


# KASHMIR OBSERVER

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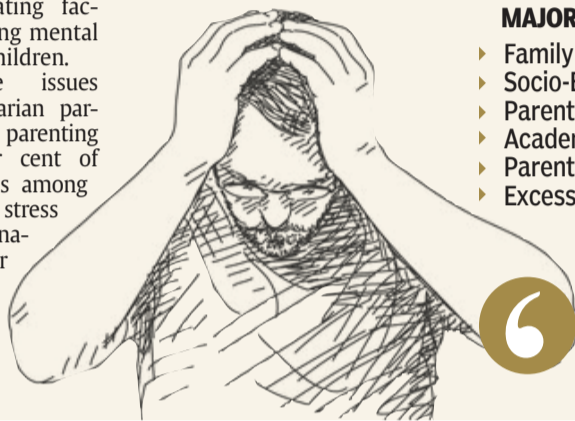
BOOK APPOINTMENT

## What's Affecting Kashmiri Kids' Mental Health? IMHANS Report Points To Family Issues, Economic Pressures

Observer News Service

Srinagar: The annual report for year 2022-2023 prepared by the Child Guidance and Wellbeing Centre (CG&WC) -Institute of Mental Health and Neuro Sciences (IMHANS) Srinagar has concluded that the family dynamics and socio economic factors are two major reasons responsible for the falling mental health of children between the age of 0 to 18. The report states that there

are many precipitating factors behind the falling mental health of Kashmiri children. "Parenting Style issues that entail authoritarian parent and neglectful parenting contribute 6.14 per cent of mental health illness among children. Academic stress that includes examination stress and poor academic performance also contribute 15.68 per cent to falling mental



- MAJOR FACTORS**
- ▶ Family Dynamics
  - ▶ Socio-Economic Factors
  - ▶ Parenting Styles
  - ▶ Academic Stress
  - ▶ Parental Issues & Trauma
  - ▶ Excessive Gadget Use

**12.77% OF CHILDREN'S MENTAL HEALTH ISSUES ARE LINKED to other factors, including excessive use of gadgets."**

health of the Children," the report reads. It stresses that the psychological disorders arise from multiple factors and have a complex aetiology and the data presented doesn't suggest a direct one to one causality but rather highlights the range of issues observed at the clinic.

The report states that family accommodation issues, family history of psychiatric illness, sibling rivalry and family discord contribute to 26.73 percent of the psychological disorders observed in Kashmiri children. This makes family-related factors the largest contributing causes.

According to the report, socio-economic and political factors, including conflict (political and ethnic), low socio-economic status, | More on P6

## MeT Predicts Rain, Snow From Today

Observer News Service

Srinagar: Director of the Meteorological Centre in Srinagar, on Wednesday forecasted a mix of rain and snow across Jammu and Kashmir over the coming days, with the potential for travel disruptions on higher-altitude routes.

The MeT office has also issued an advisory for the tourists and travellers to plan their trip accordingly keeping in view the weather conditions during November 14 and 15.

MeT official Mukhtar Ahmad said, "November 13, is expected to remain dry. However, light rain and snow are anticipated on November 14-15 across various areas of Kashmir and parts of the Jammu Division, especially in higher reaches. This will be followed by scattered light rain and snow on November 16, before an extended dry spell resumes from November 17 through 23."

An advisory has been issued for November 15 due to expected light snowfall at high-altitude passes, which could temporarily disrupt surface transportation.

Key affected routes may include Zojila, Razdan Pass, Sadhna Pass, Sinthan Top, and Mughal Road.

Pertinently, on Tuesday almost 8 inches of snowfall accumulated at Sinthan top while Sadhna top recorded 5 inches, Gulmarg phase 2-4 inches, Pir Ki Gali 3 inches and Baltal Pahalgam 1-2 inches.

The fresh snowfall came as a breather for J&K as the prolonged dry spell here had brought the | More on P6

## J&K Sees 70% Drop In Terror Activities: GOI

'Civilian Casualties Still A Concern'



KO Web Desk

Srinagar: Jammu and Kashmir recorded a decline of over 70 per cent in terror-related activities in the past five years but civilian killings continue to remain a major concern amid a surge in such cases in the region this year, a top bureaucrat in the Home Ministry informed a Parliamentary Standing Committee on Home Affairs. Union Home Secretary Govind Mohan said the Union territory registered a

considerable drop in civilian killings over the past five years, but the figure stands higher this year in comparison to last year. Besides, a steep decline in the number of terrorists killed in various operations and encounters with security forces during the given period has also been recorded, sending alarm bells ringing in government circles.

The information was provided at a time when Jammu and Kashmir has been witnessing a marked escalation in terror attacks and | More on P6

## Encounter Reported From Kulgam

An encounter was underway between terrorists and security forces at Badimarg area of Yaripora in South Kashmir's Kulgam district, officials said late on Wednesday. An official said that a joint team of security forces launched a cordon-and-search operation based on specific information about the presence of terrorists in the area. "As the troops approached the suspected | More on P6

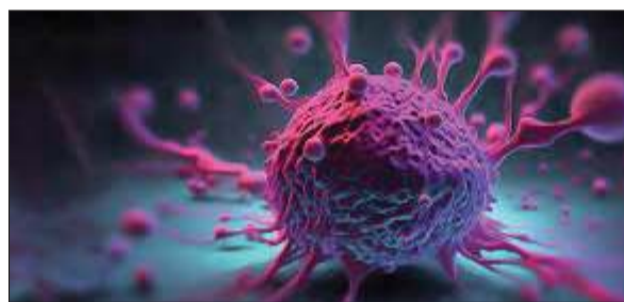
**73 CASES OF ATTACKS ON CIVILIANS were reported in 2019 but these were reduced to 10 this year"**

## J&K Registers Over 12,000 Cancer Cases Annually

Observer News Service

Srinagar: Jammu and Kashmir is grappling with a surge in cancer cases, with over 12,000 new cases reported annually in recent years. This alarming trend, mirroring the national scenario, is primarily attributed to a host of factors including poor lifestyle choices, rampant tobacco use, and exposure to environmental pollutants.

Over the past five years, more than 60,000 cancer cases have been recorded in



the region, according to official data. This translates to an average of over 12,000 cases each year, painting a grim picture of the health crisis.

The most prevalent cancers in the Kashmir Valley include skin cancer, often linked to the traditional "Kangri" heating device, as well as lung, breast,

rectal, stomach, prostate, liver, cervical, esophageal, bladder, and blood cancers.

A leading oncologist at SKIMS Soura highlighted the increasing prevalence of lung cancer among men in the region, attributing the rise to factors such as aging population, unhealthy lifestyles, widespread tobacco use, poor diet, and limited access to advanced diagnostic facilities.

While cancer affects people of all ages, a concerning trend has emerged in recent years: a significant | More on P6

**Over 1,600 Patients Registered In GMC Anantnag**

The Department of Radiation Oncology at GMC-associated hospital in Janglat Mandi, Anantnag, has registered over 1,600 cancer patients in the last few years, marking a worrying surge in cancer cases in Jammu and Kashmir. The rise in cancer cases was

highlighted during a recent cancer awareness event held at GMC Anantnag, where medical professionals discussed the growing concern and the importance of early detection and treatment. Dr Shahid, Head of the Department of Oncology at GMC Anantnag, | More on P6

## IUST Lauded For Innovation, Startups: LG

Observer News Service

Srinagar: Lieutenant Governor Manoj Sinha said on Wednesday that his aim was to redefine learning and make higher educational institutions and youth future-ready.

He said this while addressing Foundation Day of Islamic University of Science and Technology (IUST), Awantipora.

LG extended his



felicitations to the Vice Chancellor, faculty members and students on the occasion. He congratulated the University for emerging as an important | More on P6

## 'J&K Hub Of Indian Creative Traditions'

J&K is a repository of Indian creative traditions and it manifests in various handicraft and handloom products, Lieutenant Governor Manoj Sinha said on Wednesday. "We are committed to provide necessary opportunities and facilities to empower and unlock the | More on P6



Chief Minister Omar Abdullah on Wednesday called on Vice-President Jagdeep Dhankhar; discussed regional coordination, hydropower challenges.

## Omar's Indus Treaty Claims Reopening Settled Issues May Spark Tension, Benefit BJP: Mehbooba

Press Trust Of India

Srinagar: PDP supremo Mehbooba Mufti on Wednesday said reopening settled issues would create tension and benefit the BJP, a day after Chief Minister Omar Abdullah claimed the Indus Water Treaty restricted Jammu and Kashmir from realising its full hydel power potential. Abdullah on Tuesday said the treaty between India and Pakistan was restricting the Union Territory's ability to harness its huge hydel power



potential, primarily due to storage constraints. India and Pakistan signed the treaty in 1960 after nine years of negotiations, | More on P6

## Rightwing Gibberish Says Sajad Lone

Peoples' Conference president Sajad Lone on Wednesday described Jammu and Kashmir Chief Minister Omar Abdullah's remarks on the Indus Water Treaty as "rightwing gibberish" intended to appease the ruling BJP at the Centre. Abdullah on Tuesday said the treaty between India and | More on P6

## HC Seeks Details Of Drug De-Addiction Centers

M Ahmad

Srinagar: The High Court of J&K and Ladakh has directed Commissioner Secretary to Government, Home Department, as well as Director, Narcotic Control Bureau to file an affidavit detailing how many drug de-addiction Centers are running in Jammu and Kashmir.

Hearing a Public Interest Litigation, a division bench of Chief Justice Tashi Rabstan and Justice M A Chowdhary ordered that the affidavit be filed by or before December 30, the next

date of hearing in the matter. The direction followed perusal of a status report dated August 20 this year, filed by S.S Nanda, Sr. AAG, contending therein that certain posts

have been referred to J&K Public Service Commission for recruitment. The court also an affidavit authorities mentioning therein current status of the posts referred to J&K Public Service Commission.

On previous date of hearing, the court referred to its order dated 27 December 2022 in which it had | More on P6

## Surprise Inspection At Shopian Hospital

Only 17 Out of 198 Staffers Present

Observer News Service

Srinagar: A surprise inspection was conducted at the District Hospital Shopian by the Additional Deputy Commissioner on Wednesday. The inspection revealed a serious absenteeism issue - only 17 out of the hospital's 198 employees were present, with 181 members of the staff, including doctors, medical officers, paramedics, and ministerial staff, missing from duty.

The Deputy Commissioner issued a stern order, directing a

salary deduction of one day for all absent employees and initiating disciplinary action as per rules. Notably, in a previous circular dated November 12, 2024, the administration had warned that unauthorised absences would lead to a deduction of one day's salary, which would be credited to the District Red Cross Society Shopian.

The Deputy Commissioner also ordered the Medical Superintendent of District Hospital Shopian to seek an explanation from the absent employees. | More on P6



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محمد شفیق چوپان ولد عبدالستار چوپان ساکنہ موضع ڈنگھل واگورہ ضلع بارہمولہ کی
ڈپٹی (فک ج) کی تاریخ پیدائش 01/02/2014ء ہے عظمیٰ سے سکول ریکارڈ میں
فک ج کی تاریخ پیدائش 10/02/2021ء اندراج ہوا ہے اب اس کی درستی کرانی
مطلوب ہے اور تاریخ پیدائش سرٹیفکیٹ برطانوی 01/02/2014ء حاصل کرانی
مطلوب ہے اس سلسلے میں اگر کسی شخص یا شخص کو کوئی مزایا اعتراض ہو تو وہ سات دن
کے اندر نوڈر ایجوکیشنل ڈیپارٹمنٹ تحصیل آفس واگورہ BDO آفس واگورہ میں پیش
کریں معاذ گورنر کے بعد کوئی مزایا اعتراض قابل قبول نہیں ہوگا
تحصیلدار واگورہ

PUBLIC NOTICE
I have lost my H.P Gass Book while travelling from home to
Magam. If anybody has found the same he/she is requested
to contact on 9541264938. Otherwise I have to apply for
the duplicate of the same if anybody has any objection in
this regard he/she may file his/her objection in the con-
cerned office within a period of seven days from the date
of publication of this notice. After that no objection shall be
entertained.
Rafiqa Banoo
W/o Ali Mohammad Khan
R/o Snookali Pora Magam bmg

'Disruption In Liver-Brain
Communication Behind Overeating'

Press Trust of India
Working odd hours or
night shifts was found
to disrupt signals liver
sends to the brain tel-
ling it if eating is happen-
ing in sync with the body's
clock, a result that
researchers said could help
treat the negative effects of
eating at unusual times,
such as overeating. Eating
at irregular times is said to
be related to weight gain
and diabetes, largely
because it is not in sync
with one's body clock, or
circadian rhythm -- a
24-hour cycle of physical,
mental, and behavioural
changes, including sleep-
ing and eating.
Researchers from the
University of Pennsylvania,
US, found that work-
ing unusual hours disturbs
the liver's internal clock
and its signals, because
of which the brain overcom-
pensates, thereby leading
to overeating at the wrong
times.
The results, published in
the journal Science, sug-
gested that targeting
specific parts of the vagus
nerve -- via which the
liver communicates with
the brain -- could help
address overeating in
people working night
shifts or experiencing jet
lag, the team said.
"Both mice and humans
normally eat at times when
they are awake and alert,
and this circuit provides
feedback from the liver to
the central clock in the
brain that keeps the sys-
tem running smoothly,"
senior author Mitchell
Lazar, a professor of
diabetes and metabolic
diseases, University of
Pennsylvania, said.
"This feedback is through
a nerve connection from
the liver to the brain,"
Lazar said.
For the study, research-
ers looked at the REV-ERB
genes in mice, which are
known to have genetic
material and biological
processes similar to those
in humans, and help them
both control the body
clock. Turning off these
genes made the mice's
liver develop a faulty
clock, because of which
eating habits were found
to change dramati-
cally, with more food
being consumed during
less active hours, the
team said.
However, the negative
effects could be revers-
ible, as cutting the
nerve connection in
obese mice was found
to restore normal eating
habits and reduce food
intake.
"This suggests that
targeting this liver-brain
communication (route)
could be a promising
approach for weight
management in individ-
uals with disrupted
circadian rhythms,"
author Lauren N
Woodie, a post-doc-
toral researcher in
Lazar's lab, said.
"Our findings reveal a
homeostatic feedback
signal that relies on
communication between
the liver and the brain
to control circadian
food intake patterns.
This identifies the hepatic
vagus nerve as a
potential therapeutic
target for obesity in the
setting of chronodis-
ruption," they wrote.

PUBLIC NOTICE
In aadhar Record the name of my son has been wrongly
written as Numan Nisar Bhat instead of Murtaza Nisar
which needs to be corrected. If anybody has any
objection in this regard he/she may file his/her
objection in the concerned office within a period of
seven days from the date of publication of this notice.
After that no objection shall be entertained.
Nisar Ahmad Bhat
F/O Murtaza Nisar
R/O Aduoo Keegam Shopian fko

PUBLIC NOTICE
I have lost DOB certificate of the wards Namely Soliha Bilal &
Hamaad Bilal somewhere. Now I am applying for the
duplicate of the same. If anybody has any objection in
this regard he/she may file his/her objection in the
office of the Registrar Birth and Death (SMC) within
a period of seven days from the date of publication
of this notice. After that no objection shall be
entertained.
Bilal Ah Sheikh
F/O Soliha Bilal & Hamaad Bilal
R/O Meerakabad Shalimar Sgr fko

PUBLIC NOTICE
I have applied for the issuance of DOB certificate of my
daughter namely Ishrat Akhter born on 26/10/2008. If
anybody has any objection in this regard he/she may
file his/her objection in the Concerned office within
a period of seven days from the date of publication
of this notice. After that no objection shall be
entertained.
Mohd Aslam Khan
F/O Ishrat Akhter
R/O Astanpora Magam FKO

Government of Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER
(R&B) DIVISION Ganderbal
NOTICE INVITING TENDER
CIVIL WORKS
SINGLE COVER SYSTEM (upto Rs.2.50 Crores)
EE/R&B/Divn/Gbl/e-TenderFreshNITNo.73of2024-25 issued under endorsement No.6581-86
Dated:13-11-2024
For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Per-
centage basis from approved and eligible Contractors registered with J&K Govt. CPWD, Railways and
other State/Central Governments for the following works:-
S.No Name of the Work Adv. Cost (Rs.In Lacs) Cost of T/ Doc. (In Rupees) Earnest Money (In Rupees) Time of Completion Class Of Contactor
01 Development of Playfield in BHSS Ganderbal. Rs.0.91Lacs Rs.200/= Rs.1,820/= 15-Days DEE
02 Development of Playfield b.w.offillinglevelling and rolling in GHSS Ganderbal. Rs.0.91Lacs Rs.200/= Rs.1,820/= 15-Days DEE
03 Laying of Spun Pipes from H/O Abdul Majeed Dar to Trout nallah near Marriage Hall at Ward No. 8 & Const of Lane/ drain from H/o MohdYousf Lone to H/o Bashir Ahmad Wani (Phase 2nd ) start- ing from H/o Bashir Ahmad Wani at Ward 8 CheckiDuderhama under UDS. Rs.03.40 Lacs Rs.200/= Rs.6,800/= 15-Days DEE

Government of Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER MECHANICAL AND HOSPITAL DIVISION ANANTNAG
-----E mail Id xenmhdang@gmail.com-----
GIST of short-term e-NIT No MHTDA/TS/43 of 2024-25 DATED: 12-11-2024
For and on behalf of the Lt. Governor, J&K UT Short Term e-tenders are invited on item rate basis from Registered Mechanical contractors (Registered on JKPWDOMS) for the below mentioned works:
S. No. Name of the Work Estimated Cost (In Rs) Cost of Tender Doc. (In Rs) EMD in Rs Time of completion (Days) Technical Sanction.
1 2 3 4 5 6 7
1 Repairs and Maintenance of Roiba-1500 of Snow Clearance Control Room Kulgam. 30050 200 600 07 Accorded
Position of Administrative Approval: Accorded
Position of Funds: Available
1. Downloading of Bids: The Tender document Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the Govt. website www.jktenders.gov.in from 12-11-2024 (15:00Hrs)
2. Submission of Bids: The bidders shall deposit their bids in electronic format on the above website from 13-11-2024 (10:00Hrs) to 21-11-2024 (14:00Hrs) in two covers.
3. Opening of Bids: The bid uploaded on the Web Site up to due date and time will be opened on 22-11-2024 (14:00Hrs) in Office of the undersigned.
Sd/-
Executive Engineer
Mechanical and Hospital Division
Anantnag
No: MHTDA/ TS-199/3021-22
DIPK-7935/24
Dated: 13-11-2024

THE JAMMU & KASHMIR BOARD OF SCHOOL EDUCATION
NEW CAMPUS BEMINA SRINAGAR
ATTENTION PLEASE
I have passed /appeared in secondary school Examination class 10 th under RollNo .568232.Session:- Annual Regular 2013 through the Jammu and Kashmir Board of School Education .Due to the error committed by the concerned school /parent my Mother's name has been recorded with the Board as Gulshana Begum while as actual my Mother's name is Posha Begum
Now I have applied for correction /rectification of error in the Jammu and Kashmir Board of School Education New Campus Bemina Srinager if anybody having any objection in this regard may file the same before office of the Assistant Secretary, Certificates - KD -undersigned within 07 days from the date of Publication of this notice.after the expiry of said period no objection will be entertained . This is published for the information of the general public .The correct particulars be recorded as under:-
Name:- Shahid Hashim Khan
S/O:- Mohd Hashim Khan
M/N:- Posha Begum D.O.B:- 16.03.1998
R/O:- Bakhi haker .
Tehsil . Handwara .Distt Kupwara . fko

Major Head: YSS Sector, UDS
Position of AA: Accorded
Project Authority: District Administration
The Bidding documents consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-
1. Date of Issue of Tender Notice 13-11-2024
2. Period of downloading of bidding documents 13-11-2024 from 04:00PM.
3. Bid submission Start Date 13-11-2024 from 04:00 PM.
4. Bid Submission End Date 19-11-2024 from 04:00 PM.
5. Date & time of opening of Technical Bids(Online) 20-11-2024 at 11:00 AM in the office of PW(R&B) Division Ganderbal
1. Bids must be accompanied with cost of Tender document (as mentioned above) in shape of Treasury Receipt/e-Challan in favour of Executive Engineer (R&B) Division Ganderbal.
Note: - The Date of Treasury Challan and CDR must be between the date of start of bid and Bid Submission End date.
Any deviation shall render the bidder as Non-responsive.
9. The tender/bid is liable to rejection if it does not fulfill the requirements as laid down in NIT.
10. All other terms conditions are as per PWD Form 25 (Double agreement Form)
Sd/-
Executive Engineer
R&B Division Ganderbal
No.:6581-86
DIPK-7979/24 Date: -13-11-2024

OFFICE OF THE PRINCIPAL
GOVT. DEGREE COLLEGE TULAIL
Email:principalgdctulail@gmail.com
Dated: 11-11-2024
No. GDCTJ 20241125
Expression Of Interest
Expression of Interest is invited from the Book Sellers/Suppliers/Publishers registered with Association of Indian Publishers and Book Supplier or Federation Publishers and Bookseller's Association of India to supply Textbooks/references/Journals/E-Book/E-Journals for the session 2024-25 to this institution quoting therein the rates of discount and quality. The Expression of Interest accompanied with the CDR of Rs. 8000/= must reach to the office within the 15 days from the issuance of this notification. Suppliers need to produce registration certificate of AIPBS/FPBAI in original with attested copies of GST Registration and ITR. The application form along with Terms and Condition shall be available in the office of the undersigned during office hours and on college website.
Terms and Conditions for Supplying of Books to the College Library for the Year 2024-2025.
1. Suppliers should be Registered Members of All India Booksellers & Publishers Association/ Federation of Publishers and Booksellers Association of India.
2. Suppliers need to produce attested copies of GST Registration Certificate, Income Tax Clearance Certificate,
3. PAN card and a Certificate of Book Supply to any Govt. Recognized Institution in original and self-attested copy of the same documents.
4. The supply should be strictly as per the order.
5. The college is not bound to make selections from the catalogues, book list etc. supplied by the supplier.
6. The latest editions must be supplied. Remaindered editions will summarily be rejected. (Indian Editions, Low priced Editions, Economy Editions, South Asia Low Priced Editions of Foreign Books (if available) should be supplied).
7. Supplies must be complete and not in partial fulfilment of the order.
8. Wherever necessary the billed price must be authenticated by the publisher's price lists.
9. The books with affixed price tags or labels shall be rejected if found.
10. Ordered books must be supplied to the college within fifteen days from the date of receipt of supply order. The delay in supply is not acceptable. However, if supplier is not able to make supply within fifteen days due to genuine reasons, he can ask for extension and consequently acceptance of the supply will depend on whether extension is granted or not.
11. Supply must be F.O.R. College premises.
12. Bills must be submitted in triplicate.
13. The supplier needs to provide Complimentary Copies/Instructor Copy/Specimen Copy of titles wherever available from the publisher free of cost.
14. Payments are subject to the availability of funds.
15. The Undersigned reserves the right to reject any supply without assigning any reason thereof.
16. In case of dispute in the understanding or interpretation of the clauses of terms and conditions, the interpretation and decision of the undersigned will be final and binding
17. In addition to the above mentioned terms and conditions, the undersigned reserves the right to relax, modify or add any term(s) as per need, the same shall be acceptable and binding on the suppliers.
18. All disputes shall be subject to Tulail Jurisdiction.
19. The last date for application is..
DIPK-7908/24 dated: 13-11-2024 Govt. Degree College Tulail

PUBLIC NOTICE
I, Irfan Ahmad Dar, son of Ghulam Mohi Ud Din Dar, resident of Palhalla Ghat, have applied for a change in my name and date of birth on my driving license as per the details in my Aadhar.
Existing details on the driving license:
Name: Irfan Ahmad Dar
Date of Birth: 10 Feb 1993
Proposed changes:
Name: Irfan Mohi Ud Din
Date of Birth: 10/feb/1999
Any objections or queries regarding this change should be directed to the ARTO office, Sopore, within seven days from the date of this publication. After this period, no objections will be entertained.
Date of Publication: 14-11-2024 fko

Union Territory of Jammu and Kashmir.
Office of the Executive Engineer, (Jal Shakti) PHE, Mechanical Rural Division, Sgr.
Abstract of Short term e-Tender.
Short Term E-N.I.T. No:- PHE/MRD/TS/ 68 of 11/2024
For and on behalf of the Lieutenant Governor of Union Territory of Jammu and Kashmir, Short term e-tenders are invited in two cover system from approved and eligible Contractors having GST registration/registered with J&K Govt., Railways and other State/Central Government Organizations for the following work:-
Sr. Nature of Work Location Est. Cost (Rs. in Lacs) Cost of Tender Doc. Time of Completion Programme
A Providing/Fitting of essential items for various WSSs Sub-Division Srinagar 0.499 50/= 03 days M&R
Critical Dates/Information.
1. Publishing Date 13-11-2024 (5:00 PM)
2. Period of Downloading of Bids 13-11-2024 (5:00 PM) to 19-11-2024 (11:00 AM)
3. Period of Submission of bids 13-11-2024 (5:00 PM) to 19-11-2024 (11:00 AM)
4. Date of opening of Tender/Timing 19-11-2024 at (12:00 P.M)
5. Tender Receiving Authority: Executive Engineer, (Jal Shakti) PHE Mechanical Rural Division Srinagar
6. Document Cost : Non-Refundable in the shape of Treasury Challan/receipt shall be deposited to Account Head 0215 in favour of Executive Engineer (Jal Shakti) PHE Mechanical Rural Division Srinagar. (The firm shall specify the e-NIT No. & name of work for which applied)
7. Bid Validity Period: 90 Days
8. The bids can be downloaded or uploaded on www.Jktenders.gov.in
9. Instead of EMD the firm has to furnish "Bid Security Declaration", format of the declaration is enclosed in the Bid Document
Note:- The tenderer who is declared as L1 after opening of price bid will deposit 5% of the Estimated cost of the work in shape of CDR/FDR before allotment is issued in his favour.
No: -PHE/MRD/TS/3749-53
DIPK-7981/24
DT: - 13-11-2024
Executive Engineer,
Jal Shakti (PHE) Mechanical Rural
Division Srinagar.

PUBLIC NOTICE
This is to notify that I Fehmeeda bilal have changed my name in aadhar which was initially Fehmida Bano and then changed to fancy akhter and then to Fehmeeda bilal which is also my present name on Aadhar now I want to change it From Fehmeeda bilal to Fancy Akhter in my aadhar because all my other documents. If anybody has any objections in this regard he/she may kindly approach the concerned office within seven days. No objection will be entertained after the said time period. jvd

PUBLIC NOTICE
I, Zahoor Ahmad Malik, son of Ghulam Qadir Malik, resident of Dar Mohalla Palhalla, have applied for a change in my Blood Group and Date of Birth on my driving license as per the details in my Aadhar and Blood Report.
Existing details on the driving license:
Blood Group: O-
Date of Birth: 04 Feb 1988
Proposed changes:
Blood Group: O+
Date of Birth: 04 December 1988
Any objections or queries regarding this change should be directed to the ARTO office, Sopore, within seven days from the date of this publication. After this period, no objections will be entertained.
Date of Publication: 14-11-2024 fko

## 'Killing Of 2 Non-Locals' NIA Attaches Property Of Accused Srinagar Man

Press Trust Of India

Srinagar: The National Investigation Agency (NIA) on Wednesday attached the property of an accused involved in the killing of two non-locals earlier this year, officials said.

The property belonging to Adil Manzoor Langoo at Zaldagar locality of the city here was attached by the NIA sleuths in connection with the killing of two non-locals in Shalla Kadal, Habba Kadal area in February this year, the officials said.

The property was attached under section 25 of Unlawful Activities (Preven-

**“The property belonging to Adil Manzoor Langoo at Zaldagar locality of the city here was attached by the NIA sleuths in connection with the killing of two non-locals**

tion) Act (UAPA), they said. On February 7, militants fired upon two non-local labourers, Amrit Pal Singh and Rohit Masih, both residents of Amritsar city of Punjab, from point-blank range.

While Singh was killed, Masih was rushed to SMHS hospital here where he succumbed a day later.

## Candidates Shortlisted For AP Posts Demand Urgent Interviews At KU

Agencies

Srinagar: The candidates, who have been shortlisted for the Assistant Professor positions at the University of Kashmir, on Wednesday urged the authorities to ensure their interviews are held as soon as possible.

Notably, the interviews were scheduled to begin on November 11, but were postponed without prior notice, leaving many frustrated and questioning the transparency of the recruitment process and requested the Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdullah to intervene in the matter.

The candidates said they have been waiting for years for this opportunity. One of the candidates said, “The delays in the

University's hiring process have become a pattern, and candidates worry about the age limit.” He added the current situation has caused stress and disappointment among them and are hoping for fair treatment.

“We have been waiting for years, putting so much time into our studies and preparation. Now, just when we thought our chance had finally come, there's another delay, and it is really disappointing,” they said.

Notably, some candidates said they fear that there may be other reasons for the delay, as rumors have circulated on social media suggesting possible favouritism in the process, especially since the Vice-Chancellor's term is ending soon—(KNO)

## Man Found Dead In Qamarwari

Agencies

Srinagar: A man from Villgam village of Kupwara was found dead lying on the roadside near Barhana Qamarwari area of Srinagar on Wednesday morning, officials said.

An official said that the body of the man was spotted by some locals who

then informed the police.

He said that soon after, a police team arrived at the scene. The man was later identified as Intiaz Ahmad son of Ab Khaliq of Villgam, Kupwara.

The official said that investigation has been initiated, while preliminary findings suggest he may have died of winter chill—(KNO)



## SKIMS Conducts Workshop On Renal Denervation Therapy

Observer News Service

Srinagar: The Department of Cardiology, SKIMS organized a one day workshop on “Renal Denervation Therapy” in the Cardiac Cath Lab on Wednesday.

The procedure is the first of its kind in the UT of J&K and only around 40 such procedures have been done in the entire country so far. The workshop was conducted under the proctorship of Dr. Praveen Chandra, who is an expert in the field of Interventional Cardiology with international acclaim; along with the SKIMS team including Prof. Hilal A. Rather HOD Cardiology, Dr. Amir Rashid

Asst. Prof Cardiology, Dr Imran Hafeez Add. Prof Cardiology, Dr Qayoom Yousuf FNB Int. Cardiology, Dr Beenish Anesthesiologist, Syed Bilal Senior Technologist and Maajid Nursing.

Procedures were done successfully and the patients were discharged home with no complications.

HOD Cardiology Prof. Hilal A. Rather while giving details said that Renal Denervation therapy consists of ablating various nerve connections which are located around the renal artery that are responsible for maintaining hypertension via various pathways. “It is the last resort in the

treatment armamentarium of patients with resistant hypertension despite being on multiple anti-hypertensive medications. With its great safety profile and good efficiency it helps in controlling the hypertension and brings down hypertension related morbidity and mortality.” Dr Rather said.

Director SKIMS Prof. M. Ashraf Ganie complimented the Department for conducting the workshop and performing this rare procedure in SKIMS, which will serve the resistant hypertensive patients in the Kashmir valley who had to otherwise visit corporate hospitals outside the UT to get similar treatment.

## Zafran Colony Craves For ATM Facility

Agencies

Srinagar: Residents of Zafran Colony, Pantha Chowk, Srinagar Wednesday said that lack of ATM facility is taking a serious toll on their lives as the frequent appeals to J&K Bank authorities and the local administration since past many years continue to fall on deaf ears.

The residents said that they are facing huge inconvenience in absence of an ATM facility in the area and have to travel to either Pantha Chowk or Balhama—a distance of over three four to five kms—to withdraw money.

Latif Ahamed, a local resi-

dent, expressed frustration over the lack of ATM access in the area, he said that the lack of facility in the area is not causing problems for the elderly and young but students also, who at times need instant money to buy books, copies and other stuff.

“Right from Sempora to Balhama there is no ATM. Zafran colony has expanded with the number of residential houses increasing manifold over the past five years. There is a population boom and many residents from Sonawar, Dalgate, Munawarabad, Habba Kadal, Shivpora and other parts of Srinagar have shifted permanently to Zafran Colony mak-

ing it a densely populated area,” said Ahmed.

He said as the population increases in many areas, needs also increase. “We had a transport issue which has been resolved to some extent as E- Rickshaws are plying on the road. But despite repeated attempts from the elderly and masjid heads to ensure ATM facility in the area, J&K Bank Authorities are not paying any heed to this demand, for the reasons best known to them,” Ahmed said.

He was seconded by scores of other residents who also said that the area desperately needs an ATM facility forthwith. (KNO)

- 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

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- BIJHERA: 01932-228243
- PAMPORE: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

**HIGHWAY STATUS**

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

PRAYERS	
FAJR	5: 45
ZUHR	12:17
ASR	3: 47
Magrib	5:27
ISHA	6: 50

**HIJRI CALENDAR**  
13 Jumada al-Awwal  
1446

## This Day In History

- 587 - Treaty of Andelot: King Guntram of Burgundy names cousin Childebert II as heir
- 1443 - Albanian George Kastrioti Skanderbeg and his forces liberate Kruja in Middle Albania from the Ottomans and raise the Albanian flag.
- 1520 - Portuguese navigator Ferdinand Magellan begins crossing the Pacific Ocean
- 1660 - The Royal Society is formed at Gresham College, London, after a lecture by Christopher Wren, Gresham Professor of Astronomy
- 1785 - The Treaty of Hopewell is signed between the Confederation Congress of the United States of America and the Cherokee people
- 1814 - The Times of London first printed by automatic, steam powered presses built by German inventors Friedrich Koenig and Andreas Friedrich Bauer - makes newspapers available to a mass audience
- 1821 - Panama declares independence from Spain
- 1843 - Ka Lahui: Hawaiian Independence Day - The Kingdom of Hawaii is officially recognized by the United Kingdom and France as an independent nation.
- 1862 - Battle at Cane Hill, Arkansas (475 casualties)
- 1862 - Battle of Hooly Spring, MS
- 1864 - 3rd day of Battles at Waynesboro/Jones's Plantation, Georgia
- 1875 - British explorer Verney Cameron reaches East Africa
- 1879 - Battle at Lydenburg South Africa: Gen Wolseley beats Sekhukhene Pedi-Zulu
- 1899 - Battle of Mud River (Boer general Cronjé beats British gen Methuen)
- 1911 - Zapata proclaims Plan of Ayala Mexico
- 1912 - Ismail Qemali declares Albania independent from Turkey in Vlora
- 1914 - World War I: Following a war-induced closure in July, the New York Stock Exchange re-opens for bond trading.
- 1939 - Soviet government revokes Russian-Finnish non-aggression treaty
- 1958 - Chad becomes an autonomous republic within French community
- 1958 - Congo & Mauritania become autonomous members of French Community
- 1960 - Mauritania gains independence from France (National Day)
- 1962 - Telegraph between Netherlands & Indonesia restored
- 1967 - 1st radio pulsars detected by British postgraduate Jocelyn Burnell and her supervisor Antony Hewish at Cambridge University
- 1973 - Arab League summit in Algiers recognizes Palestine
- 1975 - Democratic Republic of East-Timor proclaimed
- 1983 - 9th Space Shuttle Mission-Columbia 6-is launched
- 1986 - OPEC reaches oil production accord
- 1987 - South African Airways Boeing 747 crashes into Indian Ocean, 159 die
- 1990 - Conservative Party chooses John Major to succeed Margaret Thatcher as leader and Prime Minister of the United Kingdom
- 2012 - 54 people are killed and 120 are injured by two car bombs in Damascus, Syria
- 2016 - Plane carrying Brazilian Chapecoense football team crashes near Medellin, Colombia killing 71 players and journalists.
- 2017-India's Supreme Court rejects appeal to block global release of controversial film "Padmavati"
- 2017- Uhuru Kenyatta sworn in for a second term as president of Kenya
- 2019- European parliament declares a climate emergency
- 2019- Iraqi security forces open fire on protesters killing at least 25 in Nasiriya a day after the Iranian embassy in Najais is burnt down
- 2019- Zimbabwe on the brink of man-made starvation according to the UN
- 2020 At least 110 people killed in attack on Koshobe village in north-east Nigeria by Boko Haram jihadist group
- 2020- Thousands of farmers begin entering Delhi to protest proposed agriculture reforms

Government of UT Jammu & Kashmir  
**Office Of the Black Medical Officer Tangmarq**

**TENDER NOTICE**

For and on behalf of the Government UT of Jammu and Kashmir sealed Quotations affixed with Rs.10/- revenue stamp and CDR Rs.1000/- are invited from registered firms / authorized dealers/ agencies for supply of the below mentioned items to the office of the undersigned. The Short Term Tenders should reach to this office by or before 18th Nov 2024 through speed post/courier service / or deliver in person. The Quotations will be opened on 20th Nov 2024 at 2.00 p.m sharp.

The sealed tenders/ Quotations containing quoted rates and other desired documents GST clearance and concerned registration certificates.

**1 . Supply of Commercial 19 KG Refilled Gas Cylinders for Heating Purposes for Financial Year 2024-25**

**NO: Estt/bmot/1053-57**  
**DIPK-7985/24 Dated: 13-11-2024**

**Block Medical Officer Tangmarq**

GOVERNMENT OF JAMMU & KASHMIR  
**SKIMS MEDICAL COLLEGE HOSPITAL**  
BEMINA, SRINAGAR (J&K)-190017.

ESTATES DEPARTMENT  
e-NIT NO: SKIMS MC (Estt.) 02 OF 2024  
DATED: 13 / 11 / 2024

Sub:- Annual-Rate Contract for Washing of Hospital Linen at SKIMS Medical College-Hospital, Bemina, Srinagar.

For and on Behalf of the Lieutenant Governor of J&K UT, e-tenders are invited from the registered contractors (having at least 02 years of relevant experience in Govt./ Semi Govt. Department/Hospital) for Washing of Hospital Linen in SKIMS Medical College Hospital, Bemina, Srinagar on Annual Rate Contract basis for a period of one year to be reckoned from the actual date of commencement of contract.

The detailed tender document containing scope of work and other terms & conditions is available on [www.jktenders.gov.in](http://www.jktenders.gov.in) and complete bidding process will be online on said e-tender portal, as per following schedule:

S.No	Description	Schedule
1	Tender Fee	Rs.1000/-
2	Earnest Money Deposit (EMD)	Rs. 75,000/-
3	Date & time for downloading of tenders	18.11.2024 to 09.12.2024 upto 4PM
4	Date & time for submission of online tender	19.11.2024 to 09.12.2024 upto 4PM
5	Date & time for opening of technical bids	12.12.2024

Clarification with regard to tender document will be entertained from 20.11.2024 to 07.12.2024 on all working days during office hours. No representation shall be entertained beyond the stipulated period.

The tender notice is also available on SKIMS Medical College website [www.skimsmc.edu.in](http://www.skimsmc.edu.in) (for reference only).

Complete bidding process will be online at [www.jktenders.gov.in](http://www.jktenders.gov.in). Technical and Price bids shall have to be submitted in electronic format on the said tender portal.

The tenders should be submitted strictly in accordance with the provisions of the detailed e-NIT. Principal, SKIMS Medical College reserves the right to accept/reject or cancel any tender or all tenders in full or part thereof without assigning any reason.

Sd/-  
Estates Officer  
SKIMS Medical College  
Bemina Srinagar

No.: SKIMS MC-362-2024/1463-70  
DIPK-NB-2340/24  
Dt.: 13 - 11 - 2024

**OFFICE OF THE EXECUTIVE ENGINEER R&B DIVISION ZAINPORA**  
Email: [xenrandbzainpore@gmail.com](mailto:xenrandbzainpore@gmail.com)

**CANCELLATION**

It is notified for the information of all concerned that the work advertised Vide this Office NIT No: -21/ZNP/RnB/e-Tendering/2024-25 Dated:-11-10-2024 figuring at S.No:1 namely “Construction of Transit Accomodation for Kashmiri Migrant Employees at Allowpora Shopian Phase I (Balance Work)” is hereby cancelled due to Poor Response.

No: R&B/ZNP/DIV/3591-96  
DIPK-7931/24 Dt: 13-11-2024

Sd/-  
Executive Engineer  
R&B Division Zainpora

## KASHMIR OBSERVER®

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### KO VIEW

## Ending Bulldozer Justice

Stepping in to ensure the end of arbitrary demolitions of properties across the country, the Supreme Court on Wednesday issued nationwide guidelines to curb "bulldozer justice," emphasizing that demolitions of properties cannot be conducted solely on the basis of accusations or convictions. A bench comprising Justices B R Gavai and K V Viswanathan deemed it "totally unconstitutional" for authorities to act as both judge and executor, demolishing homes of alleged offenders without due process. To protect citizens' rights, the Court mandated that demolitions must follow a show-cause notice, providing a minimum of 15 days after notice is served, and that all demolition proceedings should be videographed.

This certainly is going to put a stop to the instant justice being delivered by some state governments to punish people they deem criminals, without any due process of law. Hundreds of families across the country have been wrecked as a result of this justice. This will hopefully discourage these governments from an easy recourse to demolishing houses over the alleged blanket pretext of enforcing law and order. More so, in cases of the alleged crimes committed by one member of a family where other members of a family are held responsible for this and made to suffer as a result. Even in cases where a house or a business establishment has been built on illegally occupied land, the violation needs to be proven through a legal process before demolition can proceed.

There have been instances where houses of people arbitrarily alleged to have violated any law have been demolished. Worse, the demolitions have largely been carried out selectively. Besides, if the illegal nature of a structure was the sole basis for bulldozing it, then there are millions of such structures in the country, particularly in urban areas, a fact acknowledged also by the governments.

But the truth is the demolitions are pursued with a political goal in mind. Some political parties see lucrative electoral spin-offs from demolishing properties of some ethnic and religious groups. Sadly, the practice has so far been going on regardless without any institutional check. But the situation now seems to be changing for the better. Belatedly though, the Supreme Court has now drawn clear demarcations which governments can't breach. Hopefully, the guidelines will make some difference. Significantly, the Supreme Court warns that any violation of the court directions could lead to contempt proceedings and along with compensation, the officials ordering the demolition could be asked to pay for the restitution of the property themselves. This will certainly act as a deterrent against arbitrary demolitions.

# Kashmir is Stuck Between Tradition and Westernisation



Rutba Riyaz

**“** Kashmiri gastronomy is also evolving. The trend of fast food is gradually replacing wazwan. Why is this happening? When it comes to communal dining, wazwan is a different experience due to the time and effort required for preparation. Fast food options can be both disruptive to busy schedules and detrimental to traditional cooking, resulting in less time spent dining with family members

In Kashmir, the process of Westernization is resulting in people adopting different lifestyles, attire, and social norms that have led to a heated debate on identity and progress. Many are concerned that cultural traditions are eroding, and traditional customs and values are no longer respected.

The concept of 'modesty' is changing. Kashmiri women are switching from traditional Kashmiri wardrobes to western wear like Jeans and t-shirts. This shift in fashion is becoming more prevalent. The belief that some western brands are more modern and stylish is shared by many, but others point out a generational divide in consumer preferences. Clothing in Kashmir was historically associated with culture, environment, and social norms. Removing old clothes isn't just a matter of fashion, it's about breaking the traditions that people in this time shared. The possibility exists that this shift could result in a decrease in cultural pride and connections to heritage.

Kashmiri gastronomy is also evolving. The trend of fast food is gradually replacing wazwan. Why is this happening?

When it comes to communal dining, wazwan is a different experience from fast food or western dining experiences due to the time and effort required for preparation. Fast food options can be both disruptive to busy schedules and detrimental to traditional cooking, resulting in less time spent dining with family members. There's a concern that convenience will be the death knell for wazwan.

Western norms have been able to influence daily life through social media, movies, and global music trends. The emergence of Bollywood and Western pop culture has led to a decrease in Kashmiri folk music and dance. The positive impact of modern media on people's lives is doubted by some, who believe it will cause cultural dissonance among younger generations.

The process of Westernization is resulting in language transformation. Why? English and Urdu are the most commonly used languages for education and communication, particularly among children. Due to this, there has been a decline in fluency in Kashmiri language, and less young people are adopting

their native language. It may cause the disappearance of an entire tradition that is linked to Kashmiri culture, its history, values, and identity. Not only does this change threaten linguistic diversity, it undermines connections to local history and identity.

This has led to heightened interest in the future of Kashmiri identity. Several senior citizens are anxious about the potential harm to the unity of society and the preservation of Kashmir's distinctiveness. Modernization has a clear advantage, but it also presents challenges to both progress and customs. There are those who assert that traditional practices must be upheld as the younger generation has adapted to and accepted Western influences. The implementation of cultural education initiatives and events highlighting Kashmiri traditions could help individuals reflect on their heritage and become more integrated in a changing world.

Kashmir's people are tasked with blending their cultural heritage with Western influences, and modernity can preserve this identity while respecting its individual traditions.



Did You Know?

## Navigating Bear Markets: Strategies for Long-term Success

Irshad Mushtaq

Market downturns often unsettle investors and traders, leading them to perceive a bleak economic future. However, market corrections are a natural phenomenon and are sometimes essential for long-term health. Historically, market declines can last several months, which is considered normal. During market downturns, a staggered investment approach is advisable. Hastily investing in a market that's plummeting, known as "catching a falling knife," can be risky. However, these periods offer opportunities to invest in high-quality shares, ETFs, and mutual funds. Although immediate returns are unlikely in a bearish market, and your investment might further decrease in value, it's important to remember that this presents a chance to accumulate more assets over time. Quality investments prove their worth over extended periods. Several factors such as economic shifts, government policies, international issues, wars, and elections can drastically influence the market. Even a market drop of 20% is possible. However, if your portfolio is diversified, containing high-quality stocks, well-managed funds, and low leverage, you are less likely to face significant issues in the long term. Sound money management and disciplined investing will protect your investments. In times of market uncertainty, it's tempting to sell and then re-buy. While it's possible to trade on half of your portfolio, aiming for profits, timing the market is complex and often unsuccessful. Investors should focus on maintaining a diversified, high-quality portfolio and adhere to a disciplined investment approach. In summary, market declines should be viewed as opportunities rather than setbacks. By investing wisely in quality assets and maintaining discipline, long-term investors can weather market fluctuations and potentially achieve substantial returns. Conclusion Market downturns can be unsettling, but they're a natural part of economic cycles. Instead of rushing to sell, consider a staggered investment approach—this is an opportunity to accumulate quality assets that thrive over time. Diversification and disciplined investing will help protect you through uncertainty. Remember, downturns can be doors to future profits. Stay strong and focused on long-term goals!

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



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## What Do Young Advocates Expect from Omar Abdullah?

The legal landscape in Jammu and Kashmir (J&K) presents unique challenges for young lawyers as they embark on their professional journeys. The region's distinct socio-political context, coupled with the general difficulties faced by new entrants in the legal field, necessitates targeted government intervention. These are some expectations young lawyers have from Omar Abdullah, the new Chief Minister of J&K.

### Revival of the Bar

Since the last five years, the government has taken a keen interest in the Bar association and its elections haven't been allowed under one pretext or the other. This has led to chaos and confusion for new entrants as they navigate alliances and licenses in Srinagar. Now that democratic process has restarted here, young lawyers expect free and fair elections to the bar association as well. This will give lawyers genuine representation and contribute to the welfare of the fraternity.

### Constituting State Bar Council under The Advocates Act, 1961

The High Court of Jammu and Kashmir and Ladakh has been exercising the powers of the State Bar Council under Section 58 of the Advocates Act,

1961 which was meant to give special powers for a transitional period only. Bar Councils serve a particular purpose under the Act and should be a separate body to safeguard the independence of the bar from the bench. A separate State Bar council should be created as per the mandate of Advocates Act and those powers be taken from the High Court as it is already overburdened by the overload of cases pending adjudication.

### Monthly Stipend Scheme

Young advocates who enter the profession struggle to find clients and for years they keep struggling in this profession and are not even paid well by their seniors. Young lawyers expect a dedicated monthly stipend scheme for initial years of their practice so as to have stability and be able to survive in the profession. Similar scheme was introduced in Kerala to support young members of the bar in their career growth.

### Government Monitoring of Stipend Paid by Senior to Juniors

This is the generic issue of the whole country where junior lawyers are led to exploitation as they are not paid adequately by their seniors, young lawyers expect a government monitoring of the grievances of the young lawyers and ensure young lawyers get

their due share as per their work.

### Advocates Protection Act

Advocates, who are intended to preserve the rule of law and ensure justice, have been the targets of violence, harassment, and intimidation. The issues that the legal profession faces are substantial and are becoming worse. Therefore there is a need for dedicated legislation for the advocates which will safeguard them.

### Enhance judicial infrastructure

The current judicial system is overburdened due to which cases keep on lingering for years, severely affecting the fundamental rights of citizens. The overload of cases in the courts has been the point of discussion for a long time and the need of increasing the members of the bench cannot be amply stressed upon. Increasing the strength of the bench both at Hon'ble J&K High court and district courts is the need of the hour.

### Government accommodation for Advocates

The already placed policy of the government of J&K, The Jammu and Kashmir Estates Department (Allotment of Government accommodation) Regulation, 2004 provides for accommodation of the government staff and employees, including judicial staff and even for the media persons, how-

ever lawyers have been neglected. There are many young lawyers from far off areas practicing in Srinagar court and paying huge rents. This act of inclusion in the accommodation policy will also give them a sense of belonging.

### Frisking-free Entries

Lawyers are frisked before entering Div com office at Srinagar and have to follow timing which are meant for the general public. Lawyers being the officers of the court who perform public duty, should be allowed hassle free movement enabling them to better serve the public.

### Conclusion

The challenges faced by young lawyers in Jammu and Kashmir require comprehensive government action to create a supportive and nurturing legal environment. By implementing targeted initiatives that address mentorship, job opportunities, access to resources, and professional development, the government can empower young lawyers to thrive in their careers and contribute positively to the region's legal landscape. Such efforts not only enhance the legal profession but also promote justice and the rule of law in J&K.

Naveed Bukhtiyar

## In Pursuit of Morels A Childhood Adventure

Peer Mohammad Amir Qureshi

While I was recovering under a stack of quilts due to feeling unwell a few days prior, I overheard a group of children excitedly spreading the news that a local named Tehleel had stumbled upon some morels. As the echoes of children's excitement filled the air, I peered through the window and saw them flocking to visit Tehleel. He was bombarded with a barrage of questions about the discovery of morels: where he found them, whose orchard they were from, and how many he had found.

Morels are prized mushrooms with a distinctive honeycomb-like structure, often heralding the arrival of spring as the first to emerge. This early appearance adds to their allure and mystique. Tehleel laughed heartily and answered, "May Laeb' Emm kangnich Razaq Chachn'i Baaghi' Manzi—"I found these morels in Razaq's orchard, where blessings abound."

Buzzing with delight, the kids enthusiastically followed Tehleel, vanishing from view like bees to flowers. I felt all kinds of emotions at once. Since the people of Srinagar owned all the orchards, Razaq was only the orchard's custodian and not its owner. Even yet, Razaq chachi's name remained on the orchard, even though those kids probably never saw him because he had died more than ten years prior. I thought back to my early years and remembered passing those orchards on my route to school. As the vernal equinox heralds its arrival, nature's dormant denizens emerge from their somnolent state, seizing the opportunity bestowed upon them to unfurl their verdant splendor in a symphony of resplendent bloom. When gardens burst with an array of colorful flowers, the blossoming peach trees bring an extra charm to the scene. Back in the day, children headed to school without crisp uniforms, ties, or ID cards. Their shoes gleamed not from polish,

but from mustard oil. On my way home, passing orchards of apple and peach trees, we would share exciting discoveries. News of finding something new, like Guchi morels, spread through the village like wildfire.

All the children would dash home, quickly change their clothes, and return in search of morels (kangich). Every orchard became bustling with children, and once one child found a morel, every other child believed there was another nearby waiting to be found. They would gather in a circle at that spot, chanting "Joori'e Joo'er Nati Ninn oEr" (either give me your pair or take your partner away), while searching nearby, displacing the



**THEIR SHOES GLEAMED NOT FROM POLISH, BUT FROM MUSTARD OIL.** On my way home, passing orchards of apple and peach trees, we would share exciting discoveries. News of finding something new, like Guchi morels, spread through the village like wildfire

grass in their quest. In April, as the weather remains cool with frequent showers, thunderstorms and lightning, every child, myself included, believed that morels grew and emerged from the soil during these storms.

Among the many myths circulating among us children, some believed that applying kajal to

our eyes in the morning would improve our eyesight and aid in finding a larger quantity of morels. We were all engrossed in discussions about which orchard had the best abundance of morels, fueled by our shared curiosity and wonder. Each of us would bring home the morels, and our mothers would meticulously

thread them together like garlands using needle and thread. These garlands would then be hung up for the drying process, filling our homes with the earthy aroma of the mushrooms as they preserved for selling.

As April drew to a close, it was announced that the presence of morels had dwindled, and

children began to compare how many morels they had collected. The once abundant and sizable morels had dried up, shrinking in size, much to the dismay of every child. They worried that they wouldn't make enough money, as what had once seemed like substantial garlands of morels now appeared diminished. Every child became increasingly eager to sell their morels at good prices, hoping to make the most of their harvest before the opportunity faded away completely. On Sundays, every child eagerly awaited the arrival of the morel merchant, who would come with a bag slung over his back, either on his bicycle or more commonly on foot. He carried a small measuring scale in his hands and pockets brimming with money. Everyone wanted to sell their morels directly in front of their eyes, as every child harbored trust issues, fearing that their parents or the merchant might cheat them and not pay them the exact amount they deserved. Since sometimes our mothers wouldn't disclose the actual amount of money they received when selling the morels, children felt compelled to sell their harvest directly to the morel merchant to ensure they received the full and fair value for their hard-earned bounty. While the children of this generation are often absorbed in mobile and virtual gaming, there's a unique allure to activities like searching for morels and selling them. It offers a different kind of engagement with nature and a sense of satisfaction from the tangible rewards of their efforts. I hope that the children of this generation will have the opportunity to experience the joys of exploring orchards and engaging in activities like morel hunting, just as we did at their age. It's a tradition worth preserving and passing down to future generations.

*The author is a columnist based in Ganderbal. He can be reached at ehsaanamy135@gmail.com*

## Parenting in the Digital Age

Zoe Hart

Dr. Marina Heifetz

Social media has become increasingly more accessible, with the vast majority of North American teens using it daily. With social media companies marketing to teens, it is no wonder that we see a steady increase in youth social media usage alongside a decrease in the age at which most kids get their first device and have access to the internet.

It is important to acknowledge that social media can serve as a way to connect and engage with peers. At the same time, there are also some known risks associated with youths' use of social media. Notably, brain development associated with our impulse control does not fully develop until about our mid-20s, and it is difficult for youth to self-limit screen time. As a result, they end up spending longer periods scrolling on social media.

Below are some ways mental health is impacted:

- **Neurological and Developmental Factors:** Excitement for connection amongst peers is associated with brain development that typically occurs between the ages of 10 and 12. This is also the average age that many youth access their first devices. The lack of fully formed impulse control makes it harder for youth to effectively self-regulate, spend appropriate amounts of time on social media, and create a healthy balance between online in-



teractions and interactions between friends, family, and peers in day-to-day life.

- **Peer Influence and Social Feedback:** Factors such as "like" counts, comments, and push notifications on social media platforms can heavily influence youth. Feedback received on social

media (whether positive or negative) can have tangible impacts on youth mental health, and lead to increased symptoms of anxiety and depression.

- **Self-Esteem and Body Image:** Related to peer influence, interactions online can heavily contribute to

one's self-image. Having access to a variety of different profiles, people, and content online provides an opportunity for youth to constantly compare themselves to others, and this can have negative effects on self-esteem and body image. Anita Federici, a clinical

psychologist and researcher, has spoken out about the strong correlation between increased social media use and the increase in body dissatisfaction and emotion dysregulation seen in young people. Numerous weight-related memes and comments on social media

and increased pressure from the dieting industry are prevalent. Children and youth may not be able to manage and discriminate between what is toxic diet culture and what is appropriate and healthy in what they are seeing online.

- **Inappropriate and Hateful Content:** Extended social media use also poses the risk of exposure to content such as online discrimination, racism, homophobia, sexual content, and cyberbullying. Research demonstrates that exposure to this can increase symptoms of anxiety and depression in youth.

What families can do to support their youths' safe social media use

A few different ways parents can mindfully connect with their youth about safe social media usage:

1. **Monitor and discuss social media use with your child; answer questions honestly**
2. **Initiate age-appropriate and supportive conversations surrounding online content**
3. **Model healthy social media use for your child; help them recognize what is and what is not real online by teaching social media literacy**
4. **Watch out for problematic usage**

Reducing social media use can also be helpful. Recent research by Smith and Mills (2024) suggests that even taking a week-long break can have a significant positive impact on youth mental health and self-esteem, especially for young women.

Lisa Damour, a clinical psychologist and author of numerous youth development books (her latest book is *The Emotional Lives of Teenagers*), has spoken widely about the impact of social media on adolescents. While there are many positive components of social media, such as serving as a "lifeline for young people who struggle to make peer connections in their local community," Lisa Damour has also emphasized the importance of educating youth about the algorithms that social media use to provide information of interest to them and delaying social media use until older adolescent years. We want to teach youth how to filter out what is appropriate and what is not appropriate content. This can be connected to family values to guide the youth in developing appropriate judgments.

An advisory by the American Psychological Association (2023b) reinforces that developmental growth among children, youth, and teens is gradual, constant, and not always linear. As such, it is important to keep online interactions developmentally appropriate. As parents, it is also vital to maintain open lines of communication and monitoring regarding social media use. The bottom line is that youth social media use, functionality, and permissions should be tailored to youths' unique developmental capabilities to foster healthy and safe interactions, both in-person and online.

*The article was originally published by Psychology Today*

# Paras Health Srinagar marks World Diabetes Day & Children's Day with educational awareness programs and free consultation for Children below 18 yrs

Srinagar: To mark World Diabetes Day and Children's Day on November 14, Paras Health Srinagar is initiating a series of educational and health services aimed at raising awareness about growth & development factors, juvenile diabetes, obesity, and preventive care for children and adolescents. This campaign highlights the importance of early diagnosis of diseases which impacts on overall growth and development in children and management of diabetes, along with addressing the rising prevalence of childhood obesity. Through these initiatives, Paras Health seeks to empower families with

information and resources to protect and improve children's long-term health outcomes.

November 14 & 16, Paras Health Srinagar will provide free outpatient (OPD) consultations for children under 18 from any speciality. Parents are encouraged to bring their children in for comprehensive evaluations conducted by pediatric specialists, Dentist, Ophthalmologist, pulmonologist, Gynecologist etc. These consultations are accompanied by educational programs held in local schools and colleges to promote healthy lifestyle choices, the benefits

of physical activity, and the role of balanced nutrition in supporting children's growth and well-being.

"Juvenile diabetes, or Type 1 diabetes, can develop at an early age and requires careful management and prompt diagnosis. In Type 1 diabetes, the immune system mistakenly targets insulin-producing cells in the pancreas, resulting in insulin deficiency. Children with Type 1 diabetes may experience symptoms like increased thirst, frequent urination, weight loss, extreme hunger, fatigue, and mood changes. Recognizing these signs early allows for timely

intervention and effective treatment, helping children live healthier lives," said Dr. Mahroosa, Endocrinologist.

Paras Health's pediatric team works closely with families to encourage regular health checks, balanced diet & lifestyle habits to support children's overall well-being.

In addition to juvenile diabetes awareness, this initiative addresses the growing issue of childhood obesity, a major risk factor for Type 2 diabetes and other health complications. Paras Health Srinagar is offering discounted screenings for Polycystic Ovary Syndrome (PCOS) for adolescent

girls, a condition often associated with obesity and insulin resistance. Early Screening for PCOS is important, as it can help manage symptoms like acne, hair loss, and irregular cycles while reducing long-term health risks.

To further support preventive health, Paras Health is offering two affordable health check packages for children. The basic health package and the advanced full body check at an affordable price.

Additionally, Paras Health is offering flu vaccines at a discounted price by experts, an important preventive step, especially for children managing chronic conditions like respiratory

discomfort & diabetes. The flu vaccine helps boost immunity and is recommended as an essential health measure during the winter months.

By focusing on children's health awareness, Paras Health Srinagar aims to support families in making informed choices and prioritizing preventive care. On this Children's Day, a preventive healthcare campaign provides an opportunity to offer free consultations, educational resources, and affordable health checks to ensure that children in the community can grow up healthy, active, and well-informed about their health.

## CONTD. FROM FRONT PAGE

### IMHANS Report

the death of loved ones, social stigma, and substance abuse, account for 21.73% of the rising mental health issues among children.

"Parental issues such as discord, illness, and separation contribute to 7.62% of the mental health challenges faced by children, while the trauma and abuse, including bullying, peer pressure, relationship stress, and corporal punishment, account for 9.29% of the mental health concerns among children," the study states.

It further indicates that 12.77% of children's mental health issues are linked to other factors, including excessive use of gadgets.

The report stated that the IMHANS Centre recorded 18006 visits total, 12477 follow-ups, and 5529 new registrations in 2022-23. "18006 children were provided tertiary care services at the centre. 13,165 students and teachers were reached out through school outreach. 3961 parents/caregivers were also reached out through community outreach," the report said.

It said that 17,356 beneficiaries were covered through psychoeducation. The report said that 2190 frontline workers were capacitated that include ASHA workers, ICDS workers, teachers, Paediatricians etc. As part of the achievements in the year 2022-23, the Centre said that Mental Health awareness programs were held in Waqf Board run schools in which 3825 students and 205 were covered.

"In total, 38 school outreach programs were conducted while 56 community outreach programs were held as well. Total number of individuals reached out through school outreach was 13165 and the total number of individuals covered through community outreach was 3961," the report said.

The report said that 350 ASHA workers and 1040 teachers were trained besides ICDS workers and other staff. (KNO)

### MeT Predicts

drought like situation with the water level in the river Jhelum and other streams dropping to all-time low, impacting the water supply across Kashmir

### J&K Sees 70%

counter-terrorism operations, especially after the assembly elections - the first in a decade - in September and October.

The ministry said that as many as 50 civilians were killed in 2019 in the Union territory. While the figure came down to 14 by the first week of November this year, it is nearly three times more than what was recorded last year, when five civilians were killed by terrorists.

The Centre also said that 73 cases of attacks on civilians were reported in 2019 but these were reduced to 10 this year.

According to the Home Ministry, the number of terror-related incidents registered a sharp decline from 286 in 2019 to only 40 by the first week of November this year.

Likewise, 96 instances of terror attacks on security forces were reported in 2019. The figure rose to 111 a year later but subsequently declined from then onwards. A total of 111 cases were recorded in 2020, 95 in 2021, 65 in 2022, 15 in 2023 and five this year.

On the killings of security personnel, the ministry's data said 77 cases were reported in 2019, which was reduced to 58 in 2020, 29 in 2021, 26 in 2022, 11 in 2023 and seven in 2024.

The ministry also provided data on the number of terrorists killed in the region in various operations and encounters.

"In 2019 as many as 142 terrorists were killed but this year the number is around 44. This a cause of worry as it means that despite various efforts we are not able to eliminate them," a senior officer said, seeking anonymity.

The ministry said that the number of grenade attacks decreased from 49 in 2019 to one this year. Similarly, the number of infiltration bids by terrorists was reduced from 141 to three during these five years.

Home ministry officials said the safety of civilians has been a key focus area of the Narendra Modi government. As part of "Vision @ 2047" (the Centre's Viksit Bharat plan to make India a developed nation by 2047), the ministry said it seeks to develop

a safe, harmonious and prosperous India with safe borders, and that this could be achieved through strong internal security, cyberspace, transparent criminal justice system and prosperous borders.

In Jammu & Kashmir, the government intends to eliminate terrorist support and terror financing networks, besides taking legal action against "anti-India elements", the officials said.

### Encounter Reported

location, they came under heavy fire, which was effectively retaliated," he said.

Two to three terrorists are believed to be trapped in the area.

Additional reinforcements have been called in to prevent their escape.

"Cordon layers are being strengthened," the officer said, adding that the lights have been installed to monitor the spot where the terrorists are holed up. (KNO)

### J&K Registers Over

number of children are also being diagnosed with cancer. Leukemia, a type of blood cancer, is the most common form among pediatric cancer patients in the region.

Early detection is crucial in treating childhood cancer, as it offers a high survival rate of around 80%. However, a lack of awareness and widespread misconceptions about childhood cancer often lead to delayed diagnosis, hindering effective treatment.

Kashmir Observer in March, this year, tried to uncover what exactly is causing a spike in cancers? Is there something we're eating, something we're ingesting, some combination of factors that are modern and harmful - which is resulting in these increased cancers?

Dr. Abdul Hamid Samoon, Associate Professor, Department of Minimal Access and General Surgery, GMC Srinagar told Kashmir Observer that the trend of malignancies is rising worldwide, and a similar pattern is witnessed in Kashmir. Cancer happens when the body's cells grow uncontrollably and spread to other parts of the body where these cells can form tumours or invade nearby tissues and organs, leading to serious health issues and these cancerous cells can divide rapidly and disrupt the body's normal function, making it difficult for the immune system to combat them effectively.

Presently, there's an increase in upper gastrointestinal (GI) cancers or stomach cancers, largely attributed to our dietary habits. While there's no definitive genetic or proven cause behind this trend, our dietary patterns play a significant role in driving the increase in malignancies, Dr. Samoon explained.

He pointed out that alongside upper GI cases, colorectal cancers are also on the rise in the valley, especially among the younger population. "It's concerning because cancers tend to be more aggressive in younger patients, affecting their prognosis adversely compared to older individuals. Likewise, in females, there's a significant rise in breast cancers, often associated with genetic factors and familial history," Dr. Samoon had told Kashmir Observer.

Professor of Surgery, Government, Medical College Srinagar, Dr Iqbal Saleem said the rise in cancer cases can be attributed to changes in our food habits and lifestyle.

"Furthermore, the overuse of fertilizers and pesticides is also a major contributing factor for cancers. The indiscriminate use of these chemicals, driven by the desire for quick profits, results in them entering the food chain and ultimately reaching humans. This has led to alterations in genetic makeup, which in turn contribute to cancer-related issues," Dr. Saleem said.

Data shows that with the introduction of high-density apple crops of huge economic value, pesticide use also increased threefold in the last 12 years, especially in Shopian, Pulwama, Kulgam and Anantnag districts of South Kashmir. "Consequently, orchardists in these regions are regularly exposed to pesticides. The majority of cancer cases in these areas are attributed to this pesticide exposure. It is plausible to speculate that there is a correlation between the use of pesticides and the incidence of cancer in these communities," the health expert

said.

A senior oncologist at SKIMS said that there are numerous risk factors for cancer including hormonal, hereditary, metabolic, autoimmune etc. "External causes of cancer include smoking, alcohol consumption, dietary imbalance (malnourished or obese), radiation or infections like Human Papilloma Virus (HPV), Hepatitis B Virus (HBV), Human Immunodeficiency Virus (HIV), H Pylori etc," he said. (inputs from KINS)

### Over 1,600

revealed that approximately 1,600 cancer patients have been registered at the hospital, with more than 400 patients diagnosed this year alone. "The hospital has been conducting thousands of chemotherapy sessions annually and efforts are ongoing to introduce radiotherapy facilities to enhance cancer treatment capabilities," he said.

Dr Shahid provided insights into the emerging trends in oncology, saying that huge advancements in cancer treatment have been made over the past few years. These advances, he said, have contributed to increased survival rates among cancer patients. He added that stomach cancer is more common among men, while breast cancer is prevalent among women in the region.

Dr Rukhsana Najeeb, Principal of GMC Anantnag, shared her observations on the regional patterns of cancer, saying that carcinoma cancers are notably common in south Kashmir. "The high incidence of cancer is due to dietary habits, including the consumption of rice, salt and dried foods," she said. Dr Najeeb called for early cancer detection, saying that with advancements in diagnostic techniques, cancer can now be identified at an earlier, more treatable stage, significantly improving the chances of survival.

"Early detection is crucial. When cancer is diagnosed in its initial stages, the likelihood of successful treatment and survival is much higher," Dr Rukhsana said adding that while advanced treatments are available for many types of cancer, some forms still lack effective treatment options.

Several other oncologists at the event called for awareness in combatting cancer, saying that about 70 percent of cancers are now treatable, even in advanced stages. They called for continued efforts in early diagnosis, prevention, and improving treatment options. The experts also highlighted the role of lifestyle factors - such as diet, physical activity, and overall health - in cancer prevention. (KNO)

### IUST Lauded

Centre of learning, particularly for skillful human resources in STEM fields.

"In IUST, we have introduced diverse programmes to amalgamate science, technology and humanities in a way where all the disciplines work together, for holistic growth of the students," Sinha said.

The LG, Chancellor of IUST, reiterated the commitment of the University to bring about perceptible change in society with its innovative and equitable practices.

"My aim is to redefine learning and make our higher educational institutions and Youth future-ready. In IUST, we have introduced diverse programmes to amalgamate science, technology and humanities in a way where all the disciplines work together, for holistic growth of the students," Sinha said.

He highlighted that the innovative initiatives of IUST are in sync with the NEP 2020 vision to make higher education institutions future ready by providing multi-disciplinary and interdisciplinary education.

IUST's efforts in the field of innovation, startups and entrepreneurship is being lauded across the country and it has achieved prestigious 4-star ranking by Union Ministry of Education, he added.

The LG called upon the youth to explore cutting-edge, transformative technologies and harness the power of innovation to benefit society, empower marginalised communities, promote inclusive and equitable growth for a brighter future.

He further impressed on the teaching community and educational institutions to nurture and promote creativity, innovation, new technology, entrepreneurship, with focus on

capacity building, skill development and lifelong learning to empower the youth and make them key partners in a nation's socio-economic development.

The LG also underscored the importance of skill census which will help in identifying areas for improvement and creating better employment opportunities.

On the occasion, the LG inaugurated the Tech Expo-2024 at IUST and distributed financial assistance under Startup India Seed Fund Scheme.

He also felicitated teachers and meritorious students, and released several publications including Design Your Degree Programme (DYDP): concept progress and institutionalisation, and J&K and Ladakh Research Consortium ByLaws.

Prof Shakil Ahmad Romshoo, Vice Chancellor IUST, presented the University report and highlighted the achievements of the University.

Series of programmes like Academic-Industry Conclave, Tech Exhibition, Lit-Fest, and other activities, dedicated to youth empowerment, were organised as a part of Foundation Day celebrations.

Prof. (Dr.) Mohammad Mobin, Vice Chancellor, Cluster University Srinagar; Prof. Mohammad Ashraf Ganie, Director, SKIMS; Prof. Abdul Wahid Makhdoomi, Registrar IUST, senior officials, heads of various educational institutions, faculty members and students were present.

### 'J&K Hub Of Indian

potential of our talented weavers and craftsmen," LG said.

Sinha was addressing the Convocation Ceremony at National Institute of Fashion Technology (NIFT), Srinagar.

In his address on the occasion, the LG congratulated the NIFT management, faculty members, staff and graduating students, and extended his best wishes.

The LG urged the young, creative minds to address the emerging challenges of the domestic apparel and textile industry and make India fashion capital of the world.

"Youth are the inheritors of our great civilization. I firmly believe India's unique cultural and historical identity and dedication of our youth to weave magic into creative products will bring far-reaching changes in the fashion industry," the LG said.

At the convocation, the LG shared the key initiatives taken, under the guidance of Hon'ble Prime Minister Shri Narendra Modi, to strengthen the entire value chain from fiber, yarn, fabric to apparel and also reviving unique cultural and artistic heritage.

The LG also commended the efforts of NIFT to provide a complete, meaningful, relevant education in the area of design development, fashion management and fashion communication to strengthen the brand positioning of apparels and crafts, and to support J&K's artisans and enrich the local crafts through Craft Cluster Projects.

He advised the students to implement the inclusive approach in spreading the benefits of expertise and exposure earned at NIFT to handicrafts and handloom industry and to do justice with creativity of craftspeople for their empowerment.

"NIFT has emerged as a premier fashion institution of the country and producing professional human resource for the textile and apparel industry. Your collective aim should be to build global brands. Your creativity, innovation, value edition and your dedication for cultivating the personality of your products will help in making fashion design, technology and lifestyle accessory industry competitive in the international market," he said.

The LG also paid tribute to well-known fashion designer Rohit Bal who was born in Srinagar and went on to revolutionize the Indian fashion industry. The Lieutenant Governor said his innovative and dynamic approach will inspire NIFT's students to become catalysts for stronger and sustainable growth in this sector.

Vikramjit Singh, Commissioner, Secretary, Industries & Commerce Department; Vijay Kumar Bidhuri, Divisional Commissioner Kashmir; Rajiv Omprakash, DIG CKR Srinagar; Akshay Labroo, Deputy Commissioner Budgam; Prof. Monika Gupta, Director, NIFT Srinagar; Prof. Sudha Dhingra, Dean Academics, NIFT; HoDs of different educational institutions, senior

officials of Civil and Police administration, students and faculty members were present.

### Reopening Settled

with the World Bank being a signatory to the pact that sets out a mechanism for cooperation and information exchange between the two sides on the use of waters of a number of cross-border rivers in Jammu and Kashmir.

Reacting to Abdullah's comments, Mehbooba told reporters in Srinagar, "Jammu and Kashmir has suffered a lot in the last 75 years and witnessed many hardships. Many people were killed and properties destroyed. Jammu and Kashmir suffered losses because of the tension between India and Pakistan. The Indus Water Treaty is the only treaty which has remained in place despite the wars and tension."

While there is no doubt that Jammu and Kashmir has suffered losses because of the treaty, "the BJP's narrative for the last few years has been that it wants to make the Indus Water Treaty an issue", the People's Democratic Party (PDP) leader said.

"Omar (Abdullah) has said it has caused losses and we cannot generate more electricity. But we should also see whether the electricity we are generating is ours or not. We say we are suffering losses because we are not able to use more water and generate more electricity. I want to ask, "Is the electricity that we are producing ours?"

The PDP chief said it was the Abdullahs who handed over Jammu and Kashmir's power projects to the NHP.

"When the late Sheikh (National Conference founder Sheikh Mohammad Abdullah) was chief minister, he gave the Salar project to the NHP. When Farooq (Abdullah) was chief minister in 1997, he handed over seven power projects to the NHP," she said.

The chief minister should focus on seeking the return of at least two power projects from the Centre, Mehbooba asserted.

"When we formed the government with the BJP, those power projects were mentioned in our alliance agenda and the BJP had agreed to return those," she said.

Mehbooba also demanded that the Centre financially compensate Jammu and Kashmir if they do not return the power projects.

"Jammu and Kashmir is the only state which, despite generating electricity, remains in the dark. Our electricity goes to the NHP, which then sells it back to us. So, we should not make the Indus Water Treaty an issue and create more tension between the two countries that would only benefit the BJP," the former chief minister said.

"If there is an issue, its brunt will be borne by the people of Jammu and Kashmir and it will make no difference to the BJP. It will make no difference to Punjab or Rajasthan but only to Jammu and Kashmir. Our hands are already painted with blood. So, we have to talk after thinking thoroughly and not reopen issues that are already settled to some extent, otherwise we toe the BJP's line," she added.

Speaking at a conference of power ministers of states and Union territories in New Delhi, Abdullah had said the Indus Water Treaty was restricting Jammu and Kashmir's ability to harness its huge hydel power potential, primarily due to storage constraints.

"As a fallout of the treaty barriers, Jammu and Kashmir pays a heavy price in the peak winter months when power generation hits a low, creating hardships for its people," Abdullah had said at the conference.

He had highlighted the limiting clauses in the treaty that restricted Jammu and Kashmir from realising its full hydel power potential by only permitting run-of-the-river projects and said "hydel power is Jammu and Kashmir's only viable energy source. The region is compelled to rely on power imports from other states, which adversely impacts its economy".

Jammu and Kashmir will require special compensation from the Centre, including viability gap funding and equity assistance, to harness its untapped hydro-energy potential, the chief minister had said.

### Rightwing Gibberish

Pakistan was restricting the Union Territory's ability to harness its huge

hydel power potential, primarily due to storage constraints.

However, Handwara MLA Lone said the criticism was music to the ears of the ruling party at the Centre.

"Typical rightwing gibberish. And a recently elected chief minister is bending his back backwards to please the ruling party at the Centre," he said in a post on X.

The Peoples' Conference chief said he personally did not support the treaty as it was "unfair" and signed by the then ruling party in India.

However, he criticised the National Conference for its inaction on water resource management.

"May I, as a Kashmiri, ask what have the previous ruling parties, especially the National Conference, which has been in power for the longest time, done with our water resources?" he said in the post.

He said Jammu and Kashmir had not harnessed even 20 percent of its potential in hydroelectricity.

"And what we have harnessed is mostly owned by the NHP. The NHP's most profitable projects are in Jammu and Kashmir. We should have been net exporters of power. (But) we are net importers of power," he added.

He urged Abdullah to advocate for Jammu and Kashmir's rights over its water resources.

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### HC Seeks

directed the authorities to file a detailed action taken report, indicating the steps taken by them with regard to the qualitative and quantitative overhauling of the Forensic Science Laboratories in J&K and Ladakh and also steps required to be taken for de-addiction.

"One status report was filed on 27.02.2023 by the Director, Forensic Science Laboratories J&K indicating the steps undertaken for qualitative and quantitative overhauling of the Forensic Science Laboratories. In the status report, it is stated that the process has been initiated for filling up the vacancies," the court had said, adding, "Another status report dated 15.07.2023 was filed by the Special Director General of Police, Crime Branch, J&K indicating the action undertaken by the respondents for the purpose of checking menace of drugs, pursuant to the directions issued by this Court from time to time."

However, the court was informed that the authorities have not filed any status report with regard to the steps taken for de-addiction till date and that de-addiction centres are not functioning properly, as such, the very purpose for which such centres have been established, was getting defeated.

Subsequently, the court had directed the authorities to file the status report with regard to the functioning of the de-addiction centres being run either by the Government or by the private individuals/NGOs in the Union Territories of J&K and Ladakh. The court had also ordered authorities to inform it whether the vacancies have been filled in the Forensic Science Laboratories or not.

### Surprise Inspection

The notice emphasised that the negligence and unprofessional behaviour demonstrated by the absentees were unbecoming of public servants under the rules and regulations of Jammu and Kashmir's Civil Service Rules (CSRs).

## Press Information Bureau Organizes Media Workshop 'Vartalap' In Baramulla



Observer News Service

**SRINAGAR:** The Press Information Bureau (PIB), Srinagar, organized a media workshop 'Vartalap' in Baramulla, aimed at enhancing interaction between media personnel and government representatives. Minga Sherpa, Deputy Commissioner Baramulla, inaugurated the workshop as the Chief Guest.

Qazi Salman, Joint Director, PIB Srinagar, formally welcomed the audience, providing an overview of the program's objectives. He highlighted how Vartalap is designed to bridge gaps between the government and the media to streamline better communication and understanding.

Sunil Koul, Assistant Director, PIB Srinagar, presented an in-depth overview of the functions of various media units within the Ministry of Information and Broadcasting, including the Press Information Bureau.

In his address, DC Baramulla Minga Sherpa spoke on the Aspirational District Programme, highlighting Baramulla's strong performance across its parameters. He also discussed the implementation of flagship centrally sponsored schemes in the district, including the Jal Jeevan Mission, Ayushman Bharat, Panchayati Raj, and Rural Development initiatives, as well as road infrastructure projects.

Chief Planning Officer, District Baramulla outlined the progress made by the district in the prestigious Aspirational district programme. He also explained how the district has ensured good ranks on various parameters and kept monitoring the progress and maintaining the pace of development. He also

enlisted all the six awards the district has received under the programme.

Qazi Salman, Joint Director, Press Information Bureau, Srinagar provided a detailed presentation on the upcoming WAVES Summit scheduled for February 2025. Addressing a group of students in the audience, Salman emphasised the students to sign up for WAVES challenges on offer and also amplify and to share this opportunity among their peers.

Chief Medical Officer, Dr. Mastoora provided an overview of Ayushman Bharat Scheme and its progress in the district. She explained how complex procedures were done in the district where 14 hospitals are empanelled with the scheme and benefitting the masses across the district.

Ajaz Ahmad, Executive Engineer, Jal Shakti, Baramulla gave an overview of the progress of Jal Jeevan Mission (JJM). He highlighted the main issues and challenges faced by the department and underlined the issues of misuse of drinking water as well as depletion of the water resources. Shri Ajaz spoke about the importance of providing safe water and how Jal Jeevan Mission is a lifeline not only in the district but across the globe.

Iftikhar Naseem, District Information Officer, Baramulla, while presenting Vote of Thanks lauded the efforts of the PIB Srinagar in reaching out to the media fraternity in the peripheries.

The proceedings of the event were moderated by Sunil Koul, Majid Pandit, Media & Communication Officer, along with other staff members of PIB Srinagar, were present on the occasion.

## KEEMA Calls For Sustainable Industrial Growth

Observer News Service

**SRINAGAR:** The Kashmir Electrical Equipment Manufacturers Association (KEEMA), has raised concerns regarding the alleged unchecked registration of new manufacturers without a comprehensive assessment of market needs. As Kashmir's industrial landscape grows, KEEMA has emphasized the necessity of ensuring that this growth aligns with actual market demand to avoid oversaturation and maintain long-term stability.

"Kashmir's industry is at a pivotal moment. Our industrial growth is essential, but if not carefully managed, we risk creating an environment where both new and established manufacturers may struggle to survive due to limited demand," said Mukhtar Yousuf, KEEMA's spokesperson.

KEEMA highlighted the industry's current dependency on government demand, particularly from entities like the Kashmir Power Distribution Corporation Limited (KPDC).

"With new manufacturers entering the market, there are concerns that the sector may soon face issues such as underutilized facilities, intensified competition for a limited customer base, and potential financial difficulties for businesses. Additionally, procurement practices

that favor large-scale producers through turnkey tenders tend to disadvantage smaller, local manufacturers, further complicating the situation," KEEMA in a statement said.

To safeguard the industry's future, KEEMA sought the establishment of an Industrial Planning Commission (IPC) for Jammu and Kashmir, modeled after India's NITI Aayog. "The IPC would conduct thorough market analysis to project short, mid, and long-term demand for various products and publish these insights to assist new and aspiring entrepreneurs in making informed decisions," it said.

The IPC would help aspiring entrepreneurs identify sustainable, market-driven products, explained Mukhtar Yousuf. "This strategic guidance would reduce the risk of oversupply and ensure financial institutions can more confidently fund projects aligned with actual demand, ultimately strengthening the regional economy," it added.

The Secretary General Kashmir Electrical Equipments Manufacturers Association (KEEMA) Waseem Ahmed Khateeb also called on the government to adapt procurement practices, over the turnkey tenders, for supporting the small and micro-enterprises.

## Jaundice Outbreak Hits Kulgam village, 9 Test Positive

Agencies

**KULGAM:** A jaundice outbreak has affected at least nine children in Khaloora village of south Kashmir's Kulgam district, with all patients in stable condition and under close surveillance, officials said on Wednesday.

Locals said that several children have developed jaundice infection, which is due to contaminated water supplied to them.

They accused the department concerned of lack of proper sanitation measures, despite repeated requests to clean the supply system of accumulated dirt.

Block Medical Officer Kulgam, Dr A R Shan told KNO that out of

20 samples taken, nine have tested positive for jaundice, with all of them stable and under surveillance.

He said that water samples from the village showed unsatisfactory results. "The outbreak spread is due to impure water. Residents have been advised to take necessary precautions, especially to drink only boiled water. Health teams are also visiting the area regularly", he said.

Officials of Jal Shakti department said that a new water supply scheme for the village will be operational very soon and acknowledged the ongoing water supply issues. "Yes, the village is facing water supply issues. A new water supply scheme will be in place for the area very soon," he said—(KNO)

## Lecturer, Professor Posts To Be Filled Soon: Sakina Itoo

Observer News Service

**SRINAGAR:** Minister for Health and Medical Education, Sakeena Masood Itoo on Wednesday said that the government will work on recruitment policy and that vacant posts of lecturers, professors and teachers will be filled soon.

Speaking with reporters on the sidelines of a function at Sher-e-Kashmir International Convention Centre (SKICC), Sakina said that it is true that recruitment was hit in the past some years, but the process has been started.

She said that drug addiction and depression among youngsters is a challenging task to tackle, but the government will take every possible measure to control the situation. Sakeena inaugurated a day-long Conference on Child Mental Health and Psychosocial Support at SKICC.

In her inaugural address, the Minister remarked that this issue is very crucial as the children are a very important part



of our society. "Children are the future of our nation and their mental well-being is crucial for shaping a positive and healthy society," Sakeena said.

"A recent study disclosed that one out of five children are affected by anxiety and depression. We need to address these issues not only through health-care and therapy but by fostering environments that encourage emotional growth as well as interventions from institutional levels to help children develop resilience and cope with adversity," she added.

The Minister also outlined the significance of collaboration between governmental

bodies, educational institutions and mental health organizations to create robust frameworks for child mental health services across J&K.

"This issue is very critical for our society and from teachers, doctors, paramedics, NGOs and government departments, everybody has a role to play to deal with this issue," Sakeena said.

She maintained that our government is committed to upgrading the health care system from the remotest of areas so that the people get advanced medical care facilities near their homes.

Secretary Health and Medical Education, Dr. Syed Abid Rasheed Shah, Head Child Guidance and Wellbeing Centre (CGWC)-IMHANS, Special Child Protectionist, UNICEF, Administrator Associated Hospitals Srinagar, Medical Superintendent, SMHS Hospital, Heads of different specialities, students and large number of researchers from across the country were also present on the occasion.

## Govt To Establish 3,000 Dairy Farms In J&K

Agencies

**SRINAGAR:** In a major boost to the dairy sector, the Jammu and Kashmir administration has set a target to establish 3,000 dairy farms across the Union Territory.

The government has already initiated several schemes aimed at promoting dairy farming in the region.

According to official data accessed, the target is to establish 3,000 new dairy farms, with significant increases expected in both milk production and collection over the next five years.

Milk production is projected to rise from 25 lakh metric tons to 45 lakh metric tons, while daily milk collection and chilling capacity is expected to increase from 2 lakh to 8.5 lakh litres per day (LLPD).

Additionally, the scheme includes incentives for 1,800 PashuSakhis (veterinary assistants) who will support the balancing of rations for 6 lakh cows and oversee the milk recording program for 30,000 dairy cows.

As part of the comprehensive plan, 60,000 backyard poultry units will also be set up in rural areas to further support the local economy. The government is also focusing on enhancing fodder supply by providing hybrid fodder seed kits for 3,600 hectares of land, along with the establishment of 100 hydroponic fodder



units and 60 silage-making units. Six fodder depots will also be set up to ensure adequate fodder in areas with shortages.

Jammu and Kashmir's agriculture sector, which contributes 16.18% to the region's GDP, relies heavily on dairy farming, with around 35% of that contribution coming from the dairy industry. The sector remains a vital livelihood source for the large rural population, with increasing government support leading to substantial growth in recent years.

One success story is that of Altaf Ahmad, a 25-year-old from Pulwama, who started two dairy units in 2021, each with five cows. "We received a subsidy of Rs 1.75 lakh for each unit. Currently, we produce up to 200 litres of milk daily, which we sell to dealers," he said. The family also began offering home delivery of milk, priced at Rs 45 per litre, and employs a person to

manage the delivery.

"We earn around Rs 10,000 a day. After spending about Rs 5,000 on feed and salaries for three employees, we make a profit of over Rs 1 lakh per month," he added. Altaf encouraged other young people to consider dairy farming as a viable business opportunity, stating, "Dairy farming offers good returns, and there are numerous schemes available to help young people become job creators rather than job seekers."

In addition to assisting rural residents in purchasing cattle, the government schemes also provide dairy producers with equipment such as milking machines, cheese-making machines, and mechanized devices like khoya-making machines, dahi makers, cream separators, ice cream makers, butter and ghee-making machines, as well as milk vans and milk ATMs—offered at a 50% subsidy. (KINS)

## KU Alumnus Appointed India MD Of News Corporation's Storyful

Observer News Service

**NOVEMBER:** Storyful, part of Rupert Murdoch's News Corporation, announced on Tuesday the opening of a new office in India, marking a significant

step in the company's global expansion strategy. Aamir Bashir has been appointed as Managing Director. Bashir, 34, is a graduate of Kashmir University's MERC



Headquartered in New York, News Corporation owns prominent media outlets such as The Wall Street Journal, News UK, The Sun, The Times, The New York Post, HarperCollins, and Foxtel, among others. The new office in India aims to support Storyful's mission of acquiring and verifying videos from across the globe. This expansion

will strengthen Storyful's position as the global leader in providing newsrooms and brands with compelling and authentic content.

Previously, Bashir spearheaded Jukin Media's expansion in Asia and played a pivotal role in its \$150 million acquisition by Trusted Media Brands, the parent company of Reader's Digest, in 2021.

"Opening an office in India is a milestone for Storyful," said Storyful Editor-in-Chief James Law. "We recognize India's importance as a content hub and its role in shaping global conversations. With Aamir Bashir at the helm and a robust recruitment strategy in place, we are excited to provide our clients with even more of what they need: engaging, verified videos that enhance their storytelling and help them grow their audiences."

## RTI Movement Demands Release Of Environmental Activist

Observer News Service

**SRINAGAR:** Jammu & Kashmir Right to Information Movement -RTI Movement has demanded that Environment Activist Rehmatullah Padder from Doda J&K be released soon. In a statement Chairman J&K RTI Movement Dr Raja Muzaffar Bhat has appealed to Chief Minister Omar Abdullah to intervene and make sure that charges framed under J&K Public Safety Act were dropped against Rehmatullah.

In a statement Dr Raja Muzaffar said that Rehmatullah had exposed the administration and Urban Local Bodies for openly violating MSW Rules 2016 by dumping waste in the forest area of Doda

"Booking him under the Public



Safety Act is highly condemnable as people like him work for Public Safety through their climate and environmental activism. We appeal to Chief Minister Omar Abdullah to intervene and find out the facts which led to the arrest of this selfless activist who has been doing great humanitarian work in Doda plus highlighting environmental issues as well" reads the statement.

## Govt Gives Rs 5 Lakh To Family of Woman Killed In Grenade Attack

Press Trust Of India

**SRINAGAR:** The Jammu and Kashmir government on Wednesday handed over Rs five lakh as a gesture of support to the family of a woman, who succumbed to the injuries received in a grenade attack here earlier this month.

Minister for Health and Medical Education, Social Welfare and Education Sakeena Masood visited Sumbal, Bandipora, to condole with the family of Abida Lone, who succumbed to her injuries after she was wounded in a grenade attack at a popular flea market in the city, an official spokesman said.

Masood strongly condemned this inhuman killing of Abida, who has left behind her three small children, he said.

The minister extended her

deepest condolences with the family and loved ones of the deceased, he said.

Masood said the thoughts and prayers of the government are with the family and assured them all possible support from the government in the difficult time. The minister also prayed for eternal peace of the departed soul, seeking peace and solace for the family affected by this tragedy.

In a gesture of support, Masood handed over a cheque of Rs 2.5 lakh to the slain woman's husband and a FDR amounting to Rs 2.5 lakh in favour of her children for their future needs, the spokesman said.

Earlier, the family has also been presented a cheque amounting to Rs 1.25 lakh out of district Red Cross Fund Srinagar and Disaster Fund Srinagar.

## THE JAMMU & KASHMIR BOARD OF SCHOOL EDUCATION

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### NOTIFICATION

All the eligible candidates of SSE (Class 10th) and Higher Secondary Part-II (Class 12th) Examination Session Annual (Pvt)/BI-Annual 2024 desirous of obtaining the Photostat Copy/ies of their Answer Scripts and or Re-evaluating their Answer Scripts are hereby informed that they shall APPLY ONLINE for the same on the JKBOSE official website i.e. www.jkbose.nic.in as per below mentioned schedule:

Date of opening of link for submitting online forms of re-evaluation / Photostat copy of Answer script/s	14-11-2024
Last date for filling forms for obtaining photo copy of Answer Script/s.	28-11-2024
Last date for filling Re-evaluation Forms	05-12-2024

### Instructions for filling of Forms for Re-evaluation / Photostat copy/ies.

- ▶ The prescribed fee for Re-evaluation is Rs.520/- per Answer Script and that for Photo copy is Rs.270/- per Answer script. It shall be deposited through online mode i.e. Credit/Debit Cards, UPI, Net Banking etc.
- ▶ Notice for collection of Photostat copies of Answer Script/s shall be uploaded on the JKBOSE website in phased manner and the students will collect their Photo Copy/ies strictly as per the uploaded schedule from the concerned Secrecy sections of JKBOSE Head Office at JKBOSE New Campus, Bemina, Srinagar and Rehari Colony, Jammu-Tawi only after producing proof of the Fee deposited.
- ▶ No student will visit the JKBOSE office without following the schedule for collection of Answer Scripts.
- ▶ If the candidate is unable to collect Hard Copy of the requested Answer Script due to long distance, he/she may request for its soft copy through email immediately after applying for the same In online mode via jssecrecy\_Jd@jkbose.co.in for Jammu division and Leh district of UT of Ladakh and jssecrecy\_kd@jkbose.co.in for Kashmir division and Kargil district of UT of Ladakh.
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- ▶ The candidates having disqualification and Exam/paper cancelled are not eligible to fill the Photostat copy/re-evaluation forms in the respective subject/s

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## Work On Technique & Hit Reset Button: Brett Lee To Rohit, Kohli

Press Trust of India

**SYDNEY:** Former Australian pacer Brett Lee has advised India skipper Rohit Sharma and star batter Virat Kohli to hit the "reset button", work on their technique and hit the ground running in the five-Test series against Australia, beginning in Perth in less than 10 days' time.

The two batting stalwarts will be keenly observed during the Border-Gavaskar series Down Under following their underwhelming performance in the 0-3 Test whitewash by New Zealand recently.

"When you have a couple of bad runs back to back, that's when the pressure gets set in. So, I guess the thing now is that someone like Virat Kohli and Rohit Sharma, they've just got to go back to the drawing board," Lee said on his YouTube channel.

"They are champions because they do the basics better than anybody else. Then, just



hit the reset button, almost."

Lee also warned that the Australian pacers would be aiming to attack Rohit and Kohli with the new ball, and that they

should quickly sort their batting.

"(They should) work on their technique, freshen up, get away from cricket for as much as they can and then hit the ground

running when they go to Australia because I can promise you the Australian fast bowlers will be attacking Rohit Sharma with that brand-new ball," he added.

Rohit has managed 588 runs in 11 Tests at an average of just 29.40 this year, while Kohli has accumulated 250 runs in six Test at an average of 22.72.

Lee felt the tendency of the two batters to be too aggressive might have resulted in their poor show so far this year.

"It's hard to put your finger on why they (Rohit and Kohli) failed. If you first look at the way that Rohit Sharma got out, a lot to the quicks.

"So, I can't say there's a technical fault there because I've seen him play for the last decade. I still believe he's one of the best players of the pull shot in world cricket, but maybe he's a little bit too aggressive.

"Maybe there were a couple of shots... was there a technique issue? Was his bat leaving his pad a bit too early? Was he getting that far forward or not enough forward? Or, was he sort of being a little bit hesitant?" Lee wondered.

### Short TAKES

#### Aquib Nabi Takes 6 As J&K Dominates Tripura On Day 1

J&K senior men's cricket team was on top Wednesday on Day 1 of their Ranji Trophy match against Tripura at JKCA Hostel Ground in Jammu.

Opting to bowl first, J&K bowlers led by Aquib Nabi dismantled Tripura top order as they could only make 165/10 in 50.3 overs. Aquib was the pick of the bowlers, recording figures of 6/54. Pacer Rasikh Salam took 3/26 to rout Tripura. Captain Mandeep Singh top scored for the visitors, scoring 67 of 122 balls to stem the embarrassment as Tripura was 68/5 at one point.

In reply, J&K was 82/3 in 29 overs at the end of Day 1. Opening batter Shubham Khajuria was not out on 46 of 92 balls.

J&K would hope to take the lead on Day 2 to guarantee innings lead and three points. The team would then look to win the game at their home ground.

A win would put J&K in a strong position in Elite A group, which is currently led by Baroda (3 wins, 1 draw) with 20 points. J&K is second with 17 points from four games, winning two and drawing one. Mumbai is third with 16 points from four games (2 wins, 1 loss). (Observer News Service)

#### Kohli, Pant Practice Hard In Perth

Team India have touched down in Australia and have begun their grind as they attempt to score a hat-trick of series wins Down Under.

The task is cut out for Head Coach Gautam Gambhir and Assistant Coach Abhishek Nayar as they work to inspire the team after having tasted bitter defeat at the hands of the Kiwis at home earlier this month.

Virat Kohli return to Australia, his favourite hunting ground, where he has plundered runs at will. Kohli, who missed three Tests from the 2021-2022 series on paternity leave, was all smiles and animated during the team's first training session in Perth ahead of the opening Test on November 22.

Among others seen in action were Rishabh Pant, one of the architects of India's series victory Down Under the last time around.

The Australia Tests will be baptism by fire for Yas-hasvi Jaiswal who has accumulated runs by the dozen since his Test debut against the West Indies last year.



## DC Srinagar Flags Off 'Run for Diabetes' Along Foreshore

Observer News Service

**SRINAGAR:** On the eve of "World Diabetes Day 2024," the Department of Endocrinology at Super-speciality Hospital, Govt Medical College, Srinagar, organised a "Run for Diabetes" even on Wednesday along Foreshore Road.

The five-kilometer run was flagged off by Deputy Commissioner Srinagar Dr. Bilal Mohi-Ud-Din Bhat, and was aimed at promoting the importance of lifestyle modifications as a key preventive measure against diabetes, highlighting how physical activity and a healthy lifestyle can reduce the risk.



Administrator GMC Srinagar, Mohammad Ashraf Hakak, Dean of Medical faculty SKIMS Prof Shariq Masoodi, HOD Endocrinology GMC Srinagar Dr M Hayat Bhat were also present at the event.

The event also saw the

participation of endocrinologists Dr Shah Nawaz Mir, Dr Hilal Mohiuddin, Dr Khursheed, Dr Saleem Baba, Dr Abid Bhat, Cardiologist Dr Irfan Bhat, the Kashmir Runners Club, members from Pharma Industry and general public.

## Sajid Yousuf Dar Earns AFC Pro License

Observer News Service

**SRINAGAR:** In a landmark achievement for the Jammu & Kashmir football community, Sajid Yousuf Dar, an international coach and coach educator, has successfully earned the prestigious AFC Pro License. This elite qualification, highest in Asian football coaching, marks a new pinnacle in his distinguished career.

J&K Football Association on Wednesday congratulated Sajid on his achievement.

"Throughout his career, Sajid Yousuf Dar has continuously brought immense pride to Jammu & Kashmir with his remarkable achievements, in-



spiring young talent, and championing the growth of football in the region," the association said.

"His AFC Pro License not only enhances his own legacy but also elevates the standards of football coaching across J&K, set-

ting a powerful example for aspiring coaches and players alike."

Downtown Heroes FC also had a congratulatory message for Sajid.

"This is a monumental milestone in your coaching career, and we are thrilled to see your hard work and dedication pay off. ... As you celebrate this achievement, know that you've joined an elite group of coaches who have demonstrated the highest level of expertise and professionalism," the club said.

Srinagar-born Sajid Yousuf Dar is currently the head football coach of Kashmir University. He has coached several national youth teams as well as the India women's senior team.

## DYSSO Budgam's Refresher Training Course Concludes

Observer News Service

**BUDGAM:** The Department of Youth Services and Sports (DYSSO), Budgam, concluded its comprehensive Orientation and Refresher Training Course for Rehbar-e-Khel teachers at Sports Stadium Budgam on Wednesday. Held from November 7, the program was dedicated to updating teachers on new sports and strengthening their instructional techniques.

The program was held under the directions of Mohd Rashid Kohli, Joint Director DYSS Kashmir Di-



vision, and provided teachers with essential insights into emerging games and modern coaching practices. "By refreshing their knowledge and skills, the

course has prepared Rehbar-e-Khel teachers to bring enhanced energy and expertise to sports education across Budgam," the department said in a press release.

## Two-Day Indoor Rowing Championship Concludes In Sopore

Observer News Service

**BARAMULLA:** Fourth District Baramulla Indoor Rowing Championship came to end on Wednesday at Women's Degree College Sopore.

The event was organised by District Rowing and Sculling Association Baramulla and saw participation from boys and girls from different schools and clubs in Sopore.

The closing ceremony was attended by prominent figures including SP



Sopore Divya D., international kayaking and canoeing player Bilquis Mir, and Additional Deputy Commissioner Sopore S.A. Raina, who served as the Chief Guest.

Muzaffar Ahmad, President of the District Water Sports Association Baramulla, highlighted ongoing efforts to train young athletes in the absence of certain facilities.

## Pakistan Should Stop Playing Cricket With India, Says Rashid Latif

Press Trust of India

**NEW DELHI:** Former wicket-keeper batter Rashid Latif says if had the power he would not let Pakistan play against India in any tournament and also suggested that ICC should not grant the hosting rights of global events to both countries until they resolve their issues.

The BCCI has refused to send its team to Pakistan for the upcoming Champions Trophy and there speculation that the entire tournament could be moved out of the country.

The Pakistan Cricket Board (PCB) has written to the International Cricket Council (ICC) asking for a written confirmation from the BCCI for India's inability to travel to Pakistan for the tournament.

"There's a big possibility that Pakistan can stop playing cricket against India. Had I been in power, then, yes, I may have taken this strong step. I would not blame anyone for this. If you don't want to play (in Pakistan), then don't play



against us (at all)," Latif, known for his plain speak, told PTI Videos.

"If I would have been there, I would have taken this decision, and fought against the BCCI."

He suggested that the ICC should also stop giving major tournaments to both India and Pakistan till issues are resolved.

"In my opinion, ICC should withhold the hosting rights for both countries until these issues between them are resolved; until their problems are settled," said the former wicket-keeper-batter who played 37 Tests and 166 ODIs.

Touching upon the issue of political interference in cricket, particularly in Asia, Latif referred to the ban imposed on Sri Lanka (in 2023) and Zimbabwe (in 2019) by the ICC and questioned why the global body was lenient towards India and Pakistan.

The ICC had suspended Sri Lanka Cricket (SLC) in November last year for alleged political interference in the administration of the sport in the country. The suspension was lifted in January this year.

"Why aren't India and Pakistan getting banned? Because, ICC has a lot of stake on them," he said.

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