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Why Youth Of Kashmir Are Dying Of Heart Attacks? Experts Weigh In

Syed Mohammad Burhan

Srinagar: Leading cardiologists in Kashmir have sounded an alarm over the increasing prevalence of heart attacks among the youth, linking it to smoking and tobacco consumption.

In a concerning revelation, leading cardiologists in Kashmir have highlighted the growing risk of heart attacks among young smokers. Speaking to Kashmir Observer, they emphasized the critical connection between smoking and cardiac active steps to quit smoking.

Dr. Hilal Rather, Head of the Department of Cardiology at Sher-i-Kashmir Institute of Medical Sciences (SKIMS), stated that both active and passive smokers are at risk.

"Even someone who smokes very little is still a smoker. They may be active or passive, but a smoker is a smoker," he said.

He acknowledged that while minimal smoking might pose a relatively lower risk of heart attacks, the associated health



dangers cannot be ignored. Highlighting the environmental factors in Kashmir. Dr. Rather said, "In winter, environmental

J&K Cabinet

Unlikely Soon

Srinagar: The much-awaited

cabinet expansion of Omar

Abdullah-led Government is

unlikely to take place soon as

the sources have ruled out any

talks in this regard while the

Jammu and Kashmir Pradesh

Congress Committee (JKPCC)

Chief, Tariq Hameed Karra

also dismissed any talks at the

Reliable sources said that

no discussion has taken place

vis-à-vis cabinet expansion so

far in the Jammu and Kashmir government, but added that

the expansion would unlikely

They added that the deci-

sion in this regard can be tak-

en by the Chief Minister Omar

Kashmir Sees

Daily Damage To 50 Transformers

Srinagar: With the early arrival of bone chilling winters and mammoth consumption of electricity all together, on an average at least 50 Distribution

Transformers (DTs) of different load capacity are

A top official of Kashmir Power Distribution Corporation Limited (KPDCL) said that from the

past more than a month, a huge number of DTs were damaged with some getting repaired imme-

diately while others were taken to the workshops. "On an average, at least 50 DTs are getting dam-

aged every day. The main reason for the damage to DTs is overloading and using crude heating

He said, "Most of the DTs were getting damaged

About the damage cost of DTs, the official said.

In the meantime, KPDCL in a statement said that in the month of November at least 1043 DTs were

Chief Engineer (Distribution) of KPDCL, Aaguib

Waheed Deva in a statement advised the consum-

"On an average, the majority of the damaged DTs

in rural areas wherein most of the consumers are

getting damaged every day in Kashmir valley.

Abdullah himself | More on P6

Observer News Service

gadgets," the official said.

cost from Rs 2 Lakh to Rs 2.5 Lakh."

ers to adjust their heating | More on P6

unmetered."

take place soon.

Expansion

Agencies

smoke tends to linger at lower levels instead of dispersing into the atmosphere, increasing the risk of lung infections. This

exacerbates the health risks for smokers and nonsmokers alike." Sharing insights from clinical observations, Dr. Rather said,

SOME DECADES AGO.

individuals. Now, we are witnessing

among the youth, and our findings

point to smoking as a leading cause"

an increased intensity of heart attacks

HEART ATTACKS WERE

PRIMARILY seen in older

"We have seen many patients who have suffered heart attacks, and those who smoke show a higher prevalence of this condition. However, it is not a oneto-one relationship—while not all smokers experience heart attacks, a significant number of young patients who do have been smokers.'

Studies also show that smoking is a major risk factor for heart disease and increases the risk of dying from cardiovascular disease (CVD). According to a research published | More on P6

Bachan Lal Paswan and Kasturi Lal Paswan, were migrant laborers from Bihar who were working on a road construction project in the Lingbal area when the landslide struck.

According to eyewitnesses, the trio was trapped underneath the debris, and despite swift rescue efforts, two of the laborers succumbed to their injuries. The injured laborer, Satinder Paswan, was rushed to the District Hospital Budgam and later shifted to the Bone and Joint Hospital Barzulla, Srinagar, for further treatment.

Landslide In

Claims 2 Lives

Budgam: A landslide incident occurred in the Ichgam area of

Central Kashmir's Budgam dis-

trict on Monday, resulting in

the loss of two lives and leaving

The victims, identified as

one critically injured.

Budgam

The Medical Superintendent of District Hospital Budgam confirmed the incident, stating that two laborers were brought in dead, while the third was referred to a specialized hospital for treatment.

An official overseeing the road construction project explained that the victims were working on the road when they suddenly came underneath a landslide, and despite retrieval efforts, two died in the incident, and one is injured and receiving treatment at a Srinagar hospital.

Police have taken cognizance of the incident and registered a case under relevant sections of law. (CNS)

Dry Weather In Kashmir

Hydropower Generation Hits All-Time Low



Observer News Service

Srinagar: Hydroelectric power generation in Kashmir has duced river flows during winter have severely impacted electricity production.

This has left residents grappling with erratic power supply amid freezing temperawhich account for over 90% of Kashmir's | More on P6

Air Quality, Economy & Water Resources Suffer

ashmir's persistent dry weather is taking a toll on its air quality, water resources, and economy, leaving residents and environmental experts deeply concerned. December 2024 has witnessed a staggering 79 percent precipitation deficit, with no snow | More on P6

Dry Air. Low Temps Fuel Respiratory Infections

s winter sets in, cases of common Acold and upper respiratory tract infections (URTI) are on the rise, posing | More on P6

Drv Weather Till Dec 12: MeT

he fresh spell of light snowfall was reported in the higher reaches of Kashmir on Monday while as the weatherman here has predicted no major activity till December 12. | More on P6

REDUCED OUTPUT HAS COINCIDED with soaring demand, which peaks at around 2,800 MW to 3000 MWs in winter, while local supply dwindles to less than 1,000 MW."

damaged and 1035 were restored simultaneously.

Court Seeks Police Report On 'Private Detentions'

Observer News Service

Srinagar: The Srinagar Court has directed the Deputy Inspector General (DIG) of Police, Kashmir, to file a detailed report addressing allegations of misconduct and lawlessness involving private individuals who claim to be authorized Traffic Police in Srinagar.

The Court of Special Mobile Magistrate 13 FC, Srinagar, issued directions in response to a complaint filed by advocate Sarfaraz Wani, who accused the authorities of permitting private individuals to unlawfully detain citizens and misuse their | More on P6

IAF Officer Rape Case

HC Orders Continuation Of SIT investigation

M Ahmad

The Srinagar: Court of J&K and Ladakh has ordered Special Investigation Team (SIT) of police to continue its investigation against Wing Commander of the Indian Air Force (IAF) who has been accused of rape by a woman Flying Officer.

A bench of Justice Javed Iqbal Wani also held that the IAF can invoke Section 124 of Air Budgam Force Act, 1950 to try the



officer in a Court Martial only after the investigation was completed.

The court also quashed two orders passed by the Chief Judicial Magistrate dated 10th October 2024 and another

passed a week later. By virtue of the October 10 order the CJM had directed the Incharge Police station Budgam to stop investigation in the matter and handover all the case papers to the Competent Authority or his duly authorized representative under the Air Force Act.

Later the CJM upon an application filed by the Assistant Public Prosecutor vide an order on October 16 directed the police | More on P6

J&K Secures 750-Seat Private Hajj Quota For 2025

Observer News Service

Srinagar: For the first time, Jammu and Kashmir has been allocated a private Hajj quota of 750 seats for 2025. The Ministry of Minority Affairs conducted the regis-

tration and allocation process under its policy for Hajj Group Organizers (HGO), as per circulars No. HAJ-15/6/2024-HAJ-MoMA dated 07-09-2024 and 04-10-2024. A total of 914 applications were received across five categories: 26 for Category 1 Lead

Applicants, 28 for Category Non-Lead Applicants, 223 for Category 1 Experienced Applicants, 523 for Category 2 Experienced Applicants, and 114 for Category 2 New



Applicants. After scrutiny, 841 applicants were found eligible. In Jammu and Kashmir, 14 companies have been granted Hajj quotas. Labaika Haj & Umrah Services, under Category I, received 100 seats. Nine companies under Category II, including Al Hayat Hajj and Omrah, Universe Travel Corporation. Behreen Travels, | More on P6

FUNDRAISER - FOR CANCER

WE NEED YOUR HELP



Help Save A Life

Mother Helpage JK Seeks Your Compassionate Support For: Patient Name: Manzoor Ahmad Baba S/o: Late Abdul Ahad Baba R/o: Illahi Bagh Buchpora Srinagar Diagnosis: Sigmoid Colon Cancer 3rd B Stage of Adenocarcinoma Cost: 6,00,000. our team visited the patient & find the need genuine please come forward to help this patient

Patient's Family Message

We have used up all our savings to pay for expenses that amounted to a lot. We can't bear any more expenses and need your help immediately. We need a huge amount to complete the medical procedure. My father is closest to my heart, and I can't see him in this condition.

Please help in this hour of need by kindly contributing towards the treatment. Your contribution is greatly appreciated!



Jammu and Kashmir

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Unmasking Hidden Online Hate: A New Tool Helps Catch Nasty Comments Even When They're Disguised

Monday - Saturday (9am - 6pm)

The Conversation

eople determined to spread toxic messages online have taken to masking their words to bypass automated moderation filters.

A user might replace letters with numbers or symbols, for example, writing"Y0u're st00pid" instead of "You're stupid".

Another tactic involves combining words, such as "IdiotFace". Doing this masks the harmful intent from systems that look for individual tox-

Similarly, harmful terms can be altered with spaces or additional characters, such as "h a t e" or "h@ te", effectively slipping through keyword-based filters. While the intent remains harmful,

overlook such messages. This leaves - particularly vulnerable groups - exposed to their negative To address this, we have developed a novel pre-processing technique

designed to help moderation tools

traditional moderation tools often

more effectively handle the subtle complexities of hidden toxicity. An intelligent assistant

Our tool works in conjunction with existing moderation. It acts as an intelligent assistant, preparing content for deeper and more accurate evaluation by restructuring and refining input text.

By addressing common tricks users employ to disguise harmful intent, it ensures moderation systems are more effective. The tool performs

three key functions. · It first simplifies the text. Irrelevant elements, such as excessive punctuation or extraneous characters, are removed to make text straightforward and ready for evaluation.



It then standardises what is written. Variations in spelling, phrasing and grammar are resolved. This includes interpreting deliberate misspellings ("h8te" for "hate").

Finally, it looks for patterns. Recurring strategies such as breaking up toxic words ("I d i o t"), or embedding them within benign phrases, are identified and normalised to reveal the underlying intent.

These steps can break apart compound words like"IdiotFace" or normalise modified phrases like"Y0u're st00pid". This makes harmful content visible to traditional filters. Importantly, our work is not about reinventing the wheel but ensuring the existing wheel functions as effectively as it should, even when

faced with disguised toxic messages.

Our new tool cleans up toxic comments that have been hidden behind misspellings and extra characters. ClarkandCompany/Getty Imag Catching subtle forms of toxicity The applications of this tool extend across a wide range of online environments. For social media platforms, it enhances the ability to detect harmful messages, creating

a safer space for users. This is particularly important for protecting younger audiences, who may be more vulnerable to online abuse. By catching subtle forms of toxicity, the tool helps to prevent harmful behaviours like bullying from persisting unchecked.

Businesses can also use this technology to safeguard their online presence. Negative campaigns or covert

attacks on brands often employ subtle and disguised messaging to avoid detection. By processing such content before it is moderated, the tool ensures that businesses can respond swiftly to any reputational threats. Additionally, policymakers and organisations that monitor public discourse can benefit from this system. Hidden toxicity, particularly in polarised discussions, can undermine efforts to maintain constructive dia-

The tool provides a more robust way for identifying problematic content and ensuring that debates remain respectful and productive.

Better moderation

Our tool marks an important advance in content moderation. By addressing the limitations of traditional keyword-based filters, it offers a practical solution to the persistent issue of hidden toxicity.

Importantly, it demonstrates how small but focused improvements can make a big difference in creating safer and more inclusive online environments. As digital communication continues to evolve, tools like ours will play an increasingly vital role in protecting users and fostering positive interactions.

While this research addresses the challenges of detecting hidden toxicity within text, the journey is far

Future advances will likely delve deeper into the complexities of context-analysing how meaning shifts depending on conversational dynamics, cultural nuances and intent. By building on this foundation, the next generation of content moderation systems could uncover not just what is being said but also the circumstances in which it is said, paving the way for safer and more inclusive online spaces.

Study Links Hormone Therapy Drugs To Increased Risk Of Heart Conditions, Blood Clots

Press Trust Of India

Drugs used in hormone therapy for postmenopausal women have been related with an increase in heart disease and blood clot risks, according to a study. Hormone replacement therapy helps relieve postmenopausal symptoms such as hot flushes and night sweats by replacing hormones that a woman's body is not producing enough.

including Researchers, those from Uppsala University in Sweden, said that certain tablets containing both oestrogen and progestogen are associated with a higher risk of heart disease and rare, but serious blood clots, known as venous thromboembolism.

tibolone-an-However, other hormone therapywas associated with an increased risk of cardiovascular conditions, including heart attack and stroke, but not blood clots. These drugs are available in India.

The findings, published in The British Medical Journal, highlighted "the diverse effects of different hormone combinations and administration methods on the risk of cardiovascular disease". The researchers said that while previous studies have suggested a link between hormone therapy and an increased risk of cardiovascular disease, information on specific risks linked to different types of therapy is unclear.

For their analysis, the authors looked at 138 previously published studies, involving nearly 9.2 lakh blood pressure and diabewomen in Sweden aged 50-58 years between 2007 and 2020, who had not used hormone therapy in the previous two years.

Tibolone and oestrogenprogestogen tablets were two of the eight types of hormone replacement therapies that the women were prescribed. National registry data were used to track cardiovascular events over two years, along with other aspects such as high

Over the follow-up period of two years, nearly 24,100 cardiovascular were recorded among the 9,19,614 women studied. Taking tablets containing both oestrogen and progestogen or tibolone was associated with an increased risk of ischaemic heart disease, in which blood supply to heart is reduced because

of a narrowing of vessels.

This translates to about





If 1,000 women started each of these treatments and were observed for a year, we would expect to see seven new cases of venous thromboembolism across all groups

11 new cases of ischaemic heart disease per 1,000 women who start treatment with oral combined continuous therapy (taking oestrogen-progestogen tablets) or tibolone over one year, the researchers said. An increased risk of blood clots was also found for oral combined continuous therapy.

"If 1,000 women started each of these treatments and were observed for a year, we would expect to see seven new cases of vethromboembolism across all groups," the au-

Subject.Grant of registration of the proposed Homestay under the name, M/s Surbhi The Sweet Dreams Homestay "situated at 130. Noor Nikung Colony Badipora Budgam

PUBLIC NOTICE

Whereas I Mr./ Faisal Bin e Yaqoob S/o Mohammed Yaqoob Dar R/o Badipora Chadura Budgam intends to apply in the Department of tourism for registration of my proposed Homestay under the name and style" Surbhi The Sweet Dreams Homestay situated at, 130. Noor Nikung Colony Badipora, Budgam Kashmir under Tourist Trade Act1978/82/2011-12.

Whereas, I will submit state subject/Domicile certificate, Qualification Certificate,Pan card, Experience certificate (minimum 05 years), Character certificate (Police department). Bank statement (minimum balance 1000), site plan, Affidavit, Rent Deed duly attested sub-registrar, printing Material (Letter Head/Visiting), Photograph of the unit (indoor and Outdoor) and Two Passport size photograph to the department of tourism as prescribed checklist prior to registration of my unit as an Excursion Agency/Adventure tour operation.

Now as per J&K Registration of Tourist Trade Act 1978/82/2011-12, before my case is processed for registration by the competent Authority the matter is hereby notified for information of general public/financial institutions/Ban/ Organisation, etc for objection, if any and the same should reach to the deputy director tourism Registration (e-mail ID:-ddtreg123@ gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper/newspaper of the valley. No objection beyond a period of 7 days shall be entertained

UNIVERSITY OF KASHMIR, SRINAGAR

NOTICE

The candidate whose particulars are given below has reported

to the University that he / she has lost his/

her University Certificate/s and has applied

Registration No: 6491-SJ-90 Certificate/s

Session/ Year March 1991, April 1994, Oct 1995

issued to the candidate be treated as cancelled

Before University will consider issuance of Duplicate

Certificate/s in favour of the candidate, any person having any

objection shall report to the undersigned within one week from

اطسلاع عسام

مر جميد مير ولدعبدل مجيد ميرساكنه موضع سالوستحصيل كريرى ضلع باره مولدنے اپنے وختر كى DOB

زروش مار دخر مار مجيد تاريخ پيدائش 13/03/2024 اندراج كياتها تا بم اب مار مجيدا پي

وختر کانام زروش مدرژ کے بجائے ملیحد مدرژ وختر مدرثر مجید ساکنہ سالوسہ تاریخ پیدائش 2024-03-13

ر کھنا چاہتا ہے۔ اس سلسلے میں اگر کشی شخص یا شخاص کو کوئی عذریااعتراض ہوتو وہ سات یوم کے اندر

BDO Wagoora کے دفتر میں پیش کرے معیاد گزرنے بعد کوئی بھی عذریااعتراض قابل

. رٹھکیٹ بلاک ڈیولپنٹ آ فسروا گورہ سے حاصل کی ہے جس میں اس نے اپنی وختر کا نام

the date of issuance of this notice. The original certificate/s

Years Roll No/s:- 14018, 988, 52761

for issuance of duplicate certificate/s:

Name: Shama Peer Paretnage:- Gh Mustafa Peer Residence:- Wailoo Karalapora

No: F(Duplicate/) KU)

bmg_r

Assistant Controller

of Examinations (PG/UG/Prof

fko

GOVERNMENT OF JAMMU & KASHMIR

OFFICE OF THE TEHSILDAR KREERI (Executive Magistrate 1st Class)

Subject: Issuance of Registration Orders in respect of delayed Birth/Death certificate.

PUBLIC NOTICE

The Registrar Births and Deaths (Block Development Officer Wagoora)/ chokedar has submitted case file pertaining to Birth of FARHAT ASHRAF " MURSALEEN ASHRAF & MEERAB ASHRAF S/O MOHAMMAD ASHRAF DAR R/O Distt. Baramulla having WAGOORA Tehsil WAGOORA verified the date of Birth, as 15/04/2017" 26/12/2020 & 16/06/2023 and event has been shown tobe occured at SDH KREERI for issuance of delay order. In this connection.

if anyone have any objection to the issuance of delay order of birth certificate shall present his/her claim this office within 07 days, after that no objection shall be entertaine

Executive Magistrate 1st Class

Kreeri

My daughter's name wrongly written as SUFEYA JAAN bearing ID no 101000434416 in date of birth certificate while her correct name is SUFAYA JAAN D/O TARIQ AHMAD SHEIKH R/O WAGILA & D.O.B 01/10/2019 which needs to be corrected if anybody having any objection in this regard He/She may contact with BMO office /SDH KREERI within seven days from the publication of this notice after that no objection will be

Name....TARIQ AHMAD SHEIKH F/O SUFAYA JAAN **R/O WAGILA**

PUBLIC NOTICE

D.O.B....01/10 2019

We have changed the name of We have changed the name of

our ward from Misha to Misha Passport Office; Srinagar within 7 days. After 7 days no

Sakib Nissar Oadri (Father)

NOTICE NOTICE

objection will be accepted.

Sakib Nissar Qadri (Father) Dr Lubna Tajamul (Mother)

our ward from Falah to Falah Oadri. In future she will be Oadri. In future she will be known as Misha Qadri.lf known as Falah Qadri.lf anybody is having any anybody is having any objection he/she may contact objection he/she may contact Passport Office; Srinagar within 7 days. After 7 days no objection will be accepted.

Dr Lubna Tajamul (Mother)

Subject.Grant of registration of the proposed Travel unit under the name . M/s Kashmir Secret Exploration Tour and Travels " situated at Red Cross Road Madina Chowk Near Jamia Masjid Maisuma, Srinagar 190001

PUBLIC NOTICE Whereas I Mr. Moeen Nisar S/o Nisar Ahmad R/o Buchwara Dalgate Srinagar

Kashmir Secret Exploration Tour and Travels intends to apply in the Department of tourism for registration of my proposed Travel unit under the name and style' M/s Kashmir Secret Exploration Tour and Travels "situated Red Cross Road Madina Chowk, Near Jamia Masiid Maisuma Srinagar 190001 Kashmir under Tourist Trade Act1978/82/2011-12. Whereas, I will submit state subject/Domicile certificate, Oualification

Certificate,Pan card, Experience certificate (minimum 05 years), Character cer-tificate (Police department). Bank statement (minimum balance 1000),site plan, Affidavit, Rent Deed duly attested sub-registrar, printing Material (Letter Head/Visiting), Photograph of the unit (indoor and Outdoor) and Two Passport size photograph to the department of tourism as prescribed checklist prior to registration of my unit as an Excursion Agency/Adventure tour operation Now as per J&K Registration of Tourist Trade Act 1978/82/2011-12, before my case

is processed for registration by the competent Authority the matter is hereby notified for information of general public/financial institutions/Ban/Organisation, etc for objection if any and the same should reach to the deputy director tourism Registration (e-mail ID:-ddtreg123@ gmail.com) within a period of 7 days from the nublication of this notice in leading local newspaper/newspaper of the valley No objection beyond a period of 7 days shall be entertained

FKO

GOVERNMENT OF JAMMU AND KASHMIR

JAMMU & KASHMIR SERVICES SELECTION BOARD

CPO Chowk Panjtirthi, Jammu/Zamzam Complex Rambagh Srinagar.

www.ikssb.nic.in

Subject: Written Examination for the post of Constable (SDRF/IRP/Armed/Executive), Home Department, held on 01.12.2024 - Provisional Answer key regarding

The Jammu and Kashmir Services Selection Board (JKSSB) conducted the Written Examination for the post of Constable (SDRF/IRP/Armed/Executive), Home Department advertised vide Notification No. 01 of 2024, under item no's 01, 02, 05 and 06 on 1st December, 2024.

The Provisional Answer Key of the question paper (Series A, B, C, D) for the above said examination is provided at Annexure "A" to this notice for the information of the candidates.

Any candidate having objection(s) to the answer key, may submit his/her objection(s)/representation(s) in respect of such question(s) on prescribed format/proforma annexed herewith as Annexure "B" along with the documentary proof/evidence substantiating the claim (hard copies only) and a fee of ?200/- (in the form of demand draft) per question (refundable in case of genuine/ correct representation/objection) in favour of the Accounts Officer, J&K Services Selection Board.

In case, the objection is found correct, the Answer Key will be revised accordingly in respect of all candidates. No candidate will be nformed about the acceptance/non-acceptance of his/her objection individually.

The objections/representations can be submitted in offline mode only, in the office of JKSSB, CPO Chowk, Panjtirthi, Jammu/JKSSB, Zamzam Building, Rambagh, Srinagar on three working days starting from 09.12.2024 to 11.12.2024, during office hours only. The Board shall not entertain any such representations/objections received before or after the afore mentioned dates or through any

> (Reyaz Ahmad Malik) JKAS Controller of Examinations J&K Services Selection Board

No.: JKSSB-COEOEXAM(UT)/36/2024-03 (7593651) Dated: 02.12.2024

ANNEXURE - "A"

Provisional Answer Key of the Written Examination for the post of Constable (S DRF/IRP/Armed/Executive), Home Department conducted on 01.12.2024.

Text Booklet		Series B	Series (Series	Q34	Α	В	A	D	Q69	В	D	C	C_
Question No.				D	Q35	C	Α	A	С	Q70	В	С	C	C
Q1	C		В	В	Q36	Α	C	Α	C	Q71	В	В	В	С
<u> </u>	A	_	В	Α	Q37	В	В	В	Α	Q72	Α	С	В	B
Ò3	_		A	В	Q38	<u>C</u>	<u>C</u>	<u>C</u>	В	Q73	A	D	Ā	Ā
Q4	D		A	C	Q39	C	D	В	<u>B</u>	Q74	Ĉ	Ā	В	-
<u>Q5</u>	C		Α	<u>C</u>	Q40	A	C A	A	В	075	r	B	r	Ă
06 07		В	<u>C</u>	D	Q41	<u>C</u>	C	D	D	076	В	C	В	
Q7	_	D	C	C	Q42		D	D		_	_		D C	В
<u> </u>	Α		Α	C	Q43		D	A		Q77	A	A		В
<u> </u>	D		В	Α	Q44		В	D		Q78	В	С	D	A_
<u> </u>	C		Α	Α	Q45		В			Q79	С	D	D	A
Q11	C	Α	C	Α	Q46		В	В	В	- Q80	C	C	C	Α
<u> </u>		В	В	В	Q47	В	Α		В	081	D	Α	В	C
<u> </u>	В	C	C	<u>C</u>	Q48	A	A	D	A	082	С	С	D	Ċ
<u> </u>	В	_	D	В	Q49	C	C	Α	В	Q83	r	Ā	Ā	Ă
<u> </u>	В	Α	C	Α	Q50	A		В		084	Ā	Ď	Â	B
<u> </u>	D	C	<u>C</u>	D	Ò51	В	В	Ĺ	В	085	Ā	C		
Q17	C	_	D	D	Ò52	В	A	A						A_
Q18	C	_	D	Α	Ò53	A	В		D	Q86	A	C	Α	
<u> </u>	C		В	D	Q54	A		D	D	Q87	В	Α	В	В
<u> </u>	<u>C</u>		В	<u>C</u>	Ò55	A				Q88	C	В	C	C
<u>)</u>	В		В	В	<u>056</u>		D	A	В	- Q89	В	В	C	D
<u>)</u>			Α	<u>C</u>	Ò57				D A	- 0 90	Α	В	Α	C
<u>)</u> 23	A	A	A	D	Q58	A B	A	A D	Δ	Q91	D	D	С	C
<u>)</u> 24	В	Ĺ	<u>C</u>	A	Q59		A	<u> </u>	A	Q92	D	С	C	Ď
<u>) 25</u>	<u>C</u>	A	<u>C</u>	В	060	A	A		Δ	Q93	Ā	Č	ř	D
<u>)26</u>			В	Ċ.	Q61					094	D	c		В
<u>)</u> 27		В	A	A	Q62	B	В	A	B			C	-	
<u>028</u>	D		В	<u></u>	Q63		<u></u>	В		Q95	L		L C	В
<u>)29</u>	D	A	<u> </u>	D	Q64	D	В	В		Q96	В	В	C	В
Ò30	L	A	<u></u>		Q65	С	Α	В	Α	Q97	С	В	В	Α.
<u> </u>	В	_	D	A	Q66	С	D	D	C	Q98	D	Α	Α	C
<u>032</u>	D	L	<u>C</u>	Ļ	Q67	D	D	C	C	Q99	Α	В	C	C
Ò33	Α	Α	L	Α	068	D	Α	C	C	Q100	В	С	Α	r

(Reyaz Ahmad Malik) JKAS **Controller of Examinations** J&K Services Selection Board

BDO Office Wagoora

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نبول ہیں ہوگاہ۔

DIPK-8898/24

dated: 02-12-2024

Amandeep BR Medicity Hospital & IFAW Organize Free Medical Camp

Observer News Service

Srinagar: In an attempt to offer essential healthcare services to the community, Amandeep BR Medicity Hospital in collaboration with Idara Falah-e-Aam Waqf (IFAW), Alamgari Bazar organised a free health checkup camp at Iqbal Khomeini Hall, Mohalla Syed Afzal Alamgari Bazar, Srinagar on Monday, IFAW spokesperson said.

Around 165 patients received consultations at the Khan, Marketing of Amandeep BR Medicity Hospital and the Chairman of Idara Falah-e-Aam Waqf Abrar Hussain Munshi in the presence of other dignitaries from both the Idara and the Hospital.

Dr. Rouf Hussain Tak, Senior Consultant Internal Medicine Rheumatology, Dr. Munaza Shora, Consultant Obstetrics and Gynecology, Dr. Burhan Nazir, Consultant Orthopedics Surgeon, and Dr Ifrah Muzamil, Consultant



health check-up camp. The camp was inaugurated by Mubashir Hussain Physiotherapy treated the patients and provided

Erratic Power Cuts Irk Rawalpora Housing Colony Residents

Srinagar: The inhabitants of Rawalpora, Housing Colony here have expressed resentment over the unscheduled power cuts which according to them are affecting their daily

Notably, the curtailment schedule issued by the departments reads that metered areas are supposed to witness power cuts of 4.5 hours, while non-metered areas will experience cuts of over 6 hours.

The locals claim that they are facing disruptions far bevond the scheduled times.

"We were promised a set schedule, but it seems like the authorities have no control

over these cuts. We are often left without power for hours beyond the stated limits," said Imran Ahmed, a resident of

Another resident, Owais Ahmad, added, "This situation is especially difficult for households with children and elderly people. The lack of power has disrupted our daily routines and is causing unnecessary stress. It's high time the authorities address this issue.'

They said that despite repeated appeals, the locals allege that there has been no response to the ongoing problem.

Meanwhile, despite repeated attempts, the Chief Engineer KPDCL could not be contacted for the comments—(KNO)



In A First, Uber India Introduces Water Transport Services

Observer News Service

Srinagar: In a first of its kind innovation for India, Uber India has introduced a water transport service, enabling users to book rides on Srinagar's beautiful Shikaras through its app.

This feature, known as "Uber Shikara," brings a touch of modern convenience to the traditional charm of Dal Lake, starting from today.

Uber India has introduced the tie-up with Kashmir's iconic Shikara, with a service that allows customers to book their Shikara rides up to 15 days in advance.

This step by Uber's instruction to Kashmir's Shikara has taken social media by storm, with Uber India sharing the news on their X handle: "Introducing Uber Shikara in Srinagar, the perfect blend of tradition and tech."

"Introducing Uber Shikara in Srinagar! The perfect blend of tradition and tech! Now you can book your serene Shikara ride up to 15 days in advance. With just a tap on the Uber app, you are ready to set sail. Experience Dal Lake like never before. #Uber-Shikara," Uber India wrote on X.

With just a tap on the Uber app, the visitors can now embark on their Dal Lake adventure, enjoying the beauty of one of Kashmir's beautiful Shikaras.

Wali Mohammad, President of the Shikara Association in Kashmir,

INF

LG Lauds Launch Of Uber Shikara

rinagar: Jammu and Kashmir Lieutenant Governor, Manoj Sinha on Monday commended Uber for launching the Uber Shikara in Srinagar, saying that it is a testament to creative ways technology can enhance our cultural heritage.

"Launch of Uber Shikara in Srinagar is a testament to creative ways technology can enhance our cultural heritage. This offering in the upcoming tourist season will provide visitors a seamless way to experience the timeless charm of Shikara rides, a hallmark of J&K's beauty," Office of LG J&K wrote.

He also invited the people across the globe to enjoy the magical winter season in paradise. "I commend Uber for their futuristic vision, enabling convenient access to serene experiences while boosting local tourism. Together, we are showcasing the splendor of the crown of India to the world. Winter is upon us, & people of J&K invite you all to enjoy this magical season in paradise," the post reads.

said it is a good initiative and will boost the tourism sector of the valley. "This is a step forward for the Shikara community. It not only promotes our traditional livelihood but also connects us with a larger audience through technology," he said.

"Uber Shikara can now be booked online, and as of now, 10 Shikaras are available to be booked through Uber. The Uber Shikara can be accessed from Dal Lake Ghat number 16, and Uber's online Shikara booking has kicked off from today," he said, adding that up to four people can ride the Shikara and enjoy the view of the scenic, beautiful Dal Lake.

"As of now, 10 Shikaras have collaborated with Uber India, and more will join as the peak season arrives. The Uber Shikara will be a boost for Shikaras in the valley," he said.

Pertinently, Uber Shikara is seen as a perfect blend of tradition and modernity, enhancing the tourism experience while supporting the local economy. "This is a great step and a step towards modernizing the traditional Shikara. It feels like traditions are being seen in a whole new light, bringing hope for the future," said Siram from Delhi.

TRAFFIC POLICE: 9419993745, 01998-266686 PCR: 0194-2452092,2455883 PDD: 0194-2450213

FIRE AND EMERGENCY SERVICES: 2479488,2452222,2452155 CAPD: 18001807011 SMC HEALTH OFFICER: 9469409081

Ambulance: Kashmer EMS Service: +919484100200

SHIEK UL ALAM AIRPORT: 01942303311

RAILWAYS

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

HIGHWAY STATUS



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



PRAYERS FAJR 5:53 **ZUHR** 12:20 **ASR** 3:45 Magrib 5:25 ISHA 6:49

This Day In History

1639-1st annulment by court decree passes

- 1676- Battle of Lund (Scanian War): Swedish army of 8,000 defeats much larger joint Danish/Dutch force of 13,000
- 1694- English parliamentary election set for every
- 1730- Colley Cibber is appointed British Poet Laureate under King George II
- Astronomer Anders Celsius measurements that confirm Newton's theory that the earth was an ellipsoid rather than the previously accepted sphere
- 1775 First official US flag raised (Grand Union Flag) aboard naval vessel USS Alfred
- 1818- Illinois becomes 21st state USA (Admission day)1834 - First US dental society organized (NY).
- 1835 First US mutual fire insurance company issues first policy (Rhode Island).
- 1847 Frederick Douglass publishes first issue of his newspaper "North Star".
- 1854 Eureka Stockade: In what is claimed by many to be the birth of Australian democracy, more than 20 goldminers at Ballarat, Victoria, are killed by
- state troopers in an uprising over mining licences. 1863 - Confederate General James Longstreet
- abandons his siege at Knoxville, TN. 1878 - Settlers arrive at Petach Tikvah, Israel.
- 1910 Neon lights first publicly displayed (Paris Auto Show).
- 1912 Turkey, Serbia, Montenegro, Greece & Bulgaria sign weapons nact
- 1912 First Balkan War: The Naval Battle of Elli
- 1917 The Supreme Allied War Council, meeting at Versailles to define war aim, fails to reach an
- 1920 Turkey & Armenia agree to peace treaty.
- 1922 First successful technicolor movie (Tall of the Sea), shown in NYC.
- 1934 Italian colonial Tripoli & Cyrenaica annexed to Libya.
- 1943 Battle of Monte Cassino, Italy begins. 1946 - US government asks UN to order dictator
- Franco out of Spain.
- 1948 Chinese refugee ship "Kiangya" explodes in E
- China Sea killing 1.100. 1952 - Marcos Perez Jiménez elected president of
- 1956 Bitain and France pull troops out of Egypt.
- 1965 USSR launches Luna 8; it crashes on the
- Moon. 1967 - 1st human heart transplant performed by Dr
- Christian Barnard in South Africa.
- 1967 Former Indonesian president Sukarno placed under house arrest.
- 1971 Indo-Pakistani War of 1971: India invades West Pakistan and a full scale war begins claiming
- 1973 Pioneer 10 passes Jupiter (1st fly-by of an outer planet)

hundreds of lives.

- 1985 23rd Shuttle Mission (61-B)-Atlantis 2-lands at Edwards AFB.
- 1989 Soviet President Mikhail Gorbachev and US President
- George H. W. Bush, declare the Cold War over. 1991 - Hulk Hogan defeats Undertaker to become
- 4th time WWF champion. 1992 - UN Security Council votes unanimous for US
- led forces to enter Somalia 1992 - The Greek oil tanker Aegean Sea, carrying 80,000 tonnes of crude oil, runs aground in a storm

while approaching La Coruña, Spain, and spills

- much of its cargo 1995 - England cricket wicket-keeper Jack Russell dismisses Clive Eksteen with his record 11th catch in
- 2nd Test v South Africa in Johannesburg 1995 Northwestern South Carolina begins using new area code 864
- 1995 Davis Cup Tennis, Moscow: Pete Sampras beats Russian Yevgeny Kafelnikov 6-2, 6-4, 7-6 to give US a winning 3-1 lead (ends 3-2); record 31st US title
- 1999 NASA loses radio contact with the Mars Polar Lander moments before the spacecraft enters the Martian atmosphere

SAD DEMISE



With profound grief and sorrow we inform the demise of Khatija Begum wife of Late Haji Ghulam Ahmad Malla Residence Of Zalidar Mohalla saida kadal who passed away on 1/12//24 after Brief illness.

> MAY ALMIGHTY ALLAH GRANT JANANAT-UL FIRDOUS TO THE DEPARTED SOUL.

Congregational Fateha Khawani Will Be Held on Wednesday 4/12/24 at their ancestral grave yard Hasaanabad sharp 7:00 A.M then afterwards at their residence Zalidar Mohalla

Note:-Ladies are requested not to carry any kind of eatables with them

.BEREAVED SONS

Bashir Ahmad Malla | Mohammad Shafi Malla | Manzoor Ahmad Malla Contact 9596189698 | 9797225965

NORTHERN RAILWAY E-Tender Notice DEN/HQ/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders an available on www.ireps.gov.in with closing date 19.12.2024 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tenders, and any such manual offer received shal be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through only payment modes available on **www.ireps.gov.in** portal like net banking, debit card, credit card etc. Manual payment through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information logon to www.ireps.gov.ir Tender Type Tendering Section Bidding System Date of Uploading Tenders Bid Starting Date Bid Closing Date/Tim

Open		Works Single Packet System		27.11.2024		05.12.2024	19.12.2024/15:00 Hrs						
S.N.	Tender No		Details of Tender										
1	242-2024- 25-ADEN-	Provision of Loading line at SQR station by counectng both end dead ends in the section of ADEN-2/FZR under DEN-HQ/FZR											
	2-FZR		d Value (Rs.)	Earnest money V		lidity of Offer	Period of Completion						
		1,44,	2,22,300.00/-		06 Months								
Similar Nature of work:-"-CTR/TRR/TTR including raising of Track, screening, distressing of track, pre & post works for track maintenance machine like Tamping Machines/Ballast Screening/Regulating Machines & TTR by T-28".													
2	243-2024- 25-DEN- HQ-FZR	Division-TTR (F sets" & (1 Nos. 6	S CS CMSC)-13 se 0 Kg Diamond Cros	ts TTR (TWS WCMSC)- ssing D/S) (1 Nos 60 Kg I	38 sets Diamor	s, TTR (CMS)-61 se nd Crossing S/S) (4	urnout) in c/with "Firozpur ets & TTR (CS CMSC)-17 Nos 60 Kg scissor x-over -44 sets. WCMSC-4 sets						

DS-2 sets & TWS WCMSC-4 sets in PSC sleepers" in GNA, CBX, GJUT, RLS, KRP, KBU, FZR, TWB & PHS yards in the section of ADEN-1/FZR & ADEN-2/FZR under jurisdiction of DEN-HQ/FZR. Advertised Value (Rs.) Validity of Offer Earnest money Similar Nature of work:-"-CTR/TRR/TFR/TTR including raising of Track, screening, distressing of track, pre & post works for track maintenance machine like Tamping Machines/Ballast Screening/Regulating Machines & TTR by T-28

Note1. Before bidding, bidders to check for any corrigendum issued against tender. Tender Notice No:- 242-2024-25-ADEN-2-FZR & 243-2024-25-DEN-HQ-FZR Date: 28.11.2024

Dated: 28.11.2024



The Jammu & Kashmir Bank Limited

Branch: Rangreth. Budgam (JK) -19113 T +91 (0)194 2300279 E rangre@jkbmail.com

POSSESSION NOTICE

Notice under Section 13(4) of the SARFAESI ACT, 2002 read with Rule 8(1) of the Security (Enforcement) Interest Rules ,2002

Whereas, Asaf Rasool Kanue, as the Authorized Officer of the Jammu & Kashmir Bank Limited under the Securitization and Reconstruction of Financial Assets and Enforcement of of Security Interest (SARFAESI) Act, 2002 and in exercise of powers under section 13(2) of the said Act read with Rule 3 of the Security Interest (Enforcement) Rules 2002, issued Demand Notice dated 10.08.2022 thereby calling upon the Borrower namely M/S Wani Constructions Proprietor Abdul Ahad Wani to repay an amount of Rs. 75,32,803.13 (Rupees Seventy Five Lacs Thirty Two Thousand Eight Hundred Three and Thirteen Paisa Only) being the balance outstanding as on 31,07,2022 in the accounts of the Borrower, within 60 days from the date of the said notice together with the

future interest and other charges thereon. The said borrower having failed to repay the said amount, notice is hereby given to the said borrower in particular and the public in general that the undersigned being authorized officer of the J & K Bank Ltd. has taken possession of the mortgage property described herein below, in exercise of the powers conferred on me under section 13 (4) of the said Act read with Rule 8 of the said Rules, on this the 28th day of month November of the year 2024

The said borrower in particular and the public in general are hereby cautioned against dealing with the said property in any manner whatsoever and any dealings with the said property will be subject to the charge of the J&K Bank Limited for the amount in aggregating to Rs. 91,93,934.65 (Rupees Ninety One Lacs Ninety Three Thousand Nine Hundred Thirty Four and Sixty Five Paisa Only) together with future interest thereon from 01.11.2024 and other charges

incurred or to be incurred The borrowers attention is invited to the provisions of Sub-section (8) of Section 13 of the Act, in respect of the time available, to redeem the secured assets,

Description of the Immovable Property

(As per the schedule provided in mortgage deed/ latest particulars including any accreditations)

A piece of land measuring one (01) Kanal, falling under Khasra No. 1232 min of Khata No 621 of Khewat No 104 situated in Mouza Rawalpora Tehsil Srinagar South District Srinagar.

(Ishfaq Sarwar Malik)

Authorized Officer

KASHMIR OBSERVER®

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🔪 KO VIEW

Endemic Winter Power Woes

ashmir is facing severe unscheduled power cuts despite government assurances of improved supply, with outages exceeding the declared 4.5 hours in metered areas and 6 hours in non-metered zones. People are complaining of unpredictable cuts that disrupt daily life, leaving households struggling in the biting cold. Officials attribute the crisis to a mismatch between supply (1500 MW) and winter demand (2200 MW), exacerbated by power theft, inefficient heating devices, and overloading. Over the last week, the temperature in the Valley has drastically dived, with night temperature dropping below freezing point.

The problem with the winters in Jammu and Kashmir is that the power supply generally goes down, due to the reduced discharge in the rivers. As has always been the case, the freezing cold in winter is reinforced by the severe power shortage which happens to be nobody's concern, either in the government or in the opposition. This only shows how much this seasonal power crisis has become a naturalized part of our lives. So much so that the people have now grudgingly resigned themselves to the state of affairs and the government doesn't feel unduly worried about the situation either. And to top it, we also have the drastic power curtailment schedule imposed through matter-of-fact government orders with unscheduled power cuts to boot, making the matters worse. What is more, the curtailment schedule is unfair and discriminatory in its implementation across the different regions of the UT.

One hopes that the situation improves going forward. The real challenge lies ahead. The severity of the winter will only increase as Chillai Kalan rolls in on December 21. And the people will expect the government to be prepared for the next snowfall. One also expects that unlike many times in the past, Power Development Department will be better prepared to deal with the situation. The utility has usually been the target of public vitriol, both on street and online for its inability to immediately restore electricity after the Valley is snowed in.

Compared to past winters, nothing has changed for the better on the ground. In fact, in some aspects, the situation is only worse off. The power supply has been reduced to a trickle in parts of the Valley, with long unscheduled power cuts the order of the day - albeit, in some urban areas, the situation on the power front has been relatively better. Both metered as well as unmetered areas have already been slapped with a load-shedding schedule. Now that with each passing day, the Valley is heading deeper into winter, the government can be hoped to prepare for the tough times ahead. Snowfalls could soon become the order of the day





Did vou know?

Understanding Nifty, Nifty Futures, and Options in Indian Stock Market

Irshad Mushtag

he Nifty, short for the National Stock Exchange Fifty, is a benchmark stock market index representing the weighted average of 50 of the largest Indian companies listed on the National Stock Exchange (NSE). The index serves as a barometer for the performance of the Indian stock market, providing investors with a snapshot of its health without needing to check

These 50 companies come from various sectors, including finance, automotive, cement, and more. Examples include Tata Motors, TCS, Infosys, and SBI. The index is weighted according to market capitalization, with companies like Reliance Industries having a substantial weightage.

How Does Nifty Reflect Market Performance?

The Nifty index reflects overall market trends. When the majority of its component stocks rise, the Nifty moves up, and vice versa. The daily performance can also be understood through the advance-decline ratio, which compares the number of stocks advancing versus declining.

Investing in Nifty

Nifty Bees and ETFs

Nifty Bees is an exchange-traded fund (ETF) that mirrors the Nifty index Investors can buy Nifty Bees to gain exposure to all 50 Nifty stocks in one purchase. There are several ETFs, such as Kotak Nifty ETF and Mirae Nifty 50 ETF, allowing investors to buy into the top 50 companies by market capitalization

Trading Nifty Derivatives

For trading and speculative purposes, Nifty derivatives like futures and options are available. These financial instruments allow traders to speculate on Nifty's movements without owning the underlying stocks. Here's a look into these offerings:

1. Nifty Futures: Contracts that allow speculation on Nifty's future value. They have monthly expiries and are popular for short-term trading or hedging. 2. Nifty Options: Include call and put options, providing the right but not the obligation to buy or sell. These options come in handy for hedging positions

For regular investors looking for a straightforward investment route, Nifty Bees and ETFs are ideal. However, trading in derivatives requires a deeper understanding of market mechanics, as they involve more risks and require understanding of concepts like margin and technical analysis. Nifty serves as a critical tool for understanding the broader Indian market trends and making informed

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

Unmet Promises: Stalled Infra Projects of J&K



Peerzada Mohsin Shafi

As the focus has shifted, many of the projects that were once seen as crucial to the region's growth have been put on hold, leaving residents and stakeholders in a state of

ndia's vision to become a \$26 trillion economy has spurred an array of infrastructure projects aimed at improving the quality of life and driving economic growth. From Smart Cities to major upgrades in roads, railways, airports, and hydropower, infrastructure development plays a crucial role in transforming the nation. Jammu and Kashmir (J&K), as part of this ambitious agenda, is seeing a range of transformative projects, including the construction of tunnels, hospitals, and roads, all of which are expected to enhance the region's connectivity and ecoTunnel (5 km) on NH-244, both of which were expected to enhance connectivity, now appear to be indefinitely stalled. After the cancellation of tenders for these projects, it has been over six months with little progress or clarity on their future. The issue was raised recently by MLA Inderwal in the legislative assembly, highlighting the growing concern over the lack of movement on these important projects.

Similarly, the widening of the Khanabal-Pahalgam road, which was expected to begin soon, has also faced delays. The tender for this project was cancelled for reaattributed to political and administrative hurdles. The change in governance, particularly the shift from the previous administration to the new rule, has resulted in the reassessment of priorities, leading to the shelving or cancellation of several planned initiatives. As the focus has shifted, many of the projects that were once seen as crucial to the region's growth have been put on hold, leaving residents and stakeholders in a state of uncertainty.

The impact of these delays is far-reaching. Many of the stalled or cancelled projects were expected to play a pivotal role in im-



Tunnel, along with hydroelectric power projects in Kishtwar, such as Kiru, Kwar, and Drabshala, are all set to make a significant impact on the region's development.

However, several critical infrastructure projects that were anticipated to begin by early 2024 have been delayed or come to a standstill. The much-hyped Vailoo-Singhpora Tunnel (10.3 km) and Sudhmahadev Dranga

Jammu Solar Power Park, Kashmir Arts and Crafts Park, and the Srinagar-Delhi Expressway, which were expected to significantly boost tourism, energy, and connectivity in the region, have either been delayed or cancelled altogether. These projects were seen as key to J&K's economic development, but their future remains uncertain.

The setbacks can largely be

it is hoped that these setbacks will be addressed and that momentum will return to stalled initiatives, helping J&K achieve its developmental goals. For now, residents and business owners alike continue to await clarity on when—or if—these vital projects will move forward.

> The author is a Researcher, Planning and Contracts



uncertainty

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

MAIL YOUR LETTERS

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Addressing Obesity

ulation of the country is battling obesity, the root of all diseases, due to which diseases like diabetes, thyroid, and high blood pressure have increased not only among adults, but also in adolescents and children. The good thing is that like the epidemic, now the government has also become alert about the increasing obesity. NITI Aayog, the country's policy-making body, has recommended to identify the major factors of its growth such as sugar, salt and fat-rich foods and increase the excise duty on these foods to make citizens free from obesity. In this episode, it has been said to take steps like 'front of the pack labeling' on products, so that people can be warned about the danger of obesity. The purpose is that people should be careful while choosing food items and they should know what is dangerous for their health. The report of the Research Institute of NITI Aayog for the

year 2021-2022 warns that the problem of overweight and obesity among children, adolescents and women is increasing continuously in the country. NITI Aayog is taking steps in this direction in collaboration with the country's Institute of Economic Development and the Public Health Organization of India. In fact, Indian food has traditionally been a trend of namkeen, chips, bhujia, etc., but in recent years, in the name of snacks, there has been an increase in the popularity of such foods which are injurious to health. It should be a matter of our concern that according to the National Family Health Survey, the number of women suffering from obesity in the country has gone up to 24 percent, while the figure for men is 22.9%. In such a situation, the need of the hour should be said that the government should take steps in this direction. Undoubtedly, obesity is the root of all diseases and the Indian medical system feels the pressure

due to the diseases caused by it. Buy vitamins and supplements

Actually, due to change in urban lifestyle and eating habits, the problem of obesity has become worrying. Talks continued about this problem, but no serious initiative was seen in this direction. Due to the market gimmicks, the use of junk food and packaged food items increased in the country. In this, the producers searched the market but did not care about the health of the common man. The irony was also that there was mention of factors that increase obesity, but serious efforts were not seen to stop them. The steps taken to stop them were only symbolic. The market is full of such foods which are tempting in taste, but are heavy on health. They have a long-term harmful effect on health, due to which obesity increases and under its guise serious diseases ranging from diabetes to heart disease start growing. Which over time takes a frightening form

due to neglect. Undoubtedly, the need of the hour is to strictly regulate the factors causing obesity. People should know that what they are consuming affects their health. In fact, due to the change in eating habits, the problem of obesity in developed countries has started spreading rapidly in India too. In India, such a problem assumes a formidable form because people are not conscious in time. We have failed to create awareness among the general public about obesity. We do not care when the factors that increase obesity have become a part of our daily life. Also which foods are really fattening. When the body becomes a home of deadly diseases due to such carelessness, the person does not even realize it. But while taxing such food items, keep in mind that the lives of common and poor people are not affected. Along with this, there is also a need to run an awareness campaign against obesity in the country.

Vijay Garg



Health and Equality

Interconnected Foundations of a Just Society

NARAYANAN KIZHUMUNDAYUR

ealth and equality are intrinsically linked, forming the bedrock of a prosperous, harmonious, and just society. The interplay between these two elements is vital for individual well-being, economic progress, and social stability. A deeper understanding of their relationship reveals that equality not only promotes better health outcomes but that a healthy society also lays the foundation for equitable opportunities.

The Concept of Health and

Health is a multidimensional state of physical, mental, and social well-being, as defined by the World Health Organization (WHO). It is not merely the absence of disease but an essential resource for living a fulfilling life. Conversely, equality signifies a state where individuals or groups have the same access to resources, opportunities, and rights, irrespective of their socioeconomic, racial, gender, or cultural backgrounds.

How Equality Influences

Inequality is one of the greatest barriers to achieving optimal health outcomes. Disparities in income, education, and social status often translate directly into unequal access to healthcare, nutrition, and safe living environments.

- Access to Healthcare: Socioeconomic disparities significantly influence access to quality healthcare. Wealthier individuals often have access to private healthcare facilities, while marginalised groups may struggle with inadequate or inaccessible public health systems. This unequal access exacerbates health disparities.
- **Education and Aware**ness: Education is a cornerstone of health. People with higher levels of education are generally more aware of preventive health measures, leading to lower rates of chronic diseases and better health outcomes. Inequality in education perpetuates cycles of poor health among disadvantaged groups



Living Conditions: Inequality often forces marginalised populations into unsafe living environments, where exposure to pollutants, unsanitary conditions, and lack of safe drinking water becomes a daily reality, increasing the risk of diseases.

How Health Influences

Equality Conversely, poor health perpetuates inequality. When unwell, they are less likely to contribute effectively to the economy or access opportunities for advancement. This is particularly evident in cases where preventable diseases disable entire communities or where the economic burden of healthcare drives families into poverty.

Economic Impacts: Ill health reduces workforce productivity and increases healthcare costs, which disproportionately

those with lower incomes. This deepens existing inequalities by draining financial resources that could otherwise be invested in education or skill development.

Generational **Impacts:** Poor health in one generation often leads to reduced opportunities for the next. For example, children from families burdened by medical expenses are less likely to access quality education, perpetuating cycles of inequality.

Global Evidence of the Health-**Equality Nexus**

Several global studies and initiatives underscore the interconnectedness of health and equality:

Nordic Countries: Nations like Sweden and Norway, which prioritize equitable distribution of resources and universal healthcare, consistently report higher

levels of health and well-

Developing Nations: In contrast, countries with stark income inequality often grapple with health crises, as seen during the CO-VID-19 pandemic, where marginalized groups faced disproportionately higher mortality rates due to limited access to healthcare and preventive measures.

Solutions to Strengthen Health and Equality

To address these intertwined issues, comprehensive and collaborative approaches are essential:

Universal Healthcare Systems: Ensuring universal access to quality healthcare services is a critical step toward reducing health disparities. This includes subsidized or free healthcare for vulnerable

- **Education and Awareness Campaigns:** Governments and NGOs must prioritize health education to empower individuals with the knowledge to make informed choices about their
- well-being.
 Social Safety Nets: Policies like affordable housing, access to nutritious food, and income support can address the root causes of health inequalities.
- **Equitable Policies:** Laws and frameworks that target systemic discriminationwhether based on gender, race, or class-can significantly enhance equality and health outcomes.
- Community Health Programs: Involving local communities in health planning and implementation ensures that interventions are culturally appropriate and accessible.

The Role of International Collaboration

Health and equality are global concerns that transcend national boundaries. Initiatives like the United Nations' Sustainable Development Goals (SDGs) explicitly highlight the need for equitable access to health (Goal 3) and the reduction of inequalities (Goal 10). The global community can tackle health and equality challenges more effectively by pooling resources and expertise.

Conclusion

Health and equality are mutually reinforcing elements essential for societal progress. A society that ensures equitable access to health services not only promotes individual well-being but also fosters economic growth, social cohesion, and long-term sustainability. Addressing the structural and systemic barriers to equality will pave the way for healthier communities while promoting health will ensure that equality is both achievable and sustainable. Governments, organizations, and individuals must work together to bridge the gap, for a just society begins with equal access to the basic right of

The author can be reached for kizhumundayur59@gmail.com

Toxic Mentorship: Mentor or Tormentor?

Ruth Gotian

watched a brilliant presentation that had me hooked on every PowerPoint slide. The work was brilliant. There was only one problem. The work being presented was not that of the speaker. He was presenting his mentee's work, without any attribution to her. This is not how mentorship is supposed to work.

When we think of mentorship, we often picture a trusted guide-someone who shares their hard-earned wisdom to help us grow personally and professionally. Mentors are supposed to inspire confidence, offer support, and illuminate the path to success. But not all mentorships live up to this ideal. In fact, some can take a sharp turn into toxicity, transforming the mentor into a tormentor.

This darker side of mentorship isn't just an inconvenience—it can derail careers. shatter confidence, and leave lasting scars on personal and professional growth.

Drs. Vineet Chopra, Dana Edelson, and Sanjay Saint have a term for this phenomenon: "mentorship malpractice." They classify toxic mentors into three active failure

Hijackers: Those who take credit for their mentee's ideas and achievements.

Exploiters: Mentors who use mentees for self-serving tasks, offering little in return.

Health and equality

reinforcing elements

essential for societal

that ensures equitable

progress. A society

access to health

services not only

promotes individual

well-being but also

cohesion, and long-

term sustainability

fosters economic

growth, social

are mutually

Possessors: Individuals who prevent mentees from seeking advice or opportunities elsewhere. These behaviors don't just

undermine trust-they stifle creativity, block career progression, and create toxic environments. Imagine the frustration of watching your ideas stolen by a hijacker or the burnout caused by an exploiter who views you as free labor.

But not all toxic mentorship is loud and obvious. Passive mentorship failures are equally damaging:

Bottlenecks: Mentors who fail to provide timely feedback or support, leaving mentees stuck in limbo.

Country Clubbers: Mentors who avoid difficult but necessary conversations, prioritizing comfort over candor.

World Travelers: Mentors so consumed by their own schedules that their mentees are an afterthought.

The harm caused by these passive failures often flies under the radar but can be just as career-stalling. A bottleneck mentor, for instance, can stunt growth by delaying decisions or feedback, while a country club mentor risks leaving mentees ill-prepared for challenges.



The Ripple Effects of Toxic Mentorship

The consequences of men-

torship malpractice extend far beyond the mentee-mentor relationship. Toxic mentorship can lead to decreased job satisfaction, heightened burnout, and a severe loss of confidence. Mentees subjected to exploitation or neglect may lose faith in their own abilities—or worse, in the very concept of mentorship.

This puts them at a severe disadvantage as those with mentors outearn and outperform those who are not. Toxic experiences can make mentees hesitant to seek out future mentors, robbing them of the long-term benefits of supportive guidance.

Navigating the Treacherous Waters of Mentorship

So, what's the solution? It

begins with awareness. Recognizing the warning signs. If you're constantly feeling undervalued, manipulated, or neglected, it is worth reassessing the mentorship relationship. Understanding that such experiences are not isolated but common can be liberating and can move you to take action.

Next, build a supportive and diverse mentoring network. Relying on a single mentor is risky and an outdated concept. Having multiple mentors, often referred to as a mentoring team, personal board of directors or mentoring constellation, allows for varied perspectives and reduces the dependency on a single mentor. thereby mitigating the risks associated with mentorship malpractice. It's akin to

diversifying an investment portfolio; the broader the array of mentors, the lesser the impact of any single negative experience.

Equally important is the ability to establish boundaries and advocate for your needs. If a mentoring relationship starts veering towards exploitation or neglect, clear and assertive communication can potentially rectify, or at least redirect, the situation. And if not, remember that exiting a toxic mentorship is not a failure but a step towards selfpreservation and growth.

Mentorship Done Right

Mentorship, when done right, is transformational. It's about balance, respect, and mutual benefit. Toxic mentors are the exception, not the rule, but their impact can be profound. By staying vigilant, proactive, and intentional, you can sidestep the pitfalls of mentorship malpractice and focus on cultivating relationships that truly elevate your career and life.

The bottom line: great mentorship is out there. And it's worth seeking—even after encountering a few bumps along the way.

The article was originally published by Psychology

Stock Holding Corporation Of India Limited Launches 'Digidoc' In Ladakh



Leh- Stock Holding Corporation of India Limited (StockHolding), a key subsidiary of IFCI Limited, has officially launched its innovative platform, StockHolding Digidoc, in Ladakh.

The platform was ceremoniously inaugurated by Dr. Pawan Kotwal, IAS (Advisor and Principal Secretary Revenue) at Leh, Union Territory of Ladakh . Michael M D Sauza, Inspector General of Registration, Secretary GAD), Shrikant Balasaheb Suse. Deputy Commissioner, Kargil, Deputy Santosh Sukhdeve, Commissioner Leh, all Registrars (ADCs) and Sub Registrars (ACRS & SDMS) of district Leh and Kargil were present on the occasion. StockHolding officials Manoj Parida , COO e-Services Head Shashikant Nayak, Amit Dassi, VP, Shreekant Patwardhan, VP , Pramod Joshi, AVP, Vivek Khurana, AVP, Rodrigues, Joaquim Rodrigues, Senior Manager, Ehtesham Ahmad, Regional Manager and Vikas Singla, Senior Manager attended the event through virtual mode.

StockHolding Digidoc is a cutting-edge platform that enables the digital execution of documents and contracts, including the seamless payment of stamp duty. By offering a digital directory for non-registrable and optionally registrable documents, the platform aims to streamline processes, reduce turnaround time, and improve service accessibility for users.

The Information Technology Act of 2000 has empowered the digital execution of documents, granting them the same legal status as those physically signed. This ensures that once documents are digitally executed, they are immediately available for use, making the process fast, convenient, and legally compliant.

Digidoc will simplify document execution, making legal processes faster and more accessible.

World AIDS Day commemorated at GMC Srinagar

SRINAGAR, DECEMBER 02: The Department of Community Medicine, Government Medical College, Srinagar, in collaboration with Jammu and Kashmir AIDS Control Society observed 'World AIDS Day' on the global theme 'Take the Right Path: My Health, My Right!.

This event, organized under the patronage and guidance of Principal/ Dean Prof. Dr. Iffat Hassan, brought together medical professionals, policymakers and students to renew their commitment to combating HIV/AIDS through awareness, education, and action.

The program commenced with a scientific session featuring renowned experts who addressed various facets of HIV infection.

Prof.(Dr.) S.Muhammad Salim Khan, Head of the Department of Community Medicine, delivered the keynote address on 'HIV/AIDS: A Global Perspective.'

Prof. (Dr.) M. Iqbal Pandit, Department of Community Medicine, highlighted the 'Epidemiology of HIV/AIDS in Jammu and Kashmir.'

Imtiyaz Khan, Assistant Director, Jammu and Kashmir AIDS Control Society, presented a paper on 'HIV/ AIDS Prevention and Control Measures in Jammu and Kashmir.'

Dr. Lateef Charoo, Incharge ART centre, SKIMS, delivered a comprehensive lecture on 'Antiretroviral Therapy and Counselling in



HIV/AIDS Management.'

Dr. Fazle Roub, Assistant Professor, Department of Psychiatry, addressed the 'Role of Substance Abuse in the Spread of HIV/AIDS.'

Dr. Khalid Bashir, Senior Resident, Department of Community Medicine, GMC Srinagar, shared the results of original research conducted by the Department of Community Medicine, GMC Srinagar.

The event included an inter-departmental and inter-institutional quiz

competition, which was won by Dr. Glory Eric, Dr. Sumaira Farooq, and Dr. Muneeb Shah from the Department of Community Medicine, SKIMS, Soura.

A poster competition was also held, in which Madiha Manzoor, Bilqueesa, Syed Rimsha, and Tahira Wanan bagged 1st, 2nd, and 3rd positions respectively.

The event was attended by HODs, faculty members and students from GMC Srinagar and SKIMS Medical College and Hospital, Bemina.

DC Bandipora conducts extensive tour of Upper Authwatoo, adjacent areas

BANDIPORA, DECEMBER 02: In order to assess the challenges faced by the local community and explore avenues for development, the Deputy Commissioner (DC) Bandipora, Manzoor Ahmad Qadri on Monday conducted a comprehensive field tour of the remote Upper Authwatoo, including Tangteri and its adjacent areas.

Accompanied by a team of officers, the DC engaged with residents, local representatives, and officials to understand their concerns and aspirations. The residents highlighted several issues, including road connectivity, bridge construction, water supply shortages, and the need to upgrade the Primary School to a Middle School for better educational opportunities.

The DC assured the villagers

The DC assured the villagers of the district administration's commitment to addressing their concerns and improving the region's overall development.

This visit is a continuation of the efforts initiated by the DC to personally visit important stretches of Bandipora district and assess the developmental scenario on the ground. Last month, the DC had visited Sumbal and areas adjacent to Wular Lake, engaging with residents and officials to ensure timely resolution of developmental and public grievances.

Emphasizing sustainable development, the DC directed the Assistant Commissioner Development (ACD) to prepare a comprehensive plan for road connectivity in the area. He stressed the importance of minimizing tree cutting and adopting environment friendly



construction practices to safeguard the local ecosystem.

To address water supply issues, the DC instructed the construction of a collection chamber and directed the concerned officers to formulate plans under the Amrit Sarovar scheme to ensure improved and reliable water availability.

The feasibility of constructing a motorable bridge was also discussed during the visit. The DC directed the officers to explore options for this vital infrastructure, which would significantly improve accessibility, particularly during adverse weather conditions or emergencies.

While inspecting ongoing work at the Sub-Centre Authwatoo, the DC interacted with officials and residents to assess the progress and address any concerns. On his way back, the DC met residents of Herpora Authwatoo, who raised issues related to road connectivity. He issued on-spot directions to the concerned officers to address these concerns promptly.

CONTD. FROM **FRONT PAGE**

Why Youth Of Kashmir

in Journal of the American Heart Association, more than 50% of adults aged 40 to 59 who smoked developed cardiovascular disease and were almost twice as likely to die of a fatal heart attack, stroke, or heart failure without previous warning. The researchers also found that young men and women who smoked were more than twice as likely to have a fatal cardiovascular event as their first sign of cardiovascular disease compared to nonsmokers.

Another study, titled, 'A Systematic Review of the Effects of Smoking on the Cardiovascular System and General Health' found that early every organ in the body suffers damage from smoking, which also increases the risk of illness and lowers smokers' overall health. " More research on the connections between smoking and general health and cardiovascular conditions like stroke, myocardial infarction, cardiac heart disease, peripheral artery disease, etc. suggests that these conditions reduce smokers' quality of life, increase their risk of passing away and visiting the hospital, and make it more difficult for them to recover," it reads.

Seconding these concerns, Dr. Khalid Mohiuddin, Head of the Department of Cardiology at the Super Specialty Hospital, Government Medical College Srinagar, reinforced the evidence linking smoking to heart disease.

"We have carried out research in this regard. In Kashmir, many of the young people who suffer heart attacks are smokers or tobacco consumers," he revealed.

Dr. Mohiuddin highlighted a worrying trend saying, "Some decades ago, heart attacks were primarily seen in older individuals. Now, we are witnessing an increased intensity of heart attacks among the youth, and our findings point to smoking as a leading cause" Dr. Mohiuddin said.

Both medics stressed that while it is possible to quit smoking instantly, seeking professional help from psychologists or psychiatrists is highly recommended to develop a structured and sustainable cessation plan.

"A proper roadmap to quit smoking can make the process more effective and manageable," they advised.

The cardiologists also urged immediate action to spread awareness about the risks of smoking and its connection to life-threatening conditions like heart attacks.

J&K Secures

Al Ghazali Tour & Travels, Sahar Tours & Travels, Alhuda Travels, Al Safeer Tour and Travels, Fly High Tour and Travels, and Gazi Tour and Travels, received 50 seats each. Four new applicants, Al Ansar Tours and Travels, Alharaman Hajj and Umrah Services, Javid Iqbal, and Madina World Travels Pvt Ltd, also received 50 seats each.

Hydropower Generation

electricity generation, are heavily dependent on river water. According to data from the Jammu

& Kashmir Power Development

Department (JKPDD), the generation capacity of major hydropower plants, including the Baglihar and Kishanganga projects, has plummeted during winter months.

"This is due to decreased water flow

"This is due to decreased water flow in rivers like the Jhelum, Chenab, and their tributaries, many of which freeze or shrink as temperatures drop," an official said. The water level in J&K river is lowest

in the past few decades causing immense issues for the PDD to manage power supply. There is no alternative other than to go for long power cuts.

"During summer, these projects like Baglihar and Kishenganga operate at near-full capacity due to abundant glacial melt water, but winter is a completely different story," said, an energy policy expert at the University of Kashmir.

"For example, the 450 MW Baglihar plant often struggles to produce even half of its capacity during peak winter." Rivers like Jhelum and Chenab ex-

perience a 50-70% reduction in flow during winter, directly affecting hydropower output. "Most hydropower projects in Kashmir are run-of-the-river systems

water for consistent year-round power generation," an expert said. "The region is witnessing altered snowfall and glacial melt patterns,

with no significant reservoirs to store

further disrupting water availability"
A senior engineer at PDD, said: "We produce nearly 2,500 MW of power during summer, but this drops below 1,000 MW in winter. As a result, we have to import electricity, which the aging transmission infrastructure struggles to handle."

He said the reduced output has coincided with soaring demand, which peaks at around 2,800 MW to 3000 MWs in winter, while local supply dwindles to less than 1,000 MW.

"The shortfall has led to widespread power cuts, with urban areas receiving only 5 to 6 hours of electricity a day and rural regions facing even harsher schedules," he said, adding that the "The gap between demand and supply increases every year."

increases every year."

Experts suggest a mix of immediate and long-term measures to overcome shortcomings.

"Kashmir has untapped potential in solar and wind energy, which could complement hydropower during winter. Grid Infrastructure: Upgrading transmission lines to import electricity efficiently from other regions needs to be done. Building reservoirs for water storage to stabilize year-round hydropower generation is the need of the hour," an expert said. (KINS)

Air Quality, Economy

in the plains and reduced snowfall in higher altitudes. Experts link this prolonged dry spell to climate change, which is disrupting the valley's delicate seasonal cycles vital for agriculture, water supply, and daily life.

Mukhtar Ahmed, head of the Indian Meteorological Department in Kashmir said, "The ongoing dry spell and shortened winters are clear indicators of climate change. These shifts disrupt hydroelectric projects,

agriculture, and even the tourism sector, which are all lifelines of Kashmir's economy."

Environmental scientist Dr. Shakil Romshoo added, "The lack of timely snowfall means glaciers aren't replenished, threatening long-term water security for the region. Farmers are being forced to shift from traditional paddy fields to less water-intensive crops like fruit orchards."

The dry weather, combined with vehicular emissions and the use of heating devices, has caused a surge in respiratory illnesses. Srinagar's Air Quality Index (AQI) recently reached 183, labeled as "Unhealthy," with PM2.5 levels at 119.7 µg/m³—far above safe limits. "We are seeing a sharp increase in respiratory problems among children and the elderly due to prolonged exposure to polluted air," said Dr. Naveed Nazir, a senior pulmonologist at the Chest and Disease Hospital in Srinagar.

Winter tourism, a cornerstone of Kashmir's economy, is reeling under the impact of insufficient snowfall. "Destinations like Gulmarg are seeing fewer visitors, and if this trend continues, it will significantly harm our local economy," noted Fayaz Ahmad, a hotelier in Gulmarg.

Faced with the mounting challenges, many residents are turning to prayers, seeking relief from the unrelenting dry spell. "We are praying for snow not just for the beauty of winter but for the survival of our livelihoods and ecosystems," said Ghulam Nabi, a farmer from Anantnag.

The crisis calls for the urgent need for climate-resilient policies in agriculture, sustainable energy management, and improved pollution controls to protect the valley's fragile ecosystem and its people. (KNO)

Dry Air, Low Temps

significant health challenges, particularly among vulnerable populations. Experts have called for precautions to prevent these infections.

Dr Murtaza Ahmad Ganaie, a general physician at DHSK said that chilly weather facilitates the spread of respiratory viruses such as rhinoviruses, influenza, and coronaviruses, which thrive in cold and dry conditions.

He added that young children, the elderly and those with compromised immune systems or underlying health conditions, such as asthma and chronic obstructive pulmonary disease (COPD), are the most affected groups.

Dr Ganaie recommended influenza vaccines for high-risk populations, as they reduce the risk of severe flu and related complications. Pneumococcal vaccines are also advised for those prone to bacterial infections following viral illnesses.

Another doctor said the main reasons for the surge in infections during winter are low temperatures, dry air, close indoor gatherings, and weakened immunity. Viruses like rhinoviruses and influenza thrive in cold temperatures, as they remain stable and infectious for longer durations. "Winter air is often dry, which can dry out the nasal passages and compromise the mucus barrier that typically

traps and flushes out pathogens," he said.

During winter, people in Kashmir tend to spend more time indoors in close proximity to others, often in poorly ventilated spaces, facilitating the spread of respiratory infections. Traditional heating systems, such as kangris (portable heaters), create confined and warm spaces, which increases the likelihood of virus transmission, the doctor said.

Doctors also said that Vitamin D deficiency is prevalent in winter due to reduced sunlight exposure, which can weaken the immune system and make individuals more susceptible to infections. They said cold stress can further suppress the immune response, increasing vulnerability to viral infections. "The use of wood and coal for heating in many households leads to indoor air pollution, which irritates the respiratory tract and lowers its defence mechanisms. Winter allergens like dust and smoke also exacerbate respiratory issues, making the population more prone to infections," they said.

To reduce the incidence of common colds and URTIs in Kashmir during winter, doctors advise vaccination, regular handwashing, avoiding touching the face, ensuring proper ventilation in homes to dilute airborne viruses, seeking early treatment for symptoms and maintaining a healthy diet.

Dry Weather

Light snowfall has occurred at several higher reaches of Sonamarg areas, Doodhpathri in Budgam, Shadimarg and other areas.

The fresh spell of snowfall comes under the influence of a feeble Western Disturbance in Jammu and Kashmir.

Moreover, the plains of Kashmir including Srinagar, the summer capital of Jammu and Kashmir, witnessed cloudy weather with occasional sunshine as well.

However, the weatherman here has

predicted erratic weather conditions for the next few days, but added that there would unlikely be a major wet spell till December 12. Tomorrow, there is a possibility of generally cloudy with light rain and

light snow over higher reaches expected at scattered places towards late evening of 2nd to 3rd morning. Director Meteorological department (MeT), Dr Mukhtar Ahmad said that

(MeT), Dr Mukhtar Ahmad said that general dry weather conditions are expected from December 4-7 while generally cloudy with light rain and snow over higher reaches at isolated places are expected on December 08.

He added that on December 09 and

12, the weather would remain generally dry.

Furthermore, the minimum tem-

Furthermore, the minimum temperatures have once again settled below the freezing point in Kashmir with Gulmarg, a famous ski-resort, being the coldest place across the Valley at minus 2.9 degree Celsius.

Pahalgam, a famous tourist destination, recorded minus 2.3 degree Celsius while Srinagar recorded minus 0.8 degree Celsius.

Qazigund, a gateway of Kashmir, recorded a minimum temperature of minus 1.4 degree Celsius while Kupwara in north Kashmir recorded a low of minus 1.5 degree Celsius.

J&K Cabinet

but so far there is no discussion going on in this regard.

Meanwhile, JKPCC Chief, Tariq Hameed Karra also clarified that 'no' such talks have happened at the state level but hinted that such talks could potentially be happening in Delhi.

Karra stated that no discussions or deliberations on such matters have taken place at the state level, although he hinted that such talks could potentially be happening in Delhi.

"There has been no communication or proposal at the state level regarding Congress taking or being offered any ministerial positions," Karra said. "To the best of my knowledge, nothing has happened here. However, it could be in Delhi also, though I have not been involved in any such conversations."

Karra also stated that they have got indications that a 'roadmap' on restoration of statehood was being prepared and that they are waiting for that. "If there are any assurances on that, then we will see," Karra said.

About Congress's relationship with its ally, the National Conference, he clarified that statements by J&K CM Omar Abdullah, suggesting Congress is not part of the government, were 'misinterpreted'. "Omar Abdullah correctly stated that Congress is not part of the cabinet but supports the government from the outside," he said.

The Congress leader also hinted at concerns over reports suggesting the government may retain control of key departments. "If such plans come forward, we will evaluate the assurances provided," he said. (KNO)

Kashmir Sees

load at the time of resumption of power supply after curtailment hours. "Snapping of power within 15 or 20 minutes is primarily due to simultaneously powering on all heating gadgets," she said.

The Chief Engineer assured that if the heating load is judiciously synchronized within the sanctioned load of consumers, unscheduled power outages will disappear.

Deva further stated that KPDCL was maintaining its Buffer Stock of 1554 DTs by reclaiming its damaged DTs in various Divisional Workshops as well as Central Workshop Pampore.(KNO)

Court Seeks Police

powers, raising concerns about the erosion of law and order.

The complainant's ordeal, as per complaint, began with the seizure of his vehicle by traffic police for alleged violations. While the complainant does not contest the legality of the seizure or the traffic challan issued against him, he has expressed deep concern over the manner in which the incident unfolded.

According to the complaint, private individuals were allowed to stop and detain the complainant's vehicle, forcing passengers, including female

occupants, to disembark. The complainant also alleges that photographs and videos were taken without consent during the process.

"The complainant is not aggrieved by this but is deeply disturbed by the high-handedness and apparent lawlessness that occurred, particularly the involvement of private individuals acting as if they held official authority," the complaint reads.

It further adds that such practices, if unchecked, could lead to anarchy, as private individuals lack the accountability mechanisms applicable to pub-

The complainant has submitted before court to ensure appropriate legal action against the accused individuals and to address the role of the traffic police in allowing private citizens to

overstep their bounds.

Court has instructed the DIG Kashmir to investigate and submit a report detailing the events and the roles of all parties involved. The Court has sought the report to be filed by or

before 13 December 2024.

The main contention raised by the complainant is whether Traffic Police can delegate its powers to private individuals or private organizations.

Meanwhile, in a separate event, the Traffic Police in its reply to RTI application filed by Advocate Aamir Masoodihas said that Kashmir Road Safety Foundation doesn't collect the fine amounts from public/private vehicles for violating the provisions and rules of Motor Vehicles Act and are not authorized for the same. (CNS)

HC Orders

to follow the order passed by the High Court and continue with the investigation. The CJM had passed the October 16 order following an application filed by Assistant Public Prosecutor, seeking recalling of the 10 October order on the ground that the order was in direct conflict with directions by the High Court on September 12 this year, directing continuation of investigation by the Police.

"The orders dated 10th October 2024 and 16th October 2024 passed by the Court of Chief Judicial Magistrate, Budgam shall stand quashed," the High Court said.

It said that the Special Investigation Team shall continue with and conclude the investigation in FIR No. 370/2024.

"Upon completing the investigation, (SIT) shall file a charge sheet strictly in terms of the relevant provision of Cr.Pc./BNSS," the court said.

Lastly, the court said, upon filling of such a charge sheet, the Designated Authority under Section 124 of Air Force Act, 1950 shall be at liberty to invoke said Section 124, if it decides to try the Wing Commander in a Court Martial.

The High Court passed the directions while dismissing a petition filed by the Wing Commander P. K. Sehrawat, seeking quashment of the case (FIR No. 0370/2024 dated September 8 for commission of offence under Section 376(2) IPC registered with Police Station Budgam and disposing of another plea filed by Union of India, Ministry of Defence, as regards court martial proceedings.

'GMC Bla To Get ICU **Facilities Soon'**



BARAMULLA: Prof. Majid Jahangir, the newly appointed Principal of Government Medical College (GMC) Baramulla on Monday said that ICU facilities will be introduced at the institution soon, ensuring improved emergency services and better treatment for trauma and maternity patients.

Speaking to the media persons, Dr. Jahangir promised to address existing challenges and improve healthcare services for the region.

He acknowledged the hur-dles ahead, stating, "I know there are going to be a lot of challenges and logistic issues, but I will try my best to make the college one of the best in the valley. For that, I need the support of the faculty, MS, administration, locals, besides the media fraternity, who has an important role to play."

Dr. Jahangir stressed to resolve the issues of the institution promptly. Addressing the frequent referral of patients to hospitals in Srinagar, he said, "I will try my best to improve the patient care at the GMC only so that referrals are reduced.

The institutions are built over decades, so there are going to be logistic issues. The GMC caters to the whole of north Kashmir, besides being located on the main highway, so it's obvious there are a lot of trauma patients, he said, adding that he will try his best to provide the best possible patient care to the trauma patients as well as to the maternity patients, so referrals to LD Hospital are reduced.

He also highlighted the urgency of upgrading facilities, including the establishment of ICU services. "ICU facilities will be started as soon as possible. It will be my earnest endeavour to make GMC one of the best hospitals in the valley," he added, seeking media cooperation in his mission.

Notably, Dr. Jahangir took over as Principal following the superannuation of Prof. (Dr.) Ruby Reshi. In addition to his new role, he continues to serve as the Head of the Department of Radio Diagnosis & Imaging at Government Medical College,

Shiv Sena Dogra Front Stages Anti-Bangladesh Protest In Jammu



Press Trust Of India

JAMMU: The Shiv Sena Dogra Front on Monday staged a protest in Jammu against the alleged violent attacks on Hindus and temples in Bangladesh, demanding closure of the neighbouring country's embassy in India.

The Shiv Sena Dogra (SSDF) also urged Prime Minister Narendra Modi to intervene in the matter to ensure safety of the minority Hindus in Bangladesh.

Led by SSDF Chairman Ashok Gupta, scores of party workers raised slogans against the neighbouring country besides burning an effigy of Muhammad Yunus, head of Bangladesh's interim government.

Carrying the tricolour and pictures of Prime Minister Modi, the protesters also demanded

the closure of the Bangladesh High Commission in Delhi, seeking stern action (by the government) to safeguard the members and temples of the Hindu community in Bangladesh.

"We demand the Bangladesh Embassy be shut down. Hindus are being killed and their properties are being destroye looted (in Bangladesh). This is seen everywhere," Gupta told

Accusing the army and police in Bangladesh of being complicit in the atrocities against Hindus, the protesters urged Prime Minister Modi to take steps to ensure their safety.

Gupta also called on US President-elect Donald Trump to intervene in the matter and send a stern message to Bangladesh to safeguard members of the Hindu community.

Fearing Loss Of Land, Farmers Oppose Proposed Anantnag-Pahalgam Railway Line

Press Trust Of India

SRINAGAR: A group of farmers in Anantnag district have appealed to the Jammu and Kashmir government to drop plans to build a railway line connecting the south Kashmir district headquarters with Pahalgam, which also serves as the base camp for the annual Amarnath Yatra.

"Hundreds of acres of agricultural land will turn barren if a railway line is built from Anantnag to Pahalgam. This stretch has one of the most fertile lands in Kashmir which provides livelihoods to thousands of families." Ghulam Nabi, a local farmer, said.

He also said the government should abandon the project as it will lead not only to food shortage, but also loss of livelihoods.

'The proposed Anantnag-Bijbehara-Pahalgam railway line passes through orchards and paddy lands. The railway line will kill the agrarian economy at all places it passes through," he added.

Local MLA and National Conference leader Bashir Ahmad Veeri on Sunday met the agitated farmers and promised to convey their fears to the concerned authorities.

"I do not understand the purpose of building this railway line. Do they want to dispossess the farmers? Or they want to further shatter our economy? We do not have an industrial area here, and there is no industry in Pahalgam either. We are not going to let go of this land. We will launch a struggle to protect it," Veeri said after meeting the farmers.

Commenting on the matter, Jammu and Kashmir Apni Party President Altaf Bukhari claimed people "are unhappy' with the proposed railway line.

"People whose land falls in the proposed Anantnag-Bijbehara-Pahalgam rail route (77.5 km) have resorted to protests. Concerns have grown, particularly since the issuance of tender for the final location survey of the proposed railway line.

"Most of the affected farmers who stand to lose their land mostly orchards and agricultural plots – are small landowners. Experts have also raised concerns about the environmental impact of the project, as it involves laying railway line through fertile farmland and forested areas," Bukhari said in a post on X.

Kashmir Gardens, Parks **Record Over 5.6 Million Visitors This Year**



Agencies

SRINAGAR: Kashmir's iconic gardens and parks have witnessed 5.6 million visitors from April to October 2024, with the region's local population dominating the footfall.

Kashmir's famed gardens and parks are not just tourist hotspots but also a cherished part of everyday life for locals, as over 3.2 million local visitors, accounting for nearly 57% of total footfalls, thronged the valley green spaces.

According to the official data, from April to October 2024, the valley's gardens and parks received 5.606.115 visitors, including locals and visitors from different parts of India and international destinations.

Of total visitor footfall in the valley parks and gardens, nearly 57% of the total 5.6 million footfalls account for the local population, drawing 3,243,465 local visitors, the data reveals.

Mughal Gardens Take Centre

As per the data, the iconic

Mughal gardens of Kashmir remain the star attraction for visitors, especially locals. Nishat Garden leads the way with 1,165,827 visitors, followed by Shalimar Garden with 614,830 and Cheshmashahi Garden with 482,436. These historical landmarks, known for their exquisite architecture and lush landscapes, remain a magnet for visitors from across the globe.

Interestingly, nificant majority of visitors-3,204,996-who locals highlight the deep cultural and emotional connection Kashmiris have with their gardens and parks. The Tulip Garden in Srinagar, a seasonal attraction, witnessed over 100,252 local visitors, showcasing its popularity during its blooming season.

Other Popular Attractions

Among other notable locations, Kokernag Garden recorded 404,714 visitors, and the Botanical Garden in

Srinagar (NMBG) attracted 512,556 visitors. Úrban parks like Iqbal Park and Badamwari have also seen impressive footfalls, offering recreational spaces for families and children, especially the locals.

Local Engagement And Demands

While locals enjoy these spaces, many have voiced demands for improved facilities within the gardens and parks. Residents have been urging authorities to provide free entry for children, reduced entry fees for locals, and better amenities like restrooms, drinking water facilities, and shaded areas to offer relief during extreme weather.

Locals have also been highlighting the need for maintenance of these facilities to ensure a comfortable and enjoyable experience, saying these gardens not only serve as major tourist draws but also as spaces of relaxation and cultural significance for the local population—(KNO)

MAN-ANIMAL CONFLICT

Newly Established WCR Brings Hope For Kulgam's DH Pora

Agencies

KULGAM: The establishment of a Wildlife Control Room (WCR) in Damhal Hanjipora (DH Pora) of south Kashmir's Kulgam district has brought a glimmer of hope to residents grappling with a long-standing man-animal conflict.

The whole Kulgam district previously relied on a single control room, often leading to delayed responses and increased risks to both humans and animals. The new facility is expected to reduce response times and enhance safety measures for the 40-50 villages in the area.

Peer Irshad Hussain, incharge of the newly established WCR in DH Pora, said the facility had already started making an impact. "In recent days, we have tranquilised three black bears and guided five animals back to their natural habitats, ensuring their safety and that



of the residents. He said the centre will not only safeguard people but also aid in wildlife conservation.'

"The facility is temporarily operating out of a Forest Check Post but plans are underway to establish a fully equipped, permanent structure," Hussain said. "We have written to the higher authorities for a proper building, and soon, the centre will have additional powers and resources.'

Irshad credited the Wildlife Warden South Division and district administration for their support in making the facility operational.

Another wildlife official said that over the past eleven months, the area witnessed 25 injuries and the tragic death of a minor due to wild animal attacks. Over 50 animals, including bears, leopards and porcupines, have been rescued during this period, he said.

Faroon Ahmad a local pressed his gratitude to the department, saying: "For years, we have lived in fear of wild animals. This control room is a lifeline for us, ensuring quicker responses and better safety for our families and livestock.'

He said the facility comes as a relief to the area known for its proximity to dense forests and frequent wildlife intrusions. "Now our children can move around without fear, and our livestock is safer. This facility is a blessing for our people," Farooq said—(KNO)

Mirwaiz Praises Police For Initiating Strict Action Against Drug Addicts

Observer News Service

SRINAGAR: Mirwaiz Umar Farooq on Monday lauded Jammu and Kashmir Police for taking strict action against the drug peddlers including attaching their properties and arresting the people involved in such practices. Terming drug menace as the

biggest challenge in Jammu and Kashmir, Mirwaiz while addressing a gathering at Masjid Ali Thani in Eidgah, said that the public support in eliminating the drug menace is crucial, adding that nothing can be achieved without the public cooperation in this regard.

Mirwaiz said everyone should play their role in this regard while the Masjid Committees should involve the youth to curb the menace. "If the Masjid Committees sit and take responsibility for their areas, the drug menace can be curbed easily," he said, adding that the situation is worsening as lakhs of people are reported-

He added that from parents to Imams and Masjid committees, everyone has to play its role at this juncture.

ly involved in the drug menace.

government is concerned, we will support every decision and action for the wellbeing of the society," he said, adding that for the last three weeks, the Police department

has taken various steps including attaching the properties, registering cases and arresting many people involved in drug peddling. "If police work in this direction, people will extend their support," he said.

He added that the action against the biggest inter-state nexus will be supported by the people.

Mirwaiz also appealed to the people to take close vigil within their locality especially at the coaching centers, schools and other places. "Everyone should be given responsibility within their localities to end this menace and safeguard our future." he said.

Mirwaiz Umar Farooq emphasized the urgent need for collective action to improve societal conditions, particularly focusing on the escalating issue of drug addiction.



Highlighting the alarming statistic that over 1.5 million individuals are affected by drug addiction, waiz Umar Farooq called for a united effort to combat this epidemic. He

pointed out that the vast network of mosques across the region could serve as pivotal centers in this fight.

"Mosque committees can collaborate and implement effective ways to tackle drug addiction in every area," he stated, emphasizing the power of community involvement. They can keep an eye on suspected people in the area and help in their rehabilitation.

Mirwaiz Umar Faroog also expressed appreciation for the intensified efforts by the police to combat drug trafficking. Acknowledging the recent arrests of several drug dealers and the confiscation of their properties, he remarked, "It is encouraging to see the administration taking decisive steps. When good measures are taken for the welfare of our society, they should also be appreciated by all".

Fire & Emergency Services On **Alert To Handle Fire Incidents During Winter, Says Dy Director**

Agencies

SRINAGAR: The Fire and Emergency Services Department (F&ES) has ramped up its pre-paredness as fire incidents typically see a spike during winter. Officials said the department is well-prepared and on alert, with teams fully equipped to respond promptly and minimize damages.

The Deputy Director of the F&ES, Er Aqib Hussain said the department is vigilant and proactive, especially during the ongoing dry spell, which has contributed to an increase in fire-related cases mostly involving Chinar trees and dry grass.

"The department is on alert to handle the fire incidents during the upcoming winter season. With the number of incidents increasing, our team is well-equipped to respond promptly and minimize damage," he said.

Er Hussain said that to mitigate risks, the department has issued safety guidelines, urging residents to avoid storing flammable materials, such as charcoal, in attics or other vulnerable areas of their homes.

The Deputy Director further said that when the department receives a fire call, the response time is within minutes. "We first assess the type of fire and then dispatch the appropriate teams. We have fire tenders, normal water tenders, DCB tenders, and hydraulic platforms for dealing with highrise buildings," he added.

Data accessed by KNO reveals that a total of 6,031 incidents, including fire emergencies and rescue operations, have been managed across the Union Territory so far this year. As part of its preparedness, the department has prioritised awareness campaigns, it adds.

In 2024, over 2,500 fire safety programs were conducted, reaching 159,108 students across 1,239 educational institutions, according to the data, which added that 54,450 participants from the general public were engaged in fire safety

Avoid Unvented Gas Heaters, Can Prove Fatal: Medical Experts

Agencies

SRINAGAR: The health experts here have sounded alarm over the use of unvented gas heaters, saying that the people must not use it, especially in the closed spaces as it can even prove fatal as well.

Dr Murtaza Ahmad, a doctor at DHSK said that the heaters emit combustion products like carbon monoxide and once it reaches a particular level inside a room, a person gets "carbon monoxide poisoning".

He said the best way to prevent deaths due to unvented gas heaters is to discon-

tinue their use and instead, use vented gas heaters. "If people continue using unvented gas heaters, they should not use them in bedrooms, bathrooms or in any enclosed spac-

es," he said, adding these heaters should only be used in rooms with adequate ventilation.

"These heaters are commonly used during winters to keep rooms warm particularly at night. It has no vent the combustion products like carbon monoxide outside the home, as a result, this toxic pollutant remains in the room and its high level exposure causes death as well." he said.

"Carbon monoxide is a silent killer as you can't see it; you can't smell it and you can't taste it. The individual is rendered completely helpless without

feeling the harm, thus becoming unconscious during sleep leading to death," he added.

He said people, who are particularly vulnerable to carbon monoxide poisoning, include children, elderly, pregnant women and those with chronic medical conditions.

Dr Shahid said that people must take precautions and should avoid using unvented gas heaters.

He said that evidence of suffocation may include small red or purple splotches in the eyes and on the face and neck as

well as in the lungs (petechial haemorrhages). "Asphyxiation may also produce foam in the airways as the victim struggles to breathe and mucus from the lungs mixes with air," he said. Dr Shahid said

that other symp-

toms of suffocation include shortness of breath or difficulty in breathing, a slow heart rate, hoarseness, a sore throat, confusion, loss of conscious-

ness, nose bleeding and visual The health experts said that exposure to CO can cause symptoms such as headache,

dizziness, nausea, and confusion. Prolonged exposure can be fatal. He said that nitrogen diox-

ide, another byproduct, can irritate the respiratory system and exacerbate conditions like asthma. –(KNO)

Gbl Residents Appeal Beacon To Install Speed Breaker **Near Jamia Masjid**

Agencies

GANDERBAL: The residents living adjacent to Jamia Masjid Ganderbal have appealed to the Beacon authorities to install a speed breaker on the National Highway near the mosque, citing rising safety concerns. The location, which sees heavy

pedestrian movement, has been the site of multiple accidents due to speeding vehicles. The local community ex-

pressed concern about the frequent accidents, especially during peak hours.

"We are living in constant fear. Every day, people are crossing this busy road to reach the mosque, but the speed of vehicles passing by is alarmAnother local resident add-

ing," said a resident.

ed, "We have lost lives here, and it's time for action. A speed breaker is a small step but could save many lives.

Residents are urging the Beacon authorities to take immediate action and install a speed breaker or other trafficcalming measures near Jamia Masjid to ensure the safety of pedestrians and reduce the risk of accidents. They believe that such a move would greatly improve the situation and prevent further loss of life.

Locals are hoping the authorities will address this pressing concern promptly, ensuring that the area around Jamia Masjid becomes safer for all—(KNO)

PUBLIC NOTICE

This is for the information to the general public that I intend to correct my credential in my Driving license bearing license no. JK-0120110029043 from Tauseef Rashid Dar to Touseef Rashid S/o Abdul Rashid Dar R/o H.No 136 Lane No. 5 Near Masjid Ibrahim Budshah Colony Sanat Nagar Srinagar as per my Aadhar Card. In this regard if anybody have any kind of objection he/ she may file the same with RTO Srinagar within a period of 7 days from the date of publication of this notice. No objection will be entertained afterwards.

Head Quashes Rumours Of Divide In Australian Camp Ahead Of Pink Ball Test

ADELAIDE: Australian bighitter Travis Head on Monday asserted there is no "divide" between his team's struggling batters and its potent bowling attack as they geared up to bounce back in the pink-ball Test against India, starting here on December 6.

Australia suffered an embarrassing 295-run loss as their batters struggled to cope with the bouncy Perth pitch, managing just 104 & 238 in their two innings.

On day three of the Test, pacer Josh Hazlewood, who picked four wickets in first essay, made a comment that seemed to suggest frustration with the team's batters, triggering speculation of tensions in the dressing room.

Head said there was no reason to doubt the dressing room

'It can be put to bed. We hold high expectations for both



sides (batting and bowling) and it's a very individualised sport,"

"So batters, we want to hold our own - we know how good our bowlers have been for us in the past and they've got us out of trouble a lot. As a batting group, we know that if we get enough runs on the board, we put ourselves in a great position.

"As a batter myself, I try to take a whole lot of pride in what I do, and knowing that if I can set it up for the big boys, that they can knock it down for

Hazlewood was questioned about Australia's approach to

us, so definitely no divide," he

explained.

in pursuit of 534.

'You probably have to ask one of the batters that question probably, I am sort of relaxing and trying to get a bit of treatment, and I am looking mostly to next Test," Hazlewood had said.

The Australian top-order comprising the likes of Usman Khawaja, Steve Smith and Marnus Labuschagne crumbled at Perth.

Labuschagnem, in particular, has been woefully out of form and several former players have called for his exclusion from the side but Head backed him to get some big runs.

"Knowing Marnus, he would have worked on a few things over the last few days and it would have been hard to probably keep him out of the nets,"

"No doubt over the next few days we'll see him working hard again. He's a guy that has played well over a long period of time. He would like some more runs - so would everyone."

India Captain Rohit Ends Fan's 10-Year Wait For Autograph



Press Trust of India

CANBERRA: An ardent fan of Rohit Sharma checked into names multiple times before breaking into a "Mumbai cha raja" chant to attract the India captain's attention, and get his autograph, which he was seeking for the past 10 years.

All his hard work -- and tactic -- was worth the effort as a smiling Rohit duly obliged and ended the fan's "decade-old" wait by signing him an autograph after India's comfortable victory in the warm-up game against Prime Minister's XI here on Sunday.

"Rohit bhai please, dus saal ho gaye yaar (it's been 10 years). Rohit bhai Mumbai cha raja (king of Mumbai)," the fan stood out with his plea.

The BCCI also took note of it. "The wait of a decade finally ends. A fan waited for 10 years to get a @ImRo45 autograph and yesterday was his lucky

day," the BCCI shared the video on its social media page.

In the video released by the BCCI, Rohit was seen interact-Manuka Oval, called out his ing with fans, patiently signing autographs on bats and jerseys until this fan attracted the attention of everyone present at the venue.

India beat PM's XI by six wickets in the warmup match which was reduced to 46-overa-side contest due to inclement weather. Rohit batted at No. 4 in the match and was dismissed after making just three runs.

Having missed the first Test of the five-match series against Australia due to the birth of his second child, Rohit will back to lead the Indian team in the second match beginning in Adelaide of Friday.

India lead the series 1-0 following their 295-run drubbing of the hosts in the opener at Perth. Pace spearhead Jasprit Bumrah led the side in Rohit's

Shopian's Ayesha Binti Aamir Wins Bronze At Taekwondo Nationals



Observer News Service

SRINAGAR: Ayesha Binti Aamir made history on Friday by winning a bronze medal at the 38th Sub-Junior National Taekwondo Championship, held from November 29 to December 1, 2024, at the Tau Devi Lal Stadium in Panchkula, Haryana.

This achievement marks a groundbreaking moment

Ayesha becomes the first-ever Sub-Junior female athlete from Kashmir and Jammu and Kashmir to earn a national medal in Taekwondo.

At just 12 years old, Ayesha hails from the Shopian district in South Kashmir. Competing in her first national competition, Ayesha earned the coveted bronze medal, the highest honor ever achieved by any sub-junior female athlete

from Kashmir in recognized Taekwondo competitions.

Ayesha is a regular trainee at the Khelo India Taekwondo Centre in Shopian, which has been instrumental in nurturing her talent.

The athlete and her family expressed their gratitude to the J&K Sports Council, for providing valuable platforms like Khelo India to foster young talen

J&K Play UP In Syed Mushtaq Ali Trophy Today

Observer News Service

SRINAGAR: J&K senior men's cricket team is all set to take on Uttar Pradesh in their sixth match of Syed Mushtaq Ali T20 Trophy today, Tuesday, December 3, at MCA Cricket Ground in Mumbai, Maharashtra. The match will begin at 9:00 AM.

J&K is placed in Group C alongside Delĥi, UP, Jharkhand, Haryana, Himachal Pradesh, Manipur and Andhra Pradesh. The team has played five matches till now, winning three and losing two to rack up 12 points. They have a net run rate of +1.281.



The group is led by Delhi, who have won five out of five, picking up 20 points with an NRR of +1.925. In their last matchup on Sunday, J&K defeated Manipur by two wickets with two balls left. Spin all-rounder Abid Mushtag played an unbeaten knock of 29 from 22 balls to help his team cross the finish line. Star pacer Rasikh Salam took 3/30 in his

Short TAKES

India Beat Japan By 211 Runs In Under-19 Asia Cup



Mohamed Amaan led from the front with an unbeaten century, while KP Karthikeya and opener Ayush Mhatre made fifties to hand India a comfortable 211-run victory over minnows Japan in the Under-19 Asia Cup here on Monday.

Amaan slammed an unbeaten 122 off just 118 balls, a knock studded with only seven boundaries, after India were invited to bat.

Besides Amaan, Karthikeya made 57 off 49 balls with the help of five fours and one six, while Mhatre's fiery 29-ball 54-run knock featured six boundaries and four hits over the fence.

It was an easy outing for the Indians, as they restricted Japan to 128 for 8, securing their first win in

Group A. However, the Indians will be a little disappointed, as they failed to bowl out Japan.

For India, Karthikeya (2/21), Hardik Raj (2/9), and Chetan Sharma (2/14) shared six wickets between

India had lost to arch-rivals Pakistan by 43 runs in their tournament opener.

India will play United Arab Emirates in their final group game on Wednesday.

The top two teams from each group will qualify for the semifinals, scheduled for December 6, with the final slated for December 8.

Former South Africa Test Cricketers Arrested Over Match-Fixing

ormer South Africa test cricketers Thami Tsolekile and Lonwabo Tsotsobe have been arrested over long-running match-fixing allegations and charged with corruption, leaving them facing the possibility of prison sentences if they are convicted.

They were both previously given long bans from cricket along with other players.

Tsolekile and Tsotsobe were arrested last month over a match-fixing scandal relating to a domestic tournament in South Africa in 2015, police said Saturday. They have been charged with five counts under South Africa's anti-corruption law after appearing in a specialized commercial crimes court in Pretoria on

The anti-corruption law allows for prison sentences of up to 18 years in some circumstances, although two other players who previously pleaded guilty in relation to the same scandal received suspended prison

Tsolekile, 44, played three tests for South Africa 20 years ago. He was banned from all cricket for 12 years

Tsotsobe, a 40-year-old former seam bowler who played for South Africa in Tests, One-Day Internationals and Twenty20 games from 2009-14, was banned for eight years in 2017.

Fiorentina's Bove Awake After Being Placed In Medically Induced Coma

Ttalian soccer club Fiorentina says midfielder Edoardo Bove is awake and "alert" after being placed in a medically induced coma following his collapse during a game on Sunday. The 22-year-old Bove collapsed on the field in the

16th minute of a Serie A match against Inter Milan. He was carried off on a stretcher to an ambulance near the pitch and taken to Careggi Hospital in Florence. The game was abandoned.

"Edoardo Bove, following an uneventful night, was awakened and extubated this morning. He is currently awake, alert and oriented," the team said on X.

Bove is a product of the Roma youth academy and joined Fiorentina on loan in the offseason with the option to make the move permanent. He has scored a goal in 11 Serie A games this season.

Pep Guardiola Hits 'Reset' With Manchester City Floundering In Premier League

Agencies

MANCHESTER: For Pep Guardiola, the season starts now. Chastened. Relieved. Defiant.

The Manchester City man-

ager displayed a whole range of

emotions after his latest ordeal at Anfield that plunged the outof-sorts English champions to an unlikely low. Make that seven matches

without a win for a team which, not so long ago, never lost. That's all in the past for Guar-"Reset," he said after a 2-0

loss to Liverpool in the Premier League on Sunday. "There's a feeling we start from here this How he intends to move on

from the worst run of results in his managerial career remains to be seen. But, it all starts Wednesday with a home game

against Nottingham Forest. 'We are not used to this," Guardiola said. "Many, many things are happening. The teams are good and we can't handle it right now. I have to find the solution to be stable and solid.

"These players gave me a chance to lead maybe the best years of my life. All I can do is find a solution — in the right moment, the club will make the decision what is needed for this club to continue to be there."

Was he referring to making signings in the January transfer window? City's fatigued and injury-ravaged squad sure needs some, especially in midfield.

Or was he referring to his future? It's not the first time in recent days that Guardiola brought up how fragile his position could quickly become if City keeps losing.

Moments before down the tunnel after the final whistle at Anfield, Guardiola held up an outstretched hand and an extra finger as a retort to taunts by Liverpool fans. It was a nod to six Premier League titles he has won in eight full seasons at City. No. 7 doesn't look likely this



season. Not with City already 11 points behind Liverpool.

"Call me delusional or some-

thing like that," Guardiola said, "but I have the feeling we will try to build back our confidence

Indeed, Guardiola said he was taking some belief from recent

training sessions. From the return to fitness of some players, such as Ruben Dias, Nathan Ake, Jack Grealish and Jeremy Doku.

Maybe, from a second-half display against Liverpool that, while hardly vintage City, at least showed some spirit and resolve, even if Liverpool appeared happy to play on the break and never ooked troubled.

It felt like Guardiola was relieved to come away from Anfield with the damage limited and City's hardest fixture of the season out of the way.

Yet, his comments will sound so hollow if City goes on to lose to - or even draw with - sixthplace Forest, which is only one point and a spot behind and has a manager in Nuno Espirito Santo who has enjoyed some surprise results at City with former club Wolverhampton Wan-

Guardiola's masterplan might include a change of role for Grealish, who could yet play more centrally as a No. 10 rather than

Or a first start since September for Kevin De Bruyne, who has had to settle for cameo roles off the bench as he struggles to fully overcome a groin injury. Getting some energy into his

midfield will be important as the absence of Rodri and Mateo Kovacic continues to bite hard and be City's biggest issue.

That might come in the form of a new signing next month unless Guardiola is working on a new plan on the training

A midweek victory for City, coupled with setbacks for Liverpool at Newcastle and Arsenal at home to Manchester United elsewhere on Wednesday, could rekindle some belief that all is not lost this season. In its current form, this is unlikely.

"I think it's almost a minicrisis at Manchester City," said Jamie Carragher, a pundit for British broadcaster Sky Sports. "I think City might have a fight on their hands for top four." (AP)