


www.elitepluscentre.com

ElitePlus

DENTAL & DERMA CENTRE

+91-9797703533 | Vintage Mall, 2nd floor Jawahar Nagar, Srinagar

This cutting-edge technology effectively reduces dark spots, melasma, and sun damage, revealing a radiant complexion with minimal downtime



BOOK APPOINTMENT

WORK BEGINS ON GURDASPUR-JAMMU GAS PIPELINE

Jammu To Get Piped LPG By 2026

Agencies

Srinagar: Work has commenced on the 175-km Gurdaspur-Jammu Tawi natural gas pipeline project, which is expected to provide domestic gas to Jammu households by 2026.

GAIL (India) Ltd is undertaking the pipeline construction along and across the Delhi-Amritsar-Katra Expressway, with initial work already underway on sectionalizing valves in Kathua and Hiranagar.

Officials said that this prestigious pipeline project involves developing essential infrastructure, including laying pipes, establishing pumping stations, and creating distribution networks.

"As a cleaner fossil fuel compared to coal and oil, natural gas will help reduce greenhouse gas emissions and improve air quality, benefiting the environment and public health. The project aims to ensure an uninterrupted gas supply year-round, regardless of weather or road conditions," they said.

The tentative route of the main trunk pipeline is Gurdaspur-Pathankot-Kathua-Samba-Jammu City, with the originating point at Gurdaspur and the termination point in Jammu City.

The pipeline is designed to transport up to 2 million standard cubic meters per day.

Officials added that the Gurdaspur-Jammu pipeline is expected to play a pivotal role in meeting the natural gas requirements of the | [More on P6](#)

SKIMS 42ND FOUNDATION DAY

CM Pledges to Restore SKIMS Autonomy

Inaugurates Emergency Operation Theatre, SKIMS Medical University Complex Releases Annual Report of SKIMS, Lays E-foundation Of Several Projects



Observer News Service

Srinagar: On the 42nd foundation day of Sher-e-Kashmir Institute of Medical Sciences (SKIMS), Chief Minister Omar Abdullah his government's priority is to restore its autonomy, address staff shortages, and modernise equipment.

"SKIMS has given a lot to Jammu and Kashmir, far beyond expectations, despite difficulties, financial constraints, outdated equipment, and staff shortages,"

SKIMS HAS GIVEN A LOT TO JAMMU AND KASHMIR, far beyond expectations, despite difficulties, financial constraints, outdated equipment, and staff shortages"

outdated equipment, and staff shortages," Omar Abdullah said. He lauded SKIMS authorities for handling immense pressure due to inadequate infrastructure at district and sub-district hospitals, which forces patients with routine medical needs to seek treatment at SKIMS.

He said that SKIMS' autonomy, once a hallmark of its efficient functioning, has been eroded, impacting its engineering and | [More on P6](#)

Will Renew Talks With PM On J&K's Statehood

Observer News Service

Srinagar: Jammu and Kashmir Chief Minister Omar Abdullah on Thursday said he will take up the issue of restoring statehood to J&K with Prime Minister Narendra Modi and Home Minister Amit Shah.

"The prime minister and the home minister were busy with elections in Maharashtra and Jharkhand. But now that they have time, this issue will be taken up so that J&K's statehood is restored soon," Abdullah told reporters after attending a function to commemorate the 42nd foundation day of SKIMS Hospital here.

The foundation for the tertiary care hospital was laid on the birth anniversary of National Conference founder Sheikh Mohammad Abdullah on this day in 1982, less than three months after his demise.

Asked if the holiday on the NC founder's birth anniversary will be restored, the chief minister said there are many things that need to be brought back in Jammu and Kashmir, but the priority is to restore its statehood first.

"There are many other dates as well, but we have to fight a bigger contest. We | [More on P6](#)

J&K SIA Gets Police Station Powers

Observer News Service

Srinagar: The Jammu & Kashmir Government has declared offices of the Senior Superintendents of Police of the State Investigation Agency (SIA) as police stations for registering and investigation of cases.

The Union Territory's Home Department, in a notification said, that the Government has declared the offices of SSP, SIA, Kashmir and SSP, SIA, Jammu as police stations respectively for SIA Kashmir and SIA Jammu for the purpose of registering and investigating cases within the territorial jurisdiction of Kashmir and Jammu.

The notification was issued under the Section 2(1) (U) of the Bharatiya Nagarik Suraksha Sanhita, 2023 on November 19, 2024.

On November 01, 2021, the SIA was set-up by the J & K administration for speedy and effective investigation and prosecution of militancy-related cases.

It also acts as a nodal agency for coordinating with the National Investigation Agency (NIA) and other central agencies.

In its order regarding creation of SIA in 2021, the Home Department had said that the SIA will have powers to suo moto register First Information Report (FIR). "All the officers in-charge of the police stations shall mandatorily intimate the SIA immediately upon registration of terrorism related cases and also about the cases where any terrorism | [More on P6](#)

J&K Govt Sets Up CM's Public Outreach Office

Observer News Service

Srinagar: Jammu and Kashmir government has announced the establishment of the 'Chief Minister's Public Services and Outreach Office' within the Chief Minister's Secretariat to ensure efficient grievance redressal and enhanced public service delivery through direct citizen engagement.

According to a government order issued on December 5, a copy of which lies with news agency KINS, the office will initially function with two specialised wings at the central level, each led by an officer of the rank of Special Secretary/ Additional Secretary.

According to the order, Grievance Redressal Wing (Raabita) will focus on the prompt resolution of grievances and oversee the performance of regional and district offices in addressing public concerns.

Public Outreach & Evaluation-cum-Feedback Wing will engage with citizens through outreach programs, monitor the Public Service Guarantee Act (PSGA), collect feedback on governance and service delivery, and recommend improvements based on evaluations of government initiatives.

"To enhance accessibility and responsiveness, the office will utilize an integrated online grievance portal linked to the existing Samadhan Portal, enabling citizens to register, track, and resolve grievances. The Information Technology Department has been directed to implement this integration within 15 days," the order reads.

"Additionally, the office will adopt a hybrid communication approach, employing both online methods | [More on P6](#)

According to a government order issued on December 5, a copy of which lies with news agency KINS, the office will initially function with two specialised wings at the central level, each led by an officer of the rank of Special Secretary/ Additional Secretary.

According to the order, Grievance Redressal Wing (Raabita) will focus on the prompt resolution of grievances and oversee the performance of regional and district offices in addressing public concerns.

Public Outreach & Evaluation-cum-Feedback Wing will engage with citizens through outreach programs, monitor the Public Service Guarantee Act (PSGA), collect feedback on governance and service delivery, and recommend improvements based on evaluations of government initiatives.

"To enhance accessibility and responsiveness, the office will utilize an integrated online grievance portal linked to the existing Samadhan Portal, enabling citizens to register, track, and resolve grievances. The Information Technology Department has been directed to implement this integration within 15 days," the order reads.

"Additionally, the office will adopt a hybrid communication approach, employing both online methods | [More on P6](#)



Sheikh Abdullah Remembered

Srinagar: The National Conference on Thursday paid tributes to party founder Sheikh Mohammad Abdullah on his 119th birth anniversary. The party leadership,

including NC president Feroq Abdullah and vice president, and Chief Minister, Omar Abdullah, paid floral tributes to the party founder at his mausoleum in Hazratbal area of the city here.

They also offered Fateha (special prayers) at his grave to honor his legacy and reaffirm their commitment to the ideals he stood for. | [More on P6](#)

Kashmir Reels Under Sub-zero Temp

Press Trust Of India

Srinagar: Cold conditions intensified in Kashmir on Thursday as the minimum temperature settled below the freezing point across the Valley, with a few places experiencing the season's coldest night, officials said.

The minimum temperature in Srinagar dropped to a season's low of minus 2.1 degrees Celsius on Thursday, compared to the previous night's minus 2 degrees Celsius, officials said.

The city registered a low of



minus 2.1 degrees Celsius on November 28 as well. Qazigund – the gateway town to the Valley in | [More on P6](#)

Deficit Rainfall Increases To 72%

Despite frequent snowfall in higher reaches for the last two weeks, the Jammu and Kashmir continues to witness deficit rainfall with the local Meteorological department (MeT) stating that the deficiency has gone up

to 72 per cent from October 01, 2024 to December 04, 2024. The data prepared by the MeT has revealed that against the normal precipitation of 70.5 mm, J&K has recorded a rainfall of only 19.9 mm during the | [More on P6](#)

Sexual Harrasment At Workplace Belated Complaint Non-maintainable: HC

M Ahmad

Srinagar: If a statute requires a thing to be done in a particular manner that thing has to be done in that manner alone, the High Court of J&K and Ladakh observed as it held a belated complaint under sexual assault at workplace against an official of Income Tax department as non-maintainable.

Allowing a petition filed by the official of Income Tax department calling into question cognizance and subsequent recommendation by Internal Complaints Committee of the department on a complaint filed by woman employee



A THING REQUIRED TO BE DONE IN PARTICULAR Manner By Statute Has To Be Done In That Manner Alone."

after about year and half of the alleged incident of sexual assault, a bench | [More on P6](#)

Strict Action Against Pvt Schools Over Fee Violations: Govt

Says Winter Vacations To Begin After New Session Starts

Observer News Service

Srinagar: Jammu and Kashmir's Education Minister, Sakina Masood (Itoo) Thursday said that the government will take strict action against private schools that are violating government norms.

"Whosoever is facing the issue of admission and capitation charges from private schools must approach the concerned authorities with a proper proof and the government will ensure accountability and action against the institute," she said.

Itoo on Thursday announced that winter vacations will be declared soon after students begin their new classes, despite the recent adjustments to the academic calendar.



With annual examinations now conducted in October and November instead of March, the decision to commence winter vacations earlier is aimed at providing relief to students struggling with the severe winter conditions in the Valley.

The education minister acknowledged the challenges faced by students due to the intense cold and emphasised the need for an early winter break to alleviate their difficulties.

"We want to ensure the welfare of our students, | [More on P6](#)

LG Sinha Grieved Over Kishtwar Accident

Observer News Service

Jammu: Lieutenant Governor Manoj Sinha Thursday expressed grief over the tragic road accident in Dangduru, Kishtwar.

In a condolence message, the Lieutenant Governor has said: "I am deeply saddened to learn about the loss of precious lives in an unfortunate road accident in Kishtwar. My sincere condolences to the bereaved families. Praying for the early recovery of the injured. I have directed the District Administration to provide all necessary assistance to the affected families."

Two persons were killed and 14 others were injured when a vehicle carrying workers of a private company skidded off the road and plunged into a deep gorge near an under-construction power project at Dangduru in Kishtwar on Wednesday evening, officials said.

Jammu and Kashmir Deputy Chief Minister Surinder Choudhary and two senior BJP leaders on Thursday visited the Government Medical College in Jammu to check on the patients who suffered injuries in a fatal road accident in Kishtwar district.

Accompanied by senior National Conference leader and District Development Council (DDC) chairperson Pooja Thakur, Choudhary visited GMC Jammu where he inquired about | [More on P6](#)

KASHMIR OBSERVER®

Printed & Published by Sajjad Haider on behalf of Kashmir Observer LLP
Printed at: K.T Press Pvt. Ltd 120-Electronic Complex, Industrial Estate, Rangreth-Budgam
Published from: 5-Boulevard Srinagar J&K
Editor: Sajjad Haider
News Editor: Farzana Nisar
Opinion Editor: Tooba Towfiq
Online Editor: Syed Hamid
Head Layout & Design: Muntazir Yaseen,
Distribution & Advertising: Firdos Ali
RNI Registration No: 69503/98
Postal Registration No-L/159/KO/SK/2014-16
Legal Counsel: Tasaduq Khwaja
Switchboard: (0194) 2502327 | +91 1947969705
Editorial: (0194) 2502327
Email: editor@kashmirobserver.net

KO VIEW

Kashmir's Plastic Plague

Will use of polythene ever be stopped in Kashmir? It looks unlikely. This is despite the fact that there is a blanket ban on polythene bags and single use plastics. But go anywhere in the Valley, the polythene bags are freely available. In fact, all shopping in the region relies on plastic bags. It is because they are cheap, handy, and their use is ingrained in collective habit. But the damage they do to the environment because of their non-biodegradability is colossal. They are dumped into water bodies, landfills and forest areas, choking and polluting them.

Now the situation is such that polythene is everywhere. There's hardly any shop in the Valley where you can't get polythene carry bags. Though polythene pollution is a worldwide phenomenon, in Kashmir the penetration seems to be even deeper. Supermarket bags, nylons and other plastics litter roads, croplands and water bodies. The impact has been highly damaging. The humble plastic bag and plastic drink container play a far greater role in changing the planet than has been realized.

According to an estimate, over 50,000 tons of polythene and plastic waste is generated in Jammu and Kashmir annually. Ironically, this is happening despite the trade being illegal. This state of affairs has also exercised the Jammu & Kashmir High Court. On October 17, a Division bench comprising Chief Justice Tashi Rabstan and Justice Puneet Gupta ordered respondents to submit a status report within four weeks, failing which a cost of Rs 50,000 will be imposed. The court also sought details about the steps being taken by the government on polythene bags ban and the awareness measures among people for avoiding its use in Jammu and Kashmir.

Though several times bans have been imposed on the use of plastic bags in J&K over the last two decades, not much has changed on the ground. The reason is that the bans were never seriously implemented. Here's hoping that the current government finally gets the act right and ensures not only that the use of plastic is strictly banned but that the use of environmentally friendly products is aggressively promoted. While regulations and policies are integral, a collective commitment to reduce plastic consumption and encourage responsible waste management is paramount. There is an urgent need to end this criminal negligence towards our environment. More so in the Valley, the paradise on earth, whose natural beauty draws lakhs of tourists every year.



Did You Know? Understanding Shariah-Compliant Investments in India

Irshad Mushtaq

Investing in stocks typically involves purchasing shares, essentially representing ownership in a company. Investors hope the company's expansion and growth will increase their share value, achieving capital gains. Alternatively, companies often distribute part of their profits as dividends.

Shariah-Compliant Investing

1. Ethical Screening:

- Shariah-compliant investments exclude involvement in banking, alcohol production, gambling, and related industries.
- An ethical screening process ensures these investments align with Islamic principles by evaluating the company's income sources and financial practices.

2. Shariah Index Role:

- India's Shariah indices, such as the Nifty Shariah Index, offer guidance for investors seeking ethical investments under Islamic law.

3. The Appeal of Shariah Investments:

- Shariah-compliant investments are gaining attention due to their robust ethical standards and competitive returns.
- These investments often outperform conventional options over time, despite some investors preferring banks due to familiarity and accessibility.

4. Investment Strategies:

- A successful stock investment relies on patience, disciplined money management, building a quality portfolio, and courage.
- Investors can participate in the stock market directly or via mutual funds, aligning their choices with ethical standards.

5. Why Awareness is Lacking:

- A considerable number of Muslim investors remain unaware of Shariah-compliant options, often due to limited knowledge and access.

6. Government Support and Growth:

- The Indian government plays a role by supporting Islamic finance initiatives, promoting financial inclusivity.
- Various companies listed on Indian exchanges like NSE and BSE offer Shariah-compliant shares, yet knowledge and engagement remain critical.

7. Potential for Growth:

- Shariah-compliant shares and mutual funds offer significant potential for growth, advocating ethical wealth generation.
- Investors are encouraged to explore these avenues for greater returns aligned with their ethical values.

In conclusion, Shariah-compliant investments present a viable alternative grounded in ethical principles, providing competitive returns. Raising awareness and encouraging informed decisions can foster more inclusive investment practices.

Learn from the insights of @Irshad Mushtaq, Writer, Investor, Entrepreneur & Founder of M1 Securities! Connect for valuable financial advice at miscurities@bp.sharekhan.com

In the Name of Development: Kashmir's Biodiversity Under Threat



Dr Raja Muzaffar Bhat

The Ministry of Agriculture and Farmers Welfare Govt of India has categorized farmers into different groups like large, medium, semi medium, small and marginal. As per the official statement issued by the Ministry through Press Information Bureau on February 5th 2019, the farmers who own more than 10 hectares (200 kanals +) of agricultural land fall in the large agricultural landholding category. Those who own 4 to 10 hectares (80 to 200 kanals) come under the medium category. Then we have a semi medium category of 2 to 4 hectares (40 to 80 kanals). Another category of farmers is "small". This is a large group of Indian farmers who own between 1 to 2 hectares (20 to 40 kanals) of land. The last category is marginal farmers who own below one hectare of land i.e. less than 20 kanals.

The number of small and marginal agricultural land holdings in the country also called the operational holdings has registered an increase in 2015-16 compared to 2010-11 agriculture census. This is a clear indication that there are more people who now own smaller parcels of agricultural land in the country and the land is shrinking day by day because of population growth and urbanisation.

As per Govt of India data, more than 86% agriculture land owners are small and marginal farmers in India. In a massive country like India, only 9% of people own large parcels of land and they are categorized as large farmers.

As per official records, the Nagaland state has the biggest average size land holding in India i.e. 4.9 hectares (almost 100 kanals) / farming family. The reason for such a huge land holding is the small population in this state i.e. 1.5 million (15 lakhs) while the land area of the state is 1.7 million hectares. Kerala has the lowest land holding in the country as per 2015-16 agriculture census. This is merely 0.18 hectares (3.55 kanals)/family.

Below Marginal farmers of J&K

When it comes to Jammu & Kashmir, the average operational land holding is 0.59 hectares (11.6) kanals as per 2015-2016 census. But as per my own research and inputs from officers of Agriculture and Revenue departments, this is an exaggerated figure only to get more funds from Govt of India in the past decades. The average land holding in J&K would have been not more than 0.25 hectares (5 kanals) in the 2015-2016 agri census. This has gone down further after 2019 as Ladakh was separated from J&K and land holding there was more than what we have in Kashmir valley of Jammu division. I am of the firm belief that our land holding is less than Kerala i.e. not more than 3 kanals. Being a mountainous state and with very little land under cultivation the agricultural holdings in J&K particularly in Kashmir are smaller than the national average, but the yield from our land is more especially the apple orchards fetch more revenue to farmers compared to other states / UTs.

Rajouri-Poonch-Baramulla Highway

The Govt of India is planning to build a highway from Rajouri to Baramulla that will pass through Poonch, Shopian, Pulwama and Budgam districts. The work on this 300-km highway is going to be taken up in some months. The Govt has handed over this road construction to the Border Roads Organisation (BRO). On 28th October 2024, the Ministry of Road Transport & Highways (MoRTH), through its Regional Officer in Jammu, assigned the task of engaging a consultant to provide Project Management Consultancy (PMC) services. This includes conducting a feasibility study, preparing a Detailed Project Report (DPR), providing pre-construction services, and overseeing construction work.

The proposed highway will pass



sion especially the Doodh Ganga forest range - Yusmarg, Raithan forest range - Doodh Pathri, Sukhnag Forest Range in Arizal Beerwah. Thousands of Kail, Fir and Deodar trees would be axed, fresh water streams would be plundered to excavate riverbed material -RBM and hundreds of acres of pastureland would be damaged. The Herpora wildlife century in Shopian will also get impacted, which is known for spiral horned Markhor (wild goat) population. This wildlife century was disturbed already with the construction of Mughal Road 20 years back and now it will be further affected with this new highway project.

“95% of farmers in Kashmir are the below the marginal farmers metric. In such a situation, it is the prime duty of the Government to protect the interests of the farming community in Jammu & Kashmir especially Kashmir valley. But what we see is that the Govt is planning to further take over the land from Kashmir's below marginal farmers and build highways, railways and roads on them

Impact on Tribal Population, Pastoralists

The highway from Shopian to Beerwah especially will directly impact the livelihood of hundreds of tribal-pastoralist families from Gujjar, Bakerwal and Chopan communities. Their livelihood is at stake as the new highway will pass through their traditional meadows and pasturelands which they use for grazing their cattle, sheep and goats in summer months. The highway will either pass through south or north of Yusmarg bowl and from both sides the proposed highway will have to traverse through the dense forests of Doodh Ganga forest range. Thousands of forest trees would have to be cut down. After crossing Yusmarg and Doodh Ganga the road will enter Raithan forest range and pass via Doodhpathri forests. This entire area with meadows like Haijan, Surakhnari, Palmaidan will be ruined. The Gujjars, Bakerwals and Chopans during their seasonal migration graze their animals in the aforementioned meadows and forests. Once huge cranes and trucks start the construction work it will destroy the entire landscape of the area that will snatch the livelihood of these nomads and other disadvantaged communities who had been waiting to get the benefits under the Forest Rights Act-FRA. Before they could get these benefits they are now facing a larger challenge which will destroy their traditional migratory routes and meadows.

Doubling Income of Farmers?

The average size of operational land holdings in India is 1.15 hectares (21 kanals +) and our farmers own less than half acre of land. For the farmers of J & K, the Govt of India has to devise a new definition because our farmers are not even the marginal farmers as they own less than an acre of land? 95% of farmers in Kashmir are the below the marginal farmers metric. In such a situation, it is the prime duty of the Government to protect the interests of the farming community in Jammu & Kashmir especially Kashmir valley. But what we see is that the Govt is planning to further take over the land from Kashmir's below marginal farmers and build highways, railways and roads on them. For construction of the Srinagar Ring Road we lost 5000 kanals of agricultural land in Budgam district alone. Thousands of apple and plum and pear trees were axed. Those which were left are rusting with dust pollution. How can we afford to give more and more land for so-called develop-

mental projects?

Horticulture is the backbone of Kashmir's economy. Around 80% of apples produced in India come from Kashmir. Commercial apple farming and its value chain is one of the mainstays of Kashmir's rural economy, with an estimated revenue of around Rs.1500 crores. Govt estimates say that around 10 to 11 Metric Ton (MT) of apple is produced per hectare in Kashmir, while this is 40 MT per hectare in European countries, like France and Italy. The South American nation Chile, which is 10th largest apple producing country in the world, has better ranks than Italy, France, Russia, when it comes to the yield. The Chile per hectare yield of apples is 50 MTs. To enhance the apple yield in Kashmir and to double farmers income which is PM Modi's dream we need more apple plantations which need more land. But when the Govt is prioritising highways and railways to be set up on our apple farms and forest land, how can we expect to double the farmers income in J&K which is possible when we increase the apple production or have more sheep, goat and cattle population across J&K? Member Parliament from Srinagar Aga Ruhulla also raised this issued in Lok Sabha few days back and said "this is not a developmental project but a colonial project"

Conclusion

Kashmir is a small valley with a plain area of 150 kms x 70 kms max from Kupwara in the north to Qazigund in south and Tral in east to Tangmarg in west. In this valley we have already set up several highways, railway lines, flyovers, mega transmission lines and other infrastructural projects. We have set up new housing colonies and even filled our wetlands for the same because of population growth in the last 3 decades. Our land is shrinking day by day and the agricultural land holding is not more than half acre as explained above. The cement factories, brick kilns and surface transport are causing massive air pollution and there is a huge increase in black carbon emissions in our atmosphere. This is settling on our glaciers as well and I have written about in past as well. Now imagine when hundreds of vehicles will pass through the forests of Pir Panjal between Shopian, Yusmarg and Doodhpathri, what kind of disaster will it cause to our glaciers which are our lifeline?

We don't have space to set up a scientific landfill site for Srinagar city or other towns? In such a situation if we make new highways and railways our landmass will further shrink. How can we expect our valley will survive for many centuries to come and our tourism will sustain for a long time. If we try to replicate the developmental model of Delhi, Mumbai or Indore in Kashmir, we will perish in another 30 to 40 years. Let us all think it over.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer
Dr Raja Muzaffar Bhat is an Acumen Fellow and Chairman J&K Climate Action Group

Slavery Under Music

How Melodies Can Rewire the Mind and Transition Consciousness

Umair Ashraf

Music, often celebrated as a universal language, has the unparalleled ability to heal, connect, and inspire. Yet beneath its harmonious charm lies a profound influence over the mind—a power capable of reshaping thoughts, emotions, and even perceptions of reality. This article explores how music impacts brain chemistry, rewires neural pathways, and transitions consciousness into alternate realms. By understanding this duality, we can better navigate its therapeutic potential while recognizing its risks, particularly in creating illusions or dependencies.

The Neural Symphony: Music and the Brain

The brain processes music through a sophisticated network, including the auditory cortex, prefrontal cortex, and limbic system. The auditory cortex deciphers melody, rhythm, and pitch, while the limbic system, including the amygdala, assigns emotional value. The prefrontal cortex integrates these inputs into memories, decisions, and beliefs.

For children, whose brains are highly adaptable, this interaction holds heightened significance. A child exposed to specific genres or emotional themes in music may mirror these as coping strategies, shaping their long-term emotional habits. Repeated exposure to particular rhythms or lyrics strengthens neural pathways, reinforcing music's role in emotional regulation.

Dopamine and Dependency: The Brain's Chemical Orchestra

Music's profound influence lies in its ability to manipulate dopamine, the neurotransmitter linked to pleasure and reward. Listening to a favorite song triggers dopamine surges in the brain's mesolimbic pathway, creating a euphoric "high" akin to the effects of addictive substances.

For children and adolescents, this effect is particularly pronounced. Observing peers using music to escape stress or sadness can reinforce a cycle of dependency, where the brain craves musical stimulation to replicate dopamine highs. Simultaneously, serotonin, which stabilizes mood, bolsters the association between music and emotional relief, creating a loop difficult to break.



Sufi Culture: Music as a Spiritual Transition

In the Sufi tradition, music is more than auditory entertainment; it is a spiritual medium. Carefully crafted melodies and repetitive lyrics induce a trance-like state, guiding the listener into a world beyond tangible reality. Here, music transitions the conscious mind, creating an immersive experience that feels deeply personal and transformative.

Interestingly, the "realm" entered through Sufi music is not universal but shaped by genetic predispositions and individual inclinations. Some may feel spiritual enlightenment, while others experience introspection or emotional catharsis. This genetic grounding highlights the intricate interplay between music, biology, and perception.

The Illusory Power of Lyrics and Bass

Lyrics, paired with evocative melodies, often serve as mental scripts, subtly shaping beliefs and

This can also extend to lifestyle choices, like experimenting with drugs, where music glorifying substance use can encourage these behaviors. A behavioral psychologist observing a teenager's music playlist might deduce dominant traits, such as a focus on hedonism or escapism, based on the themes and messages in the songs they listen to regularly

ideals. For instance, young listeners internalize themes of love, success, or rebellion presented in songs, influencing their worldview. In the case of teenagers, the type of music they consume, especially with explicit lyrics or themes of lust and romantic conquest, can deeply influence their attitudes toward relationships and self-worth. A teenager struggling with their identity or emotional challenges may gravitate toward music that glorifies lust or seeking superficial connections, often influenced by the personas of certain artists.

For these young minds, the content of the music—and the artist's image—becomes a blueprint for behavior. It can fuel the desire to pursue relationships based on physical attraction or empty ideals, distracting them from building deeper, healthier emotional connections. This can also extend to lifestyle choices, like experimenting with drugs, where music glorifying substance use can encourage these behaviors. A be-

havioral psychologist observing a teenager's music playlist might deduce dominant traits, such as a focus on hedonism or escapism, based on the themes and messages in the songs they listen to regularly. These behaviors can align with risky tendencies, like drug use, as the music may reinforce the notion that indulging in substances or seeking immediate gratification is a form of rebellion or self-expression.

Basslines, on the other hand, stimulate theta brainwaves associated with relaxation and imagination. While this fosters creativity, overexposure can blur the lines between reality and illusion, leading to emotional escapism.

In Sufi music, these effects are deliberately channeled. Under the guidance of Sufi experts, listeners are grounded in the experience, ensuring they navigate these altered states with purpose and clarity. Without such frameworks, however, individuals risk becoming lost in the illusory

worlds music creates, detaching from practical realities.

Neural Overload: Dependency and Its Costs

Frequent reliance on music to manage emotions or escape challenges can overstimulate dopamine receptors, making ordinary activities feel dull or unrewarding. This dependency loop disrupts natural coping mechanisms, especially in young, impressionable minds.

For children and adolescents, this heightened reliance diverts cognitive resources from problem-solving and resilience-building. Instead of facing challenges head-on, they may retreat into musical escapism, delaying the development of essential emotional skills.

Breaking Free: Mindful Engagement with Music

While music can transition consciousness and provide solace, it should not replace emotional acceptance and growth. Encouraging mindful listening—engaging with music intentionally rather than reflexively—can restore balance. Complementary practices like meditation, journaling, or exercise help retrain the brain to process emotions independently of external stimuli.

In Sufi culture, such mindfulness is ingrained. Music is experienced as part of a larger spiritual practice, where its transformative power is tempered by grounding rituals and community support. This balanced approach ensures music enriches rather than enslaves.

Harmonizing Music and Life

Music's ability to heal, inspire, and transport is undeniable. Yet, unchecked, its influence can create a kind of neurological "slavery," fostering dependency and unrealistic expectations. For children and adults alike, understanding the science and spirituality of music offers a path to balance.

By integrating mindful practices and grounding rituals, we can harness music's potential as an enriching art form. In doing so, we reclaim our autonomy, allowing melodies to serve not as masters but as companions in our journey through life.

The author is a Master's student in Clinical Psychology with a focus on neural networks, Brain Chemistry and their societal implications. He can be reached at Umairviano7@gmail.com

Seven Reasons and Five Ways to Get Out of Your Bubble

Jim Taylor

We like our bubbles. Not the bath or blowing varieties, but the psychological, emotional, social, and physical spaces we create to feel safe and protected. Bubbles are an evolutionary thing that initially developed as a means of increasing our chance of survival.

As we have evolved, there are five feelings that humans don't like to experience:

- Unfamiliarity
- Unpredictability
- Uncertainty
- Uncontrollability
- Discomfort

When our ancestors experienced these feelings on the Serengeti 250,000 years ago, we officially became Homo Sapiens, and death was likely to follow. Though, thankfully, most of us don't have to worry about physical death these days, we are faced with a myriad of situations that could be perceived as threats to us psychologically, emotionally, and socially, which trigger those five feelings, and motivate us to stay in our protective bubbles.

Two Types of Bubbles

To minimize the presence or intensity of those feelings,

we actively create bubbles to enable us to feel secure. We create external bubbles comprised of habits, routines, rituals, and patterns. We surround ourselves with people known to us and use well-trodden daily practices—where we stop for coffee, the route we take to work, or the exercise programs we use to stay fit. All are used in the service of creating lives that are familiar, predictable, certain, controllable, and comfortable (or as much as can be expected given that life can be anything but).

We also create internal bubbles; psychological and emotional spaces in our minds. These ways of thinking and feeling enable us to defend ourselves against threatening perceptions and uncomfortable emotions that disrupt our equilibrium. These internal bubbles express themselves in biased self-perceptions, rationalizations, delusions, and suppressed unpleasant emotions.

Bubbles are good things, to a point. They create consistency, save cognitive energy, and offer a solid base of comfort. In theory, bubbles provide a safe harbor from which you can explore the world outside of your bubble without feeling overwhelmed. At the same time, too much time spent in

your bubble can cause you to fear life outside the bubble, leading you to either reluctantly and unsuccessfully leave your bubble, or avoid the world completely by not trying to think and feel in different ways, or being unwilling to try new things or experience new people.

Problems with Staying in Your Bubble

A simple reality of life is that, for most of us, we can't stay in our bubbles 24/7; life requires that we leave our bubbles and engage with the "real world." If you spend too much time in your bubble, you have little opportunity to interact with the real world and learn how to cope with and manage it effectively.

Two problems arise. First, you don't learn to positively deal with unfamiliarity, unpredictability, uncertainty, uncontrollability, and discomfort. In most cases, exposure to these five feelings reduces their intensity. Second, you don't give yourself the chance for life outside your bubble to become more familiar, predictable, certain, and controllable, and, as a result, more comfortable.

You are unprepared for the real world. The thought of

leaving your bubble leads you to avoid going outside your bubble. Leaving your bubble causes doubt, worry, and stress. It feels overwhelming because you lack the practical capabilities and the confidence to know that, though uncomfortable, you can navigate life outside of your bubble.

As the carbon-to-diamond and sand-to-pearl metaphors allude to the need for pressure and friction to grow, life predominated by your bubble limits your growth in all aspects of your life because there is little incentive or motivation to develop in a world of your own creation and in which you feel very comfortable.

Finally, without substantial discomfort outside of your bubble, you will never learn to challenge yourself or push your limits, both experiences essential to accomplishing goals and achieving success.

7 Reasons to Experience Out-of-Bubble Experiences

1. You learn essential ways of thinking, feeling, behaving, and interacting to survive and thrive in the real world. Exposure to the world requires knowledge, experience, and skills to make new experiences more familiar, predictable,

certain, controllable, and comfortable.

2. You develop flexibility, adaptability, and resilience. One aspect of your bubble is that life is consistent. An aspect of life outside your bubble is that it is not consistent, so you need to make adjustments.
3. You gain confidence in points 1 and 2, so life outside your bubble isn't as threatening or overwhelming. When you know what to expect and know that you can deal with new experiences, they become less threatening, and you're more likely to want to experience them.
4. You learn how to deal with the five feelings I described above; they aren't as intimidating and don't prevent you from venturing outside your bubble.
5. You have the opportunity to continually challenge yourself and grow. By their very nature, new experiences require you to change to survive and thrive.
6. It feels really good to overcome your fears and turn experiences that started as very uncomfortable into ones that are not only manageable but

even enjoyable. There is something deeply satisfying about facing and surmounting once intimidating experiences but now are not.

7. Time outside your bubble will make you more capable of attaining your goals and finding success. Striving for greatness is never easy, but having new experiences prepares you for the many challenges, setbacks, and failures that you will surely experience as you pursue your goals.

5 Ways to Embrace Out-of-Bubble Experiences

1. Accept that new experiences will be uncomfortable at first but recognize that the discomfort will dissipate with every experience you allow yourself.
2. See these as challenges to pursue rather than threats to avoid.
3. Make no assumptions and have no expectations about what the new experience will be like. Curiosity is an acceptable middle ground (rarely possible the first time you leave your bubble) and fear (much too strong an emotion for most new experiences).

Say to yourself:

1. "I wonder what is possible."
 2. "I want to find out."
 3. "It might not go well, but I'll be okay if it doesn't, and I will learn from it."
 4. "It might go well, and I will then be better off for leaving my bubble."
 5. "It is more likely than not that good things will happen."
 4. Understand that new experiences generalize, meaning that new experiences in one area of your life translate into greater comfort in other parts of your life (you come to see yourself as capable).
 5. These experiences are self-reinforcing; you feel good after, and good things usually happen. After you've had a new experience, it's very satisfying, so you want to have that feeling again by exposing yourself to more.
- Out-of-bubble experiences are never easy or comfortable the first time. But, in almost every case, when you challenge yourself to have one, you will be glad you did.

The article was originally published by Psychology Today

Principal Scientific Advisor to GoI chairs high-level meet at SKUAST-K

Nation must learn from SKUAST-K says Prof Sood

Srinagar, Dec 5: Principal Scientific Advisor (PSA) to the Government of India and Chairperson of the Prime Minister's Science, Technology & Innovation Advisory Council, Prof Ajay Kumar Sood, Thursday chaired a high-level review meeting of Rural Technology Action Group (RuTAG) 2.0 at Sher-e-Kashmir University of Agricultural Sciences and Technology of Kashmir, Shalimar campus.

The two-day Annual Review Meeting of RuTAG 2.0 organised by the Office of Principal Scientific Advisor to the Government of India and SKUAST-K's Division of Food Science and Technology to assess the progress of the projects carried out by IIT Bombay, IIT Madras, IIT Guwahati, IIT Roorkee, IIT Delhi, ICAR NAARM

and SKUAST-K. SKUAST-K is the only university in the country besides IITs and NARM that has the distinction of having a RuTAG Project.

RuTAG 2.0 is a national initiative aimed at addressing technology gaps in rural areas through innovative, affordable, and scalable solutions. By leveraging the expertise of premier academic and research institutions, RuTAG strives to improve the quality of life in rural India while promoting sustainability and inclusivity.

The inaugural function of the review meeting was also attended by the Scientific Secretary to the Government of India, Dr Parvinder Miani; Vice Chancellor SKUAST-K, Prof Nazir Ahmad Ganai; Commissioner Secretary, Science and Technology, Government of J&K, Saurabh Bhagat; Staff and Scientists of Office of Principal Scientific Advisor; all the principal investigators of RuTAG 2.0 projects



from IITs and NAARM; officers of SKUAST-K; Directors of the Development Departments of J&K Government; and various industry representatives from Kashmir. Director Research, SKUAST-K, Prof Haroon R Naik presented the welcome address.

Prof Ajay Kumar Sood, in his address, highlighted the critical role of RuTAG in bridging the technological divide in rural

India. He stressed that the technologies which provide solutions to the rural problems does not mean that their standard is lower. He said the time for 'Jugad' is over. These technologies developed under RuTAG 2.0 must adhere to all the quality standards and must be internationally competitive and sustainable, which would not only solve the Indian problems but

also global ones besides being affordable.

PSA said RuTAG 2.0 must empower rural youth by providing grassroots innovations so that they don't have to move to cities for livelihood.

While praising SKUAST-K for its innovations, Prof Sood remarked that the nation has much to learn from the way SKUAST-K is fostering innovation,

and empowering the youth.

It is for the first time that the office of PSA has moved out of Vigyan Bhawan, New Delhi, to choose SKUAST-K as venue for the RuTAG annual meeting as we place this university in the league of IITs, he said, adding, this proves SKUAST-K's technology prowess and its contribution in the region.

Prof Nazir Ahmad Ganai, Vice Chancellor of SKUAST-Kashmir, provided an insightful overview of the university's achievements and its vision for advancing rural technologies. Prof Ganai emphasized the importance of adapting and innovating technologies to meet the unique needs of rural communities. He highlighted how RuTAG plays a pivotal role in bridging the gap between traditional knowledge and modern scientific advancements. Highlighting the spirit of teamwork, he praised the synergy between academic institutions, research organizations,

and community partners in addressing rural challenges. He called for greater interdisciplinary collaborations to achieve impactful outcomes.

Dr Parvinder Miani, Scientific Secretary in the Office of the Principal Scientific Adviser to the Government of India, in her address, said RuTAG is a flagship project of Office of PSA and was conceptualised with the aim how the rural community can be advanced through small S&P interventions, frugal innovations by grassroots innovators in an inclusive way. Mandate has been given to seven premier institutions of the country including SKUAST-K to innovate and scale technologies that would help our rural community in enhancing their livelihoods, she remarked.

At the event, the unveiling of the RuTAG 2.0 logo, the release of a book, Technologies Developed by SKUAST-K's Division of Food Technologies, and a success story also took place.

CONTD. FROM FRONT PAGE

Jammu To Get

Union Territory of Jammu and Kashmir. Once completed, the pipeline will transport environment-friendly fuel to Jammu and, eventually, to Kashmir, enhancing the region's energy security.

Union Minister Jitendra Singh shared an update on the progress through a post on X (formerly Twitter), stating, "The 160-km Gurdaspur-Jammu Tawi natural gas pipeline project has started, expected to provide domestic gas to households by 2026. GAIL is laying the pipeline alongside the Delhi-Katra Expressway, with work starting on sectionalizing valves in #Kathua and #Hiranagar." (KNO)

CM Pledges

maintenance capabilities.

"My government is committed to restore the Autonomy of this premier institution in full so that patients get quality health care. For that I will sit with the Health Minister Sakina Itoo and chalk out a strategy," he said.

In February last year, the Lieutenant Governor Manoj Sinha led administration had rolled back SKIMS Autonomy and its administrative control was given to the Health and Medical Education Department.

Citing critical challenges like power outages, oxygen plant failures, and cumbersome procurement procedures, he called for immediate action to restore the institution's operational independence.

The chief minister also raised concerns over prolonged recruitment delays, particularly in nursing, where a single nurse is reportedly tasked with managing 30 beds at night-a situation he termed "unsustainable."

Omar said that SKIMS was envisioned by Sheikh Abdullah to provide advanced medical care within the region, reducing the need for patients to seek treatment outside Jammu and Kashmir.

He reiterated his government's commitment to supporting SKIMS by introducing new technologies, upgrading equipment, and alleviating its operational burdens.

"SKIMS represents a beacon of hope for the people of Jammu and Kashmir. My government will continue to stand with SKIMS to ensure it grows, thrives, and continues to serve the people with excellence," Omar said.

On the occasion, the CM e-inaugurated and laid e-foundation stones for several projects, highlighting the government's commitment to strengthening healthcare infrastructure.

Addressing the gathering, the CM underscored the indispensable role SKIMS has played in enhancing the healthcare system of Jammu and Kashmir.

He praised the Institute for its invaluable services and its readiness to respond in times of exigency.

He further noted that SKIMS provides technologically advanced and evidence-based healthcare services to the general public.

Omar Abdullah congratulated SKIMS administration, faculty, and staff for their exemplary performance, particularly during the challenging times of the COVID-19 pandemic and other crises. Reflecting on the vision of Sher-i-Kashmir Sheikh Mohammad Abdullah, the Chief Minister remarked that SKIMS was founded to offer advanced healthcare facilities within J&K, reducing the need for patients to seek treatment outside the region.

He also emphasized the importance of medical tourism, expressing hope for infrastructure upgrades around SKIMS to make this vision a reality.

CM called for minimizing referrals to SKIMS by strengthening sub-district and district hospitals, thereby reducing the pressure on the Institute.

"We should not have cases of normal delivery, appendicitis and headaches at SKIMS from districts. This should stop to ensure there is less burden on the Institute. The basic concept of the SKIMS is to provide quality health care and specialised treatment," he said.

He expressed concern about

administrative interference undermining SKIMS' functioning and pledged to restore its autonomy on a priority basis.

To further strengthen the Institute, the Chief Minister assured full government support to ensure patients receive top-quality healthcare. During the event, the Chief Minister e-inaugurated multiple facilities, including the Attendants Inn with washroom facilities at the emergency block, the Attendants Inn at the Maternity Hospital, the 4DCT Simulator at Radiation Oncology, and the Daycare Ward.

He also laid e-foundation stones for the Sports Ground, Transport Yard, and construction of more space for attendants.

Additionally, the Chief Minister inaugurated the Emergency Operation Theatre Block and commissioned the SKIMS Medical University Complex, further enhancing emergency and educational facilities.

Earlier, the Chief Minister inspected an exhibition organized by SKIMS, which showcased innovative contributions and success stories from various departments of the Institute.

On the occasion, he also released the Annual Report of SKIMS, highlighting the Institute's significant achievements and activities. Minister of Health & Medical Education, Sakina Masood Itoo, also addressed the gathering, emphasizing Sher-i-Kashmir's vision of establishing SKIMS as a world-class medical facility for the people of J&K.

Director SKIMS, Prof. Mohammad Ashraf Ganai, provided a comprehensive overview of the Institute's contributions to public healthcare in his speech.

Other dignitaries present at the event included Minister of Food, Civil Supplies & Consumer Affairs Satish Sharma, Advisor to the Chief Minister Nasir Aslam Wani, former J&K Chief Minister Dr. Farooq Abdullah and several MLAs.

The event was also attended by Secretary Health & Medical Education Dr. Syed Abid Rashid Shah, senior faculty members, former directors, and other staff members of SKIMS.

Will Renew Talks

have to fight for the restoration of J&K's statehood. We are hopeful that

the prime minister will keep his promise made not to us, but to the people of J&K during the Lok Sabha elections and the Assembly polls that followed," Abdullah said.

"The elections saw huge participation of people. There were no complaints of people being forcibly taken to the booths. Rather, they went on their own and made the elections a huge success with the hope that the promises made to them, especially on restoring J&K's statehood, will be fulfilled," the chief minister said.

J&K SIA Gets Police

linkage surfaces during the investigation," the order said. (KNO)

J&K Govt Sets

such as social media, helplines, and grievance portals, alongside offline methods including public interactions and district-level meetings. The Chief Minister's Secretariat will finalize the staffing and other operational modalities of the new office. This initiative aims to improve governance and strengthen the bond between the administration and citizens by addressing grievances effectively and incorporating feedback into policymaking and service delivery," the order added. (KINS)

Sheikh Abdullah

Speaking on the occasion, Omar Abdullah reflected on Sheikh Mohammad Abdullah's enduring impact on Jammu and Kashmir, stating, "Sher-e-Kashmir's vision continues to inspire us to work tirelessly for the betterment of our people. Today, we remember his sacrifices and reaffirm our dedication to his ideals of justice, equality, and communal harmony."

Dr. Farooq Abdullah also expressed his deep respect for his father's contributions, calling him "a guiding light whose principles will always lead us forward."

The commemoration programme was attended by senior party leaders, workers, and supporters who gathered to commemorate the life and legacy of Sheikh Mohammad Abdullah, a towering figure in the history of Jammu and Kashmir.

"Proposal To Reinstate Dec 5 As Holiday Sent To Lc"

Meanwhile Advisor to Chief Minister Nasir Aslam Wani said that the council of ministers has sent a proposal with

regard to the holiday on December 5, marking the birth anniversary of Sheikh Mohammad Abdullah.

He said that hopefully, the holiday will be observed on this day again next year.

"The holiday on this day (December 5) was cancelled, but a proposal has been sent to LG again by the council of ministers and hopefully from the next year, the holiday will be observed on this day," Wani told reporters after paying tributes to Sheikh Abdullah on his 119th birth anniversary at his grave.

Strict Action Against

and this step will help them better cope with the harsh winter," she said.

The Education Minister also addressed concerns regarding private school practices and urged parents facing issues, including excessive fees, to file formal complaints with her office or the department. "If a parent feels exploited, they should come forward and complain. No institution is above the rules, and we will ensure strict action is taken against any violations," she stated.

Responding to criticism on social media and in the press, she stated the importance of substantiated complaints. "Statements made on Facebook or in the media for self-promotion won't suffice. Provide evidence, and I assure you, action will be taken," she asserted.

The minister reiterated the government's commitment to maintaining accountability and ensuring students' welfare during the harsh winter season.

Kashmir Reels

south Kashmir -- recorded a low of minus 2.7 degrees Celsius, while the minimum temperature at popular tourist destination Pahalgam settled at minus 5.3 degrees Celsius, the lowest so far this season.

The famous ski resort of Gulmarg registered a low of minus 3.6 degrees Celsius, while Kupwara reeled at minus 2.5 degrees Celsius, and Kokernag at minus 1.4 degrees Celsius, officials said.

The Met department said the weather would stay generally dry till December 7, and a further fall in night temperature is expected while the days would be warmer.

There is a possibility of light rain over

a few plain and hilly areas in Jammu division, and light rain/light snow over a few places in the higher reaches during late night on December 8 to the morning of December 9, the Met office said.

The weather would remain dry from December 10-14, while there is a possibility of light rain/light snow over isolated places from December 15-16, it said.

Deficit Rainfall

last over two months period. The data reveals that the majority of the stations across J&K recorded a deficient rainfall in between 60 per cent to 99 per cent during the period. Srinagar, the summer capital of J&K, has recorded a deficient rainfall of 82 per cent while Shopian in South Kashmir has recorded the highest deficit of 96 per cent during the last over two months.

As per the data, Samba is the only station above normal precipitation has been recorded as against the normal rainfall of 18.1 mm, it has recorded 47 mm, marking an increase of 160 per cent during the period.

Kulgam, Budgam and Poonch stations in J&K have recorded a deficit rainfall of above 90 per cent while Anantnag, Kishtwar, Pulwama and Udhampur have recorded a deficit of above 80 per cent.

As per the data, Baramulla, Ganderbal and Ramban have recorded a deficit rainfall of above 70 per cent.

Belated Complaint

of Justice Javed Iqbal Wani observed that in terms of the section 9 of Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act 2013 any aggrieved woman may make, in writing, a complaint of sexual harassment at workplace to the Internal Committee if so constituted, or the Local Committee, in case it is not so constituted, within a period of three months from the date of incident and in case of a series of incidents, within a period of three months from the date of last incident.

"Record reveals that the respondent 4 herein (woman employee) admittedly filed the complaint before ICC (Internal Complaints Committee [of the department]) on 16th of October 2017 in respect of the alleged incident dated 25th of April 2016, much beyond the period

prescribed for filing such complaint under Section 9 of the Act of 2013," the court said.

Under these circumstances, the court said, the complaint filed by the woman employee against the petitioner (official) under the Act of 2013 on 16 October 2017 regarding an alleged incident dated 25th of April 2016 "indisputably could not have been either entertained or else taken cognizance of by the ICC and dealt with thereafter."

"Thus, the preliminary objection qua the maintainability of the complaint filed by respondent 4 herein (woman) against the petitioner herein (official) before ICC raised by counsel for the petitioner, is found to be legally sustainable rendering the impugned complaint filed by respondent 4 (woman), taken cognizance of by the ICC, and the recommendation made therein illegal and invalid on the basis of settled position of law." The court said underlining that if a statute requires a thing to be done in a particular manner, that thing has to be done in that manner alone.

"Having held the complaint in question non-maintainable and proceedings initiated thereon invalid, the rest of the grounds urged by the petitioner herein in the instant petition against the complaint inasmuch as the proceedings conducted thereon by the ICC including the recommendations made thereof pale into insignificance and need not be adverted to," the court added.

LG Sinha Grieved

the health of six seriously injured persons who were referred there for specialised treatment.

"We have come to see the injured. We will soon talk to the deputy commissioner and implement the orders of the chief minister for the welfare of the accident victims," Choudhary said, as he prayed for the speedy recovery of the injured.

There has been a lot of improvement in the functioning of the hospital since his last visit to the facility in November, the deputy chief minister said.

BJP's Leader of Opposition in J-K Assembly Sunil Sharma and Kishtwar MLA Shagun Parihar also visited the hospital and met the injured persons, assuring them all possible help.



NEWS & UPDATES

27th year OF PUBLICATION

KASHMIR OBSERVER®



YouTube

Visit <https://www.youtube.com/c/kobserver>

OR SCAN



The methods used to consume news have changed over time from newspapers, to television, to the Internet on our computers to carrying the news around with us 24/7 on smartphones in our pockets.

Kashmir Observer, with 27 years of experience in news gathering is now available 24x7 on all digital platforms like laptops, cell phones or via Bluetooth on your smart TV's across the world.

Kashmir Observer is a one stop information bank for you. Watch live debates, talk shows and documentaries on critical issues facing Kashmir on KO youtube channel.

OUR SPECIAL PROGRAMMES

THE OTHER SIDE

INKISHAF

VOX POP

UNRAVEL KASHMIR

