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BOOK APPOINTMENT

MeT Predicts Cold Wave Over Next 4 Days

Observer News Service

Srinagar: A day after plain areas in Kashmir received the season's first snowfall, the minimum temperatures dropped across the valley on Friday, with the weather department predicting a cold wave at many places over the next four days, officials said.

The night temperatures decreased across the valley, after the snowfall in the higher reaches and some plains of Kashmir, the meteorological department said.

The Met department has forecast mainly dry weather till December 21. However, the minimum temperature is expected to fall further in the valley and there would be a cold wave over many stations during the next four days, they said.

Jammu and Kashmir summer capital, Srinagar, recorded a minimum temperature of minus 2 degrees Celsius, down from minus 0.5 degrees Celsius the previous night, the officials said.

They said that Gulmarg, a tourist destination in north Kashmir popular for skiing, was the coldest recorded place in the valley, with the mercury plunging to minus 9.6 degrees Celsius, compared to minus 5.2 degrees Celsius the night before. Pahalgam, the base camp for the annual Amarnath Yatra in | [More on P6](#)

Delhi-Sgr Train To Start In 4 Months

Final Track Work Completed For USBRL Has Been Completed: Officials

Agencies

Srinagar: The final track work for the Udhampur-Srinagar-Baramulla Rail Link Project (USBRL) has been completed, Union Minister Ashwini Vaishnaw announced on Friday.

In a post on the social media platform X, Vaishnaw described it as a "historic milestone." He wrote, "Final track work on the Udhampur-Srinagar-Baramulla Rail Link is complete. The ballast track work for the 3.2-km-long Tunnel T-33, located at the foothills of the Shri Mata Vaishno Devi Shrine and connecting Katra to Reasi, was successfully completed today at 2:00 AM."

An official said that work on the 17-km section between Katra and Reasi is now complete following the successful completion of the 3.2-km-long tunnel. "Inspections and trial runs are expected to begin soon on this stretch. The first train from Kashmir to Delhi is expected to commence operations within the next four months



38 TUNNELS WITH COMBINED LENGTH OF 119 KM | 927 BRIDGES WITH COMBINED LENGTH 13 KM

(March-April)," he said. He said the third version of the Vande Bharat train, a sleeper variant, will serve as the new Delhi-Srinagar train, reducing the 800-kilometre journey time to less than 13 hours.

The newly constructed 46-km route from Sangaldan to Reasi has already been completed. This section passes through tunnels and the challenging terrain of the Chenab Bridge—the world's highest railway bridge—located in the

Reasi district. The iconic Chenab Bridge spans 1,315 metres, featuring an arch span of 467 metres and a height of 359 metres above the riverbed. It is considered a marvel of engineering.

"The section from Sangaldan to Reasi has been completed, and the Commissioner of Railway Safety (CRS) certificate has also been received," the official said.

Earlier this year, the 48.1-km-long

6 THE PROJECT INCLUDES 38 TUNNELS WITH A COMBINED LENGTH OF 119 kilometres, featuring Tunnel T-49—the country's longest transportation tunnel at 12.75 kilometres. Additionally, the project comprises 927 bridges totalling 13 kilometres in length, including the iconic Chenab and Anji Khad bridges."

project includes 38 tunnels with a combined length of 119 kilometres, featuring Tunnel T-49—the country's longest transportation tunnel at 12.75 kilometres. Additionally, the project comprises 927 bridges totalling 13 kilometres in length, including the iconic Chenab and Anji Khad bridges.

Notably, the completion of many key tunnels of the project is seen as a pivotal step in enhancing all-weather connectivity between the Kashmir Valley and the rest of India. As per the officials associated with the project, the USBRL project, set in the challenging Himalayan terrain, required advanced tunneling techniques including heading, benching, invert excavation, kerb concreting, and the installation of Geo-textile, Geo-membrane, reinforcement, and concrete lining.

To address geological challenges such as loose rocks during tunnel blasting, an umbrella-type pipe roofing system was implemented. The New | [More on P6](#)

J&K Reports 22,196 TB Cases In 2 Years

Observer News Service

Srinagar: Jammu and Kashmir has recorded a total of 22,196 Tuberculosis cases, with 11,754 cases recorded in 2023 and 10,442 cases up to October 2024, the Government of India informed the Parliament on Friday.

Minister of Health and Family Welfare, Jagat Prakash Nadda, in a reply to a question has informed that the government is implementing a National Strategic Plan (2017-2025) to eliminate tuberculosis (TB) by 2025, five years ahead of the United Nations' Sustainable Development Goal target of 2030.

"Under the National TB Elimination Programme (NTEP), significant progress has been made, with the TB incidence rate declining by 17.7%, from 237 per 100,000 population in 2015 to 195 per 100,000 in 2023, and TB-related deaths reduced by 21.4%, from 28 per lakh in 2015 to 22 per lakh in 2023," the Minister said in a reply.

"Measures taken include targeted interventions in high-burden areas, free drugs and diagnostics, active case-finding campaigns, integration of TB services with Ayushman Bharat, private sector engagement with incentives, and scaling up molecular diagnostic | [More on P6](#)

'Exemplary Performance' LG Extends Term Of SKUAST-K, JU VCs For 2 More Years

Observer News Service

Srinagar: Lieutenant Governor Manoj Sinha Friday extended the tenure of Vice Chancellor of SKUAST Kashmir for a period of two years and Vice Chancellor of University of Jammu (JU) for a period of three years respectively.

Sinha in an order said that the incumbent VC of SKUAST Kashmir Prof Nazir Ganaie shall continue his services for two more years with effect from December-16 which is his existing term of the position.

"I exercise of the powers vested in me, under Section 25 (2) of Sher-I-Kashmir University of Agricultural Sciences and Technology Act, 1982, I, Manoj Sinha, Chancellor, SKUAST Kashmir hereby extend the tenure of Prof Nazir Ganaie, Vice Chancellor, SKUAST Kashmir for a period of two years with immediate effect from 16.12.2024, the

date of completion of his existing term as the Vice Chancellor, SKUAST Kashmir," it reads.

Another order reads, "In exercise of the powers vested in me, under Section 12 (5) of The Kashmir and Jammu Universities Act, 1969, I, Manoj Sinha, Chancellor, University of Jammu, hereby re-appoint Prof Umesh Rai, as the Vice Chancellor, University of Jammu, for a term of three years with immediate effect 05.04.2025, the date of completion of his existing term as the Vice Chancellor, University of Jammu."

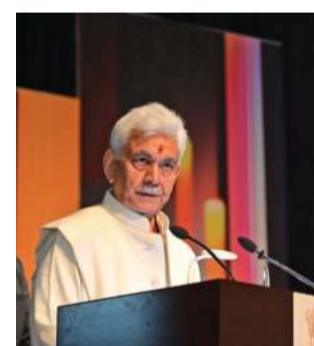
Prof Ganaie's tenure has been marked by significant achievements in the agricultural sector, particularly in drafting the holistic agriculture development program for J&K, a flagship initiative aimed at transforming the region's agricultural landscape. His leadership at SKUAST Kashmir | [More on P6](#)

Youth Must Unite Against Destabilising Forces: LG Urges Teaching Community To Reinvent Classroom Learning

Observer News Service

Jammu: Lieutenant Governor Manoj Sinha Friday said that youth want a fear-free, corruption free and development oriented modern society. However, some forces are still active within and trying to destabilize the country.

"Youth and the entire society will have to unite and defeat such elements," he said. Sinha was addressing the Annual Day Function of KC International School Jammu, at General Zorawar Singh auditorium. The Lieutenant Governor congratulated the management, teachers and students of the school and extended his best wishes.



In his address, the Lieutenant Governor encouraged the students to Dream Big! Believe in yourself and work hard with focus and persistence to fulfil your dream. "I have always admired the

energy, innovation, and commitment of young people and I am witnessing our youth are at the forefront of change," the Lieutenant Governor said.

The Lieutenant Governor further asked the youth to move forward with the common aim that is to reclaim India's position as Vishwa Guru and prove themselves to be the true successors of the ancestors who established great centers of education like Nalanda, Takshashila, Vikramshila.

Speaking on the transformation taking place in the educational landscape in J&K, under the leadership of Prime Minister Narendra Modi, the Lieutenant | [More on P6](#)

'Tamil Nadu-J&K Connected Since Time Immemorial'

Observer News Service

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During an interaction with a youth delegation from Tamil Nadu here, Sinha also spoke about the youth-related policies and programmes launched in the last 10 years to create an environment to help the youngsters realise their dreams. The youths from Tamil Nadu are on a five-day visit to Jammu and Kashmir for 'Yuva Sangam' under the Ek Bharat Shreshtha Bharat initiative, an official | [More on P6](#)

Alleged Violation In Appointment Process Complaint Filed Against Mission Director NHM

Observer News Service

Srinagar: A complaint has been lodged with the Lieutenant Governor of Jammu and Kashmir against Nazim Zai Khan, IAS, Mission Director of the National Health Mission (NHM), for allegedly violating rules and regulations in establishing a Project Management Unit (PMU) under

the Ayushman Bharat Digital Mission (ABDM). The complainant, Dr. Muzamil Maqbool Bhat, alleges that Khan appointed 10 officials to the PMU without following proper procedure, including advertising the positions in print and electronic media. He further claims that the appointments were made during the recent assembly election, violating the Model Code of Conduct.

The complaint, a copy of which lies with Kashmir Observer, states that the appointees are allegedly close relatives of National Conference leaders and that some of them paid a hefty sum of Rs. 2 lakhs to Khan. Additionally, it is alleged that the appointees lack the necessary qualifications for the positions and that their salaries have been set at an exorbitant Rs. 1 lakh per month.

The complaint also highlights that the appointment order was initially put on hold by the Health and Medical Education Department following the violation of the Model Code of Conduct. The violation was circulated in leading news papers and electronic media | [More on P6](#)

Police Attaches Property Under UAPA In Kulgam

Observer News Service

Srinagar: In a significant move to counter terrorism, Police in Kulgam on Friday said to have attached a property (Single-storied Residential house) under Section 25 of the Unlawful Activities (Prevention) Act, 1967 (UAPA).

The property is registered in the name of Mushtaq Ahmad Bhat son of Mohammad Akbar Bhat resident of Chenigam, Frisal spans 10 Marlas (Survey No. 293 Min), a police spokesman said.

"The attachment is linked to case FIR No. 53/2024 of Police Station Yaripora and was executed in the presence of a duly constituted Police team and the Executive Magistrate, ensuring full compliance with legal protocols," police said. Pertinently, the mentioned property is | [More on P6](#)

MHA To Release Business Rules By Jan: Omar

Says NC Will Discuss 'One Nation, One Election' Bill

Press Trust Of India

Jammu: Chief Minister Omar Abdullah on Friday said the National Conference will decide on the 'one nation, one election' bill before it is put to vote. He also said that Union home ministry will define the roles, responsibilities and powers of the chief minister and his cabinet colleague by December or early January.

He said that 'one nation, one election' bill should be put to open discussion in the Parliament which will decide on it. "As far as the National Conference is concerned, we will sit and form an opinion



6 WORK IS UNDERWAY TO GET SOME clarity in framing up business rules."

and accordingly brief our Members of parliament on how to vote."

The Union cabinet headed by Prime Minister Narendra Modi on Thursday approved the | [More on P6](#)

Govt Violated HRHM Scheme During 2007 Selections: HC

M Ahmad

Srinagar: The High Court of J&K and Ladakh on Friday upheld its single bench's 2013 judgement that authorities acted in violation and contrary under NRHM scheme in selection of some doctors and paramedics in 2007.

"In a nutshell we are in agreement with the Writ court that in the matter of selections, which were questioned before the Writ court, the official respondents (authorities) had acted contrary to and in violation of NRHM Scheme and paragraph No.4 of the advertisement notification," a division bench of Justice Sanjay Dhar and Justice Rajesh Sekhri said while dismissing as "without merit" numerous appeals filed against Single Bench's 27th May, 2013 verdict.



The single bench had held the appointment of the candidates belonging to other blocks i.e. non-locals, contrary to the NRHM Scheme as well as to para 4 of the Advertisement Notification, issued Chairman Executive Committee, J&K State Health Society on 31.11.2007, that "preference will be given to the candidates below the age of 40 years and are residents

of block where the health institution is located so as to ensure continuous presence of the doctors/paramedics for 24 hrs x 7 days."

"However, since these selections and appointments were made in the year 2007 i.e. more than seventeen years back, it would not be appropriate for us to disturb these selections," the division bench said, "We are aware that these engagements are contractual, initially for a period of one year and extendable from time to time subject to the satisfactory work and conduct of the candidates. It would, therefore, be in the fitness of the things as also to better serve the ends of justice that the engagements already made are not disturbed and the writ petitioners | [More on P6](#)

Anti-Drone System Declined PaK Activity At IB: IG BSF

Observer News Service

Srinagar: Drone activities from Pakistan have dropped to almost zero after the deployment of an anti-drone system along the Jammu border, a senior BSF officer said on Friday, asserting that the Indian forces are much ahead over its adversary as far as technological upgradation is concerned.

Inspector General of Border Security Force (BSF), Jammu frontier, D K Boora, said India is not the same when the country had old-fashioned weapons. It evolved to adopt new technology and advanced weapons, he added.

Besides the heavy deployment of manpower, the technical surveillance is present on the entire border across Jammu region and it is being further expanded to other places in the country, he said. Talking to | [More on P6](#)



Why Winter Makes You More Vulnerable To Colds, Here Is The Science Behind The Season

The Conversation

You've probably heard "Don't go outside in the winter with your hair wet or without a coat; you'll catch a cold." That's not exactly true. As with many things, the reality is more complicated. Here's the distinction: Being cold isn't why you get a cold. But it is true that cold weather makes it easier to catch respiratory viruses such as the cold and flu. Research also shows that lower temperatures are associated with higher COVID-19 rates.

"As a professor of nursing with a background in public health, I'm often asked about infectious disease spread, including the relationship between cold and catching a cold. So here's a look at what actually happens", says Libby Richards from Purdue University. Many viruses, including rhinovirus – the usual culprit for the common cold – influenza, and SARS-CoV-2, the virus that causes COVID-19, remain infectious longer and replicate faster in colder temperatures and at lower humidity levels. This, coupled with the fact that people spend more time indoors and in close contact with others during cold weather, are common reasons that germs are more likely to spread.

The flu and respiratory syncytial virus, or RSV, tend to have a defined fall and winter seasonality. However, because of the emergence of new COVID-19 variants and immunity from previous infections and vaccinations decreasing over time, COVID-19 is not the typical cold-weather respiratory virus. As a case in point, COVID-19 infection rates have surged every summer since 2020.



Virus transmission is easier when it's cold. More specifically, cold weather can change the outer membrane of the influenza virus, making it more solid and rubbery. Scientists believe that the rubbery coating makes person-to-person transmission of the virus easier.

It's not just cold winter air that causes a problem. Air that is dry in addition to cold has been linked to flu outbreaks. That's because dry winter air further helps the influenza virus to remain infectious longer. Dry air, which is common in the winter, causes the water found in respiratory droplets to evaporate more quickly. This results in smaller particles, which are capable of lasting longer and traveling farther after you

cough or sneeze. How your immune system responds during cold weather also matters a great deal. Inhaling cold air may adversely affect the immune response in your respiratory tract, which makes it easier for viruses to take hold. That's why wearing a scarf over your nose and mouth may help prevent a cold because it warms the air that you inhale. Also, most people get less sunlight in the winter. That is a problem because the sun is a major source of vitamin D, which is essential for immune system health. Physical activity, another factor, also tends to drop during the winter. People are three times more likely to delay exercise in snowy or icy conditions.

Instead, people spend more time indoors. That usually means more close contact with others, which leads to disease spread. Respiratory viruses generally spread within a six-foot radius of an infected person. In addition, cold temperatures and low humidity dry out your eyes and the mucous membranes in your nose and throat. Because viruses that cause colds, flu and COVID-19 are typically inhaled, the virus can attach more easily to these impaired, dried-out passages.

What you can do:
 The bottom line is that being wet and cold doesn't make you sick. That being said, there are strategies to help prevent illness all year long:

Wash your hands often.
 Avoid touching your face, something people do between nine and 23 times an hour. Stay hydrated. Eight glasses a day of water is a good goal, but that could be more or less depending on lifestyle and the size of the person. Eat a well-balanced diet. Dark green, leafy vegetables are rich in immune system-supporting vitamins, while eggs, fortified milk, salmon and tuna have vitamin D.

Stay physically active, even during the winter. Get adequate sleep. Clean hard, high-touch surfaces in your home often. If your nose or throat gets dry in the winter, consider using a humidifier. Get your annual flu and COVID-19 vaccine. Following these tips can ensure you have a healthy winter season.

PUBLIC NOTICE

My name has been wrongly written in my j&k Passbok as Bega Begum while my correct name is Bega W/o Ghulam Hussain which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the office of the Branch Manager J&K Bank Singhpora Pattan within 7 days. After that no objection shall be entertained.

Bega
 W/o Ghulam Hussain fko
 R/o Amar Garh Pati Matipora

OFFICE OF THE ADVOCATE JAVAI D YOUSUF AND ASSOCIATES

Office: - Munsiff Court Complex Magam Chamber No. 14, Pin: 193401
 E-mail: Cell No: +91-962209066,7889762232,9906679000

In the case of:- Ali Mohammad Bhat
 Son of Ghulam Mohammad Bhat
 Resident of Magam Tehsil Magam District Budgam (Caveator)

VERSUS
 Public at Large.

Non Caveators

In the matter of:
 Caveat Petition in terms of section 148-A CPC.
 The Caveators have reasons to believe/apprehension that the Non-Caveators may file a suit/application/petition or other proceedings before hon'ble high court, District Courts, Revenue courts or any other forum viz. the landed property owned and possessed by the caveators or inherited by the caveators from their parents, orv the ground of distorted facts, misrepresentation and cooked story and the non-caveators may succeed in obtaining some relief/order at the back of caveators or in ex-parte against the caveators and in such eventuality, the caveators will be put to an irreparable loss and inconvenience, it would be proper that the caveators are given opportunity of being heard by the hon'ble court before passing any order/ direction etc.

Javai D Yousuf and Associates
 Advocate JK High

bmj

Office of the Executive Magistrate 1st Class Narbal Budgam

Telex Fax 01951-260-276 Pin Code 193401

Notice For General Public

It is hereby notified that the applicant namely Umer Ahad Guroo S/O Abdul Ahad Guroo R/O Narbal tehsil Narbal District Budgam had applied for the issuance of Birth Certificate of himself namely Umer Ahad Guroo S/O Abdul Ahad Guroo R/O Narbal. The applicant intends to register the DOB of his Son as per school record/vaccination card School Record 27-06-2007

In this connection, if anybody having any objection regarding the same he/she may contact office of the undersigned within seven (07) days, after which no objections shall be entertained.

Executive Magistrate 1st Class
 Narbal

msl

Dated: 13-12-2024

'Excessive Smartphone Use Adversely Impacting Parent-Children Relationships In India'

Press Trust Of India

The rise in dependence on smartphones and their excessive usage are adversely impacting relationships between parents and children in India, a survey commissioned by Chinese mobile devices company Vivo said.

The survey conducted by Cybermedia Research found that on average, parents spend more than five hours and children spend over four hours daily on their smartphones, with social media and entertainment accounting for the largest portion of usage for both groups.

"Excessive smartphone use has strained personal relationships, with both parents and children recognising it as a source of conflict between them. Sixty-six per cent of parents and 56 per cent of children notice negative changes in their personal relationships due to excessive smartphone usage," the vivo Switch Off 2024 Survey report said.

As per the study, both parents and children yearn for closer relationships with each other but neither group is willing to curb their excessive and purposeless smartphone habits. The survey found 73 per cent of parents and 69 per cent of children agree



that excessive smartphone usage is a source of conflict between them. Both parents and children are highly dependent on smartphones, as it has become an indispensable part of their lives. According to the survey, 76 per cent of parents and 71 per cent of children agree that they cannot live without their smartphones. Sixty-four per cent of children going to the extent of stating that they feel addicted to their smartphones, spending the majority of their smartphone time on social media and entertainment activities.

"Two-thirds of children say that they would not use social media if their friends were not on the apps. Over 90 per cent of children wish that some

or the other of the most popular social media apps had never been invented," the report said. The study covered 1,543 smartphone owners across Delhi, Mumbai, Kolkata, Chennai, Hyderabad, Bangalore, Ahmedabad and Pune.

"While smartphones have seamlessly integrated into our daily routines, un mindful relationships with smartphones can create barriers in the real-life relationships that people care about the most. This year's findings raise essential questions about how families can create meaningful connections in a world dominated by screens," Geetaj Channana, Head of Corporate Strategy, vivo India, said.

PUBLIC NOTICE

My name has been wrongly written in my driving licence bearing di no: JK01 20030031541 as Mohd Irshad Ahmad S/o Ab Karmira while my correct name as per adhaar is Irshad Ahmad Radhu S/o Abdullah Radhu which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the office of the RTO Kashmir within a period of seven days from the date of publication of this notice. After that no objection shall be entertained.

Irshad Ahmad Radhu fko
 S/o Abdullah Radhu
 R/o Gulshan Colony near Makhdoom Sahib Shrine, Hawal Srinaga

Office of the Chairman Peoples Public School Wagoora

UDISE 01022202209

Email: peoplespublicschoolwagoora@gmail.com

Subject: Current Fee Structure 2024-25

S.No	Class	Fee
01	8th	750
02	7th	750
03	6th	750
04	5th	650
05	4th	600
06	3rd	600
07	2nd	600
08	1st	550
09	U.K.G	550
10	L.K.G	550
11	Nurderly	550

Any person having any objection may report to D&K. Within 7 Days.

SD/
 Chairman

fko

Office of the Naib Tehsildar Pahlallan

Executive Magistrate 1st Class

Application Of Shahidul-Islam, Raziya Bano, Marifat Assadullah, Safina Assadullah S/D/O Assadullah Teli R/O Andergam Pattan for obtaining OBC Certificate for the cast of Teli

PUBLIC NOTICE

General Public is hereby informed through this notice that the applicant file is currently under process in the office of undersigned regarding obtaining OBC certificate. According to the field staffs report the applicants are permanent resident of village Andergam tehsil Pattan District Baramulla and have been residing here from more than 15 years and has not migrated from the said village the annual family income of the applicant from all sources is Rs 180000 /-. Family details of the applicant are give below.

S. No	Name	Parentage	Age	Occupation
1	Assadullah Teli	S/o Gh Mohi-uddin Teli	55	Tailor
2	Rubeena Begum	W/o Assadullah	50	H/W
3	Shahidul-Islam	S/o --	24	Student
4	Raziya Bano	D/o --	22	Student
05	Marifat Assadullah	D/o---	20	--
06	Safina Assadullah	D/o --	16	--
07	Gh Mohd Teli	S/o Ab Khaliq	65	Labour

In this connection if any person(s) has any objection(s) he/she can visit the undersigned's office within 07 days from the date of publication of this notice. After that no objection will be considered.

fko

Naib Tehsildar

PUBLIC NOTICE

Electricity Connection bearing C.ID no: 0217010000734 which was earlier registered in the name of Ab Rashid Rather S/o Ab Sattar Raheer R/O Gahind Shopian is to be transferred into new name as Mohd Altaf Rather S/o Ab Rashid Rather R/O Gahind Shopian if anybody has any objection he/she may contact PDD Office Sub Division Shopian within 7 days. After that no objection shall be entertained.

Mohd Altaf Rather
 S/o Late Ab Rashid Rather
 R/O Gahind Shopian

FKO_R



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For details regarding education qualification, age, eligibility etc. kindly refer to the detailed advertisement on following websites

- www.ipgl.co.in
- www.ipa.nic.in
- www.sdclindia.com

The last date for receipt of application is 30th December, 2024.

CBC 37220/12/0008/2425

Managing Director

از عدالت ایڈیشنل ڈسٹرکٹ ایجنٹیشن چیج سرٹیکر با اجلاس محترم انجام آرا

J&K Bank Ltd B/lu: Nowgam Sgr (Plaintiff/ App)

V/S M/S Red Cherry Products through its Proprietor Mohd Shafi Bhat S/o: Gh Qadir Bhat R/o: Kralpora Chadoora
 2. Gh Hassan Bhat S/o: Gh Rasool Bhat R/o: Hanjoora Chadoora
 3. Shazia Shafi D/o: Mohd Shafi R/o: Kralpora Chadora (Non Applicant)

درخواست باز آرد مدعوئی
 اشتہار ہر خاص و عام
 مقدمہ مندرجہ عنوان الصد میں سائل نے ایک درخواست باز آرد مدعوئی عدالت ہذا میں دائری کی ہے۔ مسولان کو سیار بار بذریعہ سن طلب کیا گیا۔ رائمانات کا عمل بطریقہ معمول نہ ہو سکا۔ لہذا آپکو بذریعہ اشتہار مطلع کیا جاتا ہے کہ آپ آئندہ تاریخ 16.12.2024 کو اصالتاً و کاتلاً یا مختاراً حاضر عدالت آ کر تحریری عدالت پیش کریں۔ بعد گزرنے معیا کوئی بھی عدالت قابل قبول نہیں ہوگا۔ ایڈیشنل ڈسٹرکٹ چیج سرٹیکر

ab

اڑتیاہت پہلپالان

عنوان :- درخواست از اجاب منتظر اصصوئی و لدرموم نذیر احمد صوئی ساکب سدریل پہلپالان مربراد مرلقیہ Legal Heir

اشتہار ہر خاص و عام

معاملہ مندرجہ عنوان الصد میں سائل نے ایک درخواست بضر حصول ایگل ہیر مرلقیہ پیش کی ہے جو کزیر کاروائی ہے اس بارے میں پواری حلقے سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ سائل ریاست جوں و کشیر کا بیٹھی باشندہ ہے سائل کا والد عبدل احد صوئی ساکنہ سدریل پہلپالان مورخہ 15-11-2024 کو فوت ہو چکا ہے اور صوئی کے وارثان جائز بڈل ہے

محمد وہیگم	39 سال	زویہ موم	گھر بیگام
منتظر اصصوئی	20 سال	پسر موم	زیر تعلیم
شاکر نذیر	18 سال	--	--
صادیہ نذیر	14 سال	--	--

اس کے علاوہ دو کوئی افراد کہہ نہیں ہے۔ ہر نقیہ کی زیر بحث اجراء کرنے میں اگر کسی شخص کو کوئی عریا یا عراض ہو تو وہ بعد منتظر اخبار سادت دن کے اندر اندر اپنے عدریا عراض و عدالت حد کو دفتر ای وقت کے دوران پیش کریں۔ بعد گزرنے معیا کوئی عدریا عراض قابل قبول نہیں ہوگا۔

ناہب تصیلدار

FKO



Shia-Sunni Brotherhood Shines In Wani Mohalla, Botakadal

Observer News Service

Srinagar: In a heartwarming display of communal harmony and bravery, Both Shia and Sunni youth joined forces to combat a devastating fire incident in Wani Mohalla, Botakadal, Srinagar. The incident, which occurred last night, saw the local youth from both communities come together to put out the blazing fire, showcasing their unwavering spirit of brotherhood.

Eyewitnesses reported that the fire broke out in the densely populated Wani Mohalla around 8 PM. Within minutes, the flames had engulfed a residential house, threatening to spread further. However, before the fire and emergency department could arrive, local youth sprang into action.

Armed with buckets of water, and whatever they could find, the brave youngsters formed a human chain to combat the inferno. Their selfless efforts, coupled with their

determination to save their neighborhood, ultimately paid off. The fire was brought under control, albeit with significant damage to property.

The fire and emergency department arrived some 30 minutes later and helped to fully extinguish the flames. However, by then, the local youth had already done the bulk of the work, preventing the fire from spreading further.

The incident has been widely praised as a shining example of Shia-Sunni brotherhood and communal harmony in the valley. Local residents, who were witness to the bravery displayed by the youth, expressed their gratitude and admiration for their selfless efforts.

"This is what Kashmir is all about - our unity, our brotherhood, and our resilience in the face of adversity," said Abrar Ali, a local resident.

"We are proud of our youth, who have shown that we stand together, regardless of our differences," he added.

Houseboat Owners Expect Rise In Tourist Influx Ahead Of Christmas

Agencies

Srinagar: With Christmas and New Year just around the corner, Kashmir is about to witness a steady rise in tourism activity as both domestic and foreign visitors are expected to arrive in the coming weeks.

The influx of visitors is now at a good stage with many being seen enjoying at famous tourist places of Srinagar and others across the valley.

While sharing about Kashmir's tourist influx and houseboats vacancy for tourists, Manzoor Pakhtoon, President of the Houseboat Owners Association (HBOA), said the expectations are high as the

festive season approaches.

"We are experiencing good tourism footfall for Christmas and New Year alike. If it snows, we expect an even greater increase in tourist numbers," he added.

He said the houseboats are currently vacant, with many operators waiting for the arrival of tourists and snowfall to boost bookings. "Snowfall is an attraction for visitors, and we are expecting a more number of tourists once the season begins," he said.

Likewise, the hoteliers and houseboat operators shared similar thoughts, expressing their hope for the arrival of both domestic and international visitors.(kno)



Smart City: Srinagar To Get 360 Ultra-Modern Bus Stops

Agencies

Srinagar: As a step forward to enhance the commute in Srinagar City, the Srinagar Smart City Limited (SSCL) is going to build ultra-modern bus stops with amenities to inform the passenger about smart city bus movement in the City.

The bus stops will be built with modern technology, and the City is set to witness the addition of 360 ultra-modern bus stops all over Srinagar.

Sharing details about the project, Suhaib Naqshbandi, Operating Managing Director, Smart City E-Buses Srinagar said the smart city is planning to build 360 ultra-modern bus stops in Srinagar city with

enhanced and modern technology.

He said this is an ultra-modern bus stop with all amenities and will inform the passenger about the departure and arrival of buses.

"The newly coming bus stops will feature a Passenger Information System (PIS) and will show the real-time location of the smart city bus. The bus stop is going to have a monitor display to show the real-time information of buses and the entire route maps of the city where the buses ply," he said.

About the bus stops in Srinagar city, the Managing Director said the bus stops are coming from a proper public transport study and the demand of the public, and these bus stops have been identified.

He added the work on these bus stops will probably start next

month as the constant surveys are going on, and hopefully, the work will begin soon. About the project cost, he said, "We have not yet arrived at a cost, but it will include modern bus stops."

He said the execution of the first bus stop where work will be started has not been finalized yet, but the priority will be on the existing 16 routes of smart buses. Most probably, the MA Road at Lal Chowk might be the first site.

It is worth mentioning that the Srinagar Smart City project includes a fleet of electric buses that provide a modern public transportation system for Srinagar. The project includes electric buses operating within Srinagar and connecting it to other districts—(KNO)

Police Arrests 4 Gamblers; Stake Money Seized

Observer News Service

Srinagar: Police have arrested 4 gamblers and seized stake money from their possession.

According to the Associated News Bureau, acting on reliable information regarding the gambling activities, a Police party of PS Bemina raided the specific location and arrested 04 gamblers. They have been identified

as Mohd Sultan Hanji son of Ab Rehman resident of Shah Colony Fruit Mandi, Altaf Ahmed Guroo son of Ab Hameed, Fayaz Ahmad Dandoo son of Gh Mohd and Irshad Ahmad Khanday son of Gh Mohd Khanday, all residents of Mansoor Colony Bemina.

Stake money of 7,190/-, playing cards and 03 mobile phones have been recovered from their possession.

Accordingly, a case under relevant sections of law has been registered at Police Station Bemina and investigation has been initiated.

Persons found indulging in criminal activities shall be dealt with as per law. Community members are requested to share information regarding the crimes in their neighbourhood with the local Police units.

Commissioner SMC Reviews Progress of Works Division Projects

Observer News Service

Srinagar: The Commissioner SMC, Dr. Owais Ahmed IAS, chaired a comprehensive review meeting to evaluate the progress of ongoing projects under the Works Division. The meeting was attended by the Joint Commissioner Works, Financial Advisor/Chief Accounts Officer, Chief Engineer SSCL, Executive Engineers, Assistant Executive Engineers, Assistant Accounts Officers, and other senior SMC officials.

The review focused on assessing the status of various projects, addressing challenges, and devising future strategies. Dr. Owais emphasized the importance of completing projects on time while maintaining high-quality standards. Dr.Owais also urged officials to enhance coordination and communication to meet the community's needs and expectations effectively.

Key projects discussed during the meeting included road repairs, infrastructure improvements, and the enhancement of public facilities. The Commissioner highlighted the need for transparency and accountability in all operations and directed officials to provide regular updates on their progress.

Dr. Owais reiterated that timely and efficient execution of projects is essential for better service delivery, ensuring that the community benefits from improved infrastructure and services.

Obituary notice for Fatima W/O Late Ghulam Ahmad Bhat, Batwara, Srinagar. Includes details of her death and a congregational Fataha Khawani to be held at her ancestral graveyard in Batwara, Srinagar, on December 15, 2024, at 10:30 AM. Contact information for Muhammad Shafi Bhat and Family is provided.

Obituary notice for FATEHA KHWANI. Includes a portrait of her and details of her death. A congregational Fataha shall be held at 11 AM on Sunday, December 15, at Bahaududin Sahab. Inshallah. Contact information for BEREAVED family members is provided.

INDIAN RAILWAYS "PUBLIC NOTIFICATION" and "WARNING TO ROAD USERS". The notification details the energization of a section of the Northern Railway and the introduction of 25 kV AC traction. It includes a table with Section and Date, and a detailed warning about the height of overhead lines and safety precautions for road users.

Emergency services and transport information. Includes contact numbers for Traffic Police, Fire and Emergency Services, CAPD, and SMC Health Officer. Also lists AIRPORTS (Sheik-ul-Alam), RAILWAYS (Srinagar, Anantnag, Baramulla, Bujhera, Pampore, Pattan, Qazigund), and HIGHWAY STATUS (Sgr-Jammu, Mughal Road, Srinagar-Leh).

HIJRI CALENDAR 1446, 11 Jumada al-Sani. Includes a PRAYERS table with times for Fajr, Zuhr, Asr, Magrib, and Isha.

This Day In History. A list of historical events including the Constantinople earthquake, the death of Prophet Muhammad, the Chinese Emperor Wenzong's conspiracy, the Battle of Lake Borgne, the French invasion of Russia, and the 2020-2021 events in Kashmir.

Coaching Fad in Kashmir

Balancing Aspirations and Anxieties

Dr. Masoon A. Beig

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The psychological toll of this craze is immense, particularly on students, who are often subjected to relentless academic pressure. Long hours at coaching centres, combined with regular school responsibilities and the weight of familial expectations, leave little time for relaxation, recreation, or personal interests

The coaching craze in Kashmir has become a defining feature of the region's educational landscape, symbolizing a unique and multifaceted tragedy. Over the past two decades, coaching centres have proliferated in urban and semi-urban areas, emerging as key players in shaping students' futures. This phenomenon is fuelled by the high stakes associated with competitive exams for fields such as medicine, engineering, and administrative services, which are often perceived as the most viable paths to upward social mobility. Parents, driven by societal pressures and aspirations for their children, willingly invest significant financial resources into these institutions, often at the cost of their own financial stability. For middle- and lower-income families, this means making extraordinary sacrifices, such as selling ancestral land, depleting savings, or taking loans, to afford the steep fees charged by these centres. The situation highlights not only the commercialization of education but also the emotional and financial toll it exacts on families striving to secure better futures for their children.

The rise of coaching centres has fundamentally altered the educational dynamics of the region, with many institutions prioritizing profit over quality education. While they promise academic excellence and success in competitive exams, the reality often falls short of expectations. Overcrowded classrooms, inadequate infrastructure, and an overemphasis on rote learning characterize many of these centres. The lack of personalized attention and mentorship leaves students grappling with the pressures of high expectations, which, when unmet, can lead to feelings of failure and inadequacy. This has created a parallel education system where traditional schools are increasingly side lined, their role diminished in the eyes of both students and parents. Many students prioritize coaching centre attendance over regular school classes, eroding the foundational purpose of schools in providing a well-rounded education and fostering holistic development.

The psychological toll of this craze is immense, particularly on students,



This is an AI generated image

who are often subjected to relentless academic pressure. Long hours at coaching centres, combined with regular school responsibilities and the weight of familial expectations, leave little time for relaxation, recreation, or personal interests. This lifestyle fosters a culture of burnout, where anxiety, stress, and depression are common. The fear of failure and the societal stigma attached to it exacerbate these issues, pushing some students to the brink of mental health crises. In extreme cases, this relentless pressure has resulted in self-harm or suicidal tendencies, underscoring the tragic dimensions of this educational rat race.

The normalization of the coaching craze is perhaps its most troubling aspect. In Kashmir, the pursuit of coaching is seen not as an option

but as a necessity, creating a culture where alternative career paths or approaches to education are rarely explored or valued. This single-minded focus on specific careers, particularly in the fields of medicine and engineering, stifles creativity, critical thinking, and individuality. The emphasis on academic success above all else leaves little room for fostering talents in arts, humanities, or entrepreneurship, perpetuating a narrowly defined vision of success. Furthermore, the coaching industry has deepened educational inequalities. Affluent families can afford premier coaching centers, gaining an advantage in the competitive race, while students from economically disadvantaged backgrounds struggle with limited resources, creating a widening gap in opportunities and outcomes.

Addressing this multifaceted issue requires a collective effort from all stakeholders—policymakers, educators, parents, and society at large. The government must implement stringent regulations to oversee the functioning of coaching centres, ensuring they adhere to standards regarding infrastructure, class size, and teacher qualifications. Simultaneously, strengthening the traditional school system is essential to restore its significance in the education process. Schools must be equipped with adequate resources, well-trained teachers, and modern pedagogical approaches that can rival the appeal of coaching centres. Career counselling programs should be introduced at the school level to guide students in exploring diverse career options beyond the conventional choices of medicine and engineering.

Equally important is the role of parents, who must be made aware of the dangers of overburdening their children and the importance of balancing academic aspirations with emotional well-being. Mental health support systems, including counsellors and psychologists, should be integrated into educational institutions to help students cope with stress and develop resilience. Finally, society as a whole must work to redefine the meaning of success, encouraging a broader appreciation for diverse talents and careers.

The coaching craze in Kashmir, though a symbol of aspirations and ambition, reflects deep-seated systemic flaws and societal pressures that demand urgent attention. Without a concerted effort to address its underlying issues, this craze risks perpetuating a cycle of stress, inequality, and a myopic focus on academic achievement at the expense of students' holistic development and well-being. By fostering a balanced and inclusive approach to education, Kashmir can transform this tragedy into an opportunity for a more equitable and sustainable future.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The author teaches Geography at GDC Kilam

Closing the AI Skills Gap in 2025

Justina Nixon-Saintil

With artificial intelligence poised to reshape industries worldwide, a paradox is emerging. Despite growing demand for people with the knowledge to leverage the technology's potential, AI-related skills remain in short supply.

The scarcity of AI-related skills – from proficiency in machine learning, prompt engineering, and data science to an understanding of AI's ethical implications – is becoming a major obstacle to deploying the technology effectively. In one recent report, 47% of executives say their employees lack the necessary skills. This will affect companies' ability to move AI projects from conception to implementation. A 2023 report from the World Economic Forum finds that “six in 10 workers will require training before 2027, but only half of workers are seen to have access to adequate training opportunities today.”

This skills gap bodes ill not only for individual career growth, but also for economic growth more broadly. Capitalizing on the opportunities that AI presents will require updated approaches to education and training. In the coming year, educational and vocational institutions will likely place a much greater emphasis on teaching AI ethics skills, offer flexible lifelong learning, and infuse AI into their offerings to be more competitive.

AI ethics skills will become a core concern – and for good reason. In the space of just a few years, generative AI has become available to anyone with a computer and an internet connection. For employers and their information technology (IT) departments, this raises the problem of “shadow AI,” or unsanctioned use of generative AI by employees, which could expose companies to a wide range of security, compliance, and reputational risks. In addition, the workforce will need AI ethics skills to manage new AI agents: tools that can automate complex tasks that would otherwise require



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With AI and other new technologies evolving rapidly, lifelong learning will become the new normal. The process can be divided into developing skills that meet immediate needs, anticipate future needs, and furnish always-in-demand expertise

human resources.

Shadow and agentic AI both demand new guardrails to help users protect AI applications based on responsible AI practices. To this end, education providers will begin to emphasize training on the fundamentals of AI explainability, fairness, robustness, transparency, and privacy. Without a basic understanding of how AI models generate their output, for example, those responsible for protecting data or controlling autonomous systems will be ill-equipped for the task.

With AI and other new technologies evolving rapidly, lifelong learning will become the new normal. The process can be divided into developing skills that meet immediate needs, anticipate future needs, and furnish always-in-demand expertise.

Many traditional roles within an organization will soon change. For example, some employees who currently work independently (who don't manage other people) may join new types of teams in which humans manage AI agents. And to prepare them for this fundamental change, demand for online courses and digital credentials in AI-related fields like natural language processing and machine learning will likely increase. Moreover, the future use of quantum computing will continue to drive the need for new skills. And the steady rise in the number and variety of cyberattacks – such as “harvest now and decrypt later” (HNDL) hacks – underscores the importance of up-to-date cybersecurity skills.

That is why our own organization is working with community colleges across four US

states to offer a new cybersecurity certificate that will prepare students for in-demand roles across the workforce. Similarly, our collaborations with Singapore Polytechnic and historically black colleges and universities (HBCUs) in the US provide free training in AI to young learners. And while this process may begin in the classroom, we can also expect to see more opportunities for upskilling as the relevant technologies evolve. For anyone who wants to stay competitive in the job market, lifelong learning has become indispensable.

Finally, AI and automation technologies can make existing education platforms far more effective, as we are likely to see in 2025. AI-powered solutions have reached a tipping point from being a nice-to-have to a must-have. Educators, whether in schools or other organizations, will find new ways to apply AI-powered tools to personalize and tailor learning experiences, understand students' needs and match them with relevant courses, or enhance coaching and feedback.

The same technologies can also enhance customer-service aspects of education. For example, at IBM, we have already seen the benefits of using AI to analyze feedback from more than 60,000 learners in 47 languages, which led us to simplify online registration and other parts of the process. In the coming years, education systems and platforms will also benefit from multimodal AI models that can process audio, video, charts, and images to provide an even more effective, individualized learning experience.

By embracing AI, we can enhance learning and professional outcomes, improve operational efficiency, and reduce costs across the economy. But all of that will require developing the skilled workforce we need.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The author teaches Geography at GDC Kilam. The article was originally published by Project Syndicate

Can Love and Understanding Bridge the Generational Gap?

It is Time to Redefine Parenting

Ikkz Ikbai

Parenting has never been easy, but in the unique socio-cultural landscape of Kashmir, it has become an increasingly challenging endeavor. The role of parents today extends beyond providing for their children; they must navigate the delicate balance of preserving traditional values while adapting to the rapid changes brought by modernity. The pressures of economic instability, exposure to global influences, and the pervasive impact of technology make parenting in the valley more complex than ever before. Amid these challenges, a troubling communication gap is emerging, threatening the bond that once held Kashmiri families together. Why is this divide growing, and how can it be mended?

The Changing Dynamics of Parenting

Parenting in Kashmir has historically been characterized by a nurturing approach, with elders providing guidance through wisdom and traditions passed down through generations. However, the rapid evolution of societal norms and the influence of technology have disrupted this dynamic.

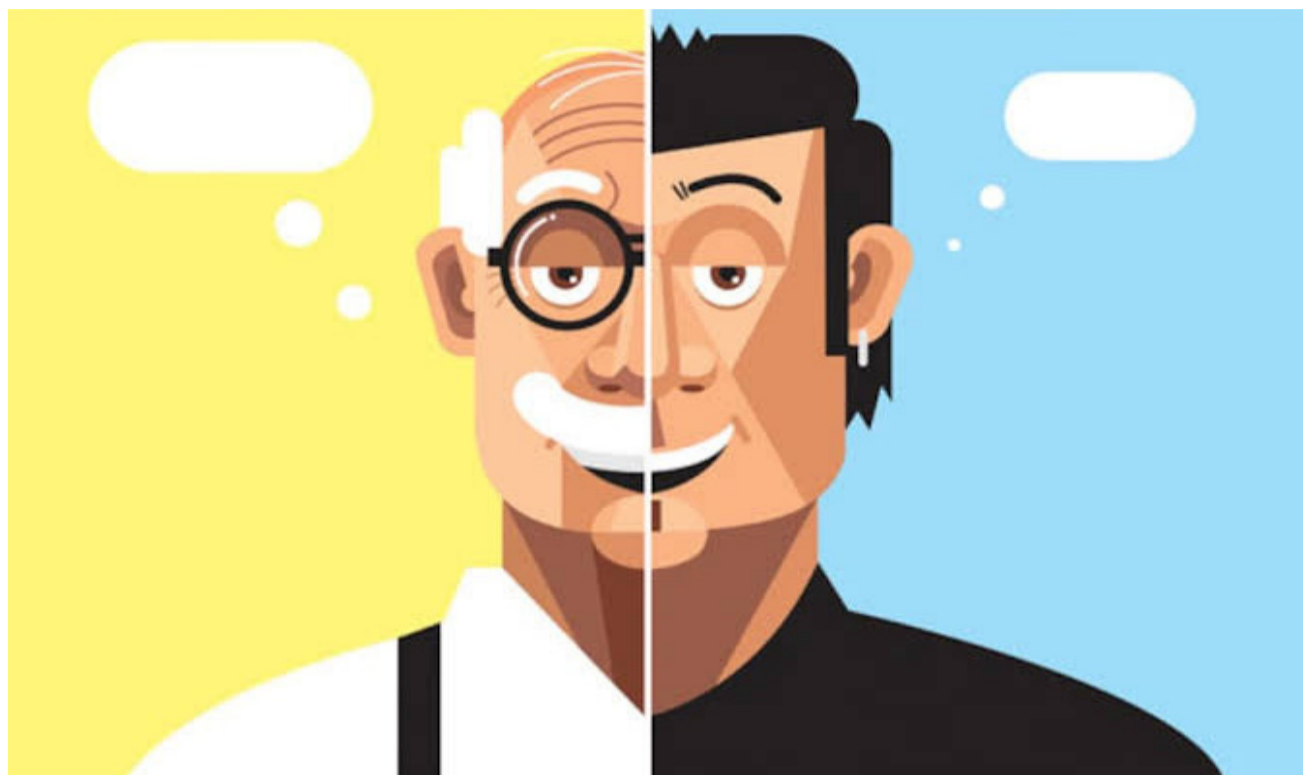
Parents today often struggle to strike a balance between traditional values and the demands of a modern lifestyle. Many are preoccupied with earning a livelihood in a challenging socio-economic environment, leaving less time and energy for meaningful interactions with their children. The cultural practice of joint families, which once provided a support system for parenting, is gradually fading, leaving parents with more responsibilities and less time to connect with their kids.

Moreover, some parents tend to impose their expectations on children without considering the changing realities. Academic excellence, career choices, and behavior are areas where children feel pressured, leading to resentment and withdrawal. While parents may see this as "guidance," children often perceive it as control, deepening the communication gap.

Children and the Digital Revolution

On the other hand, children in Kashmir are growing up in a world vastly different from that of their parents. The rise of smartphones and social media has introduced them to ideas, cultures, and lifestyles far removed from traditional Kashmiri values. While these platforms offer opportunities for learning and expression, they also create distractions and barriers to real-world connections.

Children, engrossed in their digital lives, often fail to acknowledge the wis-



dom and experiences of their parents. They may see their parents as outdated or irrelevant, dismissing their advice and concerns. The digital world also exposes them to stress, anxiety, and peer pressure, which they might be reluctant to share with their parents, fearing judgment or misunderstanding. Our children are vulnerable. They are unable to compete as normal. They like loneliness.

They are being challenged by society at every step they take. They can not face their problems properly. They do not have a good decision taking power. They feel anxious, depressed.

Where Are We Going Wrong?

The communication breakdown is not entirely the fault of one party. It is a shared failure, rooted in a lack of mutual understanding. Parents expect obedience, while children seek acceptance. Parents want to impart values, while children want their individuality respected. Unfortunately, both parties often fail to meet halfway.

In Kashmiri society, open dialogue about feelings and emotions is still stigmatized. Parents hesitate to discuss sensitive topics like mental health, relationships, or personal challenges, leaving children to navigate these issues alone. Similarly, children often hide their struggles, fearing criticism or disappointment. This silence creates an

The communication gap between parents and children is not an insurmountable problem. It requires a collective effort from families, schools, and the community to address this growing concern

emotional distance that erodes trust and connection over time.

The consequences of this communication gap are far-reaching. Children may feel isolated and misunderstood, leading to issues like low self-esteem, anxiety, or even rebellion. Parents, on the other hand, may experience frustration, disappointment, and a sense of failure in their roles. This growing disconnect can also weaken the cultural and moral foundations that Kashmiri society prides itself on.

When communication falters, families risk becoming fragmented. The warmth and unity that once defined Kashmiri households could give way to alienation and estrangement, threatening the very essence of the region's cultural identity.

How Can We Bridge the Gap?

The solution lies in fostering mutual respect and understanding between parents and children. Both parties need to take responsibility for rebuilding the lost connection.

1. Embrace Open Dialogue:

Parents should create a safe space where children feel comfortable sharing their thoughts and emotions without fear of judgment. Similarly, children must learn to articulate their concerns respectfully and listen to their parents' perspectives.

2. Balance Tradition and Modernity:

Parents need to recognize that times have changed, and their children face

challenges they never encountered. By blending traditional values with modern insights, they can provide guidance that is both relevant and meaningful.

3. Limit Digital Distractions:

Both parents and children should set boundaries for technology use to prioritize family interactions. Engaging in shared activities, like meals or outings, can strengthen bonds and foster communication.

4. Educate on Emotional Intelligence:

Parents should educate themselves and their children on emotional intelligence, emphasizing empathy, active listening, and conflict resolution. Schools and community groups can also play a role by organizing workshops on family communication.

5. Lead by Example:

Children learn more from what parents do than what they say. By demonstrating patience, kindness, and open-mindedness, parents can set a powerful example for their children to follow.

A Call to Action

To the parents: Be friends with your children. Take serious attention and listen to their problems carefully and try to resolve them in the best way. They need your attention.

To the child: Know that your parents just know everything about you. Understand that your parents will always advise you for good. Share all of your concerns and problems directly with your parents. Society will ruin you. Parents will always have a solution.

The communication gap between parents and children is not an insurmountable problem. It requires a collective effort from families, schools, and the community to address this growing concern. By fostering a culture of openness and mutual respect, we can ensure that the bonds between generations remain strong and resilient.

In a society as rich and vibrant as Kashmir, the family is not just a unit; it is the cornerstone of identity and culture. Let us not allow this divide to erode the essence of who we are. Instead, let it be a wake-up call to reconnect, rebuild, and reinforce the relationships that truly matter. After all, isn't a family united by understanding the real beauty of life in the valley?

The author is a PG in Biotechnology and is Administrator at Maryam Memorial Institute Pandithpora. He tweets @IkkzIkbai

What if Everything You Believe About Yourself Is Wrong?

Bobby Hoffman

Have you ever thought to yourself, "Wow, I'm so inspirational!"? Then again, maybe your lingering thoughts are darker. Perhaps you have reached the conclusion that you aren't really good at some things like mathematics, being organized, or maybe acting like a social butterfly.

These self-evaluations about where we excel and what we can accomplish feel real and accurate and determine things like the goals we set and what challenges we are willing to accept. However, research suggests our beliefs about our own motivation are often misguided and can become self-fulfilling prophecies that limit our potential (Meunck et al., 2018). But where do these impressions originate, and what can we do to orchestrate desired change based on reality?

Confluent research reveals that when we repeatedly hear or think about information, there is a strong possibility we come to believe the information as true regardless of accuracy or source (Kahneman, 2011). This problem is so severe that psychologists invented the label of illusory truth to describe the tendency to believe statements that are familiar, even when the message has previously been identified as false. In other words, recurrent impressions will result in personal reality that may or may not be accurate.

When told something repeatedly, we internalize that information, and it becomes part of who

we are, and for some of us, this is a huge problem. Minimally, self-evaluations result in some of us becoming harsh critics of our own behaviors and values, while others are prone to inflated self-images. Either approach can be troublesome.

Self-impressions are influenced by biased opinions grounded in the interpretation of feedback but are also based on such factors as the type of relationship you had with your parents or guardians, socioeconomic opportunities, and a long history of cultural and biologically determined influences. The evaluations are highly meaningful because self-impressions turn into motivations and behaviors. Self-beliefs include many aspects related to values and personality, but when it comes to motivated behavior, these beliefs are focused on how people think about themselves, their capabilities, and the probabilities of achieving success.

Some belief-revealing statements might include "I can never be a (insert occupation or emotion, e.g., 'doctor' or 'happy') no matter how hard I tried," "Hard work doesn't matter much because success is based on who you know," or "What's the point being honest these days? People will just take advantage of you." These types of statements easily reveal how and where you will invest your physical effort and emotional energy and when you will hold back.

What happens in your brain

The real trouble with the ac-

ceptance of beliefs starts when we get into comfortable behavioral patterns that create neurological benchmarks in our brain, often described as sparking neuronal plasticity. These variations impact the production of important motivational, emotional, and effort investment neuromodulators like



dopamine, serotonin, and adrenaline (Maloney, 2021), the neurological messengers that broadly determine our thinking, motivation, and behavior.

Repetition means neural stability. What feels "naturally" motivating is often simply what we've practiced enough to find rewarding or, in some cases, debilitating. When your brain doesn't get the rewards it craves, neuromodula-

tors that your brain craves. tion becomes dysfunctional, and you wind up being in a bad mood, feeling apathetic, and having less fun than having a new toy with no batteries. In the worst cases, you might develop depression or turn to risky behaviors like overeating or substance abuse to get the quick hit of mind-pleasing neuro-

modulators that your brain craves.

Breaking free from false beliefs

The solution is two-fold: calibrating beliefs with facts and embracing a growth mindset. First, recognize and adjust inaccurate self-beliefs. Start by questioning your narratives. Have they developed from sound evidence or hearsay and wishful thinking? Examine the stories that foretell

your motivation. Are the conclusions based on actual evidence or the assumptions of others?

Start by considering alternative interpretations. Instead of accepting historical patterns as unchangeable, brainstorm reasons why your current view may be wrong. Think back to your great-

est accomplishments and determine which conditions contributed to your success.

Apply those conditions to your current challenge. Ask yourself, "When do I engage more deeply? What barriers might be artificial or self-contrived reasons not to act and move forward?" Ultimately, focus on how your engagement commitment develops over time rather than making snap judg-

ments about your "natural" inclinations.

Second, realize that the hallmark of success is embracing a growth mindset (Yeager & Dweck, 2020), an unwavering belief that skills and intelligence are developed via commitment, hard work, and self-development and not by chance or manifest destiny. Embracing a growth mentality means welcoming challenges, persevering despite setbacks, and seeing failures as chances for growth, not a blemish on the portfolio of life. It means rejecting prior impressions and especially the expectation and reaction of others when determining what you need to do and feel best.

Realize that motivation is not fixed but rather dynamic and contextual. Instead of trying to discover your "true" motivational nature, focus on creating conditions that support engagement and growth.

Mindset individuals question assumptions, experiment with different approaches, and design supportive environments because they know they can break free from limiting self-beliefs. Remember, your current beliefs about what motivates you are not fixed truths, and your brain will thank you when you do the hard work to foster change from useless, self-limiting historical patterns of behavior that may be nothing more than a collection of false memories.

The article was originally published by Psychology Today

CUKashmir holds 30th EC, approves landmark initiatives aimed at enhancing academic, research excellence

Ganderbal, Dec 13: The Central University of Kashmir (CUKashmir) held its 30th Executive Council (EC) meeting on Thursday at the Tulmulla Campus, under the chairmanship of Vice-Chancellor Prof. A. Ravinder Nath. In his opening remarks, Vice-Chancellor, Prof. A. Ravinder Nath showcased the University's progress on academic, research, and administrative excellence. He expressed gratitude towards the Council members for their active participation and valuable insights, emphasizing their pivotal role in shaping the institution's future. The Vice-Chancellor also welcomed the distinguished Council members, including the newly inducted members, Prof. Sandhya Tiwari, Dean School of Languages and Prof. Farooq Ahmad Mir, Dean School of Legal Studies, CUKashmir. The meeting was also attended

by Prof. Vandana Mishra, Centre of Comparative Politics & Political Theory, School of International Studies, JNU, New Delhi, Prof. Parikshat Singh Manhas, Chairman, JK BOSE, Prof. Ajay Kumar Singh, Department of Commerce, School of Economics, University of Delhi, Dr. Mriganka Sekhar Sarma, Deputy Secretary, UGC, Dr. Rashmi Singh, Commissioner Secretary, Higher Education Department, J&K, Dr. Ravi Kumar Bharti, Additional Secretary, Higher Education Department, J&K, Prof. Shahid Rasool, Dean Academic Affairs, and Prof. M Afzal Zargar, Registrar (Secretary). About the academic advancements, the Council acknowledged the University's proactive implementation of the National Education Policy (NEP) 2020, which earned it the prestigious designation as a hub university by the



Ministry of Education (MoE) for NEP coordination among other universities. Approval was granted for comprehensive Institutional Development Plans in alignment with UGC guidelines and NEP objectives, focusing on academic, research, and outreach initiatives. CUK's leadership in the Consortium of Higher Educational Institutions of North India (CHEINI) for sharing best practices was lauded, along with its nodal university status under the Bharatiya Bhasha Samvardhan Samiti for promoting Kashmiri language literature. To foster multidisciplinary

education, the plan to establish departments of Psychology, Vocational Studies, and Liberal Arts were approved, reflecting the University's commitment to multidisciplinary education and addressing contemporary academic demands. The Council commended the successful and efficient completion of the recruitment process under the Mission Recruitment mode, with special provisions to ensure a seamless joining experience for outstation candidates. Rolling advertisements focusing on gender equity were also approved to continue expanding the University's talent pool. A new policy was approved to enhance the research environment, enabling Postdoctoral Fellows, including Ramalingam Ramanuja and Inspire Fellows, to contribute beyond their fellowship terms, fostering innovation and academic growth. Infrastructure and Transparency: The members were informed about the submission of a revised Detailed Project Report (DPR) for Master Plan Phase-I to the Ministry of Education, with fund approvals anticipated soon. The University's exemplary performance in RTI transparency audits was also recognized. The Council approved several critical measures, including appointment of key non-teaching positions like Finance Officer and Librarian, adopting UGC's latest regulations, and implementing employee-centric policies to boost institutional efficiency. The meeting concluded with the Council expressing its appreciation for the visionary leadership of Vice-Chancellor Prof. Ravinder Nath and the collaborative efforts of all stakeholders.

CONTD. FROM FRONT PAGE

MeT Predicts

south Kashmir, experienced its coldest night of the season at minus 9.4 degrees Celsius, a significant drop from minus 4.6 degrees Celsius recorded the previous night, the weather department said. Qazigund, the gateway town to Kashmir, registered a low of minus 1.4 degrees Celsius, while Kupwara in north Kashmir recorded a minimum of minus 2.5 degrees Celsius, and Kokernag in south Kashmir logged minus 1.8 degrees Celsius, it added. The higher reaches, including popular tourist resorts of Gulmarg and Sonamarg, Tangmarg, Gurez, and Zojila axis received light to moderate snowfall on Thursday, the officials said. Some areas in the plains in Shopian, Pulwama, and Baramulla, as well as the upper areas of Anantnag, Budgam, and Bandipora also received light snowfall, they added. Meanwhile, the weatherman here has predicted no wet spell till December 21. Director MeT, Dr. Mukhtar Ahmad said that the weather would remain dry for the next 24 hours while on December 15, there is a forecast of cloudy weather conditions. On December 16 & 17, the weather would remain generally while from December 18-20th, the cloudy weather is expected in Jammu and Kashmir.

As per the MeT's advisory, there is a forecast of a cold wave over many stations during the next four days. "In view of fresh snowfall, sub-freezing temperature & icy conditions over roads of important passes and higher reaches, the tourists, travelers and transporters are advised to follow administration and traffic advisory," it reads.

Delhi-Sgr Train

Austrian Tunneling Method (NATM) technology was employed, involving approximately 1,600 skilled and semi-skilled workers during the peak construction phase. Notably, it was earlier reported that Prime Minister Narendra Modi is expected to dedicate the New Delhi-Baramulla railway line to the nation on January 26, they added. Union Minister of State for Railways and Food Processing Industries, Ravneet Singh Bittu inspected the USBRL project last month and said that the project would provide an economic boost to the region. "This will be an eye-opener for the world. Safety remains our top priority, and every aspect is being checked to ensure the project's completion by December." "When our highways and railways are efficient, we can compete globally. I believe this project will be completed by January, and the PM will inaugurate it," he said. -With inputs from KNO

J&K Reports

labs," he added. "Initiatives like the Ni-kshay Poshan Yojana provide nutritional support, while the Ni-kshay Mitra initiative offers additional nutritional, diagnostic, and vocational aid to TB patients and their families. Efforts also focus on reducing stigma, enhancing community awareness, and tracking cases through the Ni-kshay portal, along with preventive treatment for high-risk groups," it said.

LG Extends Term

has been instrumental in the launch of 55 student-driven start-ups and the registration of 42 patents. He also drafted a new agriculture education model which became the national model of agri-education. Meanwhile, Prof. Umesh Rai is widely regarded as a catalyst for innovation and entrepreneurship. Under his leadership, Jammu University has transformed into a hub of innovation, becoming a model institution for the implementation of the National Education Policy across the Union Territory. Prof. Rai introduced the groundbreaking "Design Your Own Degree" model, which has been adopted by universities across the country and within Jammu and Kashmir. Prof. Rai's contributions extend beyond the classroom, with his initiatives such as the "College on Wheels" and "Igniter" - a Youth Startup Yatra, providing invaluable opportunities for students to engage in entrepreneurship and innovation. His work in setting up the 'Skills, Incubation, and Entrepreneurship Centre' at JU has been pivotal in fostering a startup ecosystem, positioning the university as a leader in incubation and innovation. Both Vice Chancellors have received extensions in recognition of their remarkable leadership and the transformative impact they have had on their respective institutions.

Youth Must Unite

Governor called upon the teaching community to reinvent the classroom-learning and provide mentorship to students. "Education means learning, not delivery of information. Only teacher-student engagement can generate curiosity, creativity and imagination among students. We must create a conducive environment to develop lifelong learning and problem-solving skills and encourage critical thinking, creativity, and collaboration among students, he said. He further emphasised on maintaining a fine balance between Science and Sanskar. Along with core subjects, our focus should be on value-based education and promoting new ideas, new innovations while nurturing the individuality of students, he added. On the occasion, the Lieutenant Governor felicitated the meritorious students, and also congratulated the school for contributing immensely in developing knowledge capital and human capital.

'Tamil Nadu-J&K

spokesperson said. He said the LG welcomed the visitors at Raj Bhavan and listened to their experiences during their visit to the union territory. "Tamil Nadu and Jammu Kashmir have been connected since time immemorial. When I look at the two regions, I see inspiring chapters of rich ancient Indian history and contributions of men and women who shaped the destiny of our country," Sinha said. Jammu Kashmir is paired with Tamil Nadu under 'Yuva Sangam' to promote unity in diversity by facilitating meaningful interactions, cultural exchange and knowledge sharing among youths.

Complaint Filed

after that Administrative Department, Health and Medical Education, J&K kept the appointment order under abeyance with immediate effect vide letter no HD-N HM/ 141/2024-02, dated 30.09.2024 till further order," it reads. However, a recent meeting between Abid Rashid Shah, Secretary H&ME Department and Nazim Zai Khan resulted in the approval for establishing the PMU. The complainant has urged the Lieutenant Governor to conduct an inquiry into the matter

and take appropriate action against Khan for his alleged irregularities.

Police Attaches

connected to providing shelter to the four terrorists who were neutralized in the aforementioned residential house on 06/07/2024, the statement added. It further added this action represents a significant milestone in the ongoing investigation into unlawful and subversive activities in the district. It highlights the firm commitment of J&K Police to neutralize threats to national security and maintain peace and order, police said.

MHA To Release

constitutional amendment bill to roll out the concept of simultaneous Lok Sabha and state assembly polls. "Still, it is a cabinet proposal and so far not tabled in the parliament. Let there be a detailed discussion on the issue. It should not meet the same fate as the bill related to Article 370 and (transforming J&K into) UT in 2019 which was passed within one or two hours after a token discussion," Omar told reporters here. On the delay in releasing business rules by the Union home ministry to define the roles, responsibilities and powers of the chief minister and his cabinet colleagues, he said it is likely to be completed by the end of December or early January.

"Work is underway to get some clarity in framing up business rules. We hope it will be completed by December end or January beginning," he said. He defended his decision to revive the 'Darbar Move', an age-old practice under which the government moved administration every six months between Jammu and Srinagar. The practice, introduced by Dogra rulers nearly 150 years ago, was stopped by Lt Governor Manoj Sinha in 2021.

Accusing the BJP of committing atrocities against the people of Jammu, the chief minister said his government would right every wrong done by the national party. "It was the BJP which stopped the 'darbar' move and committed excesses with Jammu. They have done injustice to the region in every aspect. They destroyed its map and everything that was left by the Maharaja (last Dogra ruler Maharaja Hari Singh). For the sake of it, they

claim to have respect for Maharaja but what they did with his map, darbar move, State subject law. They have done excess but we will set it right now," he said.

Asked about the possibility of expanding his cabinet to accommodate coalition partner Congress, Omar said, "What you have to do with it and that is my job."

He rejected opposition criticism of his government and said "We will publish our report card after completion of the five-year rule."

Omar added, "If opposition had to be delivered, the people would have given them the mandate. We have been given five years and not five days, five weeks or five months ... We will publish our report card after completion of five years."

Govt Violated

(candidates who had challenged selection of candidates before single bench), who are not in permanent employment of the Government and still interested, are considered for such engagements in the next year."

In case there are no vacancies available to adjust the writ petitioners, the court said, the term of engagement of equal number of candidates, who are outsider/non-locals and last in the merit/select list be not extended.

"The respondents (authorities) shall adhere to the 'local criteria', as envisaged in the scheme in letter and spirit so that in future no unnecessary litigation is generated."

Anti-Drone System

reporters in connection with the 60th Raising Day celebrations of the force and to highlight the achievements registered by his troops in Jammu this year, Boora said the sector has a sensitive border which is being monitored round-the-clock by boots-on-ground (manpower) and technological advancement with focus to ensure no infiltration from across the border.

"The (drone) activities from across the border have come down and the exact reason for it is known to them (Pakistan) only. However, since we have upgraded our (anti-drone) systems on the borders, this problem (drone incursions) has dropped to almost zero in Jammu which proves that our technology is successful," the BSF officer said.

He said technology is evolving in every field

all across the world.

"It is obvious that the terror groups will use it and so our agencies like police, Army and BSF will try it as well. So this is a general process that the type of technology that is available, it is available for everyone and everyone uses it. And the technology that is available, its counter is also available at the same time," the BSF officer said, referring to drone and counter-drone gadgets.

He said if there is any upgradation of technology in Pakistan, the Indian forces are also getting a new version. In fact, India is ahead of its opponents, he added.

"It happens everywhere... there is no need to worry about it because this upgrade is a normal process. If any new thing is available, then it is available for us too. So we use it.

"And I assure you that our government and the forces do not leave any such shortage in upgradation that we are left behind of those who work against us," Boora said, responding to a question on the steps taken to counter terrorists using advanced weapons.

He said the Jammu border comes under the most sensitive border in the country and "our soldiers and officers do a very difficult duty here".

"And in doing this work, the BSF has also achieved great success. For this, I would like to congratulate all the people working under my command," Boora said.

Asked about the threat posed by the use of US-made M4 carbines by terrorists, the senior police officer said there is no specific threat as all weapons are the same.

"There is hype about the foreign-made carbine even though it does not do anything different. It has the same system as other weapons... magazines, bullets and a trigger.

"Today, India is not the same as it was when we had old-fashioned weapons. Now we have new technology, new India-made weapons which are very good," he said.

About the new technology and weapons inducted by BSF in the recent past, Boora said it is not right to divulge the details in the public domain.

"I can assure you that the BSF has the latest technology and latest weapons. And whatever technology is upgraded, we immediately invest in it.

And we get full support and money from the government. So we are much ahead in that," he said.

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Power Sector In JK Functions With Rough-Edges: Dy CM

Agencies

SRINAGAR: Deputy Chief Minister of Jammu and Kashmir, Surinder Kumar Choudhary Friday said that there were some loopholes in the power sector and more stock was needed ahead of possible harsh winters and snowfall.

Speaking to the reporters, Choudhary said that a review meeting with the Power Development Department was held in Srinagar on the directions of Chief Minister Omar Abdullah.

"We took a review of the available stock and loopholes in the power sector. We found that there were still some loopholes and there was a need for more stock ahead of possible harsh winters and snowfall," he said.

Choudhary further said that the people have an elected government now and if they will face any issues like unscheduled power cuts and distress cuts in Kashmir, they will come and complain with their elected government.

"People will be satisfied that their elected government is working and trying hard to provide them all sorts of facilities which the government has promised them," he said.

The Deputy CM added, "We



assure the public of Kashmir that the government has put their representatives everywhere and in the snowfall season, they will not face any sort of problem."

Earlier this week it was reported that the Power Development Department (PDD) has requested for more power to reduce the issues of distress and unscheduled power cuts in Kashmir.

A top official had said that demand for power has increased significantly from the past two weeks and requires extra electricity to overcome it. "We are expecting some power from the authorities because we have demanded more power. Let's see what we get," the official had said.

He also said, "As of the, the unrestricted demand of electricity including the ongoing power curtailment schedule has reached 2600-2700 Megawatts. However, as of now we have only 1450 MW of power."—(KNO)

J&K's Working Women Hostel Gets Rs 4.80 Lakh In FY 2023-24: Union Minister

Observer News Service

SRINAGAR: The government of India has allocated an amount of Rs 4.80 lakhs in the Financial Year 2023-2024 under the Sakhi Niwas (Working Women Hostel) scheme for Jammu and Kashmir; the centre informed the Parliament on Friday.

Notably, J&K has one operational working women hostel. The government, under the Sakhi Niwas Scheme (Working Women Hostel) within the Mission Shakti framework, is committed to providing safe, secure, and affordable accommodation for working women and those aspiring to join the workforce, a written reply by Minister of Women and Child Development, Annpurna Devi, reads.

The demand-driven Centrally Sponsored Scheme allows States and Union Territories to propose hostel facilities based on local needs, approved by the Programme Approval Board. The scheme focuses on rental-based accommodations with provisions for day-care facilities for children in urban, semi-urban, and rural areas with employment opportunities for women. Since the launch of Mission Shakti on April 1, 2022, the scheme has discontinued funding for new constructions, shifting its focus to rental accommodations, she said in a reply.

Previously, the grant-in-aid was provided for constructing and expanding hostel buildings, as well as for paying rent for some facilities, the reply added.

ONE NATION, ONE ELECTION DEBATE

Mir Terms It 'Impractical'

Agencies

SRINAGAR: All India Congress Committee (AICC) General Secretary and senior J&K Congress leader, Ghulam Ahmad Mir, on Friday criticized the 'One Nation, One Election' proposal, calling it 'impractical' and 'beyond imagination.'

Mir accused the BJP-led central government of using such proposals to divert attention from pressing governance issues, including unemployment and economic challenges.

Speaking in South Kashmir, Mir, stated, "India is a vast and complex country with a democratic framework. Holding simultaneous elections for the Lok Sabha, state assemblies, panchayats, and municipalities seems beyond imagination."

He further said that the proposal would be discussed in

Parliament, where all political parties could express their views. However, he added that the country is currently not advanced enough to conduct all elections simultaneously.

"This government often introduces such debates to cover up its governance failures. Issues like unemployment, development, and public welfare are being sidelined. The focus should be on solving fundamental problems rather than proposing ideas that seem impractical," he said.

Notably, the Union Cabinet, led by Prime Minister Narendra Modi, recently approved a constitutional amendment bill to facilitate simultaneous elections. The move has sparked widespread debate among political leaders, with Parliament set to deliberate on the matter—(KNO)

Teacher Among Two Dead As Container Truck Overturns In Kulgam

Agencies

SRINAGAR: Two persons, including a government teacher, lost their lives after being trapped beneath an apple-laden container truck that overturned in the Pombai area of south Kashmir's Kulgam district, officials said.

An official said that an AC container truck, bearing registration number JK03P-0505 with apples, overturned on a road in Pombai village. The truck had four occupants, two of whom managed to jump out immediately after the accident, while the other two were trapped beneath the vehicle.

Following the incident, a massive rescue operation was launched by the police, SDRF and locals amid

harsh winter conditions. After a two-hour-long effort, the trapped persons were rescued in critical condition. "Both succumbed to their injuries at the hospital," the official said, adding that two shops and an electricity transformer on the roadside were also damaged.

The deceased have been identified as Reyaz Ahmad Rather, a government teacher and Mukhtar Ahmad Itoo, both residents of Gopalpora, Kulgam, he said, adding that a case has been registered and further investigation into the incident is underway.

Meanwhile, Minister for Health and Medical Education, Social Welfare and Education, Sakeena Itoo visited Gopalpora, Kulgam to meet the families of the deceased.—(KNO)

Infrastructural Growth In Modi Government Hallmark Of New India: Anurag Thakur

Observer News Service

NEW DELHI: Former Union Minister and Member of Parliament from Hamirpur Lok Sabha constituency Shri Anurag Singh Thakur highlighted the work done in the Infrastructure sector during 10-year tenure of the Modi government. He termed this growth as a strong identity of new India.

Shri Thakur said that the 10 years of Shri Narendra Modi government has shown a remarkable growth in Infrastructural sector and has become a strong identity of new India. Under the able guidance and leadership of Hon'ble Prime Minister Shri Narendra Modi for the first time in the history of India so much emphasis has been laid on infrastructure development. With every passing year the increased Public investment on infrastructure in budget is ample proof of this. In last 10 years of the Modi government nation has witnessed a major shift towards infrastructure build up. These changes are quite visible and not only in statistics. The Modi government's main development focus has been on the expansion of infrastructural facilities like roads, highways, rail, other logistics, electricity, airports, ports etc



and it will further continue to meet the excellence.

Shri Anurag Singh Thakur said, "The Modi Government has allocated Rs. 11,11,111 crores for capital expenditure this year, which is 3.4 percent of our GDP. Since 2014, 500% increase in road transport and highways have been made in budget allocation. The pace of Highway construction was 37 km/day in 2020-21. The National Highway (NH) network expansion from 91,287 km in 2014 has reached up to 1,46,145 km by 2023. The 2.5 fold of increase in the length of 4-lane National Highway from 18,387 km in 2014 to 46,179 km by November 2023 is a testimony to the Modi government's commitment towards infrastructure growth.

Shri Anurag Singh Thakur said, "Since 2014, 3.74 lakh km of roads have been built under the Pradhan Mantri Gram Sadak Yojana (PMGSY). More than 100 Vande Bharat trains

have been started by the Modi Government. Under Amrit Bharat Station Scheme for Development and Modernization of Railway Stations, 1318 stations have been selected for redevelopment process. Broad Gauge (BG) network of about 62,000 Route Kilometers has been electrified. This is about 94% of the total broad-gauge routes (65,556 RKM) of Indian Railways. Until 2014, only 21,801 km of broad-gauge network was electrified. Talking about metro Shri Thakur said, the metro network has been expanded from 248 km in 2014 to 1000 km in 2024. This is benefiting more than one crore commuters daily. From just 5 cities in 2014, today 919 km of metro lines are under construction in 21 cities and in 26 additional cities.

Shri Thakur said today, we have 158 airports are in services in the country of them 84 airports have been built by the Modi government in last decade only. Additionally, work on 32 ropeway projects covering around 132 km have taken place in the last decade.

Shri Anurag Thakur said that the last decade has specially been the decade of the rise of New India where world-class infrastructure is giving strength to the objective of building a developed India"

J&K Bank Facilitates Swift Settlement Of Insurance Claims Worth Rs 2.09 Cr

Observer News Service

SRINAGAR: Demonstrating its commitment to customer welfare, J&K Bank once again facilitated the swift settlement of MetLoan & Life Suraksha (MILLS) insurance claims, bringing much-needed financial relief to bereaved families of its deceased borrowers in Baramulla Zone. A total amount of Rs 2.09 Crores has been disbursed to 57 families to ease their financial burdens during difficult times.

During a brief ceremony held in Baramulla, the Bank's Zonal Head (Baramulla) Imtiyaz Ahmad Bhat and PNB MetLife's Associate Director & Head (PMLI) Irfan Ali Zargar displayed the symbolic cheque representing the total amount in presence of Cluster Head (Baramulla) Sheikh Mohammad Muzaffer, Cluster Head (Kupwara) Abdul Majid Bhat, Zonal Insurance Coordinator Kaiser Ahmad Tantray and other senior officials from both the Bank and PNB MetLife, including Area Manager Shahid Hamid.



On reception of the claimed amount, the legal heirs and nominees of the deceased borrowers expressed heartfelt gratitude in unison for the timely support. "We are thankful to the Bank for getting these loans insured along with ensuring the prompt settlement of claims. PNB MetLife's assistance has been crucial in reducing the financial stress during such a difficult time for our families," they said.

Speaking on the occasion, Zonal Head Imtiyaz Ahmad Bhat highlighted the importance of loan insurance in mitigating the financial impact of unforeseen events. "At J&K Bank we believe in supporting our customers

through every phase of life. The MILS scheme ensures financial security for borrowers and their families, providing critical relief to our customers and their families during their toughest moments."

Reiterating the importance of loan insurance, Irfan Ali Zargar said, "The Bank always advises its clients to get their loans insured because while we cannot replace the emotional loss, we can provide financial stability to families facing such unforeseen circumstances. This settlement represents our joint commitment to fulfilling our promises and providing timely assistance to our valued customers."

Health Centre In Anantnag's Dadoo Awaits Completion

Agencies

ANANTNAG: Over seven years since its construction began, a health and wellness centre in the Dadoo area of Bijbehara in south Kashmir's Anantnag district remains incomplete. The abandoned building is now being used to store fodder for animals, leaving residents in distress over the lack of healthcare facilities in the area.

Residents of Dadoo said that the construction of the health and wellness centre began seven years ago, but the building is yet to be completed.

Meanwhile, the centre, which was previously functioning in rented accommodation, has been shifted to another area for reasons unknown.

"In the absence of a local health facility, we are forced to visit hospitals far from our area," said Mohammad Abbas, a resident of Dadoo. He added, "The government should either dismantle the incomplete structure or complete it and make it functional immediately. We feel insecure visiting distant hospitals due to the presence of wild animals."

Locals also expressed concern over the difficulties faced by women and children in travelling to other hospitals, particularly with-



out male escorts, due to the threat posed by wild animals and stray dogs.

"If the health centre in Dadoo was functional, residents wouldn't need to visit far-off hospitals for even minor ailments," they said.

The abandoned building has also become a hub for anti-social activities, locals claimed. "Youth from nearby areas use the building every evening for drug consumption and other unlawful activities," they alleged, urging the authorities to take immediate action.

Currently, some locals are using the incomplete structure to store fodder for their animals. Residents lament that the lack of a functional

healthcare facility is consuming their time and money, as they are forced to travel long distances for medical needs.

The locals appealed to the authorities to expedite the completion of the building and equip it with modern facilities to end their suffering. "We have raised this issue with higher-ups multiple times, but our pleas seem to have fallen on deaf ears," they said.

The residents have requested the Chief Medical Officer (CMO) Anantnag and other concerned officials to look into the matter urgently and ensure that the health centre becomes operational at the earliest—(KNO)

J&K Spent Rs 679 Cr On Afforestation Efforts In Five Years



Observer News Service

SRINAGAR: Jammu and Kashmir has implemented the Forest Rights Act (FRA), 2006, to recognise and formalise the rights of Scheduled Tribes and other traditional forest dwellers.

The Minister of State for Environment, Forest and Climate Change, Kirti Vardhan Singh revealed that 6,020 titles have been distributed across the region, including 429 individual rights and 5,591 community rights. In the Jammu region, Rajouri district recorded the highest number of rights with 2,852 titles, followed by Poonch with 1,902 titles, he said.

Udhampur, Kathua and Ramban had smaller numbers, with 14, 42, and 10 titles respectively. Samba and Jammu had no

individual titles but recognised community rights. In the Kashmir region, Anantnag led with 325 titles, followed by Shopian with 220 and Budgam with 181. Srinagar had no titles distributed, the minister said.

He said the government has also carried out plantation activities under the Compensatory Afforestation Fund Management and Planning Authority (CAMPA) over the past five years, spending Rs 679.58 crore to treat over 508 square kilometres of forest land.

Species like Deodar, Kail, Fir, Bamboo, and Alnus were planted to enhance forest cover, Singh said, adding that the total expenditure was Rs 679.58 crore, covering 508.54 square kilometres, with Rs 177.43 crore spent in 2022-23, the highest in the five years.

Div Com Reviews Management Of Vehicular Movement Through Zojila Pass

Observer News Service

SRINAGAR: In view of plummeting temperatures and frosty condition of road connecting UT of Ladakh with UT of J&K through Zojila Pass, the Divisional Commissioner (Div Com) Kashmir Vijay Kumar Bidhuri on Friday convened a

meeting of concerned officers & agencies regarding the opening and closure of the Pass. Addressing the meeting, Divisional Commissioner exhorted District Administration Kargil, District Administration Ganderbal, SSP Rural Kashmir, officers of BRO & BEACON to maintain close coordination to take a call of closure of the Zojila Pass according to the weather conditions and position of road and in consultation with BRO & VIJAYK.

He emphasized on establishing the joint control room consisting of District Administration Ganderbal, Police, SDRF and CRPF. Div Com said that in case of any eventuality, snow fall and closure of road, necessary accommodation shall be provided to the stranded passengers by Deputy Commissioner, Ganderbal at Sonamarg and Gagan-gar. Besides, the locations and list of the stranded passengers should be shared with Deputy Commissioner, Kargil.

RTO Kashmir and SSP Rural were directed to ensure that the vehicles plying on the road shall wear anti-skid chains and must be mechanically sound. Besides, vehicles shall carry permissible tonnage. Also, RTO Kashmir was instructed to ensure operationalization of weighing bridges enroute the road.

COVID-19: J&K, Ladakh Record 279 Deaths Since 2022

Agencies

SRINAGAR: A total of 279 deaths due to COVID-19 have been reported in Jammu & Kashmir and Ladakh since 2022. The fatalities include 267 deaths in J&K and 12 in Ladakh, as per official data.

According to details obtained, J&K reported 259 deaths in 2022, seven in 2023, and one in 2024. Ladakh reported 12 deaths in 2022, while no fatalities were recorded in 2023 and 2024. J&K recorded 138,250 cases in 2022, 2,630 in 2023, and 153 in 2024. Ladakh reported 7,239 cases in 2022, 202 in 2023, and 74 in 2024.

"The World Health Organization (WHO) has identified JN.1 as the only current Variant of Interest, first detected globally in August 2023. In India, cases of JN.1 were first reported in November 2023," the government said. "As of December 6, 2024, the WHO has reported that there are no currently circulating Variants of Concern (VoCs) for COVID-19," it said. "However, the JN.1 variant, designated as a Variant of Interest (VoI) by WHO on December 18, 2023, remains the most prevalent SARS-CoV-2 variant globally." First detected in August 2023, cases of the JN.1 variant in India were initially reported in November 2023, the government said—(KNO)

GMC Bla MBBS Students Demand Amendments In Reservation Policy

Agencies

BARAMULLA: MBBS students of Government Medical College (GMC) Baramulla protested on Friday against recent amendments to the reservation policy and other administrative decisions, demanding justice and fair policies.

The students demanded the restoration of SRO 49, the removal of Rule 17, and the introduction of a Bond Policy for AIQ (All India Quota) students.

Holding placards with messages "Justice for Doctors" and "Eradicate Draconian Rule 17", the students chanted slogans against "unfair and oppressive policies" which they said jeopardise their future in the medical profession.

"We are not against reservation, but the current policy is not justifiable. If 70% of the population belongs to open merit, then 70% of seats should

go to them. Similarly, if 30% of the population falls under the reserved category, they should get 30% of the seats," said a protesting student.

The students demanded the reinstatement of SRO 49, a regulation they believe ensures fairness for open-merit candidates. "We demand the return of SRO 49, which will provide justice to open merit students who work hard for their seats," another student added.

Raising concerns about the categorisation under the Economically Weaker Sections (EWS), the protesters alleged discrepancies and misuse. "The government needs to reassess the EWS categories. Many people are taking undue advantage of this category, which is unfair to those who genuinely qualify for it," one of the students said.

They urged the government to address their concerns immediately—(KNO)

3rd Test: Cummins Warns Indian Batters Of Bouncers At Gabba

Press Trust of India

BRISBANE: Australian captain Pat Cummins has promised to inundate Indian batters with bouncers at "some point" of the third Test starting in Brisbane on Saturday after employing the strategy with telling effect in the second game in Adelaide.

The Australian quicks, particularly Cummins, tormented the India batters with grunt balls in both the innings during the Pink Ball Test that Australia eventually won by 10 wickets to level the five-match series 1-1.

"Yeah, potentially. It worked out in the Adelaide Test. It's always in the back of your mind as a bit of a plan B," Cummins told the media in his pre-match press meet.

"If it's something really uncomfortable, you're likely to take a look at it and come to a plan A. It worked in Adelaide, so I'm sure we'll give it a shot at some point (in the third Test)," he added.

Cummins was also chuffed



with the way the Australian batters embraced the unique challenge of facing Jasprit Bumrah after succumbing to the talismanic Indian pacer in the first Test at Perth.

"Yeah, that's right. The professional players that we are,

obviously, we'll be ready for it. The guys always relish who they come up against, whatever the conditions are," he said.

"Look, going to India and seeing a spinning wicket...for someone like Smithy (Steve Smith), he loves that challenge

where it is really difficult to bat on. Those conversations, they're always up for it and exciting for the next round," he noted.

HAZLEWOOD REPLACES BOLAND IN AUSTRALIA XI

Australian captain Pat Cum-

mins on Friday announced that pacer Josh Hazlewood will replace Scott Boland in his playing XI for the third Test against India after having recovered from a side strain.

The injury had forced Hazlewood to sit out of the Pink Ball Test in Adelaide last week. Cummins exuded confidence that Hazlewood would pull through the match without any "hiccups".

"He had a really good bowl yesterday, he had another bowl in Adelaide a couple of days previously. Him and the medical team are really confident," he said on the eve of the game.

GREEN IS FADING AT GABBA

The green tinge on the Brisbane deck was significantly reduced on the match eve.

"I looked at it yesterday - it looked like a good wicket, like it has been the last few years," said Cummins.

"A bit of sun baking it the last couple of days (means) I don't think it's as green and leafy as it was against South Africa," he said.

Preparations For 1st Jammu Half, Ultra Marathon Reviewed

Observer News Service

JAMMU: Chief Secretary Atal Dulloo on Friday chaired a meeting of Tourism Department to take review of the Jammu Half Marathon and Ultra Marathon 2025, proposed to be held in February.

Besides the Commissioner Secretary, Tourism Department the meeting was attended by Deputy

Commissioners of Jammu, Kathua, Samba, Udhampur; Director Tourism, Jammu; Traffic Police authorities and other concerned officers and officials of the Department

It was added that a half marathon of 21kms, Fitness-gauge Marathon of 10 kms and a Fun Run of 5 Kms distance would also be organised simultaneously for both male and

female runners.

Exciting prizes for both Men and Women would be given. These includes a first prize of Rs 15 lakhs, 2nd Prize of 12 Lakhs, 3rd Prize of Rs 9 lakhs, 4th Rs 5 lakhs and 5th prize of Rs 3 lakhs would be given to the winners of Half Marathon.

Similarly prizes of Rs 3 lakhs would be given to the winner of Fitness-gauge runner.

Gillespie Resigns As Pakistan Coach; Aaqib Javed Steps In



Press Trust of India

LAHORE: Jason Gillespie stepped down from his role as Pakistan's Test team coach and former pacer Aaqib Javed has replaced the Australian for the upcoming two-match series against South Africa, PCB announced on Thursday.

Pakistan will play two Tests against the Proteas from December 26, and they are already in the Rainbow Nation for the white-ball leg of the tour.

Aaqib is currently the interim coach of Pakistan white ball outfits.

Gillespie, whose contract was set to expire in 2026, resigned after the Pakistan Cricket Board didn't review the contract of Tim Nielsen, who was brought in on the recommendation of the former Aussie quick, as the high performance coach of the team.

Gillespie was also peeved at the PCB's decision to absolve him of the powers of team selection and involvement in pitch preparation.

It may be recalled that Gary Kirsten, who joined as the white ball side's coach along with Gillespie, had resigned before Pakistan left for the series in Australia, Zimbabwe and South Africa.

Kirsten had resigned citing differences with the PCB on the matters of authority. Both Gillespie and Kirsten were ap-

pointed on a two-year contract before the T20 World Cup 2024 and the PCB had promised a new era for the Pakistan team.

But once Aaqib was brought in as senior selector and PCB granted him full powers including in team selection, the foreign coaches started falling out with the board.

Imad Wasim Retires From International Cricket

Pakistan all-rounder Imad Wasim on Friday announced his retirement from international cricket, bringing an end to his nine-year career, just six months after making a comeback during the T20 World Cup.

The 35-year-old, who was instrumental in Pakistan's Champions Trophy-winning campaign in 2017, had retired last year before a stellar run in the Pakistan Super League prompted a return to international cricket in the T20 format.

A white ball exponent, Wasim took to 'X' to announce his retirement after playing 130 international matches across ODIs and T20Is for Pakistan.

The spin all-rounder, however, added that he will continue playing domestic and franchise cricket.

From 75 T20Is, Wasim scored 554 runs and took 73 wickets.

Big Cricket League 2024: Mulan CC Clinches Title



Observer News Service

JAMMU: The final day of the Swachh Bharat Big Cricket League 2024 unfolded at Kot Tawa, where Mulan CC emerged as the champions after a thrilling contest against Swachhta Strikers.

Swachhta Strikers won the toss and opted to bowl first. Mulan CC, though slow

off the mark, gradually accelerated their innings, setting a challenging target of 197 runs. The innings saw brilliant contributions from Lakhan, who top-scored with 49 runs, while Rahil (38) and Rohan (36) also played key roles, taking the total to a competitive figure.

Chasing the target, Swachhta Strikers faced pressure from the begin-

ning and struggled to build partnerships. Despite a valiant effort by Kavir, who scored a determined 49, the Strikers were bowled out for 163 runs, falling short by 33 runs.

Mulan CC's bowlers, backed by solid fielding, kept the pressure on throughout the innings and restricted Swachhta Strikers from crossing the finish line.

Short TAKES

ICC To Finalise Hybrid Model For CT With PCB

The ICC top brass is likely to finalise the hybrid model modalities for the Champions Trophy during a virtual meeting with Pakistan Cricket Board (PCB) chief Mohsin Naqvi on Saturday, it has been learnt.

It has been agreed in principle that neither India nor Pakistan will travel to each other's country for ICC events. Hence, India and Pakistan will play in Dubai during the 2025 Champions Trophy which will be held from February 19 to March 9.

The tournament will feature eight teams, divided into two groups. The top two teams from each group will advance to the semifinals.

The PCB had said that it was willing to accept the hybrid model only if the same arrangement will be made for all ICC events, awarded to India and Pakistan.

It means that when India will host the 2025 Women's ODI World Cup, Pakistan will not travel to the neighbouring nation and play against them at a neutral venue.

During the 2026 men's T20 World Cup, to be co-hosted by India and Sri Lanka, India will not be able to play the marquee clash against Pakistan at home and instead travel to Colombo for the high-voltage clash.

"There's a virtual meeting tomorrow which ICC chairman Jay Shah will join from Brisbane. It is expected that ICC will make an official announcement after that," an ICC official told PTI.

As of now, no compensation will be given to the PCB for accepting hybrid model.

Lanka T10 Team Owner Arrested On Match-Fixing Charges

Prem Thakkur, the Indian owner of Lanka T10 Super League team Galle Marvels, has been arrested by police here on match-fixing charges, according to a report.

Thakkur was arrested on Thursday, a day after the tournament began, and was produced before a local court, according to ESPNcricinfo.

The report said that Thakkur, an Indian national, had been arrested by the Sri Lanka Sports Police Unit under the 2019 Prevention of Offences Relating to Sports Act. He was arrested at a hotel in Kandy, where the Lanka T10 tournament is underway.

It said the Lanka T10 tournament director Samantha Dodanwala confirmed that the tournament "will go ahead as scheduled".

This is the second franchise tournament in Sri Lanka this year in which a team owner has been arrested under the country's sports anti-corruption ordinance. LPL (Lanka Premier League) franchise Dambulla Thunders' co-owner Tamim Rahman was arrested in May on allegations of match-fixing.

Ding Lost Deliberately: Russia

The president of the Chess Federation of Russia, Andrei Filatov, accused China's Ding Liren of losing the World Chess Championship 2024 on purpose against India's D.Gukesh on Thursday.

Russian news agency TASS quoted Filatov as saying that the result raises questions and that the International Chess Federation (FIDE) should open an investigation.

"The result of the last game caused bewilderment among professionals and chess fans. The actions of the Chinese chess player in the decisive segment are extremely suspicious and require a separate investigation by FIDE," he said.

"Losing the position in which Ding Liren was in is difficult even for a first-class player. The defeat of the Chinese chess player in today's game raises a lot of questions and looks like a deliberate one," he added.

Gukesh became the youngest world champion in the sport after he trumped reigning champion Ding in the 14th round. The game was set for a draw before reigning champion Ding blundered in the 55th move, effectively gifting the game to his rival.



Bumrah Is A Combination Of Legendary Pacers, Says Chappell

Press Trust of India

SYDNEY: Jasprit Bumrah embodies the qualities of pace legends such as Dennis Lillee, Andy Roberts and Richard Hadlee but at the same time is forging his own legacy, one that is set to inspire future generations of pacemen, feels former India coach Greg Chappell.

He also said that Bumrah is the only player standing between Australia and the Border-Gavaskar Trophy.

"What sets Bumrah apart is his combination of skills: (Malcolm) Marshall's adaptability, Lillee's aggression, Richard Hadlee's control, Roberts' strategy, Wasim (Akram) and Waqar's (Younis) reverse swing, (Glenn) McGrath's precision, (Dale) Steyn's explosiveness, and (Kagiso) Rabada's modern versatility."

"As Nasser Hussain aptly observed, "He's the complete bowler. As he has had back surgery already, it is not certain he will have a long career, but if he does, his name will be mentioned in the same breath as the champions above," Chappell wrote in the 'Sydney Morning Herald'.

An all-format bowler, Bumrah has reinforced his status as the best bowler in the world several times including when he led India to a 295-run win in the Perth Test recently.

"While the legends of yesteryear established the foundations, Bumrah is carving his own legacy - one that promises to inspire future generations of pacemen."

The former Australia captain said Bumrah's lethal yorkers and unsettling bounce evoked memories of Lillee's raw aggression on the field.

"Lillee was a warrior, combining raw aggression with psychological prowess. I opposed him many times in domestic cricket and watched him

from close quarters against the best batsmen of his era.

"His ability to make it hard for batsmen to score runs with his probing line and length, allied to his guile and determination, made him the champion that he was. Bumrah, though less overtly combative, channels Lillee's ability to unsettle batsmen. His deadly yorkers and disconcerting bounce - especially with his unorthodox release point and trajectory - echo Lillee's capacity to dictate terms.

"Bumrah's quiet intensity and precision make him a nightmare, much like Lillee's unrelenting aggression."

Another great of the game was Roberts, who combined pace with strategic brilliance. Chappell felt Bumrah's 2018 performance at the MCG where he used variations to get the better of the batters was reminiscent of the way Roberts operated.

"Bumrah shares Roberts' cerebral approach. Both bowlers use subtle variations to outfox batsmen, relying

on strategy rather than brute force. Bumrah's spell in the 2018 Boxing Day Test against Australia - culminating in 6-33 - was a modern echo of Roberts' game-changing bursts."

"Roberts had a loping and relaxed run-up and a very strong shoulder action like Bumrah, and skidded onto you quite quickly, so it was important to be focused on the ball leaving the hand.

"The danger of a bowler who zeroes in on the stumps, as Roberts did and Bumrah does, is that if you relax for a moment and try to hit across their deliveries, you become even more vulnerable to LBWs and bowled. I would use the same approach against Bumrah," Chappell added.

The 31-year-old has consistently churned out stellar performances and is the go-to bowler when the Indian team is in need of wickets.

"With 151 wickets at an average of 21.03 in just 30 Tests, his ability

to excel in diverse conditions recalls Marshall's dominance. Bumrah's reverse swing on abrasive surfaces and his ability to seam and swing the ball under cloudy skies have been pivotal, evoking the same uncertainty that batsmen faced against Marshall.

"As Ian Botham famously remarked of Marshall, "He gave you no respite." Today, batsmen echo similar sentiments about Bumrah," Chappell wrote.

Drawing comparison to Hadlee, Chappell said "Bumrah's meticulousness draws comparisons to Hadlee. His mastery of English conditions, where he averages 22.02, and his ability to exploit even the slightest movement resemble Hadlee's clinical dismantling of batting orders.

"Like Hadlee, Bumrah's focus on perfecting every delivery has made him indispensable in critical moments. He is also carrying the Indian pace attack at present as Hadlee did for New Zealand in his era," he added.