hinder emergency calls.

In light of these issues, travellers are urging the government to address the lack of facilities to attract more tourists, which could also create employment opportunities for locals.

A stall owner at Peer Ki Gali said, "Improving these services will benefit both the local economy and the government."

Sakina Masood Inspects Construction Site Of GMC Handwara

Agencies

KUPWARA: Minister of Health and Medical Education, Social Welfare, School Education and Higher Education, Sakeena Masood today visited the construction site of Government Medical College (GMC) Handwara and took detailed appraisal of the construction site as well as progress of ongoing works.

During the visit, the Minister took detailed round of the construction site and took first-hand assessment of the ongoing works.

She held detailed deliberations with the engineers of the project executing agency and sought details from them about the present status of the project as well as issues pertaining to its smooth execution.

While interacting with the officers of executing agency, Sakeena Masood highlighted

that purpose of her visit was to check the construction site and its feasibility, so that the project can be taken to its logical end.

At the construction site of GMC Handwara, the Minister was apprised by the Executive Engineer R&B that the under-construction GMC project costs Rs.325 crore and has 251 kanals of land in possession. 17 buildings are to be constructed for GMC and work is in progress on 11 buildings while as work is in progress on 200-bedded hospital building in the premises of District Hospital at Handwara.

ADC Handwara, Aziz Ahmed Rafter; Director Coordination New Medical Colleges, Dr. Mushtaq Ahmad Rafter; Principal GMC, Medical Superintendent District Hospital, officers of Sub-District Administration, Handwara and Engineers accompanied the Minister during visit.

Assembly Election 2024: DEO Srinagar Calls For Account Reconciliation Meeting

Observer News Service

SRINAGAR: The District Election Officer (DEO) Srinagar has called an account reconciliation meeting for all candidates who contested in the 2024 Legislative Assembly Elections.

The meeting notice issued by DEO Srinagar, meeting will take place on 4 Nov 2024, at 11:00 AM in the Meeting Hall of the Deputy Commissioner's Office, Amar Niwas Complex, Tankipora, Srinagar.

According to the notice is-

sued, the primary purpose of meeting is to scrutinize and reconcile the candidates' statements of election expenditure.

Candidates or their authorized representatives have been asked to attend the meeting along with their completed and signed Election Expenditure Registers, supporting vouchers, bank statements, affidavits, and other necessary documents as per the Election Commission of India (ECI) guidelines on election expenditure monitoring.

OFFICE OF THE MEDICAL SUPERINTENDENT ASSOCIATED HOSPITAL GOVT. MEDICAL COLLEGE BARAMULLA

associatedhospitalgmcbaramulla@gmail.com

Subject: Supply Of LPG Commercial Gas Cylinders of Standard Weight of Bharat Petroleum Gas/ Hindustan Petroleum Gas/ Indian Oil Corporation (Refilling Only) of Capacity 19 Kg including all types of carriages upto the hospital Store.

CALL OF QUOTATION

On behalf of Lt. Governor of Jammu and Kashmir Union Territory, in view of urgency and as a part of winter preparedness Action Plan, for smooth functioning of the of the GMC Baramulla and Associated Hospital, sealed tenders affixed by revenue stamps of Rs.10 are invited from registered/authorized suppliers/distributors to offer discount/rebate rates for Supply Of LPG Commercial Gas Cylinders Of Standard Weight Of Bharat Petroleum Gas/ Hindustan Petroleum Gas/ Indian Oil Corporation (Refilling Only) Of Capacity 19 Kg including all types of carriages upto the hospital Store.

The estimates/tenders in sealed envelope addressed to Medical Superintendent Associated Hospital GMC Baramulla shall reach to this office within 07 days from the date of publication. The contractors/suppliers can contact the office of the undersigned within office hours for further details.

Quotations shall be opened on the 05-11-2024 at 02:00 p.m. in the office of the undersigned in presence of the quotationers who may like to be present.

Other Terms and Conditions

- Details of the work can be obtained from the office of the undersigned.
- Price is F.O.R destination basis with no scope of escalation.
- Rates are inclusive of all taxes.
- Successful bidder shall have to start supplying the LPG to this institution within 01 Week.
- The undersigned reserves the right to reject or accept any quotation without assigning any reason.

No:- AH-GMGB/Quo/2024-25/474-78

DIPK-7072-24

Dated: 28/10/2024

DT: 31/10/2024

Medical Superintendent
Associated Hospital GMC, Baramulla.

GOVT OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER CONSTRUCTION DIVISION KASHMIR, J& K SPORTS COUNCIL, SRINAGAR

NOTICE INVITING TENDERS

Tender Notice: E-NIT No:28 of 2024-25 | DATED: 23.10.2024

For and on behalf of Lieutenant Governor, UT of Jammu & Kashmir, e-tenders are invited on percentage basis from approved and eligible bidders registered with J&K Govt. CPWD, Railways and other State/Central Government for the following work:-

| S. No | Name of work | Adv cost (Rs. in lacs) | Earnest Money Deposit | Class of Contract | Administrative Approval No. & date | Cost of Tender documents | Time of Completion |
|-------|--|------------------------|-----------------------|-------------------|--|--------------------------|--------------------|
| 1. | External Development of Indoor Sports Hall at Arigam Shalinar Budgam | Rs.99.51 lacs | Rs.199020/- | AAY Class | Sports Council order No: 632 of 2024 dated: 23.07.2024 | Rs.1600/- | 120 days |

Position of Funds = Under Capex 2024-25
Position of TS = Accorded

- The Bidding documents consisting of qualifying information, eligibility Criteria, specification, 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 schedule of dates given below:-

| 1. | CRITICAL DATES TABLE | |
|----|--|---|
| 1. | Date of issue of Tender Notice. | 23.10.2024 |
| 2. | Period of downloading of bidding documents | 23.10.2024 from 4.00PM to 13.11.2024 upto 4.00PM. |
| 3. | Bid Submission Start Date. | 25.10.2024 from 1.00 PM |
| 4. | Bid submission End Date. | 13.11.2024 upto 4.00 PM |
| 5. | Date & Time of opening of Bids (online) | 14.11.2024 at 10.00 AM in the office of Ex. Engineer, Const. Division Kashmir, J&K Sports Council at Administrative Block, Bakshi Stadium, Srinagar. (or any convenient date) |

The Cost of the tender documents shall be deposited into the bank account by the bidder for which the following information can be used by the bidder. (No Demand Draft shall be entertained).

| | | |
|------------------|---|---|
| 1) Name of Bank | = | J&K Bank Ltd. |
| 2) Account Title | = | Executive Engineer, Construction Div. Kmr, JKSC |
| 3) Account No | = | CDG-0365010200000842 |
| 4) Branch | = | Lal Mandi |
| 5) IFSC Code | = | JAKAOSBOARD |

The bidders must upload the scanned copy of bank payment acknowledgment slip.
No:SC/CDK/e-01/2290-94
Dated: 23.10.2024

Ex. Engineer, CDK
J&K Sports Council

GOVT OF JAMMU & KASHMIR

OFFICE OF THE EXECUTIVE ENGINEER CONSTRUCTION DIVISION KASHMIR, J& K SPORTS COUNCIL, SRINAGAR

NOTICE INVITING TENDERS

Tender Notice: E-NIT No: 27 of 2024-25 | DAT ED:21.10.2024

For and on behalf of Lieutenant Governor, UT of Jammu & Kashmir, e-tenders are invited on percentage basis from approved and eligible bidders registered with J&K Govt. CPWD, Railways and other State/Central Government for the following work:-

| S.No | Name of work | Adv cost (Rs. in lacs) | Earnest Money Deposit | Class of Contract | Administrative Approval No. & date | Cost of Tender documents | Time of Completion |
|------|--|------------------------|-----------------------|-------------------|--|--------------------------|--------------------|
| 1. | Development of play field at Batapora Shopian | Rs.57.78 lacs | Rs.1,15,460/- | AAY Class | Sports Council order No: 472 of 2024 dated: 20.05.2024 | Rs.1600/- | 120 days |
| 2. | Upgradation of Play field at Chichiora Baramulla | Rs.117.63 | Rs. 2,35,200/- | AAY | CE (R&B) NK/TS/10 of 2024-25 dated: 07.10.2024 | Rs.2500/- | 360 days |

Position of Funds = Under Capex 2024-25
Position of TS = Accorded

- The Bidding documents consisting of qualifying information, eligibility Criteria, specification, 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 schedule of dates given below:-

| 1. | CRITICAL DATES TABLE | |
|----|--|---|
| 1. | Date of issue of Tender Notice. | 21.10.2024 |
| 2. | Period of downloading of bidding documents | 21.10.2024 from 4.00PM to 10.11.2024 upto 4.00PM. |
| 3. | Bid Submission Start Date. | 21.10.2024 from 1.00 PM |
| 4. | Bid submission End Date. | 08.11.2024 upto 4.00 PM |
| 5. | Date & Time of opening of Bids (online) | 09.11.2024 at 10.00 AM in the office of Ex. Engineer, Const. Division Kashmir, J&K Sports Council at Administrative Block, Bakshi Stadium, Srinagar. (or any convenient date) |

The Cost of the tender documents shall be deposited into the bank account by the bidder for which the following information can be used by the bidder. (No Demand Draft shall be entertained).

| | | |
|------------------|---|---|
| 1) Name of Bank | = | J&K Bank Ltd. |
| 2) Account Title | = | Executive Engineer, Construction Div. Kmr, JKSC |
| 3) Account No | = | CDG-0365010200000842 |
| 4) Branch | = | Lal Mandi |
| 5) IFSC Code | = | JAKAOSBOARD |

The bidders must upload the scanned copy of bank payment acknowledgment slip.
SC/CDK/e-01/2262-66
Dated:21.10.2024

Ex. Engineer, CDK
J&K Sports Council

KASHMIR OBSERVER®

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Education System's New Issues and Challenges



Kashmir Observer

Mohammad Hanief

KO VIEW

Restoring Academic Sense

In a welcome move, the Jammu and Kashmir government has restored the pre-2022 academic calendar by switching the session back to November-December for non-board classes up to Class 9. Earlier in 2022, the Lieutenant Governor's administration, in a bid to bring the academic calendar at par with the rest of the country, decided to implement a uniform academic session across the union territory. However, this calendar in no way suited the cold climate in the Valley with an extended winter break for the academic institutions. It disrupted the academic culture as it has always existed in the region: students completed their annual exams in November-December, attended winter tuitions for the next class, and began the new academic session in March of the following year.

But in 2022, the LG government arbitrarily took the decision to bring the academic session in line with the other parts of the country. There was no effort to consult the civil society or the people at large about a decision that impacted them directly. The administration stuck to the decision despite the palpable widespread public resentment, something it shouldn't have done. In hindsight, it was one of the steps that put the previous administration at odds with the public sentiment. And now its reversal by the elected government within the first two weeks of assuming power has won it some public goodwill. The regional parties and parents welcomed the move.

That said, in recent years, the functioning of academic institutions has drastically improved. As Lieutenant Manoj Sinha himself said at a function in February this year: Kashmir now witnesses no shutdowns and extended unrests that disrupted every aspect of life including education. He rightly mentioned that hartal calendars had now been replaced by school calendars. These gains certainly need to be built upon and they hopefully will be.

Going forward, the government should work towards improving the quality of education. It can begin with government schools where academic standards have often been found less than satisfactory forcing the parents to send their wards to private schools who charge hefty fees. Private schools, in turn, too have turned out to be more expensive to study than academically superior to government schools - albeit with honourable exceptions. Ditto for coaching centres which are becoming more money-minting businesses than geared to truly enhance the career prospects of the youth. Now that the government has restored the academics to its normal weather-friendly calendar, it can move on to addressing the more pressing challenges in education.

Education is a very important factor in the economic development of any country. India since the early days of independence has always focused on improving the literacy rate in the country and even today the government runs many programs to promote primary and higher education.

Education in India means the process of teaching, learning, and training of human capital in schools and colleges. This improves and increases knowledge and results in skill development hence enhancing the quality of the human capital. The central and state governments always valued the importance of education and this is reflected in the economic policies.

The National Education Policy, 2020 (NEP) envisions a massive transformation in education through an education system that contributes an equitable and vibrant knowledge society, by providing high quality education to all, thereby making India a global knowledge superpower. The NEP 2020 is founded on the five guiding pillars of Access, Equity, Quality, Affordability and Accountability. It will prepare youth to meet the diverse national and global challenges of the present and the future.

In school education, the National Education Policy 2020 stresses on the core values and principle that education must develop not only the cognitive skills, that is, - both 'foundational skills' of literacy and numeracy and 'higher-order' skills such as critical thinking and problem solving - but also, social and emotional skills - also referred to as 'soft skills' - including cultural awareness and empathy, perseverance and grit, teamwork, leadership, communication, among others.

The Policy aims and aspires to universalize the pre-primary education and provides special emphasis on the attainment of foundational literacy/numeracy in primary school and beyond for all by 2025. It recommends plethora of reforms at all levels of school education which seek to ensure

quality of schools, transformation of the curriculum including pedagogy with 5+3+3+4 design covering children in the age group 3-18 years, reform in the current exams and assessment system, strengthening of teacher training, and restructuring the education regulatory framework.

It seeks to increase public investment in education, strengthen the use of technology and increase focus on vocational and adult education, among others. It recommends that the curriculum load in each subject should be reduced to its 'core essential' content by making space for holistic, discussion and analysis-based learning.

Education as it is considered

with about 1.49 Mn schools, 9.5 Mn teachers, and nearly 265 Mn students. Being the world's most populous nation, India boasts a remarkable demographic advantage with a substantial youth population. Nearly one out of every four individuals falls between the ages of 15 and 29, fuelling the demand for a highly skilled and capable workforce across a wide range of industries and sectors.

Education is one of the most vital components that will help in changing the status of India from a developing nation to a developed nation. Moreover, if we take a careful look at the demographics of India, we can observe that states and cities that have the

strong intent to further revamp school infrastructure, increase the number of schools, basic amenities, and number of skilled teachers is poised to further increase the number of school enrolments and reduce the school dropout rate.

We all know we have incepted in the era of the fourth industrial revolution. We are living the renaissance of technology and in such a state, technology and education system cannot be kept apart. Students must be taught about technology right from the early years of their education so that it does not come like an alien thing in their later times.

Schools must embrace technology and education with an

“ Schools must embrace technology and education with an open heart and propagate the same to the students as it is there, where their future lies. While it is not humanly possible for a single teacher to pay attention to every student, schools must start looking at the use of technologies like artificial intelligence and chatbots who can become the helping hand to the teachers as well as students



Did you know?

Understanding the Stock Market: Turning Reversal Thinking into Opportunity

Irshad Mushtaq

In the world of investment, people's behavior often contrasts with typical consumer habits. When retail items are on sale, we naturally buy more, taking advantage of discounts. Interestingly, when stock prices, ETFs, and mutual funds dip, our instinct is often to sell. This reversal can lead to missed opportunities. Instead, when faced with discounted prices in shares, ETFs, and mutual funds, we should consider buying more, focusing on quality investments.

A declining market offers chances for growth. Losses aren't tangible until they are realized. Historical data shows the Indian stock market, specifically the Nifty index, has delivered a substantial 14% CAGR over the past 30 years. This is notably higher compared to returns from traditional investments like gold, fixed deposits, and insurance payouts. So, why do some individuals still experience losses? The answer lies in speculation and poor timing choices. Many investors fail to allow their funds time to grow, often engaging in impulsive buying and selling rather than holding onto quality shares for the long run.

Investing is akin to participating in an auction where price fluctuations are standard. Guaranteed insurance schemes typically have a minimum waiting period of 5 years, offering only around 6-9% per annum. In contrast, investing that same amount in mutual funds or stocks over the same period could yield significantly higher returns. However, this requires patience and the ability to handle market volatility.

Equity markets have historically outperformed other asset classes. Yet, many investors lack the patience needed to endure market fluctuations. Success lies in selecting quality shares, ETFs, and mutual funds and holding them until they grow, much like quality shopping even during discount sales. Trusted financial advisors play a crucial role in crafting well-thought-out portfolios that align with personal investment goals. Just as you wouldn't fly an airplane yourself without proper training, navigating the stock market efficiently often requires professional guidance.

Conclusion

Understanding the stock market means flipping our mindset! While we rush to buy discounted retail items, we often panic and sell stocks when prices dip. This reversal leads to missed opportunities for growth! Historical data shows that the Nifty index has delivered a 14% CAGR over 30 years - far exceeding returns from traditional investments. Yet, many still incur losses due to speculation and poor timing. Remember, investing is a long game; quality matters over quick returns. Let's embrace patience, select quality investments, and trust our financial advisors. Better decisions lead to better outcomes.

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



All letters intended for publication must include the writer's name and address, even if a pseudonym is used. Letters are edited as clarity, space and accuracy of expression require. Our publishing a letter does not mean we agree with everything or even anything in it. -EDITOR

MAIL YOUR LETTERS

P.O. Box # 337, GPO, Srinagar-190 001
email: editpage.ko@gmail.com

Celebrate an eco-friendly Diwali

Diwali, or Deepavali, is a festival of lights that brings joy to people. It is a festival of fun, laughter, heaps of sweets, new clothes and crackers.

Nope! Crackers are anything but

an integral part of the festival. Celebrating a festival does not necessarily have to be harmful to the planet that we live on.

Firecrackers burn and release smoke into the air, causing air and noise pollution. This causes health

hazards. So let's celebrate an eco-friendly Diwali.

These days, eco-friendly or a green Diwali is being promoted. It is recommended that we use only earthen lamps and organic colours for Diwali and avoid the bursting of

firecrackers, as they can be harmful to the ecosystem and cause air and noise pollution.

Jubel D'Cruz

Mindful Fridays

Economic Pressures and Personal Aspirations

Understanding Delayed Marriages and Their Psychological Impact on Kashmiri Women

Wasim Kakroo

In Kashmir, a region that is known for its distinctive cultural, social, and religious customs, marriage is not just a union of two people or two families but goes well beyond that as it has rich symbolic significance. Despite its importance in a collectivistic culture such as ours, there is a growing concern regarding a shift in the trend, especially in the recent few years, with regards to the age at which people marry. This shift can have a myriad of reasons, from money and job issues to personal choices and it can affect an individual at psychological level, especially women, in a society where marriage is traditionally seen as a foundation of adulthood and stability.

Reasons for Delayed Marriages in Kashmir

Economic Instability and Unemployment

In the past many decades, the turbulent political situation in Kashmir, along with the availability of only a handful of economic opportunities, has made youth feel financially insecure. Since marriage in our culture like many other cultures around the world involves significant expenses, including dowry practices, ceremonies, and post-marital responsibilities, thus marriage becomes a very difficult thing to manage without stable and secure employment. It results in men and women alike postponing their marriage until they become financially independent, which is hard to come by for most.

Educational Aspirations and Career Goals

Another important reason for delayed marriages is that people, especially youth, have started to give education too much importance. Nowadays, many young people, both male and female, put off getting married so that they complete their studies or follow their career/professional goals. In fact, this emphasis on education and professional goals may lead to the further postponement of marital plans and preparations. Women in particular may find it more challenging to deal with this focus on studies and career aspirations since they wish to achieve their goals while also fitting in with society's expectations.

Social Expectations and Marital Pressure

In Kashmir, traditional marriage customs necessitate complex demands from both families. Arranged marriage is still the norm in Kashmir, and families in such cases look



for ideal matches based on caste, financial standing, and other factors. The marriages in such cases can get delayed, especially when families are too choosy. One more factor that might contribute to the delay in marriage is related to the growing demand for dowries from the bride's family, despite efforts to eliminate such practices.

Changing Social Attitudes and Preferences

People's views and attitude towards marriage and relationships is also changing slowly. Young people, especially women, are getting more conscious of what they want and prefer for themselves if they decide to get married. Rather than rushing into marriage just to satisfy societal expectations, they are more and more looking for partners who seem compatible to them and with whom they can share a meaningful and productive relationship.

Psychological Impact on Women Remaining Single

Remaining single or delaying marriage in order to pursue education or career aspirations might be beneficial but it might adversely impact the psychological wellbeing of such women as marriage is still considered to be an important part of life in societies such as Kashmir. In societies such as ours, severe emotional and psychological trauma may be faced by women, who choose to remain single or face delays in marriage as societal norms in this society place too much of pressure on women to get married by a certain age.

1. Social Stigma and Pressure

In conservative societies such as Kashmir, women who choose to remain single or whose marriage gets delayed due to certain reasons are sometimes stigmatized. Such women may be judged as "too choosy," "unlucky," or "crossed their youth.". This affects their self-esteem negatively. Adding to their plight are the feelings of shame, embarrassment, and inadequacy caused by the constant

questioning by their relatives and acquaintances about their marital status.

2. Loneliness and Isolation

Though marriage is not the only way to have a fulfilled and prosperous life, and in fact, marriage is usually a stressful endeavor most of the time, however, a person who has reached a marriageable age but is still single can feel emotionally lonely especially when friends and peers move on to married life. Single women who reach marriageable age find themselves lonelier as time passes as their friends and peers start to get married and become more involved in their own families as their priorities change naturally. This leaves such women feel isolated. This disconnection from family and friends can create emotional voids and affect their mental health adversely.

3. Fear of Future Uncertainty

Being an unmarried single woman in Kash-

mir is not only emotionally and socially challenging, it also affects their sense of financial stability and security. Unmarried women can feel financially insecure due to lack of a partner since marriage is still seen as a source of social and economic support especially for women as financial responsibilities are still considered to be the main domain of men. As such unmarried women become older, their anxiety becomes more pronounced, as they start worrying about who will care for them in later years, especially given the absence of well functioning and strong social welfare system in societies such as Kashmir.

4. Internalized Shame and Self-Doubt

Women who remain single, might feel a sense of shame as they may have to listen to a constant narrative that the main role of women is to get married and raise a family. This internalized shame might instill a sense of doubt in such women about their existence and meaning of life and they may start to believe they are somehow "incomplete" without a partner. This can lead to meaninglessness, depression, and even identity struggles.

5. Depression and Anxiety

Emotional disorders such as anxiety and depression can be a common occurrence among single women or those women whose marriage gets delayed due to certain reasons owing to social isolation, familial pressure, and personal insecurities. Feeling trapped between their personal aspirations and societal expectations, they may have poor emotional wellbeing.

6. Trans-generational trauma:

Women who marry in their mid thirties and beyond start to face a lot of other issues as well. They may have difficulty in getting pregnant and that can be one more reason for their emotional instability. If such women somehow manage to have a child, they may still face another challenge in the form of parenting and a generation gap of 30-40 years may be difficult to manage for such parents and it might give trauma to their next generation as such parents and their children may have difficulty in getting along with each other.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a Child, Adolescent and Family therapist at Centre for Mental Health Services (CMHS) at Rambagh Srinagar. He can be reached at 8825067196

Does the Pursuit of Happiness Lead to a Better Life?

Monica Vilhauer

Do you ever feel frustrated by the endless pursuit of happiness? If so, you're not alone—and there may be scientific reasons behind your feelings.

A recent study in Psychological Science calls into question whether making happiness a priority truly enhances well-being. Researcher Kuan-Ju Huang surveyed over 8,000 Dutch adults, aiming to uncover whether consistently valuing happiness actually improves well-being over time. The findings might challenge some of the assumptions you have about the relationship between happiness and well-being.

First of all, I want to be clear that happiness is undoubtedly a critical component of well-being. However, previous research has suggested that treating happiness as an explicit goal can sometimes have unintended negative effects. One reason for this is that failing to meet your happiness desires often results in feelings of disappointment. Additionally, many people lack a clear understanding of what steps to take to genuinely boost happiness, making the pursuit of happiness confusing and ineffective.

Unlike prior studies that only measured participants' happiness at a single point in time, this new study used a longitudinal design, tracking changes from 2019 to 2023. Each year, participants were asked to rate the importance of happiness to them and to report on their life



satisfaction and emotional experiences, both positive and negative.

The results? Participants who consistently valued happiness generally reported higher levels of overall well-being. However, a more nuanced picture emerged when they examined how changes in the value placed on happiness affected life satisfaction over time. Kuan-

Ju Huang found that simply increasing one's focus on happiness from one year to the next did not lead to greater life satisfaction a year later. In fact, it led to mixed emotional outcomes, with increases in both positive and negative emotions.

Huang suggests that this pattern might reflect the pressure that comes with making happiness a primary goal. The

more you focus on the need to be happy, the more pressure you feel to achieve it, potentially leading to feelings of failure or "happiness concern" (the tendency to worry excessively about happiness). This concern over happiness paradoxically reduces well-being!

Key Takeaways

Perhaps the most significant insight from this study is that pursuing happiness as a primary objective might be misguided. Happiness should be seen as an outcome rather than a goal. It emerges naturally when you engage in activities that are meaningful to you.

Instead of chasing happiness as an abstract goal, it may be more effective to pursue specific activities that are known to enhance well-being, such as spending quality time with loved ones or engaging in mindfulness practices. These approaches promote presence and contentment, fostering a more genuine sense of fulfillment.

For instance, as a songwriter, I find joy in creating music. Rather than chasing happiness itself, I can focus on writing more songs and playing more guitar. By doing what I love, happiness becomes an inevitable byproduct rather than an elusive target.

See the difference? When you direct your efforts toward activities that fulfill you, happiness is a natural outcome. Pursuing tangible goals that enhance well-being not only makes happiness more attainable but also serves as a practical strategy for a better life.

And if the activities you currently pursue don't contribute to your happiness? It might be time to reassess their value in your overall well-being.

The article was originally published by Psychology Today

OFFICE OF THE DISTRICT LEGAL SERVICES AUTHORITY SRINAGAR
 Dated: 14.10.2024
 Present: Ms. Nusrat Ali Hakak

In the case of:
 J&K Bank Ltd B/u: Saffa Kadal
 Through its Attorney Holder Jaweed Ahmad Shera V/S

- M/S Abdul Hamid Rather Patlipora Bala Chattabal Srinagar through its Sole Proprietor Abdul Hamid Rather R/o: Patlipora Bala Chattabal Srinagar ... (Borrower)
- John Mohammad Sheikh S/o: Abdul Gani Sheikh R/o: Zaffron Colony Pantha Chowk Lasjan Srinagar
- Mansoor Ahmad Sofi S/o: Mohammad Shafi Sofi R/o: Ghawanpora Noorbhagh Srinagar ... (Guarantors)

In the matter of Substitute service through Publication / Advertisement

Whereas, applicant Bank has filed application before this authority in terms of Section 12-A of Act and Commercial Courts. Whereas, number of notices were issued against non-applicants on many occasions but services could not be effective due to insufficient/incomplete address. Whereas, it has been shown to the satisfaction of the undersigned that service of non-applicants could not be effective in ordinary mode. Therefore, the non-applicants through the medium of this notice are directed to appear in person or their attorney by or before the next date of hearing i.e. 04.11.2024

Sd/-
Secretary (Sub Judge)
 District Legal Services Authority Srinagar

OFFICE OF THE DISTRICT LEGAL SERVICES AUTHORITY SRINAGAR
 Dated: 22.08.2024
 Present: J.A Bakshi

In the case of:
 J&K Bank Ltd B/u: Air Cargo Srinagar
 Through its Attorney Holder Jaweed Ahmad Shera V/S

- M/S Kehkashan Art Crafts Through its Proprietor Fayaz Ahmad Shah S/o: Ghulam Hassan Shah R/o: Syed Hamidpora Nawabazar Srinagar ... (Defendant / Borrower)
- Showkat Ahmad Pandit S/o: Abdul Rashid Pandit R/o: Budoo Bagh Khanyar Srinagar
- Mohammad Rafiq Sheikh S/o: Ghulam Mohammad Sheikh R/o: New Colony Batmaloo Srinagar ... (Guarantors / Defendants)

In the matter of Substitute service through Publication / Advertisement

Whereas, applicant Bank has filed application before this authority in terms of Section 12-A of Act and Commercial Courts. Whereas, number of notices were issued against non-applicants on many occasions but services could not be effective due to insufficient/incomplete address. Whereas, it has been shown to the satisfaction of the undersigned that service of non-applicants could not be effective in ordinary mode. Therefore, the non-applicants through the medium of this notice are directed to appear in person or their attorney by or before the next date of hearing i.e. 08.11.2024

Sd/-
Secretary (Sub Judge)
 District Legal Services Authority Srinagar

OFFICE OF THE DISTRICT LEGAL SERVICES AUTHORITY SRINAGAR
 Dated: 23.10.2024
 Present: Ms. Nusrat Ali Hakak

In the Case of:
 J&K Bank Ltd, BU: Maloora Srinagar
 Through its Attorney Holder Jaweed Ahmad Shera. Applicant

V/S
 Imtiyaz Ahmad Shagoo S/o: Ali Mohd Shagoo R/o: Mustafa Abad Zainakote Shalteng

In the matter of : Substitute service through publication / Advertisement

Whereas , applicant Bank has filed application before this authority in terms of Section 12-A of Act and Commercial Courts. Whereas number of notices were issued against non-applicants on many occasions but services could not be effective due to insufficient/ incomplete address. Whereas , it has been shown to the satisfaction of the undersigned that service of non-applicant could not be effective in ordinary mode. Therefore, the non applicants through the medium of this notice are directed to appear in person or their attorney by or before the next date of hearing i.e 21.11.2024

Sd/- **Secretary (Sub- Judge)**
 District Legal Service Authority Srinagar

No. 1816/DLSA/Publication/Sgr/24
 Dated: 31.10.24

Government of UT of Jammu and Kashmir
Office of the Medical Superintendent ASYM
 District Hospital Budgam
 office mail id. medsupdhh@gmail.com

QUOTATION

Fresh sealed quotations are invited from registered/ authorized petrol pumps of the valley for supply of HSD for the central heating system during the winter session 2024-2025. The quotation should be reach to this office by are before 02/11/2024 up to 02:00pm on all working days in the office of undersigned alongwith CDR of Rs: 10000/= addressed to Medical Superintendent ASYM District Hospital Budgam. The quotation will be opened on the same day at 03:00pm in the office chamber of Medical Superintendent ASYM District hospital Budgam.

Medical Superintendent
 ASYM District Hospital Budgam

No:- DHB/2024/1601-06
 DIPK-7009/24
 Dated:-31-10-2024

Government of Jammu & Kashmir
Department of Rural Development and Panchayati Raj Civil Secretariat
 Email ID : secyrd11@gmail.com Tel. No. 0191-2564763 (J), 0194-2506269 (S) website: jkpr.gov

The Department of Rural Development & Panchayati Raj, Jammu & Kashmir, invites expressions of interest for the empanelment of **Retired Executive Engineers(Civil) or Above** for the inspection and monitoring of works under the **Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS)** in the Union Territory of Jammu & Kashmir.

- Eligibility:**
- Designation: UT Level Quality Monitor (UT-QM) (1 Post) / Quality Monitor (QM) (10 Posts).
 - Age: Up to 65 years
 - Position: Retired Executive Engineer (Civil) or above from PWD/ REW/ Jal Shakti/ Agricultural Engineer/Military Engineering Services or any other Govt. Establishment.
 - The Applicant should have sound health & physical fitness to undertake tours to different rural pockets of any district.
 - The applicants who have already worked as (Quality Monitors) or NQMs (National Quality Monitors) in other Government Departments of UT shall be given preference provided a satisfactory experience certificate from the concerned Department is produced from an officer not less than the rank of Chief Engineer.

- Roles & Responsibilities:**
- The UT-QM will assist the Additional Secretary to the Government (Member Secretary MGNREGA) at the UT level in analysis, drawing inferences, compilation and follow up of reports received from QMs.
 - The UT (QM) shall assist in preparing a visit Plans, based on the list of work/sites for visit of QMs.
 - The QM will be responsible for monitoring and evaluating at least 10% of the works executed under MGNREGS in each district.
 - QMs need to visit the assigned district for maximum upto 10 days in a month (at least 5 days in each district).
 - The QM will provide suggestions/advise corrective measures of the works and implementation of the same shall be ensured.
 - The action taken report on the remarks of the monitored works shall be sent regularly for its corrective action to the DPC/PO and its implementation should be reviewed by the UT.
 - The QM shall upload the outcome of monitoring in MGNREGA website.

- Remuneration:**
- UT-QM: ₹40,000/- per month.
 - QM: ₹3,000/- per day for field visits subject to a maximum of 10 days per month with additional allowances for transportation @ Rs 10/- per Km from HQ in case use of personal vehicle, stationery @ Rs1500/- P.M, and halts @ Rs1500/- per day in case of halt in the field (maximum 3 nights in a month) shall be paid on production of receipt countersigned by the SE concerned in case the inspection site is beyond 100 Kms distance from Head Quarters.
 - The QM shall submit tour diary alongwith photographic evidence countersigned by the SE has to be produced after completion of the tour for necessary payment alongwith the reports.

- General Terms:**
- The empanelment will be for 3 years, subject to annual review.
 - Applicants must possess a domicile certificate of Jammu & Kashmir.
 - The application should be submitted in the format provided in this advertisement or downloaded through the online portal mentioned below.
 - Applicant must produce a medical certificate of fitness issued by competent authority at the time of interview.
 - SQM or NQMs ousted from any department need not apply. Mis-information by applicant if detected at any point of time shall invite termination of contract.

Submission Deadline: All Applications should be submitted on or before [Insert Date] at 5 PM.

Address for Communication:
 Additional Secretary, MGNREGA Section
 Rural Development & Panchayati Raj Department,
 Room No. 4/20, Mini Block, Civil Secretariat, Jammu - 180001

For more details and application format, please visit the official website <https://jkpanchayat.jk.gov.in/> of the Rural Development & Panchayati Raj Department, Jammu & Kashmir.

ANNEXURE "A" APPLICATION FORM

To,
 The

Sub: Application for the post of Union Territory - Quality Monitor/Quality Monitor.
 (Strike out whichever is not applicable)

Ref: Your Advertisement No.....

Sir/Ma'am,
 In response to your advertisement quoted above on the subject, I have the honour to offer myself as a candidate for the same with the particulars furnished in the prescribed form.

- Name in full (block letters):
- Present Address:
- E-mail & Phone No. (block letters):
- Father's Name & Present address:
- Place of birth including Police Station and District:
- Educational qualification and the name & full address of the education institution (last attended):
 (Copies of certificates should be enclosed)
- Other Qualification:
- Community:
 (a) State your religion:
 (b) Are you a member of SC/ST?
 (Answer 'Yes' or 'No'. If yes, state particulars with a copy of the certificate)
- Age on the 1st January 2024 (as per H.S.L.C. Examination):
 (A copy of the certificate should be enclosed)
- Present occupation, if any:
- Previous appointment held with designation and name of the organization:
 (Furnish relevant documents)
- Are you a temporary or retrenched personnel of the Govt. of J&K?
 (Answer 'Yes' or 'No'. If yes, state particulars)
- Pensioners P.P.O No.:
 (Enclose a copy)

I am a candidate for the post ofand the facts stated above are true to the best of my knowledge and belief. In case of a false statement, I am liable to any action the Government may deem fit and proper.

Date:
 Signature of the Applicant
 DIPK-7097/24
 dated: 31-10-2024

THE JAMMU & KASHMIR BOARD OF SCHOOL EDUCATION, Rehari Colony, Jammu/ Bemina, Srinagar

NOTIFICATION

Subject:- Constitution of Committee in case titled "Kirmania Model High School, Batwina, Ganderbal V/s Union territory of J&K and others".

Whereas, by virtue of S.O 177 notified on 15.04.2022, Section 2B was added to The J&K School Education Rules 2010; mandating that the applications for grant of Affiliation/ Recognition shall be accompanied by a no-objection certificate regarding land use issued by the Revenue Department. Whereas, various school managements in the U.T of J&K failed to furnish the requisite NOC from Revenue Department and thereby extension in affiliation/ recognition in respect of these schools could not be granted. Whereas, with a view to protect the academic interest of students enrolled in these schools, tagging with the nearby Government schools was implemented as a provisional measure.

Whereas, in the meanwhile many such schools located on Kahcharaie/ State/ Shamilat land filed writ petitions in the Hon.ble High Court of Jammu and Kashmir, challenging provisions of S.O 177. Whereas, the Hon'ble High Court of Jammu and Kashmir disposed the writ petitions (clubbed) vide Judgement dated 08.08.2024, the operative part of which reads as under;

where the schools being run on Kahcharie/ State/ Shamilat etc. Land are concerned', the petitioners therein can either acquire the proprietary land and / or approach the respondent-authority (Principal Secretary to Government Department of Education, U.T of J&K/ J&K Board of School Education) with their plea as is made by them in their respective writ petitions for consideration which can also include the exchange of proprietary land in lieu of Kahcharie/ State/ Shamilat etc. Land, as may be available under and in terms of the Land Revenue Act or any other applicable law(s). All these requests/ applications shall be made by the petitioners within four weeks from today. Principal Secretary to Government, Department of School Education, U.T of J&K/ J&K Board of School Education, on receipt of such application(s), shall decide the same either himself/ itself or by constituting a Committee, comprising of senior officers of the School Education Department/ J&K Board of School Education, Revenue Department or any other departments(s) as may be thought appropriate by him/ it, and get such applications decided within four months. While doing so, the petitioners(s) shall also be heard.

It is made clear here that in the event any of the writ petitioners makes the same proposal as has been made by the petitioner in WP(C) no. 3250/2023, such a case will be governed and regulated by the directions passed herein above in WP(C) no. 3250/2023.

Till then petitioners) be permitted to run the school(s) provided they are able to do so having regard to change of circumstances during pendency of instant matter as the students studying in those schools have been shifted to other schools.

With regard to the writ petitions/ cases, where Kahcharie/ State/ Shamilat land etc. is not involved, they (writ petitioners therein) can also approach Principal Secretary to Government, Department of School Education, U.T of J&K/ J&K Board of School Education, with their request/ plight within four weeks from today. On receipt of such application(s), he/ it shall either himself/ itself decide or get such application(s) decided through the Committee, to be constituted by him/ it, within a period of four months and while doing so, petitioner(s) shall also be heard. Till then petitioner(s) be permitted to run the school(s) provided they are able to do so having regard to change of circumstances during pendency of instant matter as the students studying in those schools have been shifted to other schools "

Whereas, as per the directions of the Hon'ble High Court dated 08.08.2024 the School Education Department vide Circular No:06-JI- (Edu) of 2024 dated 19.09.2024 has notified for information of all stakeholders, "that JKBOSE shall grant Provisional affiliation, as a one time exemption, to all such schools which are without a valid affiliation, both for the earlier academic session 2023-24 (when they were tagged with the nearby government school) and current academic session 2024-25, for non conformity to provisions of SO 177. Further, JKBOSE shall extend all board related facilities viz; Registration Return (RR) forms, eligibility, migration and examination to such schools for sessions 2023-24 and 2024-25, for classes 9th to 12th. It is clarified that this exemption/ provisional affiliation is subject to the decision of the Proposed Committee to be constituted by the General Administration Department, as directed by the Hon'ble High Court and may be rescinded if the committee arrives at a contrary decision".

Whereas, a committee headed by the Chairman, J&K Board of School Education has been constituted by the Government of Jammu and Kashmir, General Administration Department, Civil Secretariat, J&K vide Government Order No 1703-JK (GAD) of 2024 dated 04.10.2024, with the following terms of reference:

- To examine the applications so received, on case to case basis as per the extant rules in the UT of Jammu and Kashmir and submit the report along-with specific recommendations, individually on case to case basis, to the Government not later than two (02) months.
- To seek details/ documents from the institutions, as felt necessary for examination of the cases.
- The committee while examining the representation shall give opportunity of being heard to each applicant.

It is therefore, notified for information of all the stakeholders/ heads of all such private schools (high and higher Secondary) which are without a valid affiliation for non conformity to provisions of S.O 177 that they shall submit their representation to the office of the Joint Secretary, General, Jammu Division at Rehari Colony and the Joint Secretary, General, Kashmir Division at Bemina, as the case may be during office hours within a period of 15 days from the date of issuance of this Notification

(Sudershan Kumar) JKAS
 Secretary

No:- F(Gen-Affil)B/JD/2024
 DIPK-NB-2105/24
 Dated: 31.10.2024.

Faltering India Brace For Spin Trial In Must-Win Third Test

Press Trust of India

MUMBAI: Pushed to a corner like never before, India face their biggest challenge at home when they clash with New Zealand in the must-win third Test as they are left to salvage pride and fight a perception about their diminishing ability to negotiate quality spin attack.

India could be treading a thin line between bravado and desperation while going for the jugular on a rank turner in the final game of the series, starting Friday.

After losing their first home series in 12 years, India need to win the Wankhede Test to remain in contention for a slot in the World Test Championship final at Lord's in June.

With six Tests remaining in the 2023-25 cycle, two-time runners-up India will need to win at least four more to have another crack at the WTC trophy.

A turner in Pune exposed the soft underbelly of Indian bat-



ters' technique against slow bowling but as per the current team's philosophy, it has decided to take the bull by its horn by asking for a turner where the ball might turn at right angles from first hour. Another three-day finish is on the cards.

Calling 20-odd slow bowlers for net practice, cancelling optional sessions and drawing white lines to understand the lines and gauge the length are signs of panic being set among rank and file after being 0-2 down. Regardless of their remarkable

fightback in the second innings of the opening Test, the abysmal show from India's famed batters against quality seam in Bengaluru and an abject surrender against spin have set in motion the beginning of the end for some of India's superstars.

The totals of 46, 156 and 245 do paint a sorry picture before Rohit's team embarks on a more challenging conditions in Australia.

While it remains to be seen how far the four seniors in captain Rohit Sharma, Virat Kohli, Ravichandran Ashwin and Ravindra Jadeja go in responding to this crisis, they would be served well if the workload is equally shared by young guns Yashasvi Jaiswal and Shubman Gill.

New Zealand's meticulous preparations and near-perfect execution of plans have posed some tough questions to India's batters and bowlers alike and the hosts are yet to respond.

The visitors exposed India's batters with both pace and spin in Bengaluru and Pune but most surprisingly, the spin duo of Ashwin and Jadeja has been out-bowled arguably for the first time in a home Test series ever since they began operating together from late 2012.

Match starts at 9:30am IST.

'Kohli, Rohit, Suryakumar Have Fans In Pakistan': Wasim Akram



Agencies

Former Pakistan cricketer Wasim Akram believes that Team India will be well looked after if they would travel to his country for the upcoming ICC Champions Trophy next year.

The Champions Trophy will feature two groups of four teams each, with participants including Afghanistan, Australia, Bangladesh, England, India, New Zealand, Pakistan, and South Africa.

"I think from what I'm reading, there are positive vibes from the Indian government and the BCCI. I also read somewhere they might play all their games in Lahore. They'll probably come to Lahore and travel back the same night. I'm all for it, as long as India is comfortable," Akram said, as quoted by ESPNCricinfo.

"I can promise you, they're going to be looked after incred-

ibly well. Indian cricketers like Virat Kohli, Rohit Sharma, Hardik Pandya, and Suryakumar Yadav have fans in Pakistan. Young cricket fans adore them," the former seamer added.

"People-to-people contact is crucial in this day and age. In the social media era, there's so much unnecessary negativity worldwide, and I think if India comes, it will be fantastic for cricket, and of course, for Pakistan too," the 58-year-old said. India and Pakistan have not played a bilateral cricket series since the 2012-13 Pakistan tour of India, owing to tense political relations. All of their matches since then have taken place at major International Cricket Council (ICC) white-ball events and Asia Cup tournaments.

The last Test match between these two Asian giants was held in December 2007 in India. India's last tour to Pakistan for a bilateral series was in 2006, while their most recent visit

to Pakistan was for the Asia Cup in 2008. Recently, Pakistan was scheduled to host the Asia Cup last year in full, but India played its matches in Sri Lanka as part of a hybrid model. The decision on whether India will travel to Pakistan for next year's ICC Champions Trophy remains pending.

Notably, Australia hosted India and Pakistan for a tri-series back in 1999-2000, where Australia defeated Pakistan in a "best of three" final, winning the first two games.

The most recent encounter between these two nations was during this year's ICC T20 World Cup in the West Indies and USA on July 9, at New York's Nassau County Stadium. India scored 119/10 after being put to bat first by Pakistan, with Rishabh Pant scoring 42. In response, Jasprit Bumrah's 3/14 stifled Pakistan's chase, securing a thrilling six-run win by restricting them to 113/7.

Ben Stokes' House Burgled, Appeals People To Help Find Thieves



Agencies

LONDON: England skipper Ben Stokes revealed that his Durham home was burgled while he was with the national side on a Test series tour to Pakistan and urged people to help him out with recovery of his valuable items and in catching the thieves.

Stokes's wife, Clare, and their two children were in the house at the time of the burglary which, the England skipper said, was carried out by "a number of masked men" and left an "impact on the emotional and mental state" of his family.

Among the "irreplaceable" items stolen was Stokes' OBE medal, awarded to him in early 2020 following his fantastic performances in England's maiden 50-over World Cup triumph in 2019 and the Ashes series after that. He also lauded the police for supporting his family well while he was in Pakistan.

Stokes took to Instagram and wrote, "APPEAL On the evening of Thursday 17th October a number of masked people burgled my home in the Castle Eden area in the North East. They escaped with jewellery, other valuables

and a good deal of personal items. Many of those items have real sentimental value for me and my family. They are irreplaceable.

"This is an appeal for any help in finding these people who carried out this act. By far the worst thing about this crime is that it was carried out whilst my wife and 2 young children were in the house. Thankfully, none of my family came to any physical harm. Understandably, however, the experience has had an impact on their emotional and mental state. All we can think about is how much worse this situation could have been.

"I am releasing photographs of some of the stolen items - which I hope may be easily identified - in the hope that we can find the people who are responsible for this. Although we have lost cherished possessions, to be clear, my sole motivation in sharing these photographs is not the recovery of material items. It is to catch the people who did this. Please come forward and contact Durham Constabulary on 101 quoting crime reference CRI00575927 if you think that you have any relevant information.

News MAKERS

MS Dhoni To Play IPL 2025 As Uncapped Player



Agencies

Chennai Super Kings (CSK) fans can rejoice—legendary wicketkeeper-batter Mahendra Singh Dhoni is set to return for his remarkable 18th season in the Indian Premier League (IPL), as confirmed by CSK on Thursday.

Ever since the start of 2024, speculation has been rife about whether the beloved 'Thala' would grace the field once again. Dhoni's fans can now look forward to seeing him captivate the crowd at Chennai's MA Chidambaram Stadium.

The IPL governing council's re-introduction of the 'uncapped player rule' enabled CSK to retain the 43-year-old uncapped player price of Rs 4 Crore, helping manage their auction budget of Rs 20 Crore.

As per the rule, any capped Indian player who hasn't played international cricket in the last five years or holds no current BCCI Central Contract is eligible for uncapped status.

Alongside Dhoni, CSK has also retained key players: Ruturaj Gaikwad at Rs 18 Crore, Matheesha Pathirana at Rs 13 Crore, Shivam Dube at Rs 12 Crore, and Ravindra Jadeja at Rs 18 Crore.

Dhoni, who has been with CSK since the IPL's inception and led them to five titles (2010, 2011, 2018, 2021, and 2023), will return to inspire the 'yellow army' once more!

Deadly Spanish Floods Force Cancellation Of Matches



Agencies

All soccer matches scheduled to be played in the Valencian region this weekend have been postponed, the Spanish football federation (RFEF) said on Thursday due to the deadly floods which have killed at least 95 people.

Saturday's clash between Real Madrid and Valencia as well as Villarreal v Rayo Vallecano are among the games postponed.

"The RFEF have agreed this Thursday to postpone several matches due to be held this weekend in the Valencian Community, which has been severely affected by DANA that has caused fatalities and numerous material damages due to flooding," it said.

DANA is a Spanish acronym for high-altitude isolated depression, and unlike common storms or squalls it can form independently of polar or subtropical jet streams and become a destructive weather system.

Women's matches, youth games and futsal games were also postponed.

On Wednesday, the RFEF postponed six midweek Copa del Rey matches featuring LaLiga clubs like Valencia, Getafe and Real Sociedad after authorities advised against all non-essential travel in the region.

IPL Retention: Pant Parts Way With Delhi, Klaassen Pips Kohli As Top Retention

Press Trust of India

Flamboyant keeper-batter Rishabh Pant's nine-year association with Delhi Capitals officially ended on Thursday while South African Heinrich Klaassen with Rs 23 crore valuation piped none other than peerless Virat Kohli (Rs 21 crore) to emerge as the top-most retention for the upcoming IPL season.

KKR's IPL winning captain Shreyas Iyer is also back in the auction pool after his discussions with the management failed while Mumbai Indians retained all their five star players, including skipper Hardik Pandya, national captains Rohit Sharma, Suryakumar Yadav, pace ace Jasprit Bumrah and young NT Tilak Varma. They exhausted full retention purse of Rs 75 crore.

Punjab Kings have spent just Rs 9.5 crore, the least amount for retention, on two uncapped players Shashank Singh and Prabhshir Singh. They would go into the auction with highest purse of Rs 110.5 crore and also four RTM (Right To Match) cards.

PANT AND DC

DC's ownership structure

is a complicated one with co-owners GMR and JSW getting powers to control management for two years at a time. Hence Pant, who is a JSW recruit, wasn't the top choice for GMR management headed by co-owner Kiran Grandhi.

Moment GMR took charge, they removed earlier coaching management including former Director of Cricket Sourav Ganguly and brought in Venugopal Rao.

If sources are to be believed, Pant wasn't exactly very pleased with appointment of Rao and Hemang Badani, who possibly would have been given powers to over rule the skipper.

Discussions over the last month didn't yield any result and Pant didn't want to work with unfamiliar coaching staff thrust on him by the new management.

Retentions: Axar Patel (Rs 16.5 crore), Kuldeep Yadav (Rs 13.25 crore), Tristan Stubbs (Rs 10 crore), Abhishek Porel (Rs 4 crore) -- Rs 43.75 crore. Purse for Auction: Rs 76.25 crore. RTM: 2

STAR STUDDED MI

Mumbai Indians didn't have much of a choice save one slot where they could pick fresh



blood. They have paid Jasprit Bumrah the top retention price of Rs 18 crore while India T20 captain Suryakumar Yadav (Rs 16.35 crore) and franchise skipper Hardik Pandya (Rs 16.35 crore) were paid equal retention price.

Retentions: Jasprit Bumrah (Rs 18 crore), Suryakumar Yadav (Rs 16.35 crore), Hardik Pandya (Rs 16.35 crore), Rohit Sharma (Rs 16.30 crore), NT Tilak Varma (Rs 8 crore). Reten-

tion Price: Rs 75 crore. Purse for auction: Rs 45 crore. RTM: 1

RCB AND VIRAT KOHLI

Virat Kohli and RCB are inseparable and hence if there would have been one retention, it would be the iconic India batter.

Retention: Virat Kohli (21 cr), Rajat Patidar (Rs11 cr) and Yash Dayal (Rs 5 crore). Rs 37 crore. Auction Purse: Rs 83

crore. RTM: 3

PUNJAB KINGS

Not getting into the playoffs for 10 straight years means that Punjab Kings never had a settled look. They retained only two uncapped players -- keeper-opener Prabhshir Singh and finisher Shashank Singh.

Retention: 9.5 crore. Auction Purse: Rs 110.5 crore RTM: 4

KKR RETAINS ITS CORE

Shreyas Iyer must have thought that he is worth more than his current value of Rs 12.25 crore after leading KKR to IPL title.

However not being an automatic India T20 choice and a poor strike rate of less than 140 meant that KKR was never going to shell out big bucks for him. The franchise has released him and he is DC's No.1 captaincy target. The franchise is believed to have kept Rs 20 crore minimum for him.

Retentions: Rinku Singh (13 crore) Varun Chakravarthy (Rs 12 crore) Sunil Narine (12 crore), Andre Russell (Rs 12 crore), Harshit Rana (Rs 4 crore), Ramandeep (4 crore). Retention: Rs 57 crore. Purse: Rs 63 crore. RTM: 0.

SRH AND HEIN 'RICH' KLAASEN

Heinrich Klaassen at Rs 23 crore is value for money as he probably is one of the best hitters of Indian spinners on slow tracks, a rare USP among foreign batters.

Retention: Pat Cummins (18 crore), Abhishek Sharma (Rs 14 crore) Nitish Reddy (Rs 6 crore), Heinrich Klaassen (Rs 23 crore), Travis Head (14 cr) Retention: Rs 75 crore Auction Purse: Rs 45 crore. RTM: 1

CSK AND PRUDENCE

CSK didn't have too many surprises except giving same retention amount to both skipper Ruturaj Gaikwad and veteran Ravi Jadeja. MS Dhoni, for whom uncapped player rule was created, was retained for Rs 4 crore.

Retention: Ruturaj Gaikwad (Rs 18 cr), Matheesha Pathirana (Rs 13 cr), Shivam Dube (Rs 12 crore), Ravindra Jadeja (Rs 18 cr), MS Dhoni (Rs 4 crore). Retention: Rs 65 crore. Auction Purse: Rs 55 cr. RTM: 1.

RAJASTHAN ROYALS

RR had room for all the talent that it groomed over the years with no place for Jos Buttler, R Ashwin and Yuzvendra

Chahal.

Retention: Sanju Samson (Rs 18 crore), Yashasvi Jaiswal (Rs 18 crore), Riyan Parag (Rs 14 crore), Dhruv Jurel (Rs 14 crore), Shimron Hetmyer (Rs 11 crore), Sandeep Sharma (Rs 4 crore)

Retention: Rs 79 crore (will be adjusted) Purse: Rs 41 crore RTM: 0

LSG RELEASE RAHUL

Keeping Nicholas Pooran at a premium price of Rs 21 crore seem to be a good choice.

Retention: Nicholas Pooran (Rs 21 crore) Ravi Bishnoi (Rs 11 crore), Mayank Yadav (Rs 11 crore), Mohsin Khan (Rs 4 crore), AYush Badoni (Rs 4 cr). Retention: Rs 51 crore Auction Purse: Rs 69 crore

FOR GT, RASHID IS SAFE PLACE

T20 league's premier bowler Rashid Khan was given top billing at Rs 18 crore while India's white-ball vice captain Shubman Gill was second highest retention for the franchise.

Retention: Rashid Khan (Rs 18 crore), Shubman Gill (Rs 16.5 crore), B Sai Sudharsan (Rs 8.5 cr), Rahul Tewatia (Rs 4 cr), M Shahrkh Khan (Rs 4 cr), Retention: 51 crore Auction Purse: Rs 69 crore. RTM: 1.

Israeli couple arrested on suspicion of spying for Iran: police

Agenceis

JERUSALEM: Israeli police said Thursday they had arrested an Israeli couple on suspicion of spying for Iran, barely a week after two groups allegedly working for Tehran were detained.

"The thwarting of Iran's efforts to recruit Israelis continues," said a statement from the police and Israel's internal security agency, Shin Bet.

The two Israelis, a couple from the central city of Lod, had been involved in gathering intelligence on "national infrastructures, security sites and tracking a female academic," the statement alleged.

"Rafael and Lala Goliev... residents of Lod, were arrested after they carried out tasks on behalf of an Iranian cell that recruits Israelis from the Caucasus countries in Israel."

Police charged that the couple were recruited by Elshan (Elhan) Agayev, an Azerbaijani national acting on behalf of Iranian officials. It was unclear if Agayev is based in Israel.

They alleged that the Golievs carried out surveillance of sensitive Israeli sites, including the headquarters of Israel's Mossad spy agency, and collected intel-

ligence on an academic working at the Institute for National Security Studies in Tel Aviv.

Thursday's announcement comes little more than a week after Israeli security services said they had uncovered two other suspected spy rings.

On October 22, Israeli police said they had arrested a group of seven Palestinians from Israeli-annexed east Jerusalem they suspected of planning attacks for Iran.

A day earlier, police said they had arrested seven Israeli citizens from the city of Haifa on suspicion of carrying out hundreds of spy missions on Iran's orders.

The previous week, two other Israelis were charged with various offenses after they were allegedly approached by Iranian agents and asked to carry out spy missions.

In September, an Israeli identified as Mordechai Maman from the coastal city of Ashkelon, was arrested on suspicion of being recruited by Iran to plot the assassination of top officials, including Prime Minister Benjamin Netanyahu.

Israel is currently engaged in a multi-front conflict with Iran-backed groups including Hezbollah in Lebanon, Hamas in Gaza and the Houthi rebels in Yemen.



Nature destruction an 'existential crisis' says UN chief

Agenceis

Humanity faces an "existential crisis" caused by its rapacious destruction of life-sustaining nature, UN chief Antonio Guterres warned delegates Tuesday at a major biodiversity summit in Colombia.

The 16th so-called Conference of Parties (COP16) to the UN's Convention on Biological Diversity (CBD) must make progress on the creation of monitoring and funding mechanisms to achieve 23 goals agreed in Canada two years ago to "halt and reverse" nature destruction.

Themed "Peace with Nature," the summit has been bogged down in disagreement about modalities of funding.

Negotiators are also split on how best to share the profits of digitally sequenced plant and animal genetic data -- used in medicines and cosmetics -- with the communities they come from.

Delegates have no time to waste. There are only five years left to achieve the 23 UN targets, which include placing 30 percent of land, water and ocean under protection by 2030.

"Every day, we lose more species. Every minute, we dump a garbage truck of plastic waste into our oceans, rivers and lakes. Make no mistake. This is what an existential crisis looks like," Guterres told delegates.

A report issued by nature watchdogs said Monday that only 17.6 percent of land and inland waters, and 8.4 percent of the ocean and coastal areas are protected and conserved.

And an update of the International Union for Conservation of Nature's red list of threatened animals and plants found that more than one in three species of tree are at risk of extinction worldwide.

These include thousands that provide humans with timber, medicine, food and fuel.

More than 46,000 plant and animal species out of the more than 166,000 assessed are now threatened with extinction.

Guterres said humans must



make the switch from "plundering... to preserving" nature's bounty. Continued destruction would only increase "hunger, displacement, and armed conflicts."

"Nature is life. And yet we are waging a war against it," the UN secretary-general told COP16 delegates.

"No country, rich or poor, is immune to the devastation inflicted by climate change, biodiversity loss, land degradation and pollution. These environmental crises are intertwined," he added.

To this end, he urged the 196 countries signed up to the UN biodiversity convention to act on the commitments made two years ago when they adopted the Kunming-Montreal Global Biodiversity Framework.

This means adopting detailed national biodiversity protection plans, only 36 of which have been submitted to date.

Furthermore, "finance promises must be kept and support to developing countries accelerated," said Guterres, calling for new public and private pledges.

So far, countries have made about \$400 million in commitments to the Global Biodiversity Framework Fund (GBFF), including pledges of \$163 million announced this week by Austria, Denmark, France, Germany, New

Zealand, Norway, the United Kingdom, and the Canadian province of Quebec.

The Kunming-Montreal framework determined that countries must mobilize \$20 billion per year by 2025 from rich nations to help developing ones. The GBFF is just part of this funding.

Of the \$20 billion goal, \$15 billion a year was reached for 2022, according to the OECD.

COP16 has attracted a record 23,000 registered delegates and some 1,200 journalists to Cali, according to organizers.

Tens of thousands of activists and residents have flocked to its so-called "green zone" set up for cultural activities, demonstrations and celebrations.

More than 10,000 police and soldiers were deployed to safeguard the event which had received threats from a Colombian guerrilla group. No incidents have been reported. On Tuesday and Wednesday, Guterres is joining the heads of state of Colombia, Armenia, Guinea-Bissau, Haiti and Suriname, as well as 115 government ministers and 44 deputies.

The ministers will hopefully "help us make movement" on some outstanding issues, said CBD spokesman David Ainsworth. The COP16 summit runs until Friday.

Time's ticking on hugs: New Zealand airport sets 3-minute rule for goodbyes

Agenceis

New Zealand airport has imposed a three-minute limit on farewell hugs, sparking a worldwide debate over how long to cling on for a cuddle.

Bosses at the international airport in the southern city of Dunedin say they were surprised by the viral response to their new rule in the car drop-off zone.

"To keep things moving smoothly, we've installed new signage, including the 'Max hug time 3 minutes' sign," said airport chief executive Daniel De Bono.

"It's our way of being a little quirky and reminding people that the drop-off zone is for quick farewells," he said.

"And don't worry -- just a 20-second hug is enough to release oxytocin and serotonin, the happy hormones that boost well-being, so three minutes is

plenty of time to say goodbye and get your dose of happiness."

People who want a longer hug can use the car park, where the first 15 minutes are free, he said.

"This is just weird!" The hug restriction made headlines worldwide and prompted a divided online response.

"I'm just glad there's no minimum hug time. A 'see ya soon' suffices," one woman commented on the airport's Facebook page.

"Hug Police!? This is just weird! Hugs are proven to have many benefits not to mention mental health," said another poster.

The airport said it started the hug limit in September with little initial reaction.

"We have just been surprised how much global interest there has been," said the airport's marketing and communications executive, Sarah Soper.

US: Murder suspect on run for 40 years used 13 identities, arrested

Agenceis

A judge in Florida has ordered a 65-year-old California fugitive held without bond in connection with the death of a woman nearly 40 years ago.

Donald Santini was arrested by US marshals in California last month, and extradited to Florida. He had used at least 13 aliases over the years.

Santini was the last person seen with 33-year-old Cynthia "Cindy" Ruth Wood. The arrest warrant said a medical examiner determined she had been strangled, and Santini's fingerprints were found on her body.

"You being on the run for almost 40 years is a consciousness of guilt. You knew you were running from something," Judge Catherine Catlin told Santini during a hearing in Tampa on

Thursday.

Photos taken in the courtroom showed Santini weeping before the judge denied bond.

Wood's stepdaughter, Denise Kozer told the Tampa Bay Times she's hoping to find closure in a case that resulted in "total devastation" for her family.

Back in 1984, Santini was known as Charles Michael Stevens, which was an alias he used to flee a warrant in Texas. At the time of his arrest, he was living under the name Wellman Simmonds in Campo, California, which is in southeastern San Diego County. He served on the local water board.

"He has a wife and children in California, and I feel sorry for them because they probably didn't know, either," Kozer said. "But they're all still alive. Our lives were devastated, changed forever."

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