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BOOK APPOINTMENT

'Avoid Third Party Apps'

Govt Sets Strict Rules For Official Communications



Observer News Service

Srinagar: The Jammu and Kashmir government on Monday asked officers and officials to ensure the security and confidentiality of official communications, underlining that the increasing trend of using third-party tools poses significant risks to the integrity and security of the information being communicated.

"It has come to the attention of the administration that there is an increasing trend among officers and officials to use third-party tools such as WhatsApp, Gmail, and other similar platforms for transmitting sensitive, secret, and confidential

information," reads a circular. "This practice poses significant risks to the integrity and security of the information being communicated."

Using third-party communication tools can lead to several potential issues including unauthorized access, data breaches and leaks of confidential information, it said.

"These platforms are not specifically designed to handle classified or sensitive information, and their security protocols may not meet the stringent standards required for official communications." Consequently, the use of such tools could result in severe security breaches that | [More on P6](#)

'TOP SECRET' AND 'SECRET' INFORMATION SHOULDN'T be shared over the internet and smartphones should be deposited outside the meeting room while discussing classified information.

J&K To Celebrate Constitution Day Today

Agencies

Srinagar: The Government of Jammu and Kashmir has issued instructions for the grand celebrations of "Samvidhan Diwas" (Constitution Day) today on November 26.

This annual observance marks the adoption of the Indian Constitution on November 26, 1950.

"Considering significance of completion of 75 years of

adoption of constitution, it has been decided to celebrate the event with great fervor and enthusiasm to reiterate the core values enshrined in the constitution of India and motivate citizens to take their rightful role in the campaign tagline This year holds special significance as it commemorates 75 years of the "Hamara Samvidhan, Hamara Swabhimaan," the government said. | [More on P6](#)

HC Orders Organising Preamble Reading

As Constitution Day is being celebrated on December 26, the High Court of J&K and Ladakh ordered the reading of the Preamble at 10:30 AM on Tuesday. "26th November is celebrated as Constitution Day. To | [More on P6](#)

DELHI-NCR AIR POLLUTION SC Asks CAQM To Consider Reopening Schools

Press Trust Of India

New Delhi: The Supreme Court on Monday asked the Commission for Air Quality Management (CAQM) in the national capital region and adjoining areas to consider restarting physical classes in schools and colleges noting students were being deprived of mid-day meals and lacked where- withal to attend virtual

classes.

The restrictions on physical classes of schools and colleges were imposed recently due to severe air pollution.

A bench of Justices Abhay S Oka and Augustine George Masih further ordered the CAQM to initiate action against the officials of Delhi government and Delhi police for a "serious lapse" on their part in the strict | [More on P6](#)



A shikara glides through Dal Lake on a foggy morning in Kashmir. KO photo By Abid Bhat

Kashmiri Shawl Sellers Harassed In Himachal Forced To Chant Hindutva Slogans, Video Goes Viral

Observer News Service

Srinagar: A woman claiming to be a panchayat official was caught on camera warning two shawl sellers from Kashmir against trading their wares in Himachal Pradesh.

The 2.46-minute video that surfaced on social media showed the woman telling the two Kashmiris not to come to the village and asking them to say "Jai Shri Ram" to prove they are "Hindustani."

Sharing the video on X on Monday, National Convenor of the Jammu and Kashmir Students Association, Nasir Khuehami, claimed that the video was from a village in Himachal's Hamirpur district.

"No one will purchase their products, buy from our Hindu people," the woman is seen telling others in the video. "Don't come in my area," she told shawl sellers.

Later in a post, Khuehami



said that the chief minister's office had assured action against anyone found intimidating Kashmiris.

However, when contacted, the CM's media advisor Naresh Chauhan told the PTI that there was no such complaint. The matter would be looked into if any complaint is registered, he said.

The disturbing incident has drawn strong reactions from many quarters, with calls for

swift action to address the communal harassment.

Member of Parliament, Aga Ruhullah Mehdi demanded action against the lady in the video. In a post on X, he wrote, "Iea of BJP's India explained in this 2-3 minutes video. The criteria for holding Indian citizenship is chanting a slogan of a particular religion."

"If there is some India still left which | [More on P6](#)

J&K Doctors Sound Alarm Over NEET PG Quota Cut

Agencies

Srinagar: Doctors in Jammu and Kashmir have expressed concern over the sharp decline in the open merit quota for NEET PG (MD/MS) candidates. The percentage has dropped from 75% to just 38% over the past five years, which has raised fears of long-term consequences for the healthcare sector.

Several doctors warned that reducing the open merit quota to 38.5% could have serious repercussions and could ultimately lead to the decline of the healthcare system in the region. "What is the point of keeping reserved seats in NEET PG (MD/MS) if the individual is already financially independent as a doctor? This doesn't justify the policy and reflects poorly on the healthcare system in the country," said Dr Saif, a local physician. "MD/MS seats should be open to all candidates."

He questioned the fairness of reserving seats for individuals who already benefited from reservations during their undergraduate | [More on P6](#)

Protest Over Katra Ropeway Project Turns Violent



Press Trust Of India

Jammu: A march by shopkeepers and labourers against a proposed ropeway project along the trek route leading to the Vaishno Devi shrine took an ugly turn on Monday as some

protesters clashed with police at the Katra base camp in Jammu and Kashmir's Reasi district.

Police said the law and order situation had escalated and talks were being held to defuse the situation.

Officials said | [More on P6](#)

Take Stakeholders Into Confidence NC

National Conference on Monday asked the Shri Mata Vaishno Devi Shrine Board (SMVDSB) to take all stakeholders into confidence before starting work on the ropeway project along the trek route to the shrine

which is being opposed by a section of locals. "While development is necessary, it should not come at the cost of the well-being of local communities whose lives revolve around the pilgrimage," NC provincial | [More on P6](#)

MHA Set To Clarify J&K Govt Roles

Agencies

Srinagar: The Union Ministry of Home Affairs (MHA) is expected to soon release the Business Rules for Jammu and Kashmir (J&K), outlining the roles and powers of the Chief Minister, Cabinet Ministers, Administrative Secretaries, and other key officials.

According to reports, these rules have been drafted by the Union Territory (UT) Government in consultation with stakeholders and forwarded to the MHA for approval. The need for Business Rules arose after J&K transitioned from a state to a Union Territory, following over six years of Central rule.

The powers of the Lieutenant Governor, which include authority over the Home Department and All India Services (AIS), have already been clearly defined under the Jammu and Kashmir Reorganization Act, 2019. While the Act has delineated many responsibilities, the formal Business Rules will provide further clarity in key areas.

The General Administration Department (GAD) | [More on P6](#)

'With Folded Hands' Er Rashid Seeks Bail To Attend Parliament

Observer News Service

New Delhi: Jammu and Kashmir MP Engineer Rashid on Monday moved a Delhi court seeking interim bail in a terror-funding case to attend the ongoing Parliament session.

After Rashid urged Principal District and Sessions Judge Vimal Kumar Yadav to grant him the reprieve, the court asked the National Investigation Agency to file a response by November 27.

Engineer Rashid, appearing virtually in court from Tihar Jail, said, "I have been elected by my people. I was not allowed to attend the last session. With folded hands I request you that I may be granted interim bail."

During the proceedings, the counsel for Rashid and the NIA jointly sought the matter to remain in the court hearing it.

The judge was hearing the matter recommended by a special court, which urged the district judge to transfer the terror-funding case to a court designated to try lawmakers after observing Rashid was now a member of Parliament.

The special court also sent to the district judge an application filed by Rashid seeking regular bail in the case.

Apart from the case lodged by the NIA and the regular bail application of Rashid, the special judge also recommended transferring a related money laundering case to the special court.

The district court would resume hearing the matters on November 27.

Rashid was elected from the Baramulla constituency in the Lok Sabha elections and has been lodged in Tihar Jail since 2019 after the | [More on P6](#)

HC Cracks Whip On Govt Over Arms License Scam

Observer News Service

Srinagar: The Jammu and Kashmir High Court has expressed outrage over the government's failure to grant prosecution sanctions in the infamous Arms License Scam. A Division Bench comprising Chief Justice Tashi Rabstan and Justice M.A. Chowdhary has given the government a one-month ultimatum to file status reports indicating the steps taken to grant prosecution sanctions.

The court's ire was sparked by the CBI's revelation that several IAS officers and others involved in the scam have not been granted prosecution sanctions despite the agency's repeated requests. The court observed that it appears that the prosecution sanctions are being granted on a selective basis, with influential bureaucrats being let off the hook.

The CBI has found that over 2.7 lakh Arms Licenses were issued in Jammu and Kashmir between 2012 and 2016, with many of these licenses being issued to | [More on P6](#)



PUBLIC NOTICE

I want to change the name of my son in his adhaar card bearing no 6304-6148-4730 from Mehmood Jaan To Amaan Bashir. 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.
Bashir Ahmad Dar
F/o Amaan Bashir
R/o Renji Tehsil Khole

fko

PUBLIC NOTICE

I want to change the name on my adhaar card bearing no 6520-7968-0118 from Mir Ubaid Ul Haq To Yasir Hamid Mir. 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.
Yasir Ahmad Mir
S/o Abdul Hamid Mir
R/o Reshipora Bangdara Tehsil Kreeeri

fko

The Jammu and Kashmir State Board of School Education
New Campus Bemina Srinagar
Notice for General Public

The applicant/ candidate whose photograph is published in this notice and claiming to have lost her qualification certificate/s issued under as per below mentioned details:-
Roll No: 2406539
Class 10th
Year & Session 2019-2020 bi-annual
Registration: N12442120008
Name : Mudasir Ahmad Dar
Father's Name: Gh Hussain Dar
Mother's Name : Raja Bano
Date of Birth:- 12-10-1998
Residenc:- Mahrajpora Kongamdar



According to the candidate concerned has approach to this office for issuance of Duplicate Qualification /Marks Certificate/s, so before the same is processed and provided to the candidate, under rules, anybody having any objection in this regard, shall bring into the notice of Assistant Secretary of Certificate as well as Assistant Secretary Examination Unit I & III KD within the period of 10 & 7 days respectively, from the date of publication of this notice. (Besides the above referred "Qualification / Marks Certificate/s" bearing No: -- be treated as "CANCELLED")
No: F(Cer is-I-DQC)B/KD/24
Dated
Assistant Secretary
Certificates, KD.
bmg

PUBLIC NOTICE

I have change my name from SAFFA HILAL RANGREZ to SAFFA HILAL. In future i will be known as SAFFA HILAL and my previous passport mention mother name as NUZHAT AMIN while my all academic records reflects mother name as NUZHAT HILAL. I had applied for re-issue of passport at RPO SRINAGAR and request them to issue my passport as per my academic records and Identity Cards proof. If anybody having any objection may file to RPO Srinagar within one week.

From SAFFA HILAL
D/O HIALAL AHMAD RANGREZ.
Mobile No. 6005467060

SS

از نیابت پبلان

عنوان :- درخواست از جانب ابرار احمد والی و اوسرا احمد والی ساکن اوس کھوٹی تحصیل پیش برادر پھینڈن سرگلکیت
اشتراک ہرجا خاص و عام
معاملہ مندرجہ عنوان الصد میں سال 2018-19 کے ایک دروازے کو غرض حصول ڈیپنڈنٹ سرٹیفکیٹ پیش کیا ہے جو کہ زیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ سال کا کوریج اسرار احمد والی 04-10-2024 کو فوت ہو چکا ہے اس لیے اس کو ڈیپنڈنٹ پر درج نہیں کیا جاسکتا ہے۔ تاہم اسرار احمد والی کے دروازے میں ملازم تھا اور نازہ بیگم زید ہجرت ہو چکی ہے۔ تاہم اسرار احمد والی کے دروازے میں ملازم تھا اور نازہ بیگم زید ہجرت ہو چکی ہے۔ تاہم اسرار احمد والی کے دروازے میں ملازم تھا اور نازہ بیگم زید ہجرت ہو چکی ہے۔
ابرا احمد والی پڑھتی 19 سال --
آزلہ اسرار احمد والی پڑھتی 17 سال --
اس کے علاوہ کوئی افراد نہیں ہے۔ سرٹیفکیٹ زیر بحث اجراء کرنے میں اگر کسی قسم کی گھٹیا کوئی عیب یا غلطی ہو تو وہ بعد متحمل یا خسارت دن کے لئے امداد اپنے عذریا عرض وداشت حد کو فزائی اوقات کے دوران پیش کریں۔ بعد گزرتے یہ عا کوئی عذریا عرض قابل قبول نہیں ہوگا۔
نائب تحصیلدار FKO

Climate And Biodiversity Crises Are Entwined, But We Risk Pitting One Against Other

The Conversation

Climate change and biodiversity policies have largely evolved in isolation, even though the two crises are deeply intertwined. They have their own UN summits, with the same name and numbering system: the UN biodiversity summit COP16 just concluded in Colombia, while the climate summit COP29 is happening right now in Azerbaijan. Confusingly, there's also a summit on desertification in Saudi Arabia in December, also called COP16.

The three summits in quick succession make this an important opportunity to align these agendas. Healthy ecosystems are crucial for climate resilience, while a stable climate is essential to protecting biodiversity. Take Brazil, which could fulfil nearly 80% of its net zero pledge by halting deforestation and restoring native vegetation. Not only would this preserve vast amounts of carbon, it would also safeguard a significant portion of the planet's biodiversity. Political support for a more integrated approach is gathering momentum. At the recent biodiversity summit, leaders stressed the need to align national climate targets with biodiversity goals. This builds on recent initiatives such as the Rio Trio initiative, where the heads of the UN's conventions on climate change, biodiversity and desertification committed to unified action. Latin America appears to be stepping up its leadership on biodiversity-climate synergies, which is crucial given the region holds much of the world's biodiversity and land-based carbon. More than 70 global leaders called on presidents Petro of Colombia and Lula of Brazil to lead efforts on climate, nature and food security. Brazil also renewed its pledge to restore 12 million hectares of native ecosystems by 2030, which is extremely encouraging.



plants chosen or engineered for high biomass yield, which can be burned directly to produce energy or processed into biofuels for use in vehicles. A paragraph in earlier drafts had warned of the risks this poses to biodiversity: Noting that the large-scale deployment of intensive bioenergy plantations, including monocultures, replacing natural forests and subsistence farmland, will likely have negative impacts on biodiversity and can threaten food and water security, as well as local livelihoods, including by intensifying social conflicts. Those risks are all very real. Yet this paragraph was removed due to opposition from several large bioenergy-producing countries.

Bioenergy is a biodiversity risk The omission is particularly troubling given how many net zero strategies rely on turning over huge amounts of land for carbon dioxide removal. This often means either creating monoculture plantations of non-native trees on a massive scale, or growing bioenergy crops and then capturing and storing the carbon they emit when burned – a still speculative technology known as BECCS (bioenergy with carbon capture and storage). One recent study revealed that global net zero commitments may demand around 990 million hectares of land for carbon removal by 2060. That's an area nearly the

size of the US and equivalent to two-thirds of the world's cropland. This poses serious risks to biodiversity and food security, especially in regions where land is scarce and competition is fierce. The projected impacts are troubling: lower-income nations, particularly in Africa, have pledged disproportionately large land areas for carbon removal, often benefiting high-emitting industrialised nations or oil-producing states. This raises concerns about land appropriation and food insecurity. In some cases, pledged areas even exceed a country's total land area, underscoring unrealistic and overestimated goals. This and other recent high-profile studies contribute to a growing body of evidence cautioning against the global scaling-up of bioenergy crops, which often struggle to meet essential social and ecological sustainability criteria. Moreover, when assessed across their full lifecycle, from seed to electricity, the presumed advantage of bioenergy over fossil energy is often very unclear. Growing huge fields of a single crop (a monoculture) is also highly vulnerable to climate change impacts such as droughts.

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

Subject: Issuance of Registration orders in respect of delayed Death

Public Notice

The registrar deaths Block Development Officer Sherabad Khore has submitted a case file pertaining to death of Jana W/o Abdul Aziz Dar R/o Sheripora Bangil. In this matter a report was sought fro concerned lumberdar chokidar which reveals that the said person died on 12-06-2012
In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.
Executive Magistrate 1st Class
Naib Tehsildar Pattan
fko

Study Links Overthinking To 'Constant Communication' Between Brain's Fear-Centre, Social Behaviour

Press Trust Of India

Overthinking could be related to the constant back-and-forth between the brain's fear-processing centre or amygdala and the region governing social behaviour, according to a new study. Reasoning about another person's thoughts and intentions is a core aspect of social cognition and relies on one's social cognitive network. It connects brain regions working together to support a person's ability to understand and interact with others. "Previous studies have found co-activation of the amygdala and social cognitive network, but our study is novel because it shows the communication is always happening," senior author Rodrigo Braga, an assistant professor of neurology at Northwestern University, US, said.



The constant back-and-forth is possibly why moments after leaving a party, one is suddenly filled with intrusive thoughts such as 'Did they think I talked too much?' or 'Did my joke offend them?', the researchers said. To better understand how humans evolved to become so skilled at thinking about what's happening in other peoples' minds, the team looked at functional magnetic resonance imaging (fMRI) brain scans of six people. The fMRI measures brain activity by detecting changes in blood oxygen levels. "The results suggest that social cognitive functions emerge through coordinated activity between internal circuits of the amygdala and a broader distributed association network and indicate the medial nucleus (located within the amygdala) may play an important role in social cognition in humans," authors wrote in the study published in the journal Science Advances. This link to the amygdala helps shape the function of the social cognitive network by giving it access to the amygdala's role in processing emotionally important content, the researchers said. The findings could have implications for treating psychiatric conditions, such as anxiety and depression, they said. Both anxiety and depression involve amygdala hyperactivity, which can contribute to producing excessively emotional responses and impaired emotional regulation, author Donnisa Edmonds, a PhD candidate of neuroscience at Northwestern University, said.

The researchers explained that currently, someone with either condition could receive deep brain stimulation for treatment, but since the amygdala is located deep within the brain – directly behind the eyes – it means having an invasive surgical procedure. Transcranial magnetic stimulation (TMS), which uses magnetic fields to arouse neurons in the brain, is a much less-invasive procedure and could benefit from the study's findings to improve treatment, they said. "Through this knowledge that the amygdala is connected to other brain regions – potentially some that are closer to the skull, which is an easier region to target – that means people who do TMS could target the amygdala instead by targeting these other regions," Edmonds said.

NOTICE FOR GENERAL PUBLIC
THE JAMMU & KASHMIR STATE BOARD OF SCHOOL EDUCATION
CERTIFICATES-KD, NEW CAMPUS BEMINA SRINAGAR
ATTENTION PLEASE

I have passed /appeared in SSE/HSE-I/HSE-II (Class 10th,11th,12th) under Roll No. 2104220, 2101412, 32107281 Session Annual Year 2018, Bi-Annual 2019, Bi-Annual 2020. Through the Jammu & Kashmir Board of School Education. The error has been committed by the School records against my Caste as RATHER instead of MALLA. Now i have applied for correction / rectification of error in the Jammu & Kashmir board of School Education, New campus Bemina, Srinagar. If any person has any objection in this regard may file the same in the office of the Deputy Secretary, Certificates-KD within seven days from the date of publication of this notice, after the expiry of said period, no objection will be entertained. This is published for the information of the general public. The Correct particulars be recorded as under:



Name: FAISAL HUSSAIN MALLA, Fathers Name: GH MOHAMAD MALLA, Mothers Name, DILSHADA BANO Date of Birth: 10-02-2003, Residence:- ICHIGAM BUDGAM.
mcb

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

Subject: Issuance of Registration orders in respect of delayed Birth

Public Notice

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Savaida Bashir D/o Bashir Ahmad Mir R/o Kantoo Tehsil Pattan District Baramulla with verified date of event (birth) as 06-06-2011 occurred at Home
In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.
Executive Magistrate 1st Class
Naib Tehsildar Pattan
fko

PUBLIC NOTICE

My name has been wrongly written in my driving licence bearing DL No: JK-0120020002423 as Dr Nasir Shamas S/o Dr Shamas Ud Din while my correct name as per adhaar is Mohd Nasir Sganas S/o Shamas Ud Din Zargar R/o Hazratbal Nigeen Srinagar which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the office of the RTO Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Mohd Nasir Sganas
S/o Shamas Ud Din Zargar
R/o Hazratbal Nigeen Srinagar
mdl

PUBLIC NOTICE

My name has been wrongly written in my Electricity Bill bearing consumer ID No: 0204020015764 as Nasir Shamas S/o Shamas Ud Din Zargar while my correct name as per adhaar is Mohd Nasir Sganas S/o Shamas Ud Din Zargar R/o Hazratbal Nigeen Srinagar which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the office of the RTO Srinagar within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.
Mohd Nasir Sganas
S/o Shamas Ud Din Zargar
R/o Hazratbal Nigeen Srinagar
mdl

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

Subject: Issuance of Registration orders in respect of delayed Birth

Public Notice

The registrar Births and deaths (EO Municipal Council Pattan/Block Development Officer Lolpora) has submitted a case file pertaining to Birth of Arhaan Ashraf Bhat S/o Mohd Ashraf Bhat R/o Ussan Khoie Tehsil Pattan District Baramulla with verified date of event (birth) as 14-01-2021 occurred at Home
In this connection, if anybody having any objection to the issuance of said registration may contact this office within seven (07) days, after which no objections shall be entertained.
Executive Magistrate 1st Class
Naib Tehsildar Pattan
fko

NOTICE

I need to rectify the name/surname in my Driving License Bearing DL No. JK-0120020002423 from Dr Nasir Shamas S/o Dr Shamas Ud Din to Mohd Nasir Shamas S/o Shamas Ud Din Zargar as per Aadhaar. In this regard, if any person/quarter should have any objection he/she may file to the RTO Office SRINAGAR within a week at the most, after that no objection will be entertained.
Media Line Ads

NOTICE

I need to rectify the name/surname in my electricity bill Bearing Consumer ID 0204020015764 from Nasir Shamas S/o Shamas Ud Din Zargar to Mohd Nasir Shamas S/o Shamas Ud Din Zargar as per Aadhaar. In this regard, if any person/quarter should have any objection he/she may file to the Sub Division office Rainawari within a week at the most, after that no objection will be entertained.
Media Line Ads

NOTICE

I, Mohd Ashraf Dar S/o Abdul Rahim Dar R/o Sheikh Hamzah Colony Botshah Mohallah Lal Bazar Srinagar want to change the name of my "A" Class contractor Card with Registration No. 446/AYY/CE/KCC/PDC/2006-07 card from M/S Mohd Ashraf Dar to Ashraf Engineers Private Limited. Anybody having any objection, the same shall be reported to Chief Engineer PW (R&B Department) UT Ladakh within 7 days from the date of publication of this notice.
Media Line Ads

Laparoscopic Whipple Surgery Performed At SMHS In Record Time

Observer News Service

Srinagar: A team of surgeons led by renowned laparoscopic surgeon Prof. Dr. Mushtaq Chalkoo successfully performed a complex laparoscopic Whipple surgery on a patient with a 4 cm periampullary tumor and two antral polyps. The procedure, which lasted four hours, was performed at SMHS Hospital and marked a significant milestone in the field of laparoscopic surgery.

According to Prof. Dr. Mushtaq Chalkoo, "The patient's condition required a highly specialized and intricate surgical approach. Our team's expertise and experience in laparoscopic surgery

enabled us to perform the procedure with precision and accuracy."

Laparoscopic Whipple surgery is a minimally invasive procedure that involves the removal of the head of the pancreas, the duodenum, the gallbladder, and a portion of the bile duct. The classical type of Whipple surgery is a more complex procedure that requires a high level of surgical expertise.

The patient is recovering well and is expected to be discharged from the hospital soon.

This achievement demonstrates commitment to providing world-class medical care and its expertise in performing complex surgical procedures.



World Antimicrobial Resistance Awareness Week Concludes At SKIMS

Observer News Service

Srinagar: World Antimicrobial Resistance Awareness Week (WAAW) 2024 that commenced on 18th November concluded on 24th Nov at SKIMS.

This year the theme of the event was "Educate, Advocate, Act Now" emphasizing to act together to stop this menace of ever increasing Antimicrobial resistance. During a week-long program a myriad of activities were organized including poster competition, quiz program and community outreach programs.

Director SKIMS/ EOSG Prof. M. Ashraf Ganie said such events hold significance aimed to create awareness among general masses for various patient care practices. Antimicrobial resistance is a growing problem particularly in our region where patients take lot of antibiotics and thus awareness becomes very critical and SKIMS is taking lot of steps

in this direction.

The programme started with "Poster Competition" on Antimicrobial Resistance (AMR) for nursing, and technology students, conducted by the Clinical Pharmacology department. There were 30 participants from our Nursing and Paramedical college and their presentations were judged by the senior faculty of SKIMS. Ms Mehwish Iqbal, and Ms Shaista Anjum both MSc Nursing students stood first and second respectively. The third spot was shared by Ms Bisma Ahad and Ms Priya Prakash.

The program followed a quiz competition by the department General Medicine. Team from Microbiology (Dr Uksim Qadri and Dr Susheem R) emerged victorious. Team Plastic surgery (Dr Eidan Bilal and Dr Fiza Bano) were 1st runners up and team Obstetrics and Gynaecology (Dr Azmat Jahan and Dr Bisma Niyaz) were the 2nd runners up.

A Community outreach

Programme for raising awareness on AMR and rational use of antibiotics was conducted at CHC Sumbal by the department of Community Medicine. Lectures were delivered by the faculty and interactive sessions were conducted with the paramedical staff, Asha workers, Attendants and the local chemists and the need for the rational use of antibiotics as a strategy to fight against AMR was stressed upon by the speakers. AMR/AMSP awareness for nurses and technical staff working at SKIMS was conducted on 22nd Nov by the Hospital infection control team.

The event concluded with a "Special Grand Round" on Antimicrobial Resistance and Antimicrobial Stewardship. The session was chaired by Prof Ashraf Ganie the Honourable Director SKIMS & EOSG, Prof Shariq R. Masoodi, dean Academics and Prof. Farooq A Jan,

Medical Superintendent.

Dr Shaguffa Roohi, Assistant Professor Microbiology delivered the first lecture of the day on the AMR surveillance data at SKIMS. She discussed in detail the various aspects and findings of the hospital antibiogram.

Second speaker, Dr. Uksim Qadri SR Microbiology delivered the second lecture of the day on the measures taken by the Hospital Infection Control Team to counter this menace of AMR.

The third and final talk of the day was delivered by Dr Syed Mudassir Qadri, Additional Professor, Department of Internal & Pulmonary Medicine on future measures to be taken in the form of Antimicrobial stewardship (AMSP). He through his presentation laid stress on the rational use of antibiotics and avoided their use in conditions like common cold and flu which is quite rampant these days.

Traffic Awareness Initiative Held To Curb Underage Driving

Agencies

Srinagar: The Srinagar Traffic Police organized a unique traffic awareness initiative at Polo View, Srinagar on Monday with an aim to promote road safety and reduce traffic violations in the City.

The awareness initiative received a unique participation of religious scholars to promote road safety and combat underage driving.

During the event, senior traffic police officials, along with religious scholars, addressed the gathering, who stressed the ongoing efforts to make commuting in Srinagar safer and more efficient.

Senior Superintendent of Police (SSP) Traffic, Muzaffar Shah said their primary goal is to reduce fatalities and accidents through public awareness campaigns, while making Srinagar safe for commuting.

"We aim to stop the normalization of traffic violations and raise awareness about the importance of adhering to traffic rules,"

Shah said, adding that this initiative is not the first of its kind. "We regularly engage with parents, educating them about traffic rules to help prevent violations and make Srinagar safer for commuters," he said.

Similarly, the event included a special counselling session for parents and minors at Polo View Srinagar where traffic police officials and religious scholars stressed the crucial role of parents in preventing underage driving.

Religious scholars also participated, stressing the moral and ethical duty of parents, with a scholar saying, "Islam strictly advocates the preservation of life and warns against actions that jeopardize it"

Another scholar, contacted by KNO after the session, highlighted that this issue goes beyond the family and affects society as a whole. "As a community, we must educate and counsel both parents and children about the serious consequences of such actions, both in this life and the hereafter," he said—(KNO)

KU PG Students Claim Degree Delay, Say It Will Impact Recruitment Opportunities

Agencies

Srinagar: Hundreds of 2022 batch postgraduate (PG) students from Kashmir University on Monday alleged that the university is delaying the issuance of their degrees, leaving them in distress ahead of upcoming recruitment opportunities.

A student delegation said that the university is delaying the issuance of their degrees, despite having completed their final exams in August-September.

"It should have been done by now, but we don't know why they are delay-

ing the issuance of our degrees. If there are recruitments in the education department, we won't be able to participate because we have no degrees," said Wahid Khanday, one of the students.

"We completed our exams in August, and since then we have been waiting for our degree certificates, but the results are still pending. We are fed up now; they are running us from pillar to post," said Irshad Ahmad, another student. "If there is any recruitment in the coming weeks, despite having completed our exams on time, we won't be able to participate," he said. (KNO)

آغا خاندان کو صدمہ

یہ خبر انتہائی رنج و غم کے ساتھ دی جاتی ہے کہ اہلیہ مرحوم آغا سکندر علی خانقاہ سوختہ حال باغبان پور لال بازار ۲۰ جادی الاول ۱۴۴۶ ہجری بروز سنہ ۲۰۲۴ء کو اس دار فانی سے دار البقاء کی طرف رحلت کر گئی۔ رب العزت مرحومہ کو شفاعت فاطمہ زہرا (س) نصیب کر کے جنت الفردوس میں اعلیٰ مقام عطا کرے۔ مرحومہ کی اجتماعی فاتحہ خوانی بدھوار ۲۷ نومبر ۲۰۲۴ء کو ان کے آبائی مقبرہ خانقاہ سوختہ نوا کول صبح ۷:۴۵ بجے انجام دی جائے گی۔ بعد ازاں مجلس ترحیم بارگاہ امام مہدی (عجل) نواب باغ باغبان پور دہسری منگرن میں منبر جاری رہے گی

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- QAZIGUND: 01951-296153

HIGHWAY STATUS

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

HIJRI CALENDAR

23 Jumada al-Awwal
1446

PRAYERS

FAJR	5: 45
ZUHR	12:16
ASR	3: 46
Magrib	5:56
ISHA	6: 50

This Day In History

- 43 BC- Second Triumvirate alliance of Roman leader Octavian (later Caesar Augustus), Marcus Aemilius Lepidus, and Mark Antony formed 1580- French Huguenots & Roman Catholics sign peace treaty
- 1688- French King Louis XIV declares war on Netherlands
- 1688- King James II escapes back to London
- 1741- French & Beiers army occupies Prague
- 1778- British explorer Captain James Cook is the first European to visit Maui in the Sandwich Islands (now Hawaii)
- 1791- 1st US cabinet meeting, held at George Washington's home in Philadelphia, Pennsylvania. Secretary of State Thomas Jefferson, Secretary of the Treasury Alexander Hamilton, Secretary of War Henry Knox, and Attorney General Edmund Randolph attend.
- 1842- The University of Notre Dame is founded
- 1865 - "Alice in Wonderland" by Lewis Carroll is published in America
- 1865 - Battle of Papudo: The Spanish navy engages a combined Peruvian-Chilean fleet north of Valparaiso, Chile
- 1901 - Italy and Britain sign an agreement fixing the frontier between their colonies of Eritrea and Sudan in East Africa
- 1924 - Mongolian People's Republic proclaimed
- 1925 - Netherlands & Germany sign trade agreement
- 1940 - Nazi Germany began walling off the Jewish Ghetto in Warsaw
- 1941 - Japanese naval carrier force left its base & moves east toward Pearl Harbor
- 1942 - Anti-fascist Council for National Liberation (AVNOJ) forms
- 1948 - 1st polaroid camera sold for \$89.75 in Boston at the Jordan Marsh department store. The Land Camera model 95 becomes prototype for all Polaroid Land cameras for next 15 years
- 1949 - The Constituent Assembly of India formally adopts a new constitution
- 1956 - USSR single sculls winner Vyacheslav Ivanov wins Olympic gold medal in his excitement he jumps for joy, & loses his medal, it sinks
- 1963 - Explorer 18 spacecraft launched by NASA
- 1965 - France launches 1st satellite, 92 lb (42 kg) A1-capsule (Asterix), named after the popular French comic character
- 1984 - US & Iraq re-establish diplomatic relations
- 1985 - 23rd Space Shuttle Mission (61-B)-Atlantis 2-is launched
- 1985 - France performs nuclear test at Mururoa atoll
- 1989 - India's Congress Party led by Prime Minister Rajiv Gandhi loses the general election to an opposition front led by V. P. Singh
- 1990 - Mikhail Gorbachev tells Iraq to get out of Kuwait
- 1998 - Tony Blair becomes the first Prime Minister of the United Kingdom to address the Republic of Ireland's parliament.
- 2003 - India accepts Pakistan's offer of a ceasefire in Kashmir
- 2003 - Supersonic airplane the Concorde makes its last ever flight, returning to Bristol, England.
- 2011 - NATO forces in Afghanistan attack a Pakistani checkpoint in a friendly fire incident, killing 24 soldiers and wounding 13 others
- 2017 - British Mercedes driver Lewis Hamilton finishes 2nd in season-ending Abu Dhabi Grand Prix at Yas Marina Circuit to claim his 4th F1 World Drivers Championship; wins title by 46 points from Sebastian Vettel
- 2018 - NASA's InSight mission lands on Mars after a 7 month voyage
- 2018 - Ukraine declares martial law in areas bordering Russia after Russia seizes three of its naval vessels
- 2018 - Chinese scientist He Jiankui claims to have made the first genetically edited baby
- 2018 - General Motors announces it will close five factories in North America, cutting 14,000 jobs
- 2018 - First multidrug randomized control trial to treat Ebola started in Democratic Republic of Congo announced by the WHO
- 2018 - Third of a species begin dying (23,000)

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Switchboard: (0194) 2502327 | +91 1947969705
Editorial: (0194) 2502327
Email: editor@kashmirobserver.net

The Murder of Fairness

New Reservation Policy vs. Open Category Rights

Firdous Ahmad Malik

Reservation policies in India have aimed to address the historical injustices, social inequalities and provide opportunities to marginalized communities. In Jammu and Kashmir, recent changes in reservation policies have reignited debates on fairness and meritocracy. While these policies are designed to uplift disadvantaged groups, they have raised concerns among those in the general category who feel overlooked or disadvantaged by the system.

The recent changes in reservation policies in Jammu and Kashmir have brought about significant challenges for the general category, raising concerns over fairness and equity. Many individuals feel that these policies undermine their opportunities in critical sectors such as education and employment. With a majority of seats and positions reserved for specific groups, the competition for the limited unreserved opportunities has intensified. General category candidates often find themselves at a disadvantage, with their achievements and qualifications overshadowed by the systemic preference for reserved categories. This has led to frustration and a growing sense of alienation, as the policies are seen as favoring identity over merit.

To address these challenges, it is essential to develop a reservation policy that is dynamic and inclusive. Policymakers must strive to strike a balance between supporting disadvantaged groups and providing fair opportunities for all. Initiatives like enhanced digital learning and merit-based incentives can play a pivotal role in leveling the playing field, fostering a system that upholds both equity and excellence.

Reservations for underserved groups, including individuals near the Line of Control and those with disabilities, are not merely a matter of policy but of justice. These groups face unique hardships—conflict, displacement, or physical and social barriers—that limit their access to education and employment opportunities. Reservation policies tailored to their needs provide them with the platform to overcome these systematic disadvantages, ensuring that they can participate meaningfully in society.

For individuals near the LoC, the instability and lack of infrastructure often disrupt education and career growth. Reserved seats or opportunities in higher education and government jobs can help bridge these gaps, offering them a chance to build secure futures despite the challenges they face. Similarly, for persons with disabilities, reservations in education and employment provide vital support, enabling them to overcome discrimination and accessibility issues.

However, reservations must be implemented thoughtfully, accompanied by measures such as skill development, digital accessibility,



Picture credits: Gujjar and Bakerwal students protest against the introduction of the Bill granting reservation to Pahari people in Scheduled Tribe (ST) category in Jammu and Kashmir, in Jammu on July 28, 2023. File | Photo Credit: PTI

and infrastructure improvement. Providing reservations alone is insufficient; they must be supported by inclusive policies that address the roots causes of exclusion. By ensuring that reservations are extended to those who genuinely need them, society can move closer to achieving equity, justice, and opportunity, and opportunity for all.

A 60%-40% split in new reservation seats has sparked significant opposition, particularly among the general category, as it is perceived to undermine meritocracy and create disproportionate opportunities. Critics argue that such a high percentage of reserved seats diminishes fair competition and penalizes individuals based on their category rather than their capabilities.

This allocation is often deemed excessive, as it leaves limited room for those not covered under reservation.

“This allocation is often deemed excessive, as it leaves limited room for those not covered under reservations, fostering resentment and feelings of exclusion. Furthermore, it may inadvertently create a dependency mindset, instead of encouraging self-reliance and skill development among reserved categories.”

opportunities for merit-based candidates, striking a balance between equity and excellence. For the economically weaker sections (EWS), financial aid programs, scholarship, and subsidized education can address economic challenges without compromising meritocracy. Simultaneously, a significant proportion of seats should be allocated purely on merit to encourage healthy competition and excellence. Digital learning initiatives can bridge disparities by providing equal access to quality resources for all categories, fostering a level playing field. Regular policy reviews are also crucial to assess the effectiveness and relevance of reservations, allowing for necessary adjustments to align with changing social and economic dynamics. Collectively, these measures can en-

sure a fair and inclusive framework that addresses inequalities while maintaining merit and balance. Achieving a fair and equitable future requires a reservation policy that balances the need for social justice with the principles of meritocracy. Current systems must evolve to address disparities without alienating any group. By implementing dynamic policies rooted in socio-economic realities, society can ensure that support is extended to those who genuinely need it. Such an approach can replace outdated, rigid frameworks and create opportunities that are both fair and inclusive.

Additionally, merit must remain a central tenet of any policy framework. Allocating a significant portion of opportunities based on merit encourages excellence and fosters competition, benefiting society as a whole. At the same time, targeted financial aid programs can effectively address the challenges faced by economically weaker sections without undermining the reservation system's core purpose.

Investing in education, especially through digital platforms, is vital for bridging existing gaps and empowering all individuals. Equal access to quality learning resources ensures a level playing field, allowing everyone to compete fairly. Periodic policy reviews are equally essential to adapt to evolving societal needs, ensuring the reservation system remains relevant and effective.

By adopting these measures, a balanced reservation policy can promote inclusivity, merit, and social harmony. It is only through thoughtful reform and a commitment to equity that society can move toward a future where opportunities are genuinely fair and every individual is empowered to succeed.

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

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KO VIEW

Lingering Dry Spell

This year Kashmir has recorded a 34% deficit in rainfall from June to July, and in October the Valley witnessed a 74% shortfall. Overall also, the Valley has received less precipitation beginning with last winter itself. We had a largely dry December-January which briefly affected the arrival of tourists to the Valley before picking up again in February when it snowed again. The last such dry winters were 2015 and 2018. Data reveals that in the past 28 years alone, nine winters have passed more or less snowless - three of them in the last decade - a frequency that has created a deep sense of alarm. While erratic or lack of snowfall is depleting glaciers and incidentally also affecting tourism, the shifts in weather patterns is also impacting Kashmir's horticulture, including the apple crop, a mainstay of the region's economy. In Kashmir itself, apple farming is one of the primary sources of employment, engaging nearly 3.5 million farmers, which constitutes 27 percent of the region's population. The export of apples contributes over 8 percent to the region's GDP.

In recent years, snowless winters have been followed by warm springs and hotter summers. If this weather trend lingers over the long term, it poses an existential risk to agriculture. Although, this winter, the Valley has witnessed snowfall in the upper reaches, the plains have experienced dry weather. However, this is unlikely to dent tourist inflow, considering the Valley offers cleaner alternative to large parts of mainland India, particularly the major cities. In Delhi, for example, the Air Quality Index level has been hovering between 400-500. Snow, however, remains the biggest draw for holiday makers from the other parts of the country, for whom it remains a novelty.

However, the challenge from climate change is multi-pronged: it threatens to severely affect the Valley's sources of water, agriculture, and tourism. Between them, these are pillars of the Valley's economy. It is thus important that we work out a strategy to deal with a deeply uncertain future.

Although climate change is a global phenomenon, Kashmir has become its microcosm. It is mirrored in the fragile ecosystem of the region. From erratic weather patterns to heatwaves, Kashmir has been experiencing the same changes as on the global level. The changes are not mere aberrations but harbingers of a dire future if immediate actions are not taken. While we can't do much about climate change at the global level, we can certainly make some redeeming difference to the local aspects of this change. The newly elected government should make addressing the fallout of the climate change on the UT's environment a priority focus area.



Did You Know?

Mental Vision and the Power of Listening to the Experienced

Irshad Mushtaq

In today's fast-paced world, the significance of having a mental vision cannot be overstated. While hard work remains crucial, a clear mental vision acts as a compass, guiding our efforts in the right direction. Listening, particularly at an early age, forms the backbone of this vision-building process. When we listen to experienced individuals from various fields, we absorb invaluable insights that can shape our future endeavors. Ignoring this wisdom often results in missed opportunities and eventual regret. Thus, fostering a mindset open to listening and learning is crucial. Learning vs. Social Media In our digital age, social media often distracts us from the vital process of learning. While it offers entertainment, it seldom provides the deep knowledge needed for personal growth and success. Learning is a powerful form of earning; it's an investment in oneself that pays dividends in the future. By prioritizing learning over excessive time spent on social media and quick fixes, we equip ourselves with skills and understanding that lead to smarter work strategies and long-term success. Saving and wisely Investing Understanding the value of saving and investing is another pillar of a positive mental vision. Money, when wisely managed, can grow and work for us over time. Rather than expending energy on relentless hard work without strategy, investing enables us to leverage resources effectively. A balanced approach that combines hard work with smart work is often the key to achieving lasting success. Smart Work through Vision Finally, integrating a vision of smart work into our lives can transform our efforts. Smart work involves utilizing our resources, skills, and time judiciously to achieve more with less stress and effort. It highlights the importance of innovation and planning, allowing us to maximize our output without burning out. Let us embrace positivity, indulge in learning, and strive for a well-rounded approach that prioritizes mental vision and smart work. Together, we can build a future that values listening, learning, and strategic action over mindless scrolling and hard toil without direction.

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



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

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The Vital Importance of Reducing Screen Time

I hope this letter finds you in good health and high spirits. I am writing to draw attention to a matter of increasing concern in our modern society—the excessive amount of time we spend glued to screens. In an age dominated by technology and digital devices, it is imperative that we recognize the adverse effects of excessive screen time on our physical and mental well-being. Buy vitamins and supplements

Screens have become an integral part of our daily lives, with smartphones, tablets, computers, and televisions constantly vying for our attention. While these technological advancements have undoubtedly revolutionized communication and accessibility to information, the repercussions of excessive screen time cannot be ignored.

Firstly, excessive screen time has detrimental effects on our physical health. Prolonged sitting or poor posture while engaging with screens often leads to sedentary behavior and a host of associated health problems, including obesity, cardiovascular issues, and musculoskeletal disorders. Additionally, extended exposure to the blue light emitted by screens disrupts our sleep patterns, causing insomnia and fatigue. Buy vitamins and supplements

Moreover, excessive screen time has profound implications for our mental well-being. Studies have shown that increased screen time is linked to higher rates of anxiety, depression, and stress, especially among young individuals. Continuous exposure to social media platforms can foster feelings of inadequacy, as people compare their lives to carefully curated highlight reels of others. Furthermore, excessive screen time often replaces meaningful face-to-face interactions, leading to feelings of isolation and loneliness.

To address this growing concern, it is crucial that we advocate for reduced screen time and promote healthier alternatives. Parents, educators, and communities must work together to encourage children and young adults to engage in physical activities, explore the outdoors, and participate in creative pursuits that do not involve screens. It is essential to create a balanced environment where screen time is limited, and individuals are encouraged to focus on interpersonal relationships, hobbies, and personal development.

Furthermore, we need to educate individuals about responsible screen usage. Encouraging breaks from screens, setting boundaries, and establishing screen-free zones within households can significantly contribute to reducing screen time. Employers can also play a role by promoting digital detox initiatives, providing opportunities for physical activity during work breaks, and fostering a

culture that values personal well-being over constant connectivity.

Lastly, public awareness campaigns, educational programs, and community initiatives can play a vital role in raising awareness about the consequences of excessive screen time. By fostering a collective understanding of the importance of reducing screen time, we can work towards creating a healthier and more balanced society.

In conclusion, it is imperative that we recognize the adverse effects of excessive screen time on our physical and mental health. By promoting reduced screen time, encouraging healthier alternatives, and fostering awareness, we can mitigate these negative effects and cultivate a society that prioritizes human connection, well-being, and personal growth. Buy vitamins and supplements

Maiha Khan

Growing up Digital

A Generation with Virtual Childhood

Misba Mehraj

Born from the brilliance of human minds, technology has proven to be a transformative in human evolution. However, once the usage of technology becomes overly excessive, it ceases to be a source of convenience but a driver of inconvenience and dependence. The key realization lies in discerning whether technology is part of human life and created for its convenience or whether human life is part of the technological world submitted to its mastery and control.

Smartphones, technology's versatile offsprings, are considered the fastest-selling gadgets in history. A decade back or so the use of smartphones for personal use in the Valley was mainly limited to adults and children above the age of eighteen, with some exceptions for children above the age of sixteen. However, the surge of smartphones has become so significant that nowadays children in their early childhood are commonly seen using smartphones to surf the internet. The fact that remains very significant is that toddlers just at the age of five or six can navigate games, access social media sites, play music, and watch videos with ease. The issue however arises when they get completely engrossed in smartphones consuming an immense chunk of unnecessary information. Watching short videos commonly called reels and playing online video games for hours becomes a daily pursuit of their lives at a very tender age. Even before starting school, these tiny buds get heavily addicted to smartphones, spending most of their time on these devices instead of playing outdoors, connecting with nature, and experiencing real-life activities. Their childhood is potentially limited to a small screen of mobile phones which negatively affects their development. As the new generations are emerging, we are witnessing a dramatic shift—a virtual child-



A COMMON PRACTICE THAT IS USUALLY OBSERVED IN FAMILIES TODAY IS HANDING OVER MOBILE PHONES to children as soon as they throw tantrums such as refusing to eat, crying, or playing around naughtily, only to make things easier for themselves

hood where children are first introduced to smartphones and tablets, only discovering the rest of their lives afterward.

According to researchers, the excessive use of smartphones from a very early age has physical, mental, and social implications. It degrades the function of the right brain and hinders the development of the frontal lobe, primarily related to the ability to think, judge, and concentrate. One of the most prominent chal-

lenges we see in children of today's generations is the lack of self-control and frequent temper issues. These challenges are yet another negative consequence of these seemingly harmless devices. Researchers have also highlighted a phenomenon known as "popcorn brain," where constant exposure to screens dulls the mind to real-world experiences. Studies also indicate a link between smartphone use and an increased risk of devel-

oping Attention Deficit Hyperactivity Disorder (ADHD) among children. An analysis of today's generation that we typically refer to as Gen Z shows an increasing trend of depressive behaviours and anxiety disorders. Such disorders are likely to increase manifold in coming generations like Gen Alpha because of the unhealthy lifestyles they are being introduced to from the very beginning of their lives. Now the question arises whether smart-

phones alone are responsible for creating such havoc or whether some responsibility lies with the guardians of these young minds.

In a child's life parenting is one of the essential stepping stones that allows one to grow and strive for a better future. The fact that remains is that children are not born with the knowledge of mobile phones but it is we who introduce these devices to them. Access to technology is not inherently wrong, especially in a world where the internet and social media are ubiquitous, and when it is clear that the coming generations will grow up with some of the most advanced technologies ever seen. The issue however lies in the timing and the manner smartphones and social media are being introduced to kids nowadays.

A common practice that is usually observed in families today is handing over mobile phones to

children as soon as they throw tantrums such as refusing to eat, crying, or playing around naughtily, only to make things easier for themselves. Another increasingly common yet unfortunate trend is purchasing brand-new gadgets for newborns for a mere show off in social circles. However, while committing such a blatant act we fail to realize its future implications. Once we continue with the practice of handing over mobile phones to children from a young age particularly when their minds are still developing, it sets off a pattern in their lives. These patterns foster habits and eventually lead to obsessive dependence on these devices. The impact of such unchecked access extends beyond the physical and mental health of children and also influences the moral compass of future generations.

A small act can thus initiate a ripple effect affecting many facets of an individual's life as well as broader society. Henceforth, it becomes a paramount responsibility of the parents to take utmost caution while handing down these devices to their children. Before the age of fifteen, parents should avoid providing direct access to mobile phones, and after fifteen at least up to seventeen or eighteen years of age, controlled access must be ensured. Besides, a limit must be put on screen time of children and inculcate the habit of participating in outdoor activities. Encouraging healthy family bonding and face-to-face communication can also go a long way in ensuring a healthy lifestyle for our kids, away from the ambit of small screens. Small changes always have a bigger impact. As parents by curbing ineffective parenting methods and inculcating healthy lifestyle habits in a child's life, we can surely create a significantly positive impact on their lives.

The author is a 3rd year law student at Kashmir University. Email: misbamehraj9@gmail.com

What Shape Will Your Personality Take Over Time?

Susan Krauss Whitbourne

The idea that personality is fixed and immutable over time has, for all intents and purposes, become discarded in psychology. A few stalwarts who argue for a lifetime of stability may still exist, but the data continue to refute this outdated view. Indeed, as you think about yourself, it's likely that you can reflect on many twists and turns in the way that your own tendencies have evolved since your teens and early 20s. You know that you're the "same" person you always were, but you also know that you've continued to grow and evolve with life's changing demands and circumstances.

To demonstrate the existence of personality change, researchers use a variety of methods. The simplest is to compare the average scores that people have over time in the levels of the most common traits. Another approach compares people's standings relative to each other to see if people jump above or below those averages in different ways. However, if you reflect on how your own personality has changed, you probably don't care all that much about whether you've pulled ahead or behind other people in your approximate age group. You might wonder more about the pattern of change that characterizes you as a unique individual and then, beyond this, what

you might project out into the future. You're more extraverted now than you were in your 20s, let's say, but what will the decades ahead look like? Will you continue to chart your way into a gabbier future?

Thinking About the Shape of Personality Change

According to a new comprehensive paper by Amanda Wright of the University of Zurich and Joshua Jackson of Washington University in St. Louis (2024), when researchers draw lines or even curves to connect the personality score dots across the years of adulthood, this "may not be the most appropriate model specifications for every person." The "average" trajectory of change may not truly represent the "individual" trajectories that underlie this pattern. An average, in other words, is just that. Imagine 50 separate graphs for 50 people studied from ages 20 to 60. Yes, there will be an average set of changes, but this obscures the fact that some people's curves are relatively flat, others vacillate all over the place, and still others grow upward and then downward again along the lines of gentle slopes.

Why does this matter? Apart from being overly simplistic, conclusions drawn from average scores traced over time fail to capture the reality that no two people literally change in the exact same way. You know from your own ex-



perience that a life event that shook you out of your carefree nonchalance about following rules such as adhering to deadlines (e.g., by losing a job) can cause your personality to veer in the opposite direction. Some- one else, equally carefree, might never have felt the need to change.

The other reason it is useful to think about individual differences in change over time is that, if you could see the trajectory of your life up until now, you could be helped to see where it will be headed. It is in this regard that the Wright and Jackson

study becomes relevant. The purpose of their work was to see if they could identify the common "shapes" or variations in the rate and amount of personality change. Ultimately, such work could become the basis for "testable hypotheses" to "expand the scope of its examinations of what underlies personality change." This work could allow you to turn the examination inward and better understand yourself.

Tracing the Shape of Personality Change

The basis for the Wright-Jackson study is the Five

Factor Model (FFM) approach to measuring personality, which produces individual scores according to five traits—openness to experience, conscientiousness, neuroticism, agreeableness, and extraversion. With nearly 26,500 participants averaging 48 years old, tested within a range of four to 11 times, the authors had at their disposal not only a large data set, but one that allowed for complex statistical modeling of individual patterns of change over time.

This method allowed the authors to draw curves fol-

lowing linear, cubic, and quadratic, as well as combinations of the above, for each of the five traits across age, comparing people across different ages and males vs. females. The modeling procedures they used made it possible to determine not only variations by best-fitting shape, but also the problems created if an individual's trajectory became mapped onto the "wrong" shape.

After the dust settled on these complex analyses, the authors concluded that their findings clearly refuted previous studies suggesting that adult personality change involves slow, linear, changes, or even slow quadratic (up and down) changes. As they concluded, "Changes in personality are complex: they often start, stop, and fluctuate at different points across varying periods for different people...it is these ebbs and flows which cannot be captured with simpler polynomial terms."

What These Findings Mean for You

You can see from this conclusion that there is no simple shape to personality change. An event such as losing a job as a result of low conscientiousness might very well cause the "flow" upward in this particular trait. Now you can understand that changing your conscientiousness was an adaptive response to a life situation and that you're not all that much unlike other

people who shape-shift as well.

Recognizing that these variations exist, and are substantial, was another main point of the study. Only a minority of people, the results showed, actually fit a linear path of personality change. As a result, the extent to which personality change occurs has been consistently underestimated in previous research. If you've come to believe in that "slow, gradual" model of adult development, you may worry that there's something wrong with you if you do not follow that trajectory. Instead, you might be like one of those people in other studies whose personality change shape failed to be detected. Putting a linear form onto your cubic shape will literally become the square peg in the round hole of growth and change.

To sum up, the findings from the Wright and Jackson study can provide you with ideas as you think about the way your personality has both responded to and guided your path through life. There is no reason to worry if you believe you've deviated from the "average" of stable growth or maturity that adults "should" show as they get older. Complexity, not simplicity, is the norm as people navigate the many changing circumstances that can lead to fulfillment.

The article was originally published by Psychology Today

India Reclaim Top Spot On WTC Table After Trouncing Australia In Perth

Press Trust of India

DUBAI: India reclaimed the top spot in the World Test Championship points table following their 295-run hammering of the hosts Australia in the opening Test of the Border-Gavaskar Trophy here on Monday.

India were leading the WTC standings by a significant margin but a 0-3 loss to New Zealand on their home soil led to the world No 2 Test side slipping down to the second spot, with the defeat also denting their hopes of making the final of the competition next year.

The huge win over Australia has bolstered India in the standing, who now have 61.11 percentage points and the top spot. Australia are placed second with 57.69 percentage points.

"The triumph has now propelled the two-time runners-up to the top spot in the 2023-25 WTC points tally, further solidi-



fying their chances of making it to their third successive final at Lord's next year. The win for the visitors comes on the back of the

recent 3-0 drubbing at the hands of New Zealand back home," the ICC said on its website.

"Australia, who have slipped

to the second spot in the nine-team points table, are still in the race to defend their title," it added.

The ICC confirmed that India will still need to win remaining three of their four Tests against Australia to ensure direct qualification for the WTC final.

For Australia, winning four of their remaining six Tests will see them making it to the summit clash as Pat Cummins' team will also tour Sri Lanka for a two-Test series after the home series against India.

India and Australia will now face off at Adelaide for the day-night Test starting on December 6, followed by the third Test in Brisbane (December 14-18), fourth Test in Melbourne from December 26-30 and the fifth and final Test in Sydney from January 3-7.

Three more teams are in contention of making it to the WTC final with Sri Lanka placed third (55.56 percentage points), followed by New Zealand at fourth (54.55 percentage points) and South Africa at fifth (54.17 percentage points).

Sports Minister, LG Meet J&K Football Team After Santosh Trophy Heroics

Observer News Service

JAMMU: J&K Minister of Youth Services and Sports Satish Sharma and Lieutenant Governor Manoj Sinha separately met and facilitated the J&K senior men's football team on Monday after it topped its group at the ongoing 78th Senior National Football Championship for Santosh Trophy 2024-25. The team returned to Jammu after the completion of the group stages.

The LG met the squad at Raj Bhawan and congratulated the players and the coaching staff for their remarkable performances during the group stage and extended his best wishes for the future matches. He also commended the J&K Sports Council for organising rigorous training camps and providing requisite facilities, technical guidance and support to the team for its Santosh Trophy campaign.

J&K Senior Men's Football Team competed in Group A alongside Himachal Pradesh, Ladakh and hosts Punjab, and delivered commanding performances while remaining unbeaten in the group stage. The team has qualified for



the final round and will now compete in Telangana from December 14.

Nuzhat Gul, Secretary, J&K Sports Council; Satpal Singh, Chief Coach, senior officials of J&K Sports Council and coaching staff of the team were also present on the occasion.

Meanwhile, Minister for Youth Services and Sports lauded the team's historic victory against formidable opponents and commended their skill, dedication and teamwork.

"It is gladdening to see our athletes bringing glory to Jammu and Kashmir by defeating top teams. This success showcases the immense sports talent

in the region," he said.

The team was applauded for their exemplary efforts by the Minister, who also recognised the contribution of the coaching and technical staff.

Satish Sharma also expressed confidence in the team's ability to continue performing at the highest level in the upcoming final rounds of the tournament.

The felicitation ceremony was attended by Director General, Youth Services and Sports Rajinder Singh Tara, Secretary, J&K Sports Council Nuzhat Gul, Chief Sports Officer, and Chief Accounts Officer, J&K Sports Council.

Rasikh Salam, Abdul Samad Sold In IPL 2025 Auction

Agencies

SRINAGAR: Three players from Jammu and Kashmir were sold in the IPL 2025 auction on Sunday, while 11 others, including Umran Malik, went unsold.

A total of 14 players from Jammu and Kashmir were up for auction. Two players were purchased on the first day, and one was sold on the second day.

Kulgam-born pacer Rasikh Salam was bought by Royal Challengers Bangalore (RCB) for a whopping Rs 6 crore. Rasikh, who has previously played for Mumbai Indians, Kolkata Knight Riders and Delhi Capitals, entered the IPL 2025 auction with a base price of Rs 30 lakh. His inclusion in RCB's squad is expected to strengthen their fast-bowling attack for the upcoming season.

Hailing from the Bhan Ashmuji area of Kulgam district, Rasikh is set to make his fourth IPL appearance. His brother expressed confidence in Rasikh's talent, saying he has consistently proven his skills whenever given the opportunity.

"He has always done well wherever he has played, and we believe he will continue to perform at the highest level," his brother said, adding, "Youth should focus on their goals and avoid distractions like drugs. Hard work always pays off."

Rasikh's journey in professional cricket began after he was selected for trials at the Mumbai Indians camp following his impressive performance in the 2019 Vijay Hazare Trophy. His ability to swing the ball both ways caught the attention of the Mumbai Indians scouts, which led to his selection in the IPL.

"We are overjoyed by his selection and hope that he gets a chance to showcase his talent in the upcoming season," said his family, who have supported him since his early days in cricket. Rasikh has



been passionate about the game since childhood, working relentlessly to realize his dream.

However, Rasikh's career has faced challenges. In 2019, he was banned by the BCCI for two years for submitting a faulty birth certificate. Despite this setback, he has continued to make a mark in domestic cricket.

Abdul Samad, an all-rounder from Jammu, was bought by Lucknow Super Giants (LSG) for Rs 4.2 crore. Samad, who was retained by Sunrisers Hyderabad for three consecutive years, has struggled to find consistent form in the IPL. However, this season, he will be looking to prove his worth.

Yudhvir Singh, an all-rounder from Jammu and Kashmir, was also sold to RCB for Rs 35 lakh.

Umran Malik was sold to KKR for Rs 75 lakh in the accelerated round in IPL 2025 Auction.

ICC Trying To Convince PCB To Organise Champions Trophy In Hybrid Model

Press Trust of India

KARACHI: The ICC's executive board members are trying to convince Pakistan Cricket Board (PCB) to accept hybrid model for next year's Champions Trophy on the promise of increased financial incentives, according to sources.

The schedule of the tournament is yet to be announced after India informed the global governing body of its inability to travel to Pakistan for the marquee event.

The ICC is scheduled to convene a meeting of its executive board on Tuesday to find a solution for the vexed issue.

"With the PCB not willing to budge on hosting the event under a hybrid model, they are now being offered additional financial incentives to end the deadlock," an insider said.

"Chances are (that) by tomorrow (Tuesday), a clear picture will emerge after a virtual discussion by board representatives on under which format the Champions Trophy would eventually be held early next year," he added.

The insider said the PCB is being asked to accept



additional financial incentives for allowing India to play its matches in UAE, with the final to be played in Dubai, in case if India qualifies.

"The PCB so far has resisted all such moves, insisting (that) if India is not willing to play in Pakistan it is their problem as all the (other) six other participating nations have no issues (with) playing in Pakistan," he said.

"The PCB is also insisting that even if it agrees to a

hybrid model, the Pakistan and India group (stage) match and the final should be held in Lahore," another insider said.

"Obviously, the Indian cricket board is not agreeable to this and is insisting (that) India should play all its matches in Dubai, including the one against Pakistan, the semi-final and the final if they qualify for it," he added.

PCB chairman Mohsin Naqvi has so far refrained from making any com-

ments on the delay in announcing the schedule, but he has insisted that the Champions Trophy would be held as per schedule in Pakistan and the hybrid model would not be favoured.

"As far as we are concerned, all the preparations for the tournament, including the construction work at the three stadiums in Karachi, Lahore and Rawalpindi is continuing on schedule," a PCB official said.

Salah Says He Is 'More Out Than In' At Liverpool As He Enters Final Months Of Contract

Agencies

SOUTHAMPTON: Mohamed Salah has raised doubts about his Liverpool future, saying he is yet to be offered an extension to his contract, which expires at the end of the season.

Salah spoke out after scoring two goals in Liverpool's 3-2 win over Southampton on Sunday and suggested he is more likely to leave than stay with the Premier League leader.

"Well, we are almost in December and I haven't received any offers yet to stay in the club," he told reporters.

"I'm probably more out than in. You know I have been in the club for many years. There is no club like this. But in the end, it is not in my hands."

Salah's goals saw Liverpool extend its lead at the top of the standings to eight points. The Egyptian international is 32 and has been at the club since 2017. He has scored 12 goals in 18 appearances this season.

Salah gave a rare interview to English print media before boarding the team bus after the Southampton game and expressed his frustration



about the lack of progress with his contract.

"I'm not going to retire soon so I'm just playing, focusing on the season and I'm trying to win the Premier League and hopefully the Champions League as well. I'm disappointed, but we will see," he said.

"I'm very professional. Everybody can see my work ethic. I'm just trying

to enjoy my football and I will play at the top level as long as possible. I'm just doing my best because this is who I am and I try to give it all for myself and for the club. We will see what happens next."

Salah has been heavily linked with a move to Saudi Arabia since the oil-rich nation launched a drive to lure some of the biggest

players in the world to its top league.

Salah is Liverpool's all-time leading scorer in the Premier League with 167 goals. In all competitions, he has scored 223 goals in 367 appearances.

He has won a full set of trophies with the Merseyside club including the league title and the Champions League.

Short TAKES

At 13, Vaibhav Suryavanshi Becomes IPL's Youngest Player

Bihar's Vaibhav Suryavanshi became the youngest-ever player to be signed by an IPL franchise at 13 years as Rajasthan Royals bought the prodigy for Rs 1.10 crore in the mega auction here on Monday.

Suryavanshi made headlines recently when he became the youngest batter to score an international century, achieving the feat in a Youth Test for India Under-19 against Australia U-19 in Chennai.

Suryavanshi made 104 off 62 balls in that match. His base price was Rs. 30 lakh and Delhi Capitals made the opening bid. RR entered the fray at Rs. 35 lakh and eventually got the better of DC to get the player on board.

First Sports Meet For Nursing & Paramedical Students Begins

The three-day first ever annual sports meet for Paramedical and Nursing students of Government Medical College Srinagar began on Monday.

The inaugural ceremony was led by Principal and Dean GMC Srinagar Prof. (Dr.) Iffat Hassan.

While addressing the gathering, Principal/Dean GMC Srinagar complimented on enthusiasm and energy among the students. She said sports play a vital role in decreasing the mental stress that students face while adhering to their rigorous academic schedule.

The event will run from 25th to 27th November 2024. Faculty members from the Nursing College and AMT School, along with students, actively participated in the opening event. The sports meet includes a range of competitions such as cricket, volleyball, football, badminton, table tennis, and several other games.

Dignitaries present at the inaugural ceremony included Prof. (Dr.) Muzafar Jan, Chairman of the Sports Committee; Prof. (Dr.) Sabiya Majid Principal Govt BSc College of Nursing; Mohammad Ashraf Hakak, Administrator of GMC and Associated Hospitals; Dr Ajaz Patloo and Nighat Hafiz, Nodal Officer of the Government BSc Nursing College.

Ivory Coast Bundled Out For 7 Against Nigeria, Lowest T20I Total

Ivory Coast have achieved an ignominious milestone by posting the lowest-ever total in men's T20Is after they were dismissed for just seven runs in their ICC T20 World Cup Sub-Regional Africa Qualifier Group C match against Nigeria.

In response to Nigeria's 271 for 4 after the hosts elected to bat, Ivory Coast folded in 7.3 overs on Sunday to also record the first instance of a single-digit team total in a men's T20I.

The previous record for the lowest T20I total was 10, a mark that had been set twice -- during the Mongolia vs Singapore match two months ago, and also when the Isle of Man took on Spain last year.

The visitors managed to bat only until the eighth over, with opener OK Mohamed being the top scorer for his side, having made 4 runs off 6 balls.

Nigeria thus secured a commanding 264-run victory, marking the third-largest margin of victory in T20I history.

Real Madrid's Vinicius To Miss Champions League Game At Liverpool Because Of Hamstring Injury

Real Madrid forward Vinicius Jr. has a hamstring injury and will miss the midweek Champions League game at Liverpool, the team said Monday.

The Brazil international was not included in the Madrid squad for Wednesday's game at Anfield.

The team said in a medical update that Vinicius "has been diagnosed with an injury to the biceps femoris in his left leg. His progress will be monitored."

Vinicius played the full game Sunday for Madrid in a 3-0 victory over Leganes in La Liga.