

Special Status Resolution

PDP, NC Spar Over 'Phrasing'



Observer News Service

Srinagar: The Jammu and Kashmir Assembly witnessed a heated exchange of words between PDP legislators and National Conference members on Friday over the phrasing of the resolution passed in the House seeking restoration of the special status to the erstwhile state.

PDP MLA from Pulwama Waheed Para said his party supported the resolution brought by the ruling National Conference (NC) on Wednesday but wanted to ensure that people outside do not feel there was a compromise in it.

"The onus of acceptance and tolerance lies on the majority. We are recording the erosion of our legacy, the legacy of (NC founder) Sheikh Mohammad Abdullah. Our concern is that it is a historic session. People should not feel that there was a compromise or betrayal," he said.

Notably, Para had to protest

to get time from the Assembly Speaker to allow him to speak on the motion of thanks to the Lieutenant Governor's address.

"People of Kashmir should not feel that there has been a compromise in response to the August 5, 2019 changes. Our concerns with NC leadership is that it's a historic session but when Kashmiri people read it (resolution) they should not feel there has been a compromise or betrayal," Para said.

Para also objected to some NC members making "degrading" references to PDP founder Mufti Mohammad Sayeed while speaking on the motion of thanks in the House.

"They called Jama'at-e-Islami members traitors and spoke ill about Mufti Mohammad Sayeed. If we talk of betrayal, it was started by Sheikh Muhammad Abdullah. He was the first one to compromise," Para said.

The comments of the PDP leader prompted | [More on P6](#)



BJP Runs Mock Assembly, Threatens Parallel Govt

Opposition BJP on Friday held a mock session in the lawns of the Jammu and Kashmir Assembly after half of its members were marshalled out while the other half staged a walk out of the House to protest against the special status resolution. The BJP | [More on P6](#)

Privilege Motion Moved Against 6 BJP MLAs

National Conference (NC) MLA Sajjad Shaheen moved a privilege motion in the Jammu and Kashmir Assembly on Friday against six BJP members, including Leader of Opposition Sunil Sharma, for allegedly making derogatory remarks. This was | [More on P6](#)

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Dumping Site In Pampore Saffron Field Threatens Kashmir Gold

Faisal Anjum

Pampore: Farmers in Pampore, Kashmir's historic saffron-growing region, are expressing serious concerns over dumping site established by the Municipal Committee Pampore, which they say threatens their livelihood and the survival of the cherished saffron crop. The site, located in the middle of the renowned saffron fields, has brought problems like stray dogs and rodents. This has made it difficult for farmers to harvest and raised fears about the future of the crop.



Abdul Rashid Mir, a local saffron farmer, shared his frustrations: "This dumping site has made life hard for us. There are so many stray dogs now that it's dangerous to even enter the fields, especially for women and children. We have to work in groups for safety, which slows down our harvest." He added, "The rats are destroying our saffron seeds, which means we'll

have smaller yields in the coming years. If this keeps up, we might lose the crop entirely."

Saffron farming is the primary livelihood for thousands of families in Pampore, who rely on the harvest of this high-value crop. Irshad Ahmed, another local grower, expressed his anger and fear. "Saffron is our heritage, but it feels like the Municipal Committee is determined to drive it to extinction. Saffron used to support about

26,000 people here," he said. "It's illegal to use saffron fields for construction purposes, but even the government seems to overlook this, what can we do? We are desperate and ready to do anything if things don't change, even if that means taking our own life"

The Municipal Committee of Pampore acknowledges the farmers' concerns but urges patience. Wali Muhammad Wani, the Executive Officer of the

Committee, stated, "We have received complaints from the farmers, and we're working on it. We've allocated 2 crore 24 lakhs for a scientific composting facility. The work is in progress, and we ask the farmers to give us six months to complete it. In the meantime, we are ensuring that there is no plastic waste in the saffron fields."

The Municipal Committee's plan is to transform the dumping site into a well-managed composting facility, but the six-month timeline has left many farmers anxious that their current troubles could worsen before any improvements are seen.

This dumping site is not only affecting farming operations but also impacts tourism in the region. Pampore's saffron fields are a popular destination for tourists who come to see the vibrant saffron flowers each year. A waste site amid this landscape could damage both the economy and Kashmir's image.

As they wait | [More on P6](#)

Freedom Of Speech Back After 5 Years: CM Omar

» 'Will Ensure Release of Prisoners With No Serious Offences' » Drafted Resolution To Ensure Centre Doesn't Trash It: Omar

Observer News Service

Srinagar: Chief Minister Omar Abdullah on Friday said the people of Jammu and Kashmir have found their voice after the passage of the resolution on the restoration of the special status of the erstwhile state as the "burden is off their shoulders".

Notwithstanding protests by the opposition BJP, he said the first session of the newly elected Jammu and Kashmir Assembly is "short in duration but historic in terms of agenda".

The chief minister was speaking on the vote of thanks for the Lieutenant Governor's address in the House on the last day of the five-day session.

The Assembly met on Monday for its first session post-abrogation of Article 370 and bifurcation of Jammu and Kashmir



into two Union Territories by the BJP-led Central government on August 5, 2019.

It passed a resolution moved by the ruling National Conference, seeking a dialogue between the Centre and elected

representatives from the region for the restoration of the erstwhile state's special status.

The passage of the resolution irked BJP members who staged protests since Wednesday and disrupted the

functioning of the House.

"After the passage of this resolution, I am happy that people have found their voice and they are able to talk. We were feeling suffocated... It seems that the burden is off the shoulders of the people.

"I have seen people who had forgotten their pens and keyboards find their footing again. They are feeling free enough to express themselves after 5 years," Omar said in the House after all 28 protesting MLAs of the BJP were either marshalled or walked out earlier in the day.

The chief minister said that he got an opportunity to talk like this in the House after a long time.

"In March 2014, I spoke on the governor's address as chief minister | [More on P6](#)

'Agenda Will Not Be Set By SM Trends'

Jammu and Kashmir Chief Minister Omar Abdullah emphasised on Friday that his government's agenda would not be dictated by social media platforms, such as WhatsApp, Facebook and Twitter. During his response to the Motion of Thanks | [More on P6](#)

'300 MW Additional Electricity For J&K'

Jammu and Kashmir Chief Minister Omar Abdullah on Friday said to mitigate the power crisis in Jammu and Kashmir, the Centre has sanctioned an additional 300 megawatt of electricity. Hitting back at his critics, Omar said, "Some people made fun of my | [More on P6](#)

Rahul, His 4 Generations Can't Restore Art 370: Shah

Press Trust Of India

Sangli: Neither Congress leader Rahul Gandhi nor his future generations will be able to bring back Article 370 that gave special status to Jammu and Kashmir, Union minister Amit Shah said on Friday.

Speaking at a campaign rally for the assembly elections in western Maharashtra's Sangli, he targeted Congress for 'supporting' the National Conference in its endeavour to restore Article 370.

The assembly of Jammu and Kashmir on Wednesday passed a resolution seeking restoration of the special status.

Addressing the rally for ruling Mahayuti alliance candidates Sudhir Gadgil and Sanjay Kaka Patil here, the BJP leader said opposition leaders including Rahul Gandhi and NCP (SP) chief Sharad Pawar had opposed the scrapping of Article 370.

"From this land of Chhatrapati Shivaji Maharaj, I am telling you Rahul baba that neither you nor your fourth generation will | [More on P6](#)

No Power In World Can Restore Article 370: PM Modi

Press Trust Of India

Dhule: Prime Minister Narendra Modi on Friday accused the Congress-led INDIA bloc of wanting to take the Constitution out of Jammu and Kashmir and asserted that no power in the world can restore Article 370 there.

He also accused the Congress of pitting one caste against another and cautioned people to stay united.

"Ek hai, toh safe hai," he said. Addressing his first rally in Maharashtra for the November 20 assembly elections, Modi said the INDIA grouping is flaunting blank books passing them off as the Constitution to provoke Dalits and Adivasis.

The PM said the Congress and its allies should not encourage the "Pakistan agenda" and speak the language of separatists. The agenda won't succeed till he has people's blessings, said Modi.

"Only Ambedkar's constitution will be followed in J&K. You must have seen on TV how a resolution was moved in the Jammu and Kashmir



YOU MUST HAVE SEEN ON TV HOW A RESOLUTION WAS MOVED IN J&K ASSEMBLY AND WHEN BJP MLAs PROTESTED, THEY WERE THROWN OUT. THE COUNTRY SHOULD UNDERSTAND THIS."

assembly on bringing back Article 370 and when BJP MLAs protested, they were thrown out. The country and Maharashtra should understand this," Modi said.

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J&K Assembly Adjourned Sine Die

Press Trust Of India

Srinagar: The Jammu and Kashmir Assembly was adjourned sine die on Friday after the House passed the Motion of Thanks on Lieutenant Governor Manoj Sinha's address.

The Assembly met for a five-day session on Monday, the first since the developments of August 5, 2019, when the erstwhile state was bifurcated into Union territories and its special status revoked. It witnessed chaotic scenes since Wednesday, disrupting its proceedings.

The Bharatiya Janata Party (BJP) members staged vociferous protests since the passage of a resolution moved by the ruling National Conference (NC), seeking a dialogue between the Centre and elected representatives from the region for the restoration of the erstwhile state's special status.

On the final day of the session, the Assembly passed the Motion of Thanks on the LG's address and subsequently, the House was adjourned sine die by speaker Abdul Rahim Rather.

Kashmiri Held in Odisha for 'Love Jihad'

Press Trust Of India

Bhubaneswar: The Odisha Police on Friday detained a Kashmiri man after a woman filed a complaint that he forced her to undergo religious conversion and marry him, an officer said.

The man also allegedly threatened the woman of Jagt Singhpur district to upload video clips of their intimate moments on the internet.

The police registered a case at the Mahila Police Station here and sent the alleged victim to a hospital for medical examination.

The man identified as Samir Mansoor, who claimed to be hailing from Bihar and presently staying in Kashmir, was nabbed while he was trying to leave from Odisha by train, the officer said.

In the FIR, the woman claimed she came to know Mansoor through an online game in 2022 and was not aware of his religion initially.

"He forced me to convert and marry him. When I refused to convert, he made some of our intimate moments viral and blackmailed my father," the woman alleged in the FIR.

The woman's lawyer Sanghamitra Rajguru said that she was in love with Mansoor without knowing his religion.

The man, who had hidden his surname and identified himself only as | [More on P6](#)

3 Srinagar Residents Held For TRC Grenade Attack



Observer News Service

Srinagar: Inspector General of Police (IGP) Kashmir V K Birdhi Friday said that the recent TRC grenade attack case in which 12 civilians were injured has been cracked and

three Lashkar-e-Taiba (LeT) associates involved in the act have been arrested and booked under UAPA.

Addressing a press conference here, Inspector General of Police (IGP) Kashmir said that on November 3, | [More on P6](#)

2 Terrorists Killed In Sopore Encounter

Security forces in north Kashmir's Sopore killed two terrorists in a joint operation at the Sagipora area on Friday. The operation, which was launched based on intelligence inputs regarding the presence of terrorists in the area, also resulted in the recovery of a huge cache of arms and ammunition.

Commander of the 7th Sector Counter Insurgency Force (Kilo), Deepak Mohan said two terrorists were killed. | [More on P6](#)

Bodies Of Slain VDGs Recovered

The bodies of two village defence guards (VDG) killed by terrorists in Jammu and Kashmir's Kishtwar district were on Friday recovered from near a rivulet during a search operation, officials said. A massive cordon and search operation is also underway in Kishtwar to track down the terrorists responsible for the killings. According to officials, the | [More on P6](#)

Two Persons Stabbed In Bemina, Hospitalized

Agencies

Srinagar: Two persons were stabbed and injured in a scuffle on Friday evening between two groups at Hamdania Colony area of Bemina area, officials said.

An official said that a late-night clash occurred near Bemina Srinagar. During the altercation, two individuals sustained stab wounds and were rushed to the hospital for medical treatment.

He identified the injured as Arslaan (15), son of Abdul Majeed Khanday, a resident

A late-night clash occurred near Bemina Srinagar. During the altercation, two individuals sustained stab wounds and were rushed to the hospital for medical treatment.

of Hamdania Colony, and Adil Ahmad (17), son of Mohammad Shafi Khan, also from Hamdania Colony.

Meanwhile, investigations have been initiated—(KNO)



Pic for illustration (istock)

Drug Peddlers Leveraging Tech Arrested

Agencies

Srinagar: Srinagar police on Friday said that they have arrested three drug peddlers and recovered psychotropic substances, cash and a drone from their possession.

As per the news agency CNS, a police spokesperson said that a police party of Police Station Safakadal at a checkpoint established in Safakadal, intercepted three persons riding a motorcycle (Pulser) bearing registration number JK01AF-0207.

"These individuals have been identified as Ajaz Ahmad Ganie son of Manzoor Ahmad resident of Athwajan, Srinagar, Owais Ahmad Gojree son of Bashir Ahmad Gojree resident of Braripora, Safakadal and Mir Roman son of Mir Mohammad Hashim resident of Ali Masjid, Eidgah. During the search, 140 bottles of Codeine Phosphate concealed in a box, cash amounting to 38,530 (believed to be proceeds of narcotics), 01 drone and 03 mobile phones have been recovered from their possession," the police spokesperson said.

Accordingly, a case vide FIR No. 136/2024 under relevant sections of law has been registered at PS Safakadal and investigation has been initiated.

"During the preliminary investigation, it has been learnt that these drug peddlers were using drones to monitor the movement of consumers (buyers), ensuring that buyers are not accompanied by Police, and also to track the movement of Police within their area of operation to avoid potential traps by the Police."

Srinagar Police is committed to ensuring a drug-free and safe environment for all citizens.

"We urge the common masses that if you witness drug peddling or any other crime anywhere near you, feel free to contact the nearest police establishment or dial 112. People are requested to cooperate with the Police in curbing the menace of drugs in society. We reassure the community members that Police will act tough against the criminals as per law," the police spokesperson added. (CNS)

City's Deadly Road Stretch

Locals Demand Overhead Footbridges On Narbal-Shalteng Highway

Agencies

Srinagar: In wake of the recent tragic accidents that claimed the life of several, including of a 15-year-old boy near Lawaypora, locals living in the area have urged authorities to station ambulances along the Narbal-Shalteng highway stretch.

Locals in the area are also demanding to construct overhead footbridges for safer pedestrian crossings, stating that the Narbal-Shalteng road stretch has been witnessing frequent accidents with three deaths happening in a span of 15 days.

Residents from Sozeith and nearby areas highlighted the urgent need for ambulances on this highway stretch, citing frequent accidents that have often led to devastating consequences.

They said that quicker access to emergency medical care could help save lives.

"This road stretch has become a hotspot for accidents.

Authorities should station highly equipped and critical care ambulances on this stretch so that lives can be saved. Also, there should be frequent patrolling and checks by traffic police to check on the speeding vehicles," Ishtiyah Ahmad, a local resident said.

Locals in the area demanded overhead bridges at several locations along the highway, particularly where residential communities are situated on either side of the road. They said that these bridges are essential to provide safe passage for pedestrians, including schoolchildren and the elderly, who frequently need to cross this high-traffic area.

"There are many schools in the area, and there should be overhead bridges for crossing the highway. Not only children, even elders, women have to cross the road and for that there should be overhead bridges at several locations of the highway," said Shabir Ahmad, a local resident.

Meanwhile, the statistics

from Kashmir reveal stark figures as the region, as per the official data reported 1,722 accidents with 240 fatalities during the first nine months of ongoing year, with Srinagar reporting 362 accidents and 36 fatalities.

According to the officials, the particular road stretch between Lawaypora and Shalteng has recorded at least four deaths with the latest addition being the 15-year old teenager who died in the tragic car accident. The road stretch has also reported over 20 major injury incidents due to road accidents during the last one year.

The Narbal to Shalteng road has seen a significant number of accidents over recent years, and residents believe that these measures would help prevent further tragedies.

The locals in the area have urged upon the authorities to respond swiftly to these safety concerns, prioritizing the installation of overhead bridges and ambulance stations on this critical highway route—(KNO)

Career Launch & Startup Event Inaugurated At Banquet Hall

Observer News Service

Srinagar: The Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat inaugurated Launch and Startup Showcase here at Banquet Hall.

The event was organised by District Administration Srinagar in collaboration with the District Employment and Counseling Centre (DE&CC) Srinagar and RSETI Srinagar aimed at empowering young entrepreneurs and supporting career growth initiatives for local youth brought together aspiring entrepreneurs, key officials, and stakeholders to explore opportunities provided through various Government schemes and initiatives.

Addressing the event, the Deputy Commissioner highlighted the Administration's commitment to create an enabling environment for youth-led growth and entrepreneurship.

The DC emphasized the importance of Government-supported programs that provide financial assistance, skill development, and mentoring for young talent. "Empowering our youth through innovative and sustainable initiatives is essential for our District's socio-economic progress," he stated.

The DC added that the Career Launch and Startup Showcase reaffirmed the commitment of the District Administration Srinagar and DE&CC to fostering a vibrant entrepreneurial ecosystem, empowering youth, and advancing economic development across the District.

During the event, the Officers shared insights on about the Departments role in facilitating youth entrepreneurship, employment, and career opportunities across Srinagar.

Several young achievers/

successful beneficiaries who have benefited from these Schemes also shared their success stories, inspiring the audience with their journeys and achievements. Their experiences underscored the potential of government programs to empower youth and stimulate local economic growth.

Participants received detailed information about key schemes such as Mission Youth, the Prime Minister's Employment Generation Programme (PMEGP), and the Rural Employment Generation Programme (REGP). These programs offer pathways for self-employment, financial aid, and training, designed to help young entrepreneurs bring their business ideas to fruition. 106 candidates registered on-site for various self-employment schemes, eager to take advantage of these initiatives to launch their entrepreneurial ventures.

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


AIRPORTS
SHEIK UL ALAM AIRPORT: 01942303311 ✈️

RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJHERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

HIGHWAY STATUS

- Sgr-Jammu highway - (Open)
- Mughal Road - (Open)
- Srinagar- Leh- (Open)



HIJRI CALENDAR
06 Jumada al-Awwal
1446

PRAYERS

FAJR	5: 32
ZUHR	12:14
ASR	3: 54
Magrib	5:34
ISHA	6: 56

This Day In History

- 1282- Pope Martinus IV excommunicates king Pedro III of Aragon
- 1313- Louis the Bavarian defeats his cousin Frederick I of Austria at the Battle of Gammelsdorf
- 1330- Battle of Posada, Wallachian voievode Basarab I defeats the Hungarian army in an ambush
- 1580- Spanish troops land in Ireland
- 1673- English King Charles II dismisses the Earl of Shaftesbury from his post as Lord Chancellor
- 1681- Hungarian parliament promises protestants freedom of religion
- 1720- Rabbi Yehuda Hasid synagogue set afire
- 1729 - Spain, France & Britain sign Treaty of Seville
- 1794 - Russian troops occupy Warsaw
- 1799 - Napoleon Bonaparte pulls off a coup and becomes the dictator of France under the title of First Consul
- 1821 1st US pharmacy college holds 1st classes, Philadelphia
- 1842 - The first U.S. design patent for typefaces and borders was issued to George Bruce of New York City
- 1900 - China has resumed nominal control of Manchuria, but in a secret agreement the Chinese governor of Manchuria grants Russia such rights as keeping troops along the railroad lines and controlling civil administration
- 1904 - 1st airplane flight to last more than 5 minutes
- 1906 - Theodore Roosevelt is 1st US President to visit another country (Puerto Rico and Panama)
- 1922 - Frederick Soddy wins the 1921 Nobel Prize in Chemistry (announced in 1922 due to a technicality)
- 1923 - Beer Hall Putsch, Munich; Nazis fail to overthrow government, 16 die, Hitler flees
- 1930 - 1st nonstop airplane flight from NY to Panama
- 1936 - Albanian government of Frasherri falls
- 1939 - Nobel for physics awarded to Ernest O Lawrence (cyclotron)
- 1941 - Hitler threatens Clemens August, Graf von Galen, Bishop of Münster
- 1955 - UN disapproves of South Africa's apartheid politics
- 1962 - US performs nuclear test at Nevada Test Site
- 1964 "Comedy in Music-Opus 2" opens at John Golden NYC for 192 performances
- 1964 - Eisaku Sato becomes premier of Japan
- 1967 - 1st unmanned Saturn V flight to test Apollo 4 reentry module
- 1967 - Surveyor 6 soft lands on Moon
- 1967 - The unmanned Saturn V rocket is launched on its first successful test flight into Earth orbit
- 1968 - USSR performs nuclear test at Eastern Kazakh/Semipalitinsk USSR
- 1976 - UN General Assembly condemns apartheid in South Africa
- 1978 - NASL realigns its 24 teams into 6 divisions
- 1980 - Iraqi President Saddam Hussein declares holy war against Iran
- 1983 - Discovery flies from Vandenberg AFB to Kennedy Space Center
- 1998 - Capital punishment in the United Kingdom, already abolished for murder, is completely abolished for all remaining capital offences.
- 1999 - TAESA Flight 725, crashes a few minutes after leaving the Uruapan airport en-route to Mexico City. 18 people were killed in the accident.
- 2003 - A suicide-terrorist attack in Riyadh, Saudi Arabia, kills 17 people.
- 2005 - The Venus Express mission of the European Space Agency is launched from the Baikonur Cosmodrome in Kazakhstan.
- 2012 - 25 people are killed and 62 injured after a train carrying liquid fuel bursts into flames in Burma
- 2012 - An Algerian C-295 military transport plane crashes near Avignon, France, killing 6 people
- 2014 - United States lead air strikes in the northern Iraqi city of Mosul against Islamic State (IS)
- 2014 - Celebrations held in Germany to mark the 25th anniversary of the fall of the Berlin Wall; white balloons marking a stretch of the wall symbolize its disappearance
- 2015 - World Anti-Doping Agency commission report recommends Russian Federation be banned from athletics competitions for running a "state-

SAD DEMISE



With profound grief and sorrow, we inform the Sad Demise of Yasmeena Qadir W/o Ghulam Qadir Laway R/o Usmania Colony Bemina passed away on Wednesday evening, May Almighty Grant Departed soul highest place in Jannah.

The congregational Fatih-e-Khawani will be Held at his ancestral Graveyard at Mazar e Anjum Qamarwari Srinagar On Sunday, i.e., 10 November 2024 & Timing 10:30am

Bereaved Family
7889808604, 7006509129, 7006765891

jm

Government of Jammu and Kashmir Office of the Executive Engineer Irrigation Construction Division Pampore.

Date Corrigendum

Due to the various representations made by various bidders, the critical dates for submission of bids advertised vide this office e-NIT No. 11 of 2024-25 circulated vide No. PICD/1972-90 Dated: - 21-10-2024 is again hereby extended, as per details given below: -

1	Bid submission date ends	23-11-2024 (06.00 PM)
2	Bid opening date (1st Cover)	25-11-2024 (11.00 AM)
3	Deadline for submission of hard copies	02-11-2024

All other terms and conditions shall be the same as laid down in

the original e-NIT.

DIPK-7626/24
dated: 08-11-2024

NO.PICD/2163-78
Dated:- 08-11-2024

Sd/-
Executive Engineer,
Irrigation Construction Division,
Pampore

OFFICE OF THE EXECUTIVE ENGINEER, ELECTRIC DIVISION- IV KHANYAR, SRINAGAR.

Email:emre.ediv@gmail.comTelNo.0194-2477608 FaxNo.0194-247027

Sub: Extension No 2nd

Due to poor response, date of uploading and Submission of bids for below mentioned NIT's are hereby extended.

Tender No	Name of work	Tender ID	Extension No.
31/EDIV	Annual Rate contract for providing of Manpower (Labour Charges) for loading, Unloading & carriage of various materials/ Equipment's at Divisional Stores Khanyar and other sites of ED-IV Khanyar	2024_ PDD_261439_1	2nd
33/EDIV	Providing of Essential Power Supply 50 mm Sq ACSR from 11 KV Feeder NO 3 Kathidarwaza Receiving Station to STP Plant of 5.4 MLD at Nala Amir Khan Baharhar (LCMA)	2024_ PDD_261584_1	2nd

- Last date of bid submission: 14.11.2024 upto 14.00 PM
- Techno/ commercial opening: 16.11.2024 at 16.00 Pm

No: EDIV/F-102/enIT/5800-05
DIPK-NB-2271/24
Dated:8.11.2024

Executive Engineer
Electric Division-IV Khanyar

Restoration of Winter Academic Session in Kashmir

The new government's first step towards a better education system?

After lots of debate and protests from parents, students, and educators, Jammu and Kashmir is finally set to return to its traditional winter academic session. Recently, Chief Minister Omar Abdullah announced a change in the examination calendar for students across the Union Territory. For students in classes up to the 9th grade, exams will be held in November this year, while exams for 10th and 12th grades will resume in March-April next year, aligning with the traditional academic rhythm Kashmir has followed for generations.

This shift in the academic schedule will impact tens of thousands of students and their families, many of whom have expressed relief and support for the return to a calendar that respects the region's unique weather patterns and sociocultural realities. But why is this decision so significant? And will it lead to a more effective and inclusive educational experience for students in Jammu and Kashmir?

In Kashmir, winter has traditionally marked the academic assessment period for students. With the region experiencing harsh winters and heavy snowfall, students were accustomed to finishing exams in November or December. This allowed them a long winter break to study and prepare for the next grade or academic year, which resumed in the spring.

For decades, this schedule allowed students, particularly those in remote areas, to manage their studies despite the extreme winter conditions. It also allowed families to plan for the winter season, when transportation and accessibility become challenging, and kept students away from school travel risks associated with icy roads and closed highways.

However, in 2022, the JKUT Administration announced a new uniform academic calendar that brought Jammu and Kashmir in sync with the rest of India. While the intention behind this change was to provide a standardized academic framework, it clashed with the local realities of Kashmir's climate, geography, and socio-cultural factors.

The push for a summer academic session ignored some of the most basic challenges that students in Kashmir face. Heavy snowfall and temperatures that drop below freezing are common in winter, often disrupting day-to-day life in the Valley. This winter weather impacts both rural and urban areas, and can significantly hinder school attendance and examination logistics. Students are often unable to travel to their schools or exam centers, especially in rural or hilly areas where road accessibility is poor during winter months.

Furthermore, many school buildings are not adequately insulated or equipped to handle severe winter temperatures. Even when classes are conducted in winter, students find it challenging to focus on their studies in cold classrooms, affecting their overall academic performance.

When the academic calendar was aligned with the rest of the country, assessments and exams began early in the spring term. This meant that students were assessed on their previous grade's syllabus before they even started the regular classwork. This schedule put additional pressure on students and teachers alike, creating a compressed learning environment that was stressful and detrimental to the academic growth of students.

With the return to the November-December session for most classes, students and parents can breathe a sigh of relief. Not only does this move bring the academic calendar in line with the realities of Kashmir's seasonal climate, but it also provides more time for students to focus on regular studies, instead of diving into exams at the beginning of the school year.

The Chief Minister's announcement also emphasized that this change is likely to become a regular feature. If implemented properly, this adjustment can



bring several key benefits to students, families, and educators, as follows:

1. **Increased Flexibility for Students and Families:** With exams scheduled before the onset of the most intense winter months, students will have more flexibility in their studies. This also allows families to plan around winter challenges, knowing that the academic year is structured in a way that respects the seasonal hurdles they face.

2. **Better Focus on Academics:** Instead of rushing through the syllabus to prepare for early exams, teachers and students can now focus on holistic learning throughout the academic year. A balanced pace of study reduces stress and promotes in-depth understanding of the material.

3. **Reduced Exam Stress:** Exam preparations will no longer coincide with challenging winter months, reducing the mental and physical strain on students. By moving exams back to spring, students have ample time to review and prepare without the added worry of cold weather and transportation issues.

4. **Adaptability to Remote and Rural Areas:** For students in remote areas who face greater challenges in traveling to and from school during winter, this schedule change is especially meaningful. Examinations and classes will be more accessible, regardless of location, and fewer students will miss out on their education due to weather-related travel disruptions.

Proponents of a standardized academic calendar argue that it fosters uniformity and prepares students across states with the same academic milestones. While this may be true in regions with similar climatic conditions, Kashmir's harsh winter demands a more flexible approach. For a truly effective and inclusive education system, policies must be adaptable, and a "one-size-fits-all" approach simply doesn't work for a geographically and climatically diverse region like Jammu and Kashmir.

Education policies that account for local specificities, such as weather, culture, and economic realities, are better able to serve students in a way that promotes genuine learning and development. This localized approach can ensure that every student in India receives a quality education, tailored to their unique needs.

As Jammu and Kashmir moves back to a winter academic session, the government and educational

authorities must take additional steps to make this transition smooth and sustainable. Here are a few recommendations:

Improving Winter Infrastructure: Schools in Kashmir still lack adequate heating and insulation. Investing in basic winter infrastructure can allow schools to remain open and comfortable during colder months, regardless of the academic calendar.

Continual Assessment and Flexibility: The government should consider reviewing and adjusting the academic schedule as needed. Holding consultations with students, parents, and educators can ensure that future policies are well-informed and responsive to local needs.

Support for Teachers and Administrators: This shift in the academic calendar will also require teachers and school administrators to adapt. By providing additional training and resources, the education system can better support teachers as they implement these changes.

The return to a winter academic session for students in Kashmir marks a significant step in creating a more compassionate and practical education system. By acknowledging and adapting to local challenges, the administration has shown a willingness to put students' needs at the forefront. In doing so, it honors Kashmir's unique traditions and environmental realities, creating an academic framework that is not only feasible but also enriching.

The decision to restore the winter academic session is more than just a policy change—it's a step toward a brighter future for students in Kashmir. An education system that respects local needs, allows students to focus on learning rather than logistical challenges, and values the cultural and geographic realities of the region is one that truly has the power to inspire and uplift the next generation of Kashmiris.

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

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Ikkz Ikkal

In order to revive its sagging economy and boost its depressed property market, on September 24, China's central bank, the People's Bank of China (PBOC), announced a huge monetary stimulus package comprising three components. First, it cut the reserve requirement ratio by 0.5% and the main policy interest rate by 0.2%. Second, it reduced the mortgage rates for existing home loans by almost 0.5% and curtailed the minimum down payment requirement for second homes from 25% to 15%. It also raised the funding support, from 60% to 100%, for commercial bank loans to locally-owned state firms for purchasing excess housing inventory for conversion to affordable housing units. Third, to revive investor sentiment and support the stock market, the PBOC allowed eligible institutional investors to borrow directly from it, using assets like stock exchange-traded funds as collateral, and then sell them to get the cash they need to invest more in equity markets. In addition, the PBOC will provide refinancing loans for banks extending credit to listed companies aiming to buy back their own shares.

Two days later, the Politburo of China's ruling Communist Party resolved to make countercyclical fiscal policies even more potent by issuing an additional 2 trillion yuan (\$280 billion) of bonds, equivalent to 1.5% of China's GDP, half of it to help arrest the risk of local governments going bust from depressed property values, their major investments, and the rest half to encourage spending by households and firms by handing out a monthly dole. On October 21, the PBOC cut its benchmark lending rates again. The one-year loan prime rate (LPR) was reduced from 3.35% to 3.10%, and the five-year LPR from 3.85% to 3.60%, rates which are now at their historic lowest. The combined size of all these tools was 800 billion yuan (\$112 billion), though it pales in comparison with the 4 trillion-

China Stimulus Ripples In India

Govind Bhattacharjee

yuan (\$586 billion) package that China gave in 2008, which helped revive both China's and the global economy.

The effects of these changes have been devastating for the Indian stock market. It triggered immediate capital outflow from India by foreign portfolio investors (FPIs), plunging the stock market into a free fall. The Sensex nosedived from a peak of 85,800 on September 26 to 80,221 on October 22, losing all the gains made during the past three months. As the "sell India, buy China" strategy took firm hold, FPIs sold shares worth Rs 82,000 crore during this period, according to National Securities Depository Ltd data. Of course, there were other factors which also played on the minds of investors, like the worsening geopolitical situation, especially in West Asia, the uncertainty of the US elections, and the depressing Q2 results of India Inc, but the Chinese stimulus package remained the major cause of the upheavals seen in the market. As Indian stocks nosedived, Chinese stocks rallied sharply by 15% in the week following the September 24 stimulus, outperforming global markets. Sharp gains recorded hitherto in the Indian stock market had shot up the valuation of its shares. After China announced the stimulus package, many investors have moved to China to

encash the cost advantages quickly. The stimulus has unleashed the biggest weekly stock market rally in more than 15 years in China, with major indices soaring above 25%. Due to the high volume of trading, the Shanghai stock exchange suffered several glitches.

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The effects of these changes have been devastating for the Indian stock market. It triggered immediate capital outflow from India by foreign portfolio investors (FPIs), plunging the stock market into a free fall

But it may not be time to celebrate the Chinese stimulus as yet, and the effects may be temporary. Data released on September 27 showed industrial profits tumbling by almost 17%, year-on-year (y-o-y), and a survey of purchasing managers suggested continued contraction of manufacturing activity. It does not address China's deep-rooted structural issues such as its property woes, which are far from being fixed. October data showed that the value of new home sales among the 100 largest developers fell by 38% in September, y-o-y, from 27% in August, indicating that housing is no longer a preferred asset. It may need government guarantee and funds to local governments or state-owned firms to buy the huge numbers of unsold, finished, and unfinished flats. Some economists think the stimulus is too small and would need 7-10 trillion yuan to combat the deflationary doldrums that are unsettling the economy, which the government cannot afford due to its 90% debt-to-GDP ratio. The easing of credit also will have limited impact due to low demand for credit arising from sluggish manufacturing activity. Returning to the path of market liberalisation without fixing the basic structural issues may even lead to a bubble in the stock market.

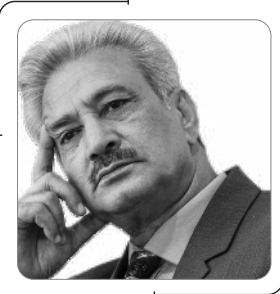
As for India, despite the current selling by FPIs, the country's high growth, robust economic fundamentals, and long-term economic stability will continue to attract the interest of global investors, and the recent volatility in its stock market will likely remain temporary only before the momentum picks up again.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The article was originally published by Financial Express

NICHE PENMAN

Trans-Himalayan-Highways Speak

Twilight Beyond Baltistaan



S.SARWAR.MALIK

Picking up the last thread, let me very briefly remind you dear readers that in the preceding three write-ups, we were conversing, in general, about the Gurez-Ladakh-Baltistaan belt in relation to Central Asia. Today we will focus on the trade of those times; with sprinklings of other interesting related-things here and there, just for additional flavour. Yes I agree with one reader's suggestion: It is high time that, with the incorporation of post-1990-notes, my first book *Jewel in the Lotus: Ladakh*, has to be re-launched, with all seriousness, in near future.

Randomly picking the thread of history from 1400 AD we find that among the early kings of Ladakh Dynasty *Lhachen-Gragspa-Bhum* ruled over lower Ladakh, *Sham*, province and from 1500-1532AD *Bkra-Sis-Rnam-Rgyal* i.e Tashi Namgyal ruled. Latter built the *Leh Namgyal Tsemo* castle and during his reign he first valiantly defeated the Turk (*Hor*) invasion and it is said buried the dead bodies of some slain Turk soldiers under the feet of *Guardian Divinities (Mgon-khan)* in the Namgyal Tsemo of Leh. But later suffered disastrously when Khan of Kashghar initiated the Turko-Mongol invasion as, what they called, 'a holy war against Buddhist Infidels'. He was killed by Turkomans in 1582. A portrait, along with inscription, of this king Tashi Namgyal exists in the *Mgon-Khan* temple at Leh as well as in *Alchi Monastery* (Tsun-Tsek Temple). During 17th century we hear about Lha-chen Nima Namgyal who ruled from 1680-1720. He was the one who for the first time introduced the concept of Advisory Council of Elders, *Ghami Tookchoo*, for running the affairs of the state. This king Nima Namgyal, too had a muslim wife, *zizi khatoon* of Purig. Noteworthy also is the fact that the "Latin Bible found by William Moorcroft in Ladakh, in 1820-22 is believed to have been left in Leh by The Jesuit Visitor, *Ipolito Desideri* in 1715 AD"; my readers might recall, these names find mention in my earlier part of the write up, titled *EARLY GUESTS ON THE MOONLAND OF YORE & ONE STAAN...MORE*, that



appeared in the pages of Kashmir Observer on 28 Sept, 2024. To that I may add W.Moorcroft (1767-1825) was an English explorer, employed by East India Company who travelled extensively; wrote the travelogue, in collaboration with George Trebeck, that was published by Asiatic Society, after the author's death.

Baltistaan or *Balti-yul*-also called Little Tibet by some writers, in one point of history/past, that largely constitutes, at present, northern portion of Larger-kashmir-Region, whose major-portion is Pakistaan-administered-territory-of-Gilgit / Baltistaan since 1947, and is bound by Karakoram, Gilgit, Xinjiang of China and Ladakh & Kashmir, where-in population is said to be over 3 lakh souls. Major languages spoken in this area are *Balti, Purgi, Shina, Brokskat* and *Changthang* besides *Urdu & English*.

Long back in history some Dard-tribes are believed to have come to this Baltistaan region, who came later to be known as *people of Skardu, Shiger* and *khaplu*, are believed to have been distinctly *Dards*.

In 686, Baltistaan came to be controlled by the *Tibetan* kings and around the 10th Century the ruling dynasty of *Khaplu* assumed the Turkish title of *Yahbhu*. In the Central Asian region, Arabs had conquered the Kashghar of Chinese-Turkistaan in the 8th century. Within the next century, the whole of Central Asia was under Ar-

abs. Baltistaan and Ladakh, however, maintained their historical ties with the central Asian countries. In the 14th century, Shah-e-Hamadaan spread Islam here. More so after the visits of Mir Shamsudin Araqi and Syed Noor Baksh to Baltistaan. By the end of

my readers that its positioning on the *crossroads of Asia* allowed Ladakh to be an important Trade Outlet towards the South-Asian countries, from the world's great trans-Asian-highway, *The Silk Route*-that connected imperial Rome with distant China.

In addition to their being high altitude regions, both Ladakh and Baltistaan shared a number of routes between them, through which both were bound strongly in economic/ trading activities. Some writers assert that much of the credit goes to the visiting- Buddhist-saint-of Mahayana-sect: *Padma Sambhava*,

who it is believed first planted *apricot* plants in the Shighar valley of Baltistaan(- accepted to be the principal apricot producing area of the world), thereby *blessing both Ladakh & Baltistaan*. These two regions were this way also bound to Tibet(- largest consumer of apricots) and Tibetans called it *the fruit of Gari khambu*, an old name of Ladakh, too. And we know Lamaistic Buddhism was the main religion of both.

In the barter trade the main item of *Balti's* was dried Apricots and butter; that of *Ladakh's* wool. Since Ladakh was the great Central Asian trading centre, frequent visits to Leh were made by *Baltis* and also by traders from other connected areas, who not only brought their produce and what they needed, i.e for sale, purchase

and distribution into Ladakh but also used it as transit point for onward trading-travel. So Ladakh was a transit point too. It is said apart from dried Apricots, dried turnips, butter, wool, pashmina, was traded. Cotton cloth and other items from North India too reached Ladakh and likewise from all other sides surrounding Ladakh & Baltistaan.

Between Baltistaan and Ladakh alone many preferred routes existed. *Kharul kargil* to *Khaplu Skardu* favoured by *Baltis*. *Bogdang-Turtuk-khaplu* favoured by *Ladakhis*. Traders from Central Ladakh preferred *Chorbat La Hanu khaplu Skardu*.

Common religion between Ladakh, Tibet etc and presence of a considerable chunk of Buddhist population in regions like Himachal, Arunachal as well as countries like Sikkim, Bhutan, Mongolia (-as part of Russia) and possibly China too, all contributed in building ties of all sorts, of trade-goods, of ideas & practices of faith, of craftsmen and the craft items, including those of day to day use; cloth -woollen, silk, cotton; woven, felt-items; wood items, metal-ware, in short purchasing items of need and selling produce of individual areas; mostly surplus or that in demand-fetching-more and also for religious pilgrimage, missionary work and for cultural exchange too, routes have existed from time immemorial, everywhere. Didn't the Buddhist Missionaries of king Ashoka travel to Central Asia via Kashmir and through Ladakh? Just like *Shahe Hamdan* travelled from Kashmir to Chinese Turkistaan/modern Xinjiang through Ladakh. Apart from commercial links didn't

Ladakh get involved in power politics of Tibet right from 7-8th century; or when Arab plus Tibetians stood together against China, or when, Explorer-Missions of various countries; British, French, German visiting Gobi Desert region hired the services of hardy mountain people of Ladakh & Baltistaan; travelled via their passes, via their routes.

In post 9th century period, when instead of Pamir, new passes like Karakoram came to be preferred, silk, carpets, animal hides, velvet, satin, brocade, tobacco, hashish, grains, spices, ghee, shoes, turquoise, coral, pearls and many items travelled through the roads of Ladakh and Baltistaan; using the services of locals. It is said that by 1920 trade worth ninety three lakh Rupees happened via Ladakh. Wait please. Turk muslims proceeded for Haj via Ladakh. Highest pass *Daulat Beigh* oldy named after the rich central Asian trader who died while crossing it.

Racially the population of Ladakh and Baltistaan has been defined to be the Mongolian stock with an admixture of Aryan blood. Both remained, until the 10th century, under the suzerainty of Tibet. Their language and food habits are the same; their dialects are both of Tibetan origin. One more aspect. Kings of Ladakh and Sikkim considered themselves to be descendants of the ruling Tibetan dynasty. It is true that they shared the name *Namgyal* (victorious) also.

Folk epic *Kesar Saga* & other folklore items of Tibet, Ladakh, Baltistaan and others show cultural commonality. Festivals show a lot of resemblance and so do Monastery Fairs reveal similarity of a dozen more aspects of life. Apparently a small similarity it seems: I mean the dress (-of men) in Ladakh, Sikkim, Mongolia, China resembles and seems to have been borrowed from Genghis Khan of Mongolia. Dress of Mughal Kings wasn't different, some say.

Thus Trans-Himalayan- Highways shaped various aspects of life in such a way that they speak of the historic-age-old social, cultural and economic bond of neighbouring lands.

Parting Shot

It is said that the major language spoken within the lap of Gilgit-Baltistaan-Chitral-Kohistaan-Hunza-Chilas and Gurez-Tulail- Neelam/ Kishenganga and Drass- kargil(Ladakh) is called *shina*. Further, experts opine that *Kashmiri* (Koshur) language and *Shina* both belong to Dardic Indo Aryan branch and the former is said to be bedecked with the Indo-Iranian elements as well as Sanskrit. Ponder!

Adieu, dear readers.
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TRANS-HIMALAYAN-HIGHWAYS SHAPED VARIOUS ASPECTS of life in such a way that they speak of the historic-age-old social, cultural and economic bond of neighbouring lands

the 17th century, the Shia-Sect (*Noor Bakshi sect*) became dominant here. In between we know, *Ali Sher Khan of Skardu* had conquered *Khaplu* in 1600 and this continued till 1840; *Robert Shaw* a British Official of repute wrote in 1871 in his book *Yarkand and Kashgar* that he found *Baltis* owning land in *Yarkand*, that they used for growing melons and tobacco. *Namgyal dynasty* of Ladakh ruled over Baltistaan too but when *Dogra General Zorawar Singh* raised his sword in 1830s everything changed and so did the events of 1947-48.

Geographical setting of Ladakh shows it as being bound by the *Central Asian Countries* on the north, by Tibet on the east, Himachal state on the south and on the west by the valley of Kashmir. It must have occurred to

Is Weight Loss That Simple?

Christopher Damman

Is the adage "calories in, calories out" true? The short answer is yes, but the full story is more nuanced.

From the moment food touches your tongue to the time it leaves your body, your digestive system and gut microbiome work to extract its nutrients. Enzymes in your mouth, stomach and small intestine break down food for absorption, while microbes in your large intestine digest the leftovers.

"Calories in, calories out" refers to the concept that weight change is determined by the balance between the calories you consume and calories you expend. This includes not only the number of calories you eat due to appetite and absorb via digestion, but also how well those absorbed calories are burned through metabolism.

Recent research indicates that a significant factor influencing people's variable appetites, digestion and metabolism are biologically active leftover components of food, known as bioactives. These bioactives play a key role in regulating the body's metabolic control centers: your brain's appetite center, the hypothalamus; your gut's digestive bio-reactor, the microbiome; and your cells' metabolic power-

houses, the mitochondria.

I'm a gastroenterologist who has spent the past 20 years studying the gut microbiome's role in metabolic disease. I'll share how dietary bioactives help to explain why some people can eat more but gain less, and I'll offer some dietary tools to improve metabolism.

Ruminating on appetite and digestion

Research has shown that consuming whole foods still "packaged" in their original fibers and polyphenols – the cellular wrappers and colorful compounds in plants that confer many of their health benefits – leads to more calories lost through stool, when compared with processed foods that have been "predigested" by factories into simple carbs, refined fats and additives.

This is one way calorie-free factors influence the "calories in, calories out" equation, which can be beneficial in a society where calorie intake often exceeds needs. Eating more whole foods and less processed foods simply lets you eat more because more of those unprocessed calories go out the other end unused.

Fiber and polyphenols also help regulate your appetite and calorie intake through the brain. Your microbiome transforms these leftover bioactives

into metabolites – molecular byproducts of digestion – that naturally decrease your appetite. These metabolites regulate the same gut hormones that first inspired the popular weight loss drugs *Popovoy*, *Ozempic* and *Mounjaro*, controlling appetite through your brain's satiety center, the hypothalamus.

Processed foods lack these bioactives and are further formulated with salt, sugar, fat and additives to be hyperpalatable, causing you to crave them and eat more.

Mitochondrial maestros in the middle

A full accounting of calories also depends on how effectively your body burns them to power your movement, thoughts, immunity and other functions – a process largely orchestrated by your mitochondria.

Healthy people typically have high-capacity mitochondria that easily process calories to fuel cellular functions. People with metabolic diseases have mitochondria that don't work as well, contributing to bigger appetites, less muscle and increased fat storage.

They also have less of a mitochondria-rich type of fat called brown fat. Rather than storing calories, this fat burns them to produce heat. Less brown fat may help explain

why some people with obesity can have lower body temperatures than those who aren't obese, and why there has been a decline in average body temperature in the U.S. since the industrial revolution.

Healthy mitochondria that burn more calories might also help explain why some people can eat more without gaining weight. But this raises the question: Why do some people have healthier mitochondria than others?

Your mitochondrial health is ultimately influenced by many factors, including those usually associated with overall well-being: regular exercise, adequate sleep, stress management and healthy eating.

Who turned off the metabolic lights

The latest nutrition research is revealing the roles that previously underappreciated dietary factors play in mitochondrial health. Beyond the essential macronutrients – fat, protein and carbohydrates – and micronutrients such as vitamins and minerals, other leftover factors in food, including fibers, polyphenols, bioactive fats and fermentation products, are also key for metabolism.

Unlike a Western diet, which often lacks these bioactives, traditional diets such as

the Mediterranean and Okinawan diets are rich in foods – nuts, seeds, fruits, vegetables, whole grains and fermented foods – replete with these factors. Many bioactives pass undigested through the small intestine to the large intestine, where the microbiome converts them into activated metabolites. These metabolites are then absorbed, influencing the number of mitochondria in cells and how they function.

At the most fundamental level of cell biology, metabolites turn on and off molecular switches in your genes through a process called epigenetics that can affect both you and your offspring. When the metabolic "lights" are turned on, they enliven the mitochondria responsible for a faster metabolism, effectively increasing the calories you use.

Please mind the microbiome gap

A healthy microbiome produces a full range of beneficial metabolites that support calorie-burning brown fat, muscle endurance and metabolic health. But not everyone has a microbiome capable of converting bioactives into their active metabolites.

Long-term consumption of processed foods, low in bioactives and high in salt and additives, can impair the mi-

crobiome's ability to produce the metabolites needed for optimal mitochondrial health. Overuse of antibiotics, high stress and lack of exercise can also adversely affect microbiome and mitochondrial health.

This creates a double nutrition gap: a lack of healthy diet and a deficiency in the microbes to convert its bioactives. As a result, well-studied nutritional approaches such as the Mediterranean diet might be less effective in some people with an impaired microbiome, potentially leading to gastrointestinal symptoms such as diarrhea and negatively affecting metabolic health.

In these cases, nutrition research is exploring the potential health benefits of various low-carb diets that may bypass the need for a healthy microbiome. While the higher protein in these diets can reduce the microbiome's production of beneficial metabolites, the lower carbs stimulate the body's production of ketones. One ketone, beta-hydroxybutyrate, may function similarly to the microbiome metabolite butyrate in regulating mitochondria.

Emerging microbiome-targeting approaches might also prove helpful for improving your metabolic health: butyrate and other postbiotics to provide preformed microbi-

ome metabolites, personalized nutrition to tailor your diet to your microbiome, intermittent fasting to help repair your microbiome, and the future possibility of live bacterial therapies to restore microbiome health.

Tools to transform fat into fuel

For most people, restoring the microbiome through traditional diets such as the Mediterranean diet remains biologically achievable, but it is not always practical due to challenges such as time, cost and taste preferences. In the end, maintaining metabolic health comes back to the deceptively simple healthy lifestyle pillars of exercise, sleep, stress management and nutritious diet.

Some simple tips and tools can nonetheless help make nutritious diet choices easier. Mnemonics such as the 4 F's of food – fibers, polyphenols, unsaturated fats and ferments – can help you focus on foods that best support your microbiome and mitochondria with "leftovers." Bioactive-powered calculators and apps can also aid in selecting foods to control your appetite, digestion and metabolism to rebalance your calorie "ins and outs."

By arrangements with The Conversation

PDP, NC Spar

protests from the treasury benches. The House has been witnessing uproar for the last two days as BJP MLAs protested vociferously after the passage of the resolution.

Deputy Chief Minister Surinder Choudhary moved the resolution on Wednesday that said: "This Legislative Assembly reaffirms the importance of the special status and constitutional guarantees, which safeguarded the identity, culture and rights of the people of Jammu and Kashmir, and expresses concern over their unilateral removal."

It said the Assembly calls upon the Centre to initiate talks with elected representatives from the region for the restoration of Jammu and Kashmir's special status and constitutional guarantees and to work out constitutional mechanisms for the same.

"This Assembly emphasises that any process for restoration must safeguard both national unity and the legitimate aspirations of the people of Jammu and Kashmir," it added. (PTI)

BJP Runs Mock

MLAs assembled in the assembly lawns and staged a mock assembly in which they described the House resolution on restoration of special status as "illegal" and "unconstitutional".

BJP leaders said the mock assembly was to protest against the National Conference which had "hijacked the House".

"The House is hijacked by the NC. We won't allow this to happen. A Constitutional crisis has been brought about by the NC. They have violated the rules," BJP MLA Balwant Singh Mankotia said.

The BJP said that it will run a parallel government in Jammu and Kashmir if Assembly Speaker Abdul Rahim Rather continues with his behaviour that "challenges sovereignty and integrity" of the country.

"We had a parallel assembly outside when the Speaker had our MLAs marshalled out. We raised the issues of our areas and the media covered it.

"The Speaker should not take this parallel assembly lightly. If your behaviour challenges Indian integrity and sovereignty, we will run a parallel government and this is my warning to them," Leader of Opposition Sunil Sharma told reporters here.

Sharma said the way the Speaker has conducted the Assembly is condemnable.

"We condemn it. This will be the darkest day in the history of the Jammu and Kashmir assembly. The Assembly was constituted by the people with the hope that their problems regarding water, electricity, hospital and education will be solved.

"However, the Speaker has functioned as an agent of a particular party and performed an unconstitutional and illegal act in an undemocratic way," Sharma said.

He said all the MLAs had come to the House with the problems of their areas but "the separatist mindset of the ruling NC (National Conference) has lowered the dignity of the House by bringing the resolution".

"The unfortunate part is that the Speaker is saying the demand for special status is a demand for restoration of Article 370. He is acting like a spokesman of the National Conference," Sharma added.

He said Article 370 was removed by the highest temple of democracy in the country and it was settled by the Supreme Court.

"Article 370 is now history. They are comparing Article 370 with a word like special status which does not even exist in the Constitution.

"I challenge (chief minister) Omar Abdullah that if the word special status with regard to Jammu and Kashmir is found anywhere in the Constitution, I will retire from politics," he said.

The BJP leader said the NC wants to start street violence here in the name of special status.

"Under the special status, Kashmiri Pandits were forced to migrate, Asiyu Neelofar was murdered, Tufail Mattoo was murdered and Haji Yusuf was killed in the house of the chief minister. They want this (kind of) special status back," he said. (PTI)

Privilege Motion

announced by Speaker Abdul Rahim Rather at the conclusion of a five-day Assembly session here.

Besides the leader of opposition, the others named in the privilege motion are Sham Lal Sharma, Satish Kumar Sharma, R S Pathania, Vikram Randhawa and Rajiv Jasrotia.

The speaker said he has received another breach of privilege motion from NC MLA Nazir Ahmad Khan Gurezi.

The speaker, however, did not mention the name of the person against whom the motion has been submitted.

"In both cases, I will examine and take appropriate action as per rules," he said.

Freedom Of Speech

and in 2018 as the opposition. So much has changed since then and we have lost a lot. When I think about it, I cannot believe it," he said referring

to the August 5, 2019, development.

"When I stood here last time, we were a state and we had a special place and status in the country. It has all been snatched. While I will regret what we lost, I am happy that I have the enthusiasm. Whatever time has been fixed for me by Allah, I will not waste a day. I will serve the people," Omar said.

He said his government wanted a detailed discussion on the Lt Governor's address regarding next year's agenda and the National Conference manifesto with regard to Constitutional safeguards and restoration of statehood.

"It's fine they (BJP) don't need the safeguards. But we wanted to hear their take on statehood. They jumped on their chairs without any discussion. The voters do not like this. The easiest time for a government is when there is noise in the House because there is nothing to answer," Omar said.

He said those who left the House after raising a hue and cry have failed in their job.

"Their job was to make us accountable and get assurances from us. The last time we met, the resolution (on GST) was passed in this House... GST was imposed on us. We made noises in the hope that it would not get imposed because we knew the consequences."

"Those came to the fore on August 5, 2019, when the remaining things were also snatched. Those talking about resolution today should introspect," he said, pointing to the PDP which has raised objections over the phrasing of the resolution.

Omar said the resolution on special status passed by the Legislative Assembly was no compromise and that it was drafted in a way to ensure the Centre doesn't trash it.

He said that some members here claimed that the resolution passed by this House was a "compromise."

Slamming the PDP, Omar said this party is the one that made compromises all the way and allowed the BJP into Jammu and Kashmir.

"Let us believe that when they won in 2015, they had no option but to tie up with the BJP. But what happened in the second phase after the death of then Chief Minister Mufti Mohammed Sayeed?"

"The PDP leaders made people wait for three months demanding additional confidence-building measures from the Centre but at the end 'unhone usi tankha pe kaam kiya' (PDP leaders worked on the same conditions as were set in 2015)," Omar said.

Thanking the people for voting with the hope that their issues and problems will be addressed, Omar said, "I have said from the outset that this assembly is the people's assembly and the government is of the people."

"Without doubt, we have the support of the Congress and Independents but this government is also of those who did not vote. We have to represent everyone. We are the servants and they are the lords. They have given their decision and we accept it," he said.

Omar said some people thought assembly elections would not be held. "A few days before the elections, people told me that the polls would be deferred by some excuse. There were some people who did not want to see elections (being held) here."

He said that the verification process especially CID verification regarding jobs, passports and other things was weaponized. "My government is working to ensure the verification system is eased for the relief of people," he said.

Omar said that J&K was a UT and law and order was not the domain of his government. "But that doesn't mean we have a rift with the police or any other security agency. Government is ready to support police and other security forces to establish peace. If there is no peace, development won't take place. There are two ways of establishing peace: By force, that entails arresting people and creating fear psychosis and second establishing peace with peoples partnership. I am with the second one."

"Once J&K gets its full statehood, his government will work for the release of prisoners who have no serious charges and cases against them. "At present it's not our domain but once we get our powers, we will pursue this issue," he added.

On statehood, Omar said that the current Assembly is not the one he would have wanted in terms of powers. "But this House is a way-forward to make J&K a full-fledged state. I was in Delhi recently where I handed over copies of the cabinet resolution on Statehood cleared by the LG office to PM Modi. My meetings were successful and I am hopeful that the Statehood will be restored soon," Omar said.

"Peaceful Atmosphere" Highlighting the importance of a peaceful atmosphere, Jammu and Kashmir Chief Minister Omar Abdullah on Friday said "if there is no peace, it becomes impossible to work on other things so it is our responsibility to help in keeping things peaceful".

Omar strongly battled for the

restoration of full statehood.

"This is not the assembly that we want...we want a full fledged assembly, the one promised by the prime minister," he said.

The chief minister was speaking on the vote of thanks for the lieutenant governor's address in the House, which met on Monday for its first session post abrogation of Article 370 and bifurcation of Jammu and Kashmir into two Union Territories by the BJP-led Central government on August 5, 2019.

"If there is no peace, it becomes impossible to work on other things. So it is our responsibility to help in keeping things peaceful. Two ways peace can be brought - through arrests and other such measures and second through making people partners in peace," Omar said.

"Unfortunately, we don't have powers over these things, but I have told the senior officers that there should be a mechanism where we can ensure the safety of the forces while not putting people to unease," he added.

The chief minister's remarks came at a time when terror incidents have witnessed a sharp increase after the formation of his government on October 16. (With Inputs From Agencies)

'Agenda Will

for the lieutenant governor's address in the Assembly, Omar said. "Thank god, I write a lot on Twitter but do not read anything.... I want to assure the people of Jammu and Kashmir that our agenda will be set by the people, not by social media users."

In his address, the National Conference (NC) leader urged the elected representatives to remain unaffected by social media trends when formulating policies. "Do not base your policies on the University of WhatsApp and Facebook. Very few people utilise these platforms and those who do forget about you for five years until they suddenly remembered you now," he said.

The chief minister also addressed the inconsistencies among some MLAs, particularly those from the People's Democratic Party (PDP), regarding a resolution passed by the Assembly for the restoration of Jammu and Kashmir's special status.

He suggested that the shifts in their stance could be attributed to discussions on social media. "I feel the change in their approach to the resolution is influenced by comments on WhatsApp and Facebook," Omar noted.

Without naming specific individuals, he criticised those who had previously congratulated him on what they deemed a historic resolution but later expressed opposition.

"I do not understand how a historic resolution can become a compromise in just 15 minutes. Passing a resolution that the Centre would dismiss instantly can be done by anyone," he asserted.

The chief minister defended the resolution, claiming that it reflects that the people of Jammu and Kashmir did not accept the decisions taken by the BJP-led Centre on August 5, 2019.

"There must be something in the resolution that prompts the home minister to target us for it. If it were a mere compromise, there would be no need for discussions. Their focus on it indicates that it opens doors rather than closing them. We aimed at avoiding language that would confine us," he said.

'300 MW Additional

Delhi visit recently. But it is fine with me as I want to get things done that will benefit people."

"I met the power minister and he sanctioned 300 MW additional power to us so that we can reduce the electricity cuts," the chief minister said while replying to the Motion of Thanks for the lieutenant governor's address in the Assembly.

Electricity shortage has been a major issue in the Union Territory as the high demand in Kashmir during winter, and in Jammu during summer, often leads to frequent power cuts in the respective regions.

The additional electricity will substantially help the government tide over the crisis.

The chief minister said he also met the Union surface transport minister, who will announce projects when he visits Jammu and Kashmir.

"For the time being, he has sanctioned additional funds from the budget for constructing bridges," he said, adding that the existing legislature is what people wanted in terms of power.

"This is not the Assembly that we want but this Assembly is the way to the Assembly we want. We want a full-fledged Assembly and the prime minister has made a commitment to this. My meetings with the prime minister and the home minister were successful.... I am hopeful that the process of restoration of statehood will start soon," Omar said.

Kashmiri Held

Samir, visited Odisha twice and took her to Puri where she came to know that he belongs to another religion, the lawyer said.

"When she refused to marry her after knowing his religion, he forced her into a physical relationship and made a video of those intimate moments. He then persuaded her to change her religion and marry him, while threatening to make the videos viral," the lawyer said.

Rajguru also accused Mansoor of extorting Rs 5 lakh from her parents threatening to upload the intimate videos on a porn site.

"I came to know that he belongs to some other religion about 6-7 months after coming in contact with him. He has been mentally torturing me and my family since then," the woman told reporters after lodging a complaint at the Mahila Police Station here.

SN Muduli, Additional Commissioner of Police of Bhubaneswar-Cuttack Commissionrate of Police, said, "The police detained the man and are verifying the allegations."

Replying to a query from reporters, the lawyer said the woman was forced to undergo religious conversion and "we can call it a case of love jihad".

"Love jihad" is a term used by right-wing activists to allege a ploy by Muslim men to lure Hindu women into religious conversion through marriage.

Rahul, His 4

be able to restore Article 370. Every child of the country is ready to fight for Kashmir," Shah said.

"When Prime Minister Narendra Modi took the decision to abrogate Article 370, I brought the bill (in Parliament) but Rahul Gandhi, Sharad Pawar, Mamata Banerjee, Akhilesh Yadav and (M K) Stalin opposed the move. They said do not remove Article 370 as it would lead to bloodshed in the Valley. Forget rivers of blood, nobody dared to throw a stone," he said.

During the "UPA government of Sonia Gandhi and Manmohan Singh," terrorist attacks were frequent, but after Modi became PM, the incidents at Uri and Pulwama led to surgical strikes that wiped out terrorists in Pakistan, Shah said.

Modi's efforts led to the construction of a grand Ram Temple in Ayodhya which was being stalled by the Congress for the past 70 years, he said.

"After Modi came to power, in five years the court's judgement came, the temple's foundation stone was laid, it was constructed and the consecration ceremony took place," he said.

Attacking Rahul Gandhi for showing a copy of the Constitution at his rallies, Shah said the Constitution is not meant for pushing election agenda.

"The Constitution is about trust, but these people are seeking votes in the name of the Constitution and bluffing. Today, in one of the poll rallies, copies of the Constitution were distributed. The front cover was okay but inside pages were blank. Not a single word was printed on them. Gandhi has insulted the Constitution, insulted Babasaheb Ambedkar and people of India," Shah said.

Gandhi should tell the people whether the copy of the Constitution he held while taking oath as an MP in Parliament was real or fake, Shah further said.

"Gandhi recently said the country does not need reservations. But as long as the Modi government is in power, no one has the guts to touch the Constitution. Reservations for SCs, STs and OBCs will remain the way it always was," Shah asserted.

In a swipe at the NCP (SP) chief, Shah said Sharad Pawar did not visit Ayodhya after the Ram temple was built as he was more worried about his vote bank.

At another rally at Ichalkaranji in neighbouring Kolhapur district, Shah said the assembly elections will decide "whether the state will move on the path shown by Chhatrapati Shivaji Maharaj or the path shown by (Mughal emperor) Aurangzeb."

"You will have to decide whether to go with those who compared Sanatan dharma to dengue and malaria, or those who are standing strong in support of Sanatan dharma....whether you want to go with those who denied the existence of Lord Ram or those who worked to build the Ram Mandir," the Union home minister said.

Some constituents of the Maha Vikas Aghadi alliance opposed the decision to rename Aurangabad in Maharashtra as Chhatrapati Sambhajnagar, he said.

On one side there was Modi who is known for development and on the other side there are Rahul Gandhi and Sharad Pawar who believe in creating divisions, Shah said.

"On one side, development is discussed, on the other side, caste is discussed. On one side, the nation's progress and making it the third largest economy in the world is discussed but on the other side, progress of three families is being discussed," the BJP leader further said.

Uddhav Thackeray who talks about Balasaheb Thackeray's principles opposed the decision to rename Aurangabad, he alleged.

Thackeray was now hobnobbing

with those who are opposing the Waqf (Amendment) Bill, Shah claimed.

"Recently, whole villages were declared as Waqf Board properties in Karnataka. Tell me, should we not amend the Waqf Act?" he said.

He also referred to Congress veteran and former home minister Sushilkumar Shinde's statement that he used to feel scared while visiting the Lal Chowk in Srinagar. "I would like to tell him, take your grandchildren to Kashmir, nothing will happen," Shah said.

Rahul Gandhi now rides motorcycle in Kashmir and plays snowball with his sister because of the abrogation of Article 370, he said.

No Power In

has neither wheels nor brakes and there is a fight there to sit in the driver's seat.

Recalling his affinity with Dhule and Maharashtra, Modi said whenever he has asked something from the people of the state, they have been gracious.

"I sought your blessings in 2014 to end the 15 years of misuse of the previous government. You graciously ensured that BJP got unprecedented success. Today, I am starting my campaign in Maharashtra from Dhule. Each and every candidate of Mahayuti seeks your blessings," he said.

"I assure you that the pace at which Maharashtra's development has gained in the last two-and-a-half years will not be allowed to stop," said the PM.

Dumping Site

for the government to take action, the farmers of Pampore remain hopeful but worried, determined to protect the saffron crop that has sustained their community for generations. They are calling for immediate support to safeguard Kashmir's rich saffron legacy.

3 Srinagar Residents

a grenade was lobbed at TRC that left 12 civilians including a woman and man seriously wounded.

"In the attack a woman named Abida was seriously wounded. She has little kids. Similarly, the lone bread earner for his family Habibullah was also seriously injured. Habibullah has a bedridden son at his home," the IGP said.

He said Srinagar police constituted teams and tasked them to investigate the case. "After thorough investigations, three persons who are affiliated with the LeT outfit and were behind the TRC grenade attack," the IGP said.

He said that the arrested persons have been identified as Usama Yasin Sheikh, Umar Fayaz Shiekh and Ansan Ahmed, all residents of Ikhranj Pora, Srinagar.

"All three have been booked under UAPA and a case against them have been lodged in police station Kothibagh. They carried out this act at the behest of Pakistan based handlers," the IGP said.

Terrorists on Sunday hurled grenades from a flyover at a weekly flea market in an attempt to target security forces stationed in the area. The grenades landed and exploded near a paramilitary vehicle, injuring 12 civilian

The attack came against the backdrop of a string of terror strikes and encounters in J&K after its first elected government since the revocation of Article 370 in 2019 was sworn in on October 16.

2 Terrorists

He described the operation as a "major success" for the security forces.

"Over the past few days, we had received specific intelligence inputs regarding terrorist activities in Sopore. Acting on this information, a joint operation was launched by the Indian Army, Jammu & Kashmir Police and CRPF forces. The area was cordoned off, and during the search operation, we encountered suspicious movements," he said.

Mohan, who was accompanied by the Deputy Inspector General (DIG) of North Kashmir, Maqsood Ul Zaman and Superintendent of Police (SP) Sopore, Divya D, said the terrorists opened fire on the Army troops while taking cover behind local settlements. The alert security forces retaliated effectively, taking care to minimise harm to civilians. "We managed to control the situation and evacuated nearby houses to ensure the safety of the local population," he added.

The troops continued to monitor the movement of the terrorists using quadcopters, and on the morning of November 8, the terrorists resumed firing. Security forces responded swiftly and neutralised the terrorists, the commander said. "We ensured the safety of local residents throughout the operation."

While the identities of the slain terrorists are still being ascertained, the officials believe they were part of a terrorist group that had been active in north Kashmir for some time. "The identification process is still ongoing, but our sources and the recovered

weapons suggest that these terrorists were part of a larger network operating in the region. Their elimination is a huge success for our forces," Mohan said.

The recovery of arms included two AK-series rifles with nine magazines, a pistol, a grenade and other war-like stores.

Commander Mohan also credited the success of the operation to the unwavering support of the local population. Their support in maintaining peace and order in the region is invaluable, he added.

This operation follows a string of successful counter-insurgency efforts in recent weeks. "In collaboration with Jammu and Kashmir Police, we have been able to track and neutralise several known terrorists involved in militancy in north Kashmir," Mohan said.

Regarding the identification and possible affiliation of the killed terrorists, the DIG Maqsood Ul Zaman said that investigations are still in progress. "The operation has just concluded, and the process of identifying these individuals is underway. We will confirm their affiliation after a thorough investigation," he said.

When asked if the slain terrorists were part of the same group involved in recent attacks in Bandipora and Kupwara, Zaman said it was too early to draw conclusions. "We are investigating the matter, and a case has been registered. Further investigation will clarify whether they were part of that same group or not," he added.

The DIG North Kashmir said there had been reports of infiltration in the area, which could suggest that the terrorists involved in this operation were from a newly infiltrated group. "Everything will be clarified once the investigation is complete," he said.

This marks the third major gunfight in north Kashmir in recent days. Earlier, one terrorist was killed in an operation in the Bandipora forests, while another was neutralised in the Lolab area of Kupwara.(KNO)

Bodies Of Slain

two VDGs were executed by terrorists on Thursday after being abducted in the higher reaches of Kishtwar district. Their bodies were spotted lying near a rivulet in the Pondgware area in Keshwan belt.

The Army and Special Operations Group (SOG), after locating the bodies, carefully conducted an operation to recover them, the officials said, adding that the bodies are being transported to the deceased's homes in the district.

A joint search operation involving the police, Army, and Central Reserve Police Force (CRPF) has been launched in a dense forest area following the gruesome killings, which have been condemned by Lieutenant Governor Manoj Sinha, Chief Minister Omar Abdullah, and leaders from the People's Democratic Party, Congress, and the BJP.

The operation is concentrated in the Kuntwara, Ohli, and Munzla Dhar hilly areas, with reinforcements dispatched early this morning, the officials said.

Security forces have intensified efforts, deploying drones and sniffer dogs, with a helicopter seen hovering over the forested area this morning, they added.

"Two VDG members, Nazir Ahmed and Kuldeep Kumar from Ohli-Kuntwara, went missing in the upper reaches while grazing livestock," a police spokesperson said.

Photographs of their bodies later circulated on social media, and family members have confirmed their identities, the spokesperson added.

The officials reported that Ahmad and Kumar had gone to graze cattle in the Munzla Dhar forest in Adhwari but did not return. Police teams spread out to locate them amid reports of their abduction and subsequent killing by terrorists.

"My brother and Nazir were abducted and killed by terrorists. They were village defence guards and had gone to graze cattle as usual," Kumar's brother Prithvi said.

He added that the family is in deep shock as Kumar's killing follows their father Amar Chand's death only a week ago.

The village learned of the killings when terrorists used the victims' phones to share pictures of their execution, according to a local source who did not wish to be named.

Kashmir Tigers, an offshoot of Pakistan-based terror group Jaish-e-Mohammad, claimed responsibility for the killings, sharing images of the victims with blindfolded eyes.

Kishtwar, along with other districts in the Jammu region such as Rajouri, Poonch, Reasi, Udhampur, Doda, and Kathua, has seen a rise in terror attacks this year, attributed by security agencies to attempts by cross-border handlers to revive militancy in the otherwise peaceful region.

Meanwhile, people in various areas of Kishtwar on Friday took to the streets to protest against the killings.

The protesters demanded "immediate elimination" of the terrorists involved in the killings to restore confidence among the local population. Hundreds gathered in the Drabshala area of the district, burning tyres and blocking roads.

MeT Predicts Light Rain, Snow In J&K On Nov 10-11



Observer News Service

SRINAGAR: The Meteorological department has issued a detailed weather forecast and advisory for the Jammu and Kashmir, covering the period from November 8 to November 16, 2024.

According to the forecast, generally dry conditions will prevail across the region until November 9, offering residents a brief respite.

However, a change in weather is anticipated between November 10 and November 11, with light rain and snowfall expected over the northern and central parts of Kashmir, particularly affecting higher elevations.

Following this brief wet spell, dry weather is expected to return from November 12 to November 14. Another round of light rain and snow, concentrated in the higher regions, is forecasted for November 15 and November 16, with scattered locations likely to experience precipitation.

The Met has also issued advisories for local farmers, encouraging them to proceed with the harvesting and secure storage of crops in view of the upcoming weather conditions. Additionally, residents, especially commuters in the Kashmir plains, are advised to prepare for mist or shallow fog during early morning and late evening hours, which may affect visibility.

J&K Congress Accuses Centre Of Failing To Curb Terrorism

Press Trust Of India

JAMMU: The Pradesh Congress Committee on Friday expressed grave concern over rising terror incidents in Jammu and Kashmir and accused the BJP-led Centre of failing to contain terrorism despite its Union Territory status.

The party also accused the BJP of diverting attention from core issues such as terrorism, unemployment and statehood restoration, including empowering the elected government. "We are concerned over rising terror incidents in Jammu and Kashmir. The BJP-led Centre has failed to contain terrorism in Jammu and Kashmir under its Union Territory status. It is diverting attention from core issues such as terrorism, unemployment and the restoration of statehood," Jammu and Kashmir Pradesh Congress Committee chief spokesperson Ravinder Sharma told reporters.

He also condemned the killings of two Village Defence Guards in Kishtwar on Thursday, questioning the BJP-led Centre's inability to curb terrorism. Sharma slammed BJP leaders for using diversionary tactics in the assembly instead of addressing security concerns and honouring the victims.

He highlighted that terror incidents had increased since Au-

gust 2019 when the erstwhile state was reorganised into a Union Territory and control of law and order passed to the Union Home Ministry.

He said the delay in restoring statehood had left Jammu and Kashmir without an empowered local government to effectively address these issues.

The Congress demanded the immediate restoration of full statehood with protection for land, jobs and natural resources. Sharma also accused the BJP of engaging in disruptive behaviour in the assembly, ignoring a resolution that sought dialogue with elected representatives to establish constitutional safeguards for Jammu and Kashmir while promoting national unity.

He questioned the BJP's stance on statehood and said, "Special status exists for states such as Himachal Pradesh and (those) in the northeast under Article 371. The BJP should clarify its opposition to statehood restoration with constitutional guarantees for Jammu and Kashmir."

The Congress called for a stronger anti-terror strategy involving the elected local government, reiterating the need for statehood restoration and authority for the government to directly address Jammu and Kashmir's challenges.

Protests Against VDG Killings Rock Kishtwar

Press Trust Of India

JAMMU: People took to the streets in various areas of Jammu and Kashmir's Kishtwar district to protest against the killings of two Village Defence Guards by terrorists.

The protesters demanded "immediate elimination" of the terrorists involved in the killings to restore confidence among the local population.

Hundreds gathered in the Drabshalla area of the district, burning tyres and blocking roads. They raised slogans against Pakistan and terrorists, and chanted 'Bharat Mata Ki Jai'.

Protests were also reported in Kuntwara and other areas early this morning, with slogans of 'Pakistan Murdabad' and a sit-in on the road.

"This kind of incident has not happened in this area for a long time. The victims were grazing their cattle when terrorists kidnapped and killed them. This is an act of cowardice. We cannot tolerate this. The people stand firmly against terrorism," said Drabshalla resident Kuldeep Singh.

The protesters demanded an immediate elimination of the terrorists.

"We demand a massive operation to eliminate the terrorists involved in this act. The forces should sweep the entire hills so that people feel safe to graze cattle in these areas," he added.

Residents also observed a shutdown in the district. The Sanatan Dharam Sabha has

called for a complete bandh in Kishtwar in protest against the killings on Friday.

The general public of Kishtwar is requested to fully support the bandh call and keep all their business establishments, educational institutions and shops closed, it said.

Kishtwar MLA Shugan Parihar condemned the killings and said, "I am deeply saddened by the horrific killings of our VDG brothers, Nazir Ahmed and Kuldeep Kumar, in a heinous act of terrorism in the forest area of Kuntwara, Kishtwar district. I offer my heartfelt condolences to the families of these brave martyrs."

She added, "The grief and pain of losing someone in this manner is something I deeply feel."

Terrorists killed two Village Defence Guards on Thursday after abducting them in the higher reaches of the Kishtwar district, officials reported. A massive joint search operation is underway by police and the Army in the dense forest area following the brutal killings, which have been condemned by Lieutenant Governor Manoj Sinha, Chief Minister Omar Abdullah, and leaders from the National Conference, People's Democratic Party, Congress, and BJP.

Kashmir Tigers, an offshoot of Pakistan-based terror outfit Jaish-e-Mohammad, claimed responsibility for the attack, and also shared pictures of the victim's bodies with their eyes blindfolded.

LG Office Won't Pass NC's Art-370 Resolution: BJP Leader Sharma

Accuses Speaker Of Acting As NC's Agent, Says Party Diverts Focus From Governance To Hollow Slogans



NATIONAL CONFERENCE PRESIDENT FAROOQ ABDULLAH along with other party leaders on Friday observed the Jammu and Kashmir Assembly proceedings from the Speaker's gallery on the last day of the first session.

KO PHOTO, ABID BHAT

Agencies

SRINAGAR: Senior Bharatiya Janata Party (BJP) leader Sham Lal Sharma criticized the National Conference-led administration's recent efforts to reintroduce a proposal on Article 370 in the legislative assembly, labeling it as "legally baseless" and unlikely to pass through the Lieutenant Governor's office.

Speaking to a local news agency (KNO), Sharma deemed the National Conference's resolution on Article 370 as a futile effort, stating that it holds no legal sanctity and that local legislative bodies do not have the authority to challenge decisions of national or constitutional magnitude.

"This proposal is merely a distraction to shift attention away from the government's failure to deliver on their promises of basic amenities and employment for the people," Sharma said.

The BJP leader and former minister also voiced strong opposition to the National Conference's agenda, accusing

them of manipulating public sentiment and failing to prioritize development and stability in the region. Sharma also spoke about a parallel assembly session held by BJP legislators outside the assembly secretariat on Friday, where he took on the role of speaker.

Sharma criticized the National Conference's political strategy, accusing them of "changing colors like a chameleon" and using emotional blackmail to influence voters. He traced the party's controversial history from its early days as the Muslim Conference to its rebranding as the National Conference, alleging that the party's approach has always been opportunistic and self-serving.

He said that after the abrogation of Article 370 five years ago, the region has experienced unprecedented peace and development. "The return of normalcy over the last five years has brought an end to incidents of stone-pelting and civilian killings. Today, tourism is booming, and people are living peacefully," he said,

adding that the National Conference seeks to disrupt this newfound calm to preserve its political stronghold.

Referring to promises made in the National Conference's election manifesto, Sharma said, "They promised the people 38 commitments, from free ration and 200 units of electricity to higher pensions for the elderly and financially disadvantaged. Yet none of these pledges have appeared in the government's official agenda." According to Sharma, these promises were only meant to gain political leverage and have no place in actual governance.

Highlighting the need for constructive opposition, Sharma criticized the current Speaker of the assembly, alleging that he acted as an "agent" for the National Conference, disregarding impartiality. "If they had focused on good governance and truly constructive policies, we would have supported them. Instead, they are misleading the people," Sharma said—(KNO)

Announcement On Double Ration, 12 Gas Cylinders Soon: Minister

Agencies

SRINAGAR: Minister of Consumer Affairs and Public Services and Sports, Satish Sharma Friday said the formal announcement on the double ration and 12 gas cylinders a year to the people of J&K will be made shortly.

"Modalities are being finalised and very soon the formal announcement regarding double ration and 12 gas cylinders will be made public," Minister for CA&PS, Sports and Transport, Satish Sharma told the House on the last day of the session.

He said transport, especially public transport, is also being



streamlined for the benefit of people. The Minister expressed gratitude to Chief Minister

Omar Abdullah for resposing trust in him and allowing him to serve the people of J&K—(KNO)

Observer News Service

SRINAGAR: The seven-day tour of media delegation from Hyderabad, organized by Press Information Bureau Hyderabad, concluded today with a comprehensive visit to the Integrated Command and Control Centre (ICCC) managed by Srinagar Smart City Limited (SSCL) in Srinagar.

The ICCC, a cornerstone of Srinagar's transition into a citizen-friendly smart city, aligns with India's national vision of developing 100 smart cities across the country.

Welcoming the delegation, Shafiq Bashir, General Manager of the ICCC, conducted an interactive session to present the ongoing initiatives and advancements that SSCL has made

in creating a responsive and efficient urban management system. Bashir highlighted the infrastructure that underpins these initiatives, particularly the extensive Optical Fiber Cable network that spans the city, enabling efficient monitoring, real-time data processing, and informed decision-making. He emphasized that SSCL's focus on technology-driven urban solutions is making Srinagar a model of digital infrastructure and smart city operations.

In a significant stride toward promoting eco-friendly transport, SSCL has launched 100 electric buses, each monitored in real time via the ICCC to ensure optimized routes, reduced emissions, and enhanced public transport efficiency. Bashir shared that these buses are not



only environmentally sustainable but also contribute to better urban mobility for residents and visitors alike.

During the session, Bashir informed the delegation that "820 of the planned 1052 sur-

Odisha Police Detain Kashmir Man Over 'Love Jihad' Charges

Press Trust Of India

BHUBANESWAR: The Odisha Police on Friday detained a Kashmiri man after a woman filed a complaint that he forced her to undergo religious conversion and marry him, an officer said.

The man also allegedly threatened the woman of Jagt Singhpur district to upload video clips of their intimate moments on the internet. The police registered a case at the Mahila Police Station here and sent the alleged victim to a hospital for medical examination.

The man identified as Samir Mansoor, who claimed to be hailing from Bihar and presently staying in Kashmir, was nabbed while he was trying to leave from Odisha by train, the officer said.

In the FIR, the woman claimed she came to know Mansoor through an online game in 2022 and was not aware of his religion initially.

"He forced me to convert and marry him. When I refused to convert, he made some of our intimate moments viral and blackmailed my father," the woman alleged in the FIR.

The woman's lawyer Sanghamitra Rajguru said that she was in love with Mansoor without knowing his religion.

The man, who had hidden his surname and identified himself only as Samir, visited Odisha twice and took her to Puri where she came to know that he belongs to another religion, the lawyer said.

"When she refused to marry her after knowing his religion, he forced her into a physical relationship and made a video of those intimate moments. He then persuaded her to change her religion and marry him, while threatening to make the videos viral," the lawyer said.

Rajguru also accused Mansoor of extorting Rs 5 lakh from her parents threatening to upload the intimate videos on a porn site.

"I came to know that he belongs to some other religion about 6-7 months after coming in contact with him. He has been mentally torturing me and my family since then," the woman told reporters after lodging a complaint at the Mahila Police Station here.

SN Muduli, Additional Commissioner of Police of Bhubaneswar-Cuttack Commissionate of Police, said, "The police detained the man and are verifying the allegations." Replying to a query from reporters, the lawyer said the woman was forced to undergo religious conversion and "we can call it a case of love jihad".

J&K's Health Sector In Deep Crisis: CM Omar

Promises Reform Amid Public Health Shortages and Infrastructure Gaps

Nazir Ganaie

SRINAGAR: Jammu and Kashmir's Chief Minister Omar Abdullah today said that the region's healthcare system was in "deep mess," highlighting chronic shortages of medical staff and infrastructure.

Speaking at a function at the SKICC, the CM addressed the urgent need for both immediate action and long-term planning to revitalize the health sector.

Omar underscored that over the past decade, the region's healthcare system had received little support or development. "Despite efforts by the previous NC-led government, the health sector has not seen any significant expansion in terms of new health centres or updated facilities," Omar lamented.

The CM made these remarks while he was distributing orders to newly appointed medical officers, reiterating

his commitment to improving healthcare across the region.

In a call to action, Omar emphasized that the NC government is dedicated to providing quality healthcare services to even the remotest parts of Jammu and Kashmir. He further expressed his concern that residents in far-flung areas are still relying on army-organized medical camps due to the scarcity of civilian doctors. "We should not need army doctors to treat our people," Omar said. "Our own doctors should be able to serve them."

He said that there was dire need of a vision document for healthcare reform at premier healthcare Sher-i-Kashmir Institute of Medical Sciences, Soura.

The CM said that he would have one-to-one meetings with Director, SKIMS, Dr. Ashraf Ganaie, to restore the prestige of the renowned healthcare institution.

He promised several initiatives in the near future aimed at elevating the quality of care across the state, stating that the upgradation of the health sector would be a top priority for his government.

Rescue Team Foils Child Marriage In Udhampur

Observer News Service

UDHAMPUR: The officials of district rescue team for Child Labour, child marriage and child abuse rescued a minor girl from Chenani Sub-division, two days ahead of her marriage, an official spokesperson said Friday.

The team, he said, acted promptly after receiving telephonic information regarding child Marriage in the afternoon of November 6 and collected all the needful documents such as wedding card, date of birth, place of marriage etc. After verifying the age of the minor, which was 15 years and 11 months, the

team swung into action.

"The rescue team led by Coordinator Child Helpline/ Member District Task Force Hari Krishan and comprising members from Child Welfare Committee, Medical Staff, Social worker and Outreach worker from DCPU, Supervisor Poshan Abhiyaan along with a Police party from PS Chenani, rescued the minor girl. The child Marriage was going to be solemnised on Nov 8, 2024," the spokesperson said.

He said that the minor was produced before the Child Welfare Committee which ordered her temporary placement at Parisha, a child care institute for girls.

Hyderabad Media Team Concludes J&K Tour With A Visit To Srinagar Smart City's ICCC

Observer News Service

SRINAGAR: The seven-day tour of media delegation from Hyderabad, organized by Press Information Bureau Hyderabad, concluded today with a comprehensive visit to the Integrated Command and Control Centre (ICCC) managed by Srinagar Smart City Limited (SSCL) in Srinagar.

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in creating a responsive and efficient urban management system. Bashir highlighted the infrastructure that underpins these initiatives, particularly the extensive Optical Fiber Cable network that spans the city, enabling efficient monitoring, real-time data processing, and informed decision-making. He emphasized that SSCL's focus on technology-driven urban solutions is making Srinagar a model of digital infrastructure and smart city operations.

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only environmentally sustainable but also contribute to better urban mobility for residents and visitors alike.

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veillance cameras have already been installed at critical intersections across the city, greatly improving public safety and streamlining traffic management." The integration of these surveillance systems allows

SSCL to leverage real-time data, facilitating seamless coordination among multiple departments and enabling a quicker response to incidents and traffic bottlenecks.

The delegation was given an overview of how the ICCC forms an integral part of the national Smart City Mission, showcasing Srinagar as a benchmark for future city management. By integrating data across various sectors, the ICCC empowers the city with real-time insights, fostering inter-departmental collaboration and elevating the standard of living for citizens.

The visit marked a successful conclusion to the press delegation's tour to Kashmir. The delegation expressed appreciation for the insights gained throughout the tour of the valley.

BCCI, PCB Spar On CT Venue As Naqvi Denies Receiving Any Official Note

Press Trust of India

LAHORE/NEW DELHI: Pakistan Cricket Board chairman Mohsin Naqvi, on Friday, categorically denied receiving any formal communication from Indian cricket board on its national team not travelling to Pakistan for the Champions Trophy. On Thursday, PCB sources claimed that India have opted for 'Hybrid Model' where all their matches will be held in Dubai.

The Hybrid Model was followed during 2023 Asia Cup where Pakistan played its matches at home but India played its matches in Sri Lanka.

On Friday morning, BCCI sources claimed that India have already officially intimated to PCB that they won't travel to Pakistan but in the evening, Naqvi held a press meet at Gaddafi Stadium to issue a denial.

"Till today, no one has discussed any 'Hybrid Model' with us nor are we willing to talk about it. But we have been showing good gestures for the last few years and no one



should expect us to do it all the time," Naqvi told reporters.

He said if and when any such proposal was tabled to the PCB in writing, he would take it to the government.

"I will take anything writing to the government and whatever decision they take we have to follow them," Naqvi added.

When PTI contacted a senior BCCI source, he replied: "The status quo remains. It is never BCCI's call whether to travel to Pakistan but Indian government's. Nothing changes on that front. We are not travelling to Pakistan as things stand."

Asked about Indian media reports quoting a BCCI official

as saying that they (BCCI) had informed the PCB they wouldn't be sending their team to Pakistan for security reasons, Naqvi said no one had told them anything.

"As far as we are concerned, the tournament is being held in Pakistan on schedule and all teams will play here. All the other boards are looking forward to

playing in Pakistan," he said.

Naqvi who is also the federal interior minister further said that talks are held all the time with other boards and nothing has changed.

"If we get anything in writing on India not coming or coming to Pakistan I will first share it with the government and media," he added. "As things stand we are preparing to host all teams and matches."

The PCB had proposed to BCCI that India can set up base in Delhi or Chandigarh and just fly to Lahore on match days and return on the very day after proceedings but it was rejected.

The last time India travelled to Pakistan was in 2008 for the Asia Cup but since 26/11 Mumbai terror attacks in that same year, the national team hasn't toured the neighbouring country.

The ICC's stand has always been that they don't interfere in a particular country's government policy. From December 1, BCCI's outgoing secretary Jay Shah will be the head of the global body.

Ageing Kohli, Rohit Must Rekindle Youthful Mindset: Greg Chappell



Press Trust of India

MELBOURNE: As Virat Kohli and Rohit Sharma prepare for one of their career's defining challenges in Australia in the upcoming Test series, former India head coach Greg Chappell believes the two stalwarts can "rekindle" the energy and focus of their youth to rediscover their lost glory.

Wounded by an unprecedented 0-3 home series defeat to New Zealand, India will look to defend the Border-Gavaskar Trophy in the marquee five-match Test series in Australia beginning on November 22.

According to Chappell, the ageing Sharma and Kohli must summon the same drive and focus that once marked their prime years if India hopes to reclaim its form on foreign soil.

Reflecting on a conversation with Indian legend Sachin Tendulkar in 2005, Chappell shared insights into

the hurdles players face as they age.

Tendulkar had sought Chappell's perspective and asked "Greg, why does batting become harder as you get older? Surely it should get easier?"

"I explained to him that the mental demands of batting intensify with age," Chappell wrote in a column for 'Sydney Morning Herald'. "Batting gets harder because you realise how hard it is to make runs at this level and how difficult it is to maintain the mental focus that is required to be successful," the Australian batting legend wrote.

He said "it's not the eyesight or the reflexes that drop off" when a player starts ageing but "it's the intense focus that is required that becomes harder to sustain."

"When one is younger, the mind is focused on making runs. As you age, the opposition has put work into find-

ing your weaknesses, and you are more aware of the conditions and the situation of the game.

"As a young player, you don't worry about the conditions or the situation of the game, you only see the ball and how to make runs," Chappell wrote, describing Rohit, Kohli and Australian batting stalwart Steve Smith as the "giants" of current times.

"If you want to play like you did as a younger player, you have to rekindle the attitude and the thought processes that you had as a younger player. That is the greatest challenge for the ageing player," Chappell had explained to Tendulkar.

Chappell said the upcoming five-match Test series in Australia "will be as much a battle of wits and endurance as it will be of skill, with each player needing to summon the drive and adaptability of their younger selves."

"This sentiment captures what Sharma, Kohli and (Steve) Smith will confront this series. They know that opposition teams have scrutinised their techniques, studied their weaknesses and developed strategies specifically to exploit even minor chinks."

Against New Zealand, Kohli endured his lowest-ever aggregate in a home Test series where he batted at least six times, scoring only 93 runs at an average of 15.50, with one half-century.

Rauf, Ayub Star In Pakistan's 9-Wicket Win Over Australia



Agencies

ADELAIDE: Fast bowler Haris Rauf took 5-29 and Saim Ayub scored 82 runs as Pakistan defeated Australia by nine wickets in the second one-day international on Friday.

Australia was 163 all out in 35 overs against Rauf's relentless pace and left-hander Ayub smashed six sixes and five fours as Pakistan cruised to 169-1 in 26.3 overs to level the three-match series.

Former captain Babar Azam (15 not out) clinched the victory with a pulled six off Adam Zampa with Abdullah Shafique staying unbeaten on 64 off 69 balls which featured four boundaries and three sixes.

The series decider will be played at Perth on Sunday with Australia resting five frontline players to prepare for the five-match home test series against India, starting from Nov. 22 at Perth.

The opening pair of Ayub and Shafique had been criticized for a run of low scores in test matches,

but both blunted the Australian pace with a match-winning stand of 137 runs after Pakistan kept faith in the duo in the white-ball format.

Ayub took his time against fast bowler Josh Hazlewood and Mitchell Starc before he grew in confidence and flicked Pat Cummins, Starc and Aaron Hardie for sixes and also smashed Zampa for two big hits.

The left-hander, who made his ODI debut at the Melbourne Cricket Ground on Monday, got a reprieve just before reaching a half century when Zampa dropped a sitter at third man, but he offered a tame catch at short third man just when he looked set for a century.

Earlier, Rauf, who nearly pulled off a victory for Pakistan in the first game, found the outside edges of the bats consistently by hitting the right lengths.

Wicketkeeper Rizwan took six catches — four off Rauf's bowling — and could have had a seventh one had he not dropped a top-edge off Zampa (18) before Australia was dismissed.

Short TAKES

J&K Beats Meghalaya By 7 Wickets In Ranji Trophy

J&K senior cricket team defeated Meghalaya by seven wickets in Ranji Trophy on Friday at MCA Cricket Ground in Shillong. Riding on a 10-wicket haul by Aquib Nabi, J&K needed 59 runs more on Day 3 to claim the win.

Starting the day at 16/1, Vivrant Sharma (32* of 40 balls) played an unbeaten knock as captain Paras Dogra (15* of 14 balls) kept his cool to guide the team to victory.

Aquib Nabi, who took five wickets in both innings to keep the Meghalaya batters in check, was named player of the match for his 5/14 and 14 runs and 5/60 performance. All-rounder Abid Mushtaq also shone in the match, picking 5/19 in the first innings and making a crucial late-order 37 runs to give J&K a good lead.

J&K made 194 in reply to Meghalaya's 73 in the first innings. Meghalaya scored 195 in the second innings, giving J&K a target of 75 runs.

J&K made 77/3 in 15.4 overs to earn crucial points and move ahead in the Elite Group table. (Observer News Service)

DYSSO Budgam's Refresher Course For REKs Enters Day 2



Department of Youth Services and Sports Office Budgam is progressing with its Refresher Training Course for Rehbar-e-Khel teachers at Sports Stadium in Budgam. The course, which started on November 7 and runs through November 13, is aimed at updating teachers on the latest developments in sports and reinforcing their skills to enhance the quality of sports education for youth in the region.

The training is being conducted under the guidance of Mohd Rashid Kohli, Joint Director of the Kashmir Division. Through a series of theoretical and practical sessions, the course provides teachers with new insights into a variety of sports, aiming to refresh their coaching methods and introduce them to emerging games and techniques.

The initiative underscores the DYSSO Budgam's commitment to supporting sports educators, equipping them with updated knowledge and skills that will, in turn, benefit young athletes across Budgam.

Rice A Doubt For Arsenal's Trip To Chelsea, Says Boss Arteta

Arsenal manager Mikel Arteta is uncertain whether defensive midfielder Declan Rice will feature in Sunday's Premier League London derby against Chelsea at Stamford Bridge.

While Arteta did not disclose any details on the 25-year-old England international's injury, British media reported that Rice has a broken toe but is expected to play against Chelsea.

Having picked up the injury during Arsenal's 1-0 Premier League defeat at Newcastle United last weekend, Rice missed their trip to Inter Milan in the Champions League on Wednesday which they lost by the same scoreline.

"I have to be very vague on that one because there is no clarity, if he is going to be fit or not for the weekend. He hasn't trained yet and it is not clear yet whether he is going to be available," Arteta told reporters on Friday.

The Spaniard remained tight-lipped if captain Martin Odegaard would return to the starting lineup. The Norwegian midfielder, 25, came off the bench against Inter at the San Siro after two months on the sidelines due to an ankle injury.

Amsterdam Police Detain 62 After Attacks On Israeli Football Fans

Agencies

AMSTERDAM: Israeli fans and protesters clashed overnight after a soccer match in Amsterdam, leaving five people hospitalised and 62 arrested, police said Friday. Dutch authorities said attackers systematically targeted Israeli fans.

It was not clear how the violence began. Dutch and Israeli leaders denounced the violence as antisemitic. Video also showed Israeli fans chanting anti-Arab slogans in the streets at some point.

Amsterdam Mayor Femke Halsema told reporters Friday that the Dutch counter-terror watchdog said there was no concrete threat to Israeli soccer fans before the game.

Peter Holla, the city's acting police chief, said at the news conference that the fans were "willfully attacked."

Condemnation of the violence poured in from Jewish groups. Israel's foreign minister left on an urgent diplomatic trip to the Netherlands. Security concerns have shrouded matches with Israeli teams in multiple countries

over the past year because of global tensions linked to the wars in the Middle East.

The Amsterdam police said in a post on social media platform X that they have started a major investigation into multiple violent incidents. The post did not provide further details about those injured or detained in Thursday night's violence following the Europa League match between Ajax and Maccabi Tel Aviv.

Authorities said extra police would patrol Amsterdam in coming days, and security will be beefed up at Jewish institutions in the city that has a large Jewish community and was home to Jewish World War II diarist Anne Frank and her family as they hid from Nazi occupiers.

Earlier, a statement issued by the Dutch capital's municipality, police and prosecution office said that the night "was very turbulent with several incidents of violence aimed at Maccabi supporters" after antisemitic rioters "actively sought out Israeli supporters to attack and assault them."

It was not immediately clear when and where vio-



lence erupted after the match.

"In several places in the city, supporters were attacked. The police had to intervene several times, protect Israeli supporters and escort them to hotels. Despite the massive police presence in the city, Israeli supporters have been injured," the Amsterdam statement said.

"This outburst of violence toward Israeli supporters is unacceptable and cannot be defended in any way. There is no excuse for the antisemitic behaviour exhibited last night," it added.

The violence erupted despite a ban on a pro-Palestinian demonstration near the soccer stadium imposed

by Amsterdam Mayor Femke Halsema, who had feared that clashes would break out between protesters and supporters of the Israeli soccer club.

There were also incidents involving fans ahead of the match. Dutch broadcaster NOS reported that a Palestinian flag was ripped off a build-

ing in the centre of the city and riot police blocked pro-Palestinian supporters trying to march toward the Johan Cruyff Arena stadium where the match was being played.

Israel initially ordered that two planes be sent to the Dutch capital to bring the Israelis home, but later the prime minister's office said it would work on "providing civil aviation solutions for the return of our citizens."

A statement from Prime Minister Benjamin Netanyahu's office said that "the harsh pictures of the assault on our citizens in Amsterdam will not be overlooked," and that Netanyahu "views the horrifying incident with utmost gravity." He demanded that the Dutch government take "vigorous and swift action" against those involved.

Netanyahu's office added that he had called for increased security for the Jewish community in the Netherlands.

Dutch Prime Minister Dick Schoof said on X that he followed reports of the violence "with horror." "Completely unacceptable

antisemitic attacks on Israelis. I am in close contact with everyone involved," he added, saying that he had spoken to Netanyahu and "emphasized that the perpetrators will be tracked down and prosecuted. It is now quiet in the capital."

Security issues around hosting games against visiting Israeli teams led the Belgian soccer federation to decline to stage a men's Nations League game in September. That game against Israel was played in Hungary with no fans in the stadium.

The violence in Amsterdam will no doubt lead to a review of security at upcoming matches involving Israeli teams.

European soccer body UEFA announced already on Monday that Maccabi's next Europa League match, scheduled in Istanbul on November 28 against Turkish team Besiktas, would be moved to a yet-to-be-decided neutral venue "following a decision by the Turkish authorities."

Meanwhile, Israel's national team is scheduled to play France in Paris next Thursday in the Nations League.