


# KASHMIR OBSERVER®

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BOOK APPOINTMENT

## '30% Work Pending' AIIMS Kashmir To Miss Jan 2025 Deadline

Observer News Service

Srinagar: The All India Institute of Medical Sciences (AIIMS) Awantipora is likely to miss its January 2025 deadline, as approximately 30% of the project remains incomplete.

According to details, the Union government approved two AIIMS projects for Jammu and Kashmir in 2019. While AIIMS Jammu has been completed and inaugurated by Prime Minister Narendra Modi, progress on AIIMS Awantipora has been slower, with 30-35% of the work still pending.

Officials said that 70% of the work on AIIMS Awantipora has been completed, but the

remaining 30% cannot be finished within the one-month window left before the deadline. Despite a commendable pace of work, they said it is not feasible to complete the project by January 2025.

"There is a need to accelerate efforts on this ambitious project to ensure its completion at the earliest. While 70% of the work has been completed over the last five years, expecting the remainder to be finished in one month is unrealistic," an official said.

Residents of Awantipora and surrounding areas have urged the government to expedite the completion of the project, saying there is | [More on P6](#)



## NDA Sweeps Maharashtra, INDIA Keeps Jharkhand



KO Web Desk

Srinagar: The Bharatiya Janata Party (BJP)-led Mahayuti alliance has scripted a landslide victory in Maharashtra while the INDIA bloc retained Jharkhand in the Assembly polls, the results of which were announced on

November 23. The National Democratic Alliance (NDA) also swept assembly bypolls in Bihar and Assam, while the Trinamool Congress dominated bypolls in West Bengal. Priyanka Gandhi Vadra scripted victory in her first election in the Wayanad parliamentary bypoll. | [More on P6](#)



**MAHARASHTRA**  
BJP+: 236 Seats  
INC+: 49 Seats  
IND: 2 Seats  
OTH: 2 Seats

**JHARKHAND:**  
JMM+: 56 seats  
BJP+: 24 seats  
JLKM: 1 seat

### Win For Development, Good Governance: PM

Prime Minister Narendra Modi on Saturday lauded the BJP-led National Democratic Alliance's massive victory in the Maharashtra assembly polls as a win for development and good governance, assuring people of the ruling bloc's continued work for the state's progress.

In posts on X, he also congratulated the Jharkhand Mukti Morcha-led alliance for its win in Jharkhand, while stressing that his party will always be at the forefront to champion people's issues. He tagged Chief Minister Hemant Soren, who led the INDIA bloc coalition in the state, in his post. "Development wins! Good governance wins! United we will soar even higher! Heartfelt | [More on P6](#)

### Jharkhand Results Victory For Constitution: Rahul

Congress leader Rahul Gandhi hailed the INDIA bloc's victory in the Jharkhand Assembly polls on Saturday as one for the protection of the Constitution as well as of water, forest and land, even as he described the Maharashtra poll results as "unexpected" and said his party will analyse the | [More on P6](#)

## US SEC Summons Adani In Bribery Case

Press Trust Of India

New York: Adani group founder and chairman Gautam Adani and his nephew Sagar have been summoned to explain their stand on the US Securities and Exchange Commission (SEC) allegation of paying USD 265 million (Rs 2,200 crore) in bribes to secure lucrative solar power contracts.

Summons have been sent to Adani's Shantivan Farm residence in Ahmedabad and his nephew Sagar's Bodakdev residence in the same city for a reply to SEC within 21 days.

"Within 21 days after service of this summons on you (not counting the day you received it)...you must serve on the plaintiff (SEC) an answer to the attached complaint or a motion under Rule 12 of the Federal Rules of Civil Procedure," said a November 21 notice sent through the New York Eastern District Court.

"If you fail to respond, judgment by default will be entered against you for the relief demanded in the complaint. You also must file your answer or motion with the court," it added.

Gautam Adani, 62, and seven other defendants, including his nephew Sagar, | [More on P6](#)

## No Winter Vacation For Now: DSEK

Observer News Service

Srinagar: Director of School Education Kashmir (DSEK) Saturday said that it will take a call on winter vacation after the culmination of annual exams of classes 1st to 9th.

Director school education Kashmir Tassaduq Hussain Mir said that the first priority for the government will be to conduct free and smooth examinations starting from coming Monday under the uniform date sheet for all classes upto 9th standard.

He said that the government will only declare winter vacations after the culmination of exams of classes 1st to 9th standard. "There will be no winter vacation before the exams."

About admission and capitation charges by some private schools, he said that they have a fee fixation committee that regulates the fee and other charges of private schools.

"We have already cleared it that no private school can charge admission or capitation fee from the parents," he added.

The director | [More on P6](#)

## J&K Offers Treasures That Stand Among the Best: CM At IITF 2024

Calls For Greater Support For J&K's Artisans, Entrepreneurs

Observer News Service

New Delhi: Chief Minister Omar Abdullah Saturday attended the J&K Day Celebration Event of the India International Trade Fair (IITF) at Bharat Mandapam, Pragati Maidan in New Delhi.

The Jammu and Kashmir Pavilion at the India International Trade Fair (IITF) 2024 witnessed a vibrant celebration of Jammu and Kashmir Day with Chief Minister Omar Abdullah invited to the event as the Chief Guest.

In his address, the Chief Minister highlighted the unparalleled cultural and economic richness of the region, urging visitors to explore the pavilion and support the artisans and entrepreneurs of Jammu and Kashmir.

"From world-renowned



handicrafts and premium handlooms to the finest agricultural and horticultural products, Jammu and Kashmir offers treasures that stand among the best in the world. I invite everyone to visit the J&K Pavilion and experience the authenticity of our indigenous products," he said.

The Chief Minister extended a warm invitation to people from across the country, urging them to experience the unparalleled beauty and hospitality of Jammu and Kashmir.

Highlighting the region's rich cultural heritage and picturesque landscapes, he said, "I encourage you to visit Jammu and Kashmir in the summer of 2025 to witness its breathtaking charm firsthand."

The Chief Minister invited the participants to come to Jammu & | [More on P6](#)

## Raise Voice For Er Rashid's Release: AIP To MPs

Press Trust Of India

Srinagar: The Awami Ittehad Party (AIP) Saturday appealed to the Members of the Parliament to raise their voice for the release of fellow parliamentarian and party chief Sheikh Abdul Rashid.

Addressing a press conference here, AIP vice president G N Shaheen said Rashid alias Engineer Rashid "was summoned to Delhi and detained under false and baseless charges" on August 5, 2019, the day Article 370 was abrogated.

"Despite being held in custody, he contested the parliamentary elections, won with a massive mandate and became the elected voice of the Baramulla constituency. However, since taking his oath as a Member of Parliament, he has not been allowed to attend even a single session of the Lok Sabha," Shaheen said.

He said the Baramulla constituency consists of 18 assembly segments and accounts for nearly 40 per cent of Jammu and Kashmir's population, and from 2008 to 2018, Rashid "fearlessly served" his people, voicing their concerns and | [More on P6](#)

**THE GOVERNMENT HAS SET December 31, 2024, as the new deadline for completing the project."**

## Kashmir's Higher Reaches Receive Snowfall

Weather To Improve From Nov 25: MeT

Observer News Service

Srinagar: Under the influence of a feeble Western Disturbance, multiple locations across the Valley including Pir ki Gali, Gulmarg and others received light snowfall on Saturday, bringing down the mercury in Jammu and Kashmir parts.

However, the minimum

temperatures also witnessed an improvement after J&K's summer capital, Srinagar recorded the coldest night of the season at -1.2 degree Celsius.

As per the reports, the light snowfall was recorded in Gurez Valley, Gulmarg Phase-1, Pir Ki Gali and Sonamarg today. Simultaneously, the cloudy weather | [More on P6](#)



## Gurez-Bandipora Road Closed

The Gurez-Bandipora road in north Kashmir has been closed to traffic due to snow accumulation at Razdan Top and other areas along the route, officials said on Saturday.

An official said that snowfall occurred in the area this afternoon, leading to the closure of the Gurez-Bandipora | [More on P6](#)

## Govt To Fix Test Rates At Private Labs: Sakeena Itoo

Observer News Service

Srinagar: The Jammu and Kashmir government is all set to fix and notify rates of the tests being conducted at the Private Diagnostic Centres in the Union Territory, the Minister for Health and Medical Education, Sakina Masood (Itoo) said on Saturday.

Itoo said that the government has already fixed rates of few diagnostic tests in government run hospitals and the rates for tests in private diagnostic centres will be notified soon.

"We are going to fix and notify rates of all tests for private

diagnostic centres so that patients will know about it and nobody can charge them more," she said.

She added that usually it is being witnessed that some private diagnostic centres have been charging at their will for different tests and patients don't have any other option than to pay it.

The Minister further added that nobody will be allowed to loot poor patients in the name of tests.

Notably on Friday, the government announced the official rates for PET scans and CBCT machine charges for all government run | [More on P6](#)



**SEIZED VEHICLES PILE UP:** Srinagar Traffic Police Crack Down on Underage Drivers and Violations. KO Photo By Abid Bhat

## J&K Power Crisis Govt In Talks With Delhi For 350MW Boost: Minister

Observer News Service

Srinagar: Minister of Agriculture Production, Rural Development Department and Panchayati Raj, Javed Ahmad Dar on Saturday said the Jammu and Kashmir government led by Omar Abdullah has sought additional 350MWs from Delhi to mitigate the power crisis in the Valley.

He also assured the public that they will soon receive the benefit of 200 free electricity

units, as promised in the ruling party's manifesto.

Minister, while addressing the media in Baramulla, said that the government is committed to fulfilling all its electoral promises.

"Whatever is there in the manifesto will be implemented without any doubt, and people will get the benefit of 200 free units soon," he said.

Acknowledging the challenges posed by | [More on P6](#)

## Winter Power Curtailment Schedule Soon

In view of dip in local power generation, the Jammu and Kashmir Power Development Department (PDD) is likely to announce a new power curtailment schedule in coming days.

A top official of the PDD | [More on P6](#)





# Beyond Binaries

Iran-Saudi accord vindicates dominant narrative of the Shia-Sunni divide cannot be an alibi for the continuing hostilities between the two Islamic nations

Mubashir Bashir

“

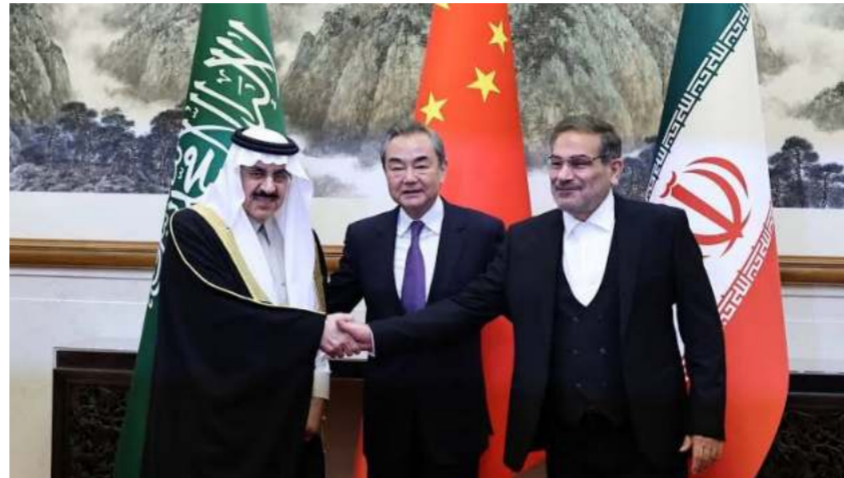
**Discourses unleash epistemic violence. By perpetuating these sectarian narratives, the West has further poisoned Iran-Saudi relations, leading to escalations. The dominant narrative amplified by Western media portrays an Islamic Iran that seeks to 'export' the Revolution. Such narratives ignore the pragmatism in Iran's foreign policy**

**T**he tectonic shift from rivalry to rapprochement could be a potential pathway to de-escalate and stabilize the war-torn region, argues the writer.

Sands quickly shift in West Asia. After forty-four years of a toxic relationship, the Iranians and Arabs are now dating each other. The regional heavyweights have decided to mend fences and begin a new chapter in their previously turbulent ties. On March 10, 2023, Iran and Saudi Arabia agreed to restore diplomatic relations after signing an agreement in Beijing. Midwifed by China, the deal is groundbreaking because it ended a seven-year deadlock.

Iran and Saudi Arabia have long vied for regional dominance. Since the 1979 Iranian Revolution, the Iran-Saudi rivalry has had catastrophic consequences for the West Asian region. The deadliest conflicts in Iraq, Syria, Yemen, Lebanon, and Bahrain have degenerated into intractable proxy wars—tearing these societies apart. Imperialist interventions have added fuel to the fire. Iran-Saudi escalations peaked in January 2016 when Saudi Arabia executed prominent Shia cleric Sheikh Nimr al-Nimr on "terrorism" charges (Nimr al-Nimr was a vocal critic of the Saudi government). Iranian protesters stormed the Saudi embassy in Tehran, prompting Saudi Arabia to downgrade its diplomatic ties with Iran. The Iran-Saudi agreement—with China as the matchmaker—expresses a 'shared desire to resolve disagreements through dialogue and diplomacy,' emphasizing respect for state sovereignty and "non-interference" in each other's affairs. The deal—a diplomatic coup by China—can have a domino effect, promoting peace and cooperation among Persian Gulf nations and beyond.

Let me address the main point I raised in the title: the epistemic violence of the Shia-Sunni discourse. Western leaders, academia, the media, and think tanks often frame this conflict through a sectarian lens, casting the Iran-Saudi rivalry as an ethnic and sectarian dispute between Sunni Arabs and Shia Iranians or as a "clash of civilizations." This understanding oversimplifies the complexity of the decades-long conflict. "Modern nationalism," geopolitics, and geostrategic



factors equally shape the rivalry (not religion per se) between the two political heavyweights. The Iran and Saudi Arabia discord "has nothing to do with the Sunni-Shia divide in Islamic theology." The animosity between the two energy titans stems not from Islamic theology but from their shared quest for regional dominance (power projections), security, and survival.

Discourses unleash epistemic violence. By perpetuating these sectarian narratives, the West has further poisoned Iran-Saudi relations, leading to escalations. The dominant narrative amplified by Western media portrays an Islamic Iran that seeks to 'export' the Revolution. Such narratives ignore the pragmatism in Iran's foreign policy. Those who view Islamic ideology as the primary determinant of Iran's foreign policy fail to recognize the ideological flexibility embedded in both Islamic culture and the Shi'i tradition. The March 2023 agreement highlights the dominance of pragmatism over ideology, much like the 2015 nuclear deal Iran signed with the U.S. (the "Great Satan," a sobriquet Iran uses for America). It demonstrates Iran's capacity to prioritize pragmatism over ideology.

The argument that the Shia-Sunni binary or a clash of ideologies makes rapprochement between Iran and Saudi Arabia impossible is a distorted narrative. There is a historical precedent for Iran-U.S. détente. Since the 1990s, Iranian presidents have made similar diplomatic overtures to Saudi Arabia. In 1997, Saudi Crown Prince

Abdullah bin Abdul-Aziz visited Tehran, leading to a bilateral cooperation and security agreement until 2005. The rapprochement peaked with Mohammad Khatami's "Dialogue among Civilizations." In May 1999, Khatami visited Riyadh, and King Fahd optimistically stated, "The doors have been opened to both countries." Similarly, Hassan Rouhani's foreign policy, guided by the discourse of "constructive engagement with the world," sought to reinvigorate Iran's relationships with the Persian Gulf neighbours. Rouhani's Foreign Minister, Javad Zarif, emphasized, "Our neighbors are our priority." However, Donald Trump's "maximum pressure" campaign, which had the active support of Crown Prince Salman, hindered serious diplomacy with the Saudis. Late Iranian President Ebrahim Raisi's "Neighborhood Policy" encouraged dialogue with the Saudis, and Iran's current President, Masoud Pezeshkian, recently visited Qatar and met with Saudi Foreign Minister Faisal bin Farhan. Pezeshkian referred to the Islamic countries of the region as "brothers" and called for strengthened cooperation between the two nations. Crown Prince Salman is expected to visit Tehran at Iran's invitation.

Not only ideology but pragmatism also shapes Iranian foreign policy thinking. "Cultural maturation" has led Iran's foreign policy to shift increasingly away from religious ideology toward pragmatic calculations of national interest. The March 2023

agreement has undermined the axis of confrontation—the so-called 2020 Abraham Accords—designed to contain and isolate Iran. The nascent axis of brotherly nations of Iran and Saudi Arabia has become a countervailing force against the impending regional war triggered by Israel's genocidal assaults on Gaza and Lebanon. The Iran-Saudi tension has had a ripple effect in the region. It has helped stabilize Yemen. Since October 2022, a truce supported by both Iran and Saudi Arabia has been in place in Yemen. It has rehabilitated Syria within the Arab world; Iran's relations with the UAE, Turkey, Egypt, Jordan, Bahrain, and Kuwait have all been restored. The thaw in Saudi-Iran relations has averted a major war between Iran and Israel, as the Persian Gulf nations have pledged not to allow Israel to use their "soil or airspace" to attack Iran.

This deal has the potential to transform the region. However, the odds remain high. The litmus test will be how both sides manage expectations, compartmentalize issues, and demonstrate ideological flexibility. Iran and Saudi Arabia need, in Huberman's terms, an "empathetic understanding" (Verstehen)—a rational discourse to mitigate the conflict. Decoupling will be necessary: Riyadh cannot expect Iran to sever its links with the 'Axis of Resistance,' which Iran views as its forward-defense strategy against Israel and the U.S. Similarly, Iran must accept that the GCC countries, particularly Saudi Arabia, cannot (and will not) end their security partnership with the U.S. Both must also commit to non-interference in each other's domestic affairs, as stipulated by the deal. This approach serves their larger national interests and is vital for the overall stability and security of the region.

*Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer*  
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# Is Donald Trump A Neocon?

Donald Trump is handpicking loyalists to ensure that Trojan horses do not infiltrate his stable — likes of Nikki Haley or Mike Pompeo. This means a total rejection of 'globalists', those who repose faith in Pax Americana

M K Bhadrakumar

**T**rumph reminds one at times of the famous line from the novel Don Quixote by 17th century Spanish author Cervantes: "In order to attain the impossible, one must attempt the absurd."

Trump's first presidency was reduced to a theatre of the absurd, with the so-called Deep State blocking his path every inch of the way and rendering him ineffectual, beating his wings in the void in vain. A glaring example was the Pentagon openly flouting Trump's order to vacate the occupation of northeastern Syria (which continues.)

Well-known American podcaster Judge Napolitano titled one of his indispensable daily podcasts last week 'Is Trump a Neocon?'. Napolitano echoed the criticism among Trump's detractors (and sceptics.) In reality, though, the neoconservatives are getting frantic that Trump 2.0 is genuinely rebooted, but that's another matter.

Trump is handpicking loyalists to ensuring that Trojan horses won't infiltrate his stable — likes of Nikki Haley or Mike Pompeo. This means total rejection of so-called globalists, who repose faith in Pax Americana. At least four key figures proposed by Trump fit into this paradigm — Elon Musk and Vivek Ramaswamy who will preside over a purge of neocons dominating the bloated bureaucracy; Tulsi Gabbard as the intelligence tsarina who will not let misinformation pass as 'intelligence' or allow rogue operations, Pete Hegseth as defence secretary who will keep flamboyant Pentagon commanders in tight leash. One way or another, they take a dim view of US interventionism.

What is neoconservative foreign policy? Its parenthood can be traced to Wilsonian idealism to 'make the world safe for democracy'. Promoting freedom and democracy and protecting human rights around the world are its central tenets. Lib-



eral internationalism is its grand strategy. (Neoliberalism is a revised version of liberalism.) Thus, the neoconservative foreign policy typically advocates unilateral promotion of democracy and interventionism abroad rooted in a militaristic philosophy of 'peace through strength'.

Through the past three decades, neoconservative idealism took the form of an assertive and interventionist foreign policy that targeted regimes which defied US hegemony. Nonetheless, Trump never propagated a regime change agenda — not even toward authoritarian regimes. In this respect, he is a solitary exception while his peer group —

George H W Bush, Bill Clinton, George W Bush, Barack Obama and Joe Biden — unabashedly promoted regime changes (eg. Yugoslavia, Georgia, Ukraine, Afghanistan, Iraq, Syria, Libya, etc.).

That said, a caveat must be added as Trump also agrees with the neoconservatives that the US military might can be employed whenever US interests are at stake. Now, that's some strategic ambiguity where subtlety comes in defining 'interests'. Trump's one major criticism of the Iraq war was that neither Bush nor Obama paid sufficient enough attention to seizing control over that country's fabulous oil resources.

Arguably, therefore, it is entirely conceivable that when Trump harps on an immediate ceasefire and a freeze on further Russian offensives in Ukraine that may create new facts on the ground, he may well be having an unspoken neo-mercantilist agenda.

Ukraine is a treasure house of multi-trillion-dollar mineral resources, including rare earths. Its famed 'chernozem' (black soil) containing high percentages of humus (4 per cent to 16 per cent) and phosphorous and ammonia compounds with high moisture-storage capacity, makes it very fertile giving great agricultural yields — which indeed already captivates MNCs, and George Soros, consistent with Trump's 'America First' and MAGA strategies.

However, the main thrust of Trump's national policy is about dismantling the Deep State. But here too, he is supportive of a strong military. Interestingly, Trump is not advocating a disbandment of NATO. His pressure tactic narrows down to NATO allies hiking defence budgets so that they remain a captive market for US weaponry — ie., vitalising the military-industrial complex.

Trump doesn't want an independent Europe. An analyst recently invoked a biting metaphor of a dominating daddy to thumb-sketch Trump's dialectic with Europeans — who habitually beats wife and kids and bullying junior to pay rent and work in daddy's business to pay back the money spent for his education.

It is a moot point whether Trump is a neocon. The crux of the matter is that Trump can be as oppressive as his neocon peer group in the pantheon of post-Cold War US presidents.

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

## Remembering Dr. Syed Kalbe Sadiq The Miracle Man of Education

Haider Abbas

Handsomeness is one who handsome does. This self-righteous axiom is an apt synonym, and surmounts every bit of it, when it comes to Dr. Syed Kalbe Sadiq, whose 'remembrance day' falls on November 24, when he had left us in 2020. But, not before leaving his enduring legacy, an indelible mark, on the landscape of Lucknow, particularly for his never-ending, tireless efforts towards educational emancipation of community.

His zest and zeal to uplift the 'tottering masses', from the abyss of absolute morass, yes, I am not being isolationist, the situation was even more grimy and grave, that it was only he who rose-up to the occasion, took up the gauntlet, to seek the participation of community, in terms of the upscale ladder of human development index. His efforts did bear fruition; he bludgeoned his energies into Tauheedul Muslimeen Trust (TMT), a non-profit charitable trust, for four decades, as a mother-organization, and soon, Unity College, came into being. TMT, is where Muslims from any denomination, and non-Muslims too, have been getting scholarships, financial, economic and medical aid etc.

Unity College is an ICSE affiliated Intermediate college. It is nestled between the great Chota Imambara and the picturesque Jama Masjid, once built by King Muhammed Ali Shah. These great imposing structures, inculcate a historical sense of history, into the futuristic minds. Dr. Syed Kalbe Sadiq's greatest forte is Madinataul Uloom College, affiliated to the same board in Aligarh. It is here that he articulated his long time occidentalism, taking a kinetic shape into orientalism. A house for dynamic 'chiseled in bronze' leadership of the com-



Dr Syed Kalbe Sadiq (June 22, 1939- November 24, 2020).

Photo Courtesy: The Tribune.

in fact, has truly been actualized by Dr. Syed Kalbe Sadiq, who took 11 children, who were not even able to scribble their names, their parents in abject poverty, in 1999, into his fervent embrace, and strived to provide them for all the 'school and medical' needs, even conveyance, and today, it has a strength of more than 1500 students! TMT is running a Unity

whole of UP. If, Dr. Syed Kalbe Sadiq, had a cult of aura spelt around him, it was therefore, all not without a reason, for having splattered such gems into the society.

Yours truly also had a long rendezvous with him. Travelled with him. I always found him a living example of being an 'anti-classist and a cheerful aesthetic', very conscious of the exigencies of time, always presentable with an idealized charm, to bring back optimism despite the worst hours, as his persona had endured everything after 1947. Partition, communal riots, sectarian riots, politics of majoritarianism, and whatnot. He was a post-facto insider, who assiduously pursued his 'line-of-action', that it is only through quality-education, where-in lies the key for deliverance. He was born on June 22, 1939.

But, the deliverance, however, has been found napping, as probably more than a million, who have benefitted from TMT, have never reciprocated, forget in the same evaluative terms, but even in the minimal sense of the word. Notwithstanding, the tens of crores, disbursed in the last 40 years.

Undeterred and despite the stalemate, Dr. Syed Kalbe Sadiq, served his framework, tallying up a score-card, appropriate enough to make him stand

much higher, amongst the community leaders, who were of course more than



The writer with Dr. Syed Kalbe Sadiq, in the year 2019.

often engaged in unnecessary bowdlerisation of self gratification. He ambled over 'all' and breasted the tape, leaving them far behind. He tried his best to stop the pervasive and systematic decimation of the community, from both within and outside, with all his inexhaustible energy. He was a performative example unto himself, who always welcomed brickbats and finally walked back with bouquets.

He was always ready with a plausible hearing, showed space to even lumpens, never ascribed to authoritarianism, despite having, having it on his sleeve, yet, was an absolute devotee to personal freedom. This personal trait is what made him win over friends, enemies and frenemies as well. He was brilliant in his disquisitions, charted in traditional Urdu, laced with distinctive English et al, made him what all he stood for. He did not wail like a dewy eyed nostalgic, but exhorted the generations to become actual participants in the starry wattage of our times. He did not yield a magic wand, but gave a long standing message, that perseverance to the stage until perspiration, in efforts are the only hallmarks for long time successes.

This writer also did sit by his bedside when he was ailing at ERAS. He remained Vice President of All India Muslim Personal Law Board, the apex Muslim body in the nation, all his life. Long Live his call for education.

The writer is a former UP State Information Commissioner



**HIS EFFORTS DID BEAR FRUITION; HE BLUDGEONED HIS ENERGIES INTO TAUHEEDUL MUSLIMEEN TRUST (TMT),** a non-profit charitable trust, for four decades, as a mother-organization, and soon, Unity College, came into being. TMT, is where Muslims from any denomination, and non-Muslims too, have been getting scholarships, financial, economic, and medical aid

munity was thus cast. Students from MU College, within a matter of time, have attained great heights as scholars, professors etc. Even as Member of Assembly (MLA) and as Member of Parliament (MP) too. Flag bearers of Islamism and humanism are they all.

What matters as more than a miracle,

Public School in Allahabad as well. Hazrat Imam Zainul Abideen (HIZA) Charitable Hospital and a Unity Private ITI in Lucknow. All of his endeavors are based in UP. His TMT patronizes ERAS Medical College, now a University, as a state-of-art medical education center, a number-one premier institute, of its kind, in the

## Anaemia is More Than Fatigue

*It can silently impact fertility*

Iram Saba

Anaemia, characterized by a deficiency of red blood cells or haemoglobin, is a common health issue among young women worldwide. Its prevalence is particularly high in developing countries, where nutritional deficiencies, menstrual blood loss, and chronic illnesses often contribute to its development. Anaemia is the major health issue in Jammu and Kashmir, especially among women and children. In Jammu and Kashmir, over 27 lakh women between the ages of 15-49 are anaemic, according to NITI Aayog's "State Nutrition Profile of Jammu and Kashmir" report. The Union Territory saw higher cases of iron-deficiency especially in women between (2019-2020).

### What Causes Anaemia in Young Women?

The most common type of anaemia in young women is **iron-deficiency anaemia**, which arises when the body lacks sufficient iron to produce adequate haemoglobin. This can result from:

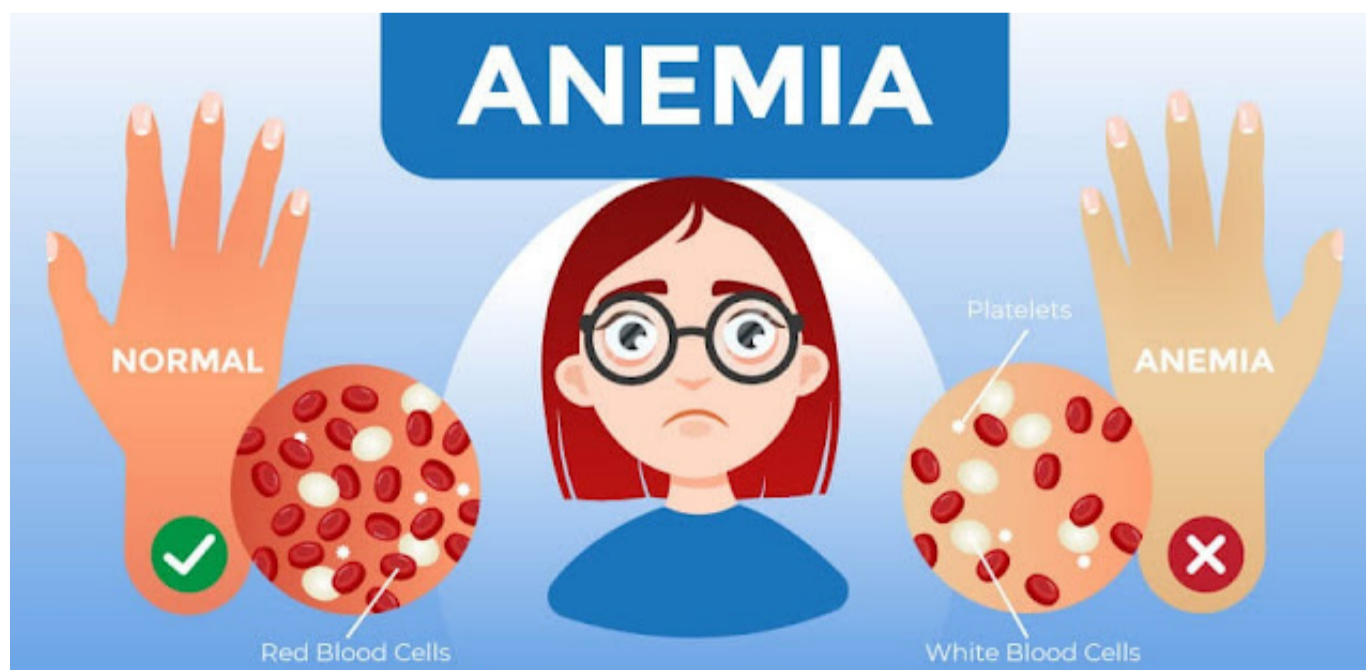
- Heavy menstrual bleeding:** Prolonged or heavy periods can lead to substantial blood loss, depleting iron stores.

- Poor dietary intake:** A diet low in iron-rich foods such as red meat, leafy greens, and fortified cereals contributes to anaemia.
- Malabsorption issues:** Conditions like celiac disease or inflammatory bowel disease may impair iron absorption.
- Chronic diseases:** Disorders such as chronic kidney disease or autoimmune diseases can also contribute to anaemia.

### Anaemia and Fertility: The Connection

Anaemia can impact fertility in several ways, creating challenges for women trying to conceive:

- Hormonal Imbalances**  
Iron is essential for the production of healthy eggs and the regulation of ovulation. Chronic anaemia can disrupt hormonal pathways, potentially leading to irregular menstrual cycles or anovulation (lack of ovulation), which are primary causes of infertility.
- Impaired Endometrial Health**  
A healthy uterine lining, or endometrium, is crucial for implantation of the fertilized egg. Anaemia, by reducing oxygen supply to tissues, can compromise the growth and quality of the endometrial lining, making implantation more difficult.
- Increased Risk of Pregnancy Complications**  
Women with anaemia face a higher risk of miscarriage, preterm birth, and low birth weight.



These complications not only affect pregnancy outcomes but can also delay conception due to recurrent pregnancy losses.

### Preventing and Managing Anaemia to Support Fertility

To mitigate the effects of anaemia on fertility, young women should prioritize prevention and management strategies:

- Adopt a Balanced Diet**  
Incorporate iron-rich foods such as lean meats, spinach, legumes, and fortified cereals. Pair these with vitamin C sources like citrus fruits to enhance iron absorption.
- Take Iron Supplements if Needed**  
Women diagnosed with iron-

deficiency anaemia may benefit from prescribed iron supplements. It's important to take them under medical guidance to avoid side effects like gastrointestinal discomfort.

- Monitor Menstrual Health**  
Address heavy menstrual bleeding through medical consultation and explore treatments

such as hormonal therapies if necessary.

### 4. Check for Underlying Conditions

Treating conditions like hypothyroidism, celiac disease, or chronic inflammation is essential to resolving secondary anaemia and restoring fertility.

### 5. Preconception Care

Women planning to conceive should undergo a thorough health assessment, including blood tests to check iron levels and overall reproductive health.

Anaemia in young women is more than a transient health issue—it has profound implications for fertility and reproductive outcomes. By recognizing the signs of anaemia early and taking proactive steps to address its root causes, women can not only improve their overall health but also enhance their chances of a healthy conception and pregnancy. Raising awareness about this connection is essential to empowering women to make informed decisions about their health and well-being. Prioritize your health today for a brighter tomorrow.

The author is a part of Alamdar Memorial College of Nursing and Medical Technology Charai Shareef, Budgam





