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BOOK APPOINTMENT

J&K's Cesarean Rate At 41%: Late Marriages & Lifestyle Changes Under Spotlight

Syed Mohammad Burhan

Srinagar: Jammu and Kashmir's caesarean delivery CD rate of 41 percent is significantly higher than the national average, according to the Lancet Journal's analysis of the National Family Health Survey-5 (NFHS-5) data for 2019-2021. The report highlights significant variations in caesarean delivery (CD) rates across India.

According to a survey of the Lancet Journal, the national CD rate stands at 21.5 percent,

but this figure masks substantial disparities between states, economic groups, and healthcare sectors.

States like Telangana, Tamil Nadu, and Andhra Pradesh exhibit the highest CD rates, with Telangana leading at 60.7 percent. Conversely, states such as Nagaland, Meghalaya, and Bihar show some of the lowest rates, with Nagaland at just 5.2 percent.

The survey states that Jammu and Kashmir's CD rate of 41 percent is significantly higher than the national



average. This elevated rate reflects patterns of over medicalization, particularly in private

healthcare settings.

"Although wealth disparities in the region exist, they are

High maternal age

Attitudinal changes

Socioeconomic factors

Private healthcare practices

Lack of awareness

Lack of 24/7 maternity services

less pronounced compared to states like Assam, which has the highest inequality ratio. Unlike

northeastern states with low overall CD rates, Jammu and Kashmir's figures align more closely with southern states, though its reliance on private facilities contributes substantially to the higher rates," the report suggests.

These findings also raise concerns about overuse in private settings and potential inequities in public healthcare. Strengthening public health initiatives like the Janani Suraksha Yojana (JSY), which subsidizes institutional deliveries, | [More on P6](#)

Shah To Chair Security Meet On J&K On Dec 19

Observer News Service

New Delhi: Union Home Minister Amit Shah is set to lead a high-level security meeting in the national capital on December 19. Official sources confirmed that the meeting will focus on key security issues, particularly concerning Jammu and Kashmir.

Lieutenant Governor of Jammu and Kashmir Manoj Sinha will join the discussions to review strategies for maintaining peace and stability in the Union Territory. Other prominent attendees include National Security Advisor Ajit Doval, Union Home Secretary Govind Mohan, Intelligence Bureau Director Tapan Deka, Chief of Army Staff General Upendra Dwivedi, senior army officials, Director Generals of Central Armed Police Forces (CAPFs), and top officers from Jammu and Kashmir, including the Chief Secretary and the Director General of Police.

This meeting comes nearly five months after Amit Shah last chaired a similar security review in June. The agenda will revisit strategies like the "area domination plan" and "zero terror plan," which have been successfully | [More on P6](#)

CIK Raids Anantnag Jail

The Counter Intelligence Kashmir (CIK) Saturday recovered several digital devices, including cellphones and tablets during raids at different locations in Jammu and Kashmir, officials said. An official said | [More on P6](#)

Article 370 Hindered India's Unity: PM Modi



66
WORKING WITH FULL FORCE for secular civil code"

KO Web Desk

Srinagar: Prime Minister Narendra Modi on Saturday said that Article 370 in Jammu and Kashmir was a wall standing between India's unity. Replying to the Constitution debate in Lok Sabha during the Winter Session in the Parliament, PM Modi said that he is very sadly saying that due to selfish efforts of some people, moral beliefs of the constitution were attacked.

"Congress has constantly disrespected the Constitution, reduced the importance of the Constitution. Congress is full of many examples of this... Everyone knows about 370 but very few know about 35-A... If there is any first son of the Constitution of India, then it is

the Parliament but they have strangled it too. They imposed 35-A on the country without bringing it to the Parliament... This work was done on the orders of the President and the Parliament of the country was kept in the dark ..."

Attacking the Congress party for imposing the emergency in the country when Indira Gandhi was the Prime Minister, PM Modi said, "history won't forget how Congress throttled the democracy." In Lok Sabha, PM Narendra Modi said, "Congress tasted blood of amending Constitution, it started hunting Constitution from time to time. It tasted the blood. It kept bloodying the spirit of Constitution. In almost 6 decades, Constitution was amended | [More on P6](#)

Proposes 11 Resolutions Before Parliament

Prime Minister Narendra Modi on Saturday proposed 11 resolutions which include upholding existing reservations for marginalised sections but strongly opposing any religion-based quota. Replying to a two-day debate in Lok Sabha on the 'Glorious Journey of 75 Years of the Constitution of India', Modi said the Constituent Assembly had decided against religion-based reservations after a thorough discussion, and alleged the Congress is | [More on P6](#)

'One Nation, One Election'

J&K Reorganisation Act Set For Amendment

Observer News Service

Srinagar: The Union Government is set to introduce a significant bill in the Lok Sabha on Monday, aiming to amend the Jammu & Kashmir Reorganisation Act-2019 as part of its push to align the region's electoral cycle with the "One Nation, One Election" initiative.

The amendment, which will be presented by Union Law Minister Arjun Meghwal, will also affect other legislative frameworks, including the Government of Union Territories Act, 1963 and the Government of National Capital Territory of Delhi Act, 1991, to synchronize elections in Puducherry and Delhi with the Lok Sabha polls.

The amendment will notably adjust the term of the



Jammu & Kashmir Legislative Assembly, ensuring its alignment with the term of the Lok Sabha. Under the new bill, the J&K Assembly's term shall come to an end when the Lok Sabha's full term concludes, paving the way for simultaneous elections.

This change will come into

effect on an "appointed date," which will be notified by the President after the first sitting of the Lok Sabha following a general election. Since the first sitting of the 2024 Lok Sabha has already occurred, the earliest that the appointed date for simultaneous elections can be notified

J&K's Dual Power System Recipe For Disaster: Omar Abdullah

Press Trust Of India

New Delhi: Chief Minister Omar Abdullah has bluntly termed the dual governance model in the Union Territory -- where he shares power with the lieutenant governor -- a "recipe for disaster", as he urged the Centre to keep its promise and restore statehood to the region at the earliest.

In his first sit-down interview since assuming office in October, Omar expressed cautious optimism over the Centre's commitment to restoring J-K's statehood, citing repeated promises made by Prime Minister Narendra Modi



and Home Minister Amit Shah during election campaigns.

The chief minister's candid remarks underscore the complex political landscape in Jammu and Kashmir, and the difficulties | [More on P6](#)

To Attend Pre-budget Meeting With FM

Chief Minister Omar Abdullah is likely to participate in a pre-budget meeting to be chaired by Union Finance Minister Nirmala Sitharaman in Rajasthan on December 20. Sources said that Omar, who is also minister-in-charge, Finance Department, will participate in a meeting called by the Union Finance Ministry to hold consultations with | [More on P6](#)

Controversial Remarks On Muslims By Allahabad Judge Over 100 MPs Support Ruhullah's Impeachment Motion

Observer News Service

Srinagar: National Conference (NC) MP from Srinagar Aga Syed Ruhullah Mehdi on Saturday said he has submitted a notice in the Lok Sabha to bring an impeachment motion against Allahabad High Court judge Shekhar Kumar Yadav for his remarks at a VHP event.

"Submitted this impeachment motion today with signatures of more than 100 Hon'ble members of Parliament. I am thankful to them and feel assured that we still have people in the country who believe in unity, plurality, equality and all other values and spirit of the Constitution," Ruhullah said in a post on X.



He expressed his gratitude to the political parties and his colleagues in Parliament who supported the notice.

"My thanks to @AITCofficial, @samajwadiparty for their unconditional support. I thank @INCIndia for letting their individual members decide out of their

individual free will. I also thank @asadowaisi, @BhimArmyChief, Rajkumar ji, Mohibullah sahab and Zia u Rahman sb for their support (sic)," Ruhullah said on the microblogging platform.

On December 10, Ruhullah had said he would move the notice for impeachment against Justice Yadav and needs the support of 100 MPs for the same.

Addressing a provincial convention of the legal cell and high court unit of the Vishva Hindu Parishad (VHP) on December 8, Justice Yadav said the main aim of a uniform civil code (UCC) is to promote social harmony, gender equality and secularism.

A day later, videos of the judge speaking on | [More on P6](#)

4-Lane Highway Project In J&K Centre Sanctions Rs 827.98 Cr

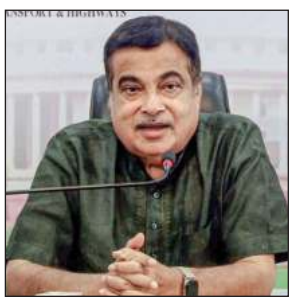
Observer News Service

Srinagar: The central government has sanctioned a Rs 827.98 crore project to construct and upgrade a 4-lane highway from Pandach to Manigam near Wayil Bridge in Jammu and Kashmir.

The announcement was made by Union minister for Road, Transport and Highways Nitin Gadkari.

In a post on X, the minister said that Rs 827.98 crore for constructing and upgrading a 4-lane highway from Pandach to Manigam near Wayil Bridge, spanning 12.11 km has been approved.

He said the project



includes a major bridge, three minor bridges, three realignments, and 51 box culverts, alongside a 2.55 km elevated structure passing through Ganderbal Town.

Part of Srinagar Ring Road (Phase-IIA), he said this highway will | [More on P6](#)

Power Supply In Kashmir Increased By 100-150 MW

Agencies

Srinagar: In order to minimize the unscheduled power and distress power cuts in Kashmir valley, the Power Development Department has recently increased the power supply by nearly 100-150 Megawatts (MWs).

A top official of PDD said that the decision of supplying extra was taken in a recent review meeting of PDD and Chief Minister Omar Abdullah.

"Recently, some important decisions were taken by the Chief Minister Omar Abdullah regarding the electricity issues in Jammu and Kashmir. We have implemented those

decisions to reduce the power cuts," the official said.

He said, "KPDCL was receiving 1500 MWs of power and now it has been further increased to 1600-1650 MWs to address the unscheduled and distress power cuts. The same amount of power is already being supplied."

About the status of installation of smart meters in Jammu and Kashmir, the official said that "Over 6.5 Lakh smart meters have already been installed."

"There is a program to implement the smart meters in the rest of the places across Jammu and Kashmir. Work has been already tendered | [More on P6](#)



J&K CEGA Meets Dy CM At Civil Secretariat

Observer News Service

Srinagar: A delegation of the Jammu and Kashmir Civil Engineering Graduates Association (J&KCEGA), led by its President Nasir Amin, called on the Deputy Chief Minister of Jammu and Kashmir at the Civil Secretariat in Srinagar.

The meeting was also attended by MLAs Dr. Sajad Shafi, Dr. Shafi, and Hilal Akbar Lone, who extended their support to the engineers' demands.

During the meeting, the President of J&KCEGA presented several pressing issues faced by civil engineers in the region. Key among them was the long-pending demand for Assured Career Progression (ACP), which, despite being approved by the Cabinet in 2017, has not been implemented due to the absence of an SRO.

Other concerns include delay in salaries of engineers under the National Pension Scheme (NPS) post-reorganization and filling of vacant posts in engineering departments.

The Deputy Chief Minister gave a patient hearing and assured the delegation of all possible support in addressing these issues.

He urged engineers to continue working diligently to enhance public welfare and development. The President congratulated the Deputy Chief Minister on assuming office and expressed gratitude for his positive response.

The association looks forward to swift action on the highlighted concerns to strengthen the engineering fraternity and its contribution to the progress of Jammu and Kashmir.

DC Chairs District Valuation Committee Meet

Observer News Service

Srinagar: In order to finalize the process of revision of Market Value proposed for the year 2025, a meeting of District Valuation Committee was held under the Chairmanship of Deputy Commissioner (DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat here at Conference Hall of the DC Office Complex on Saturday.

At the outset, the DC took a thorough review of the proposals submitted by the member of the Committee for revision of annual stamp duty rates and the market value of land, buildings, and other immovable property within the District.

The DC also discussed threadbare the procedure and parameters adopted in formulating the proposed rates in the District. The Committee members briefed

the DC about the procedure followed to analyze the rates, providing the area/village-wise percentage changes for incorporation in the year 2025.

The DC emphasized the importance of adhering to established criteria for rate fixation and stressed for a classification of the rate structure based on area categories to ensure fair and accurate finalization of the stamp duty rates for the District.

Among others, the meeting was attended by Additional Deputy Commissioner, Dr. Khalid Hussain Malik; Additional Deputy Commissioner, Syed Ahamd Kataria, General Manager DIC, Superintending Engineer R&B, Assistant Commissioner Revenue, District Panchayat Officer, Town Planner H&UDD and Divisional Forest Officer besides others concerned.



A man sells Kangris, the traditional Kashmiri firepots amid chilling cold in Srinagar. KO Photo Abid Bhat

Police Attach Property Worth Lakhs Under NDPS Act

Observer News Service

Srinagar: In its relentless efforts to curb the menace of drug peddling, Jammu and Kashmir Police in Srinagar on Saturday said to have attached a single-storied residential house valuing about Rs 19 lakhs, belonging to a chronic drug peddler namely Mohammad Younis Wani, son of Mohammad Maqbool Wani resident of Ranbirgarh Srinagar.

The property was attached in a case under FIR number 85/2024 NDPS Act, a police spokesman said in a statement issued to Kashmir Observer.

"The accused person is a drug ped-

dlar who has been found involved in selling drugs and narcotics among the youth for which case FIR No. 85/2024 under sections of 8/21 Narcotic Drugs & Psychotropic Substances Act (NDPSA) stands registered in Police Station Shalteng, Srinagar," police said.

During the financial investigation by Srinagar Police, it came to fore that the property was acquired through proceeds of illegal narcotics trade, police said, adding that the drug peddler is presently lodged in Central Jail Srinagar under NDPS Act.

"The aforementioned property has been attached under the provisions of

section 68 of NDPS Act in the presence of Executive Magistrate 1st Class. In compliance to section 68 E and 68 F of NDPS Act, the immovable property acquired by the accused person through illegal means which stands seized and attached, shall not be transferred/sold/purchased or otherwise dealt with without the prior permission of the competent authority," police said.

These decisive actions underscore the unwavering commitment of the government and J&K Police to eradicate the drug menace and dismantle the infrastructure supporting narcotic trafficking, police said.

FMPHW Employees Protest Over Seven-Month Salary Delay

Agencies

Srinagar: Scores of Female Multi-Purpose Health Workers (FMPHW) staged a protest at Partap Park Srinagar on Saturday, demanding the immediate release of their salaries, which have been pending for the past seven months. The protesters carried placards and raised slogans, calling

for justice and timely disbursement of their dues.

"We have been working tirelessly, providing essential healthcare services, but for seven months, we haven't been paid. How are we supposed to feed our families and educate our children?" questioned one protester.

Another protester said that the Health Minister Sakina Itoo had as-

sured them that their pending salaries would be released soon. "The Health Minister herself gave us hope and even issued an official order to release our salaries," said Nasreen Akhtar, one of the protesters. "But despite her intervention, the Chief Accounts Officer refuses to honor the order. Why are we being made to suffer because of administrative negligence?" (KNT)



FATEHA KHWANI

With profound grief and sorrow we announce the sad demise of Haji Bashir Ahmad of Gorgari Mohalla, Zaina Kadal, at present Alamdar Colony, Baghat Shoor, on 12th of December, 2024.

May his soul rest in eternal peace!
(Deceased was maternal uncle of Jawed Shah, Editor-in-Chief of Good Morning Kashmir)
Congregational Fateha shall be held at 11 AM on Sunday, December 15, at Bahaududin Sahab. Inshallah

BEREAVED
Imtiyaz Yousuf | Mudasir Yousuf
Saleem Yousuf | Sheikh Nazir Ahmad
Sheikh Abdul Hameed
Sheikh Hafizullah

GOVERNMENT OF JAMMU AND KASHMIR

Office Of The Officer Incharge Sheep Breeding Farm Kewa Qazigund

Email: oisbfkewa@gmail.com Contact: 9906501893

AUCTION /SALE NOTICE

For & On behalf of Lt. Governor of Jammu & Kashmir, Union Territory of India, all the interested Parties/Persons are hereby invited to participate in the sale of 2774 Qtls of Sheep Wool on "As is Where is basis" which is available in the stores of Sheep Breeding Farm Kewa-Qazigund. The sale/auction of the wool is scheduled to be held on 18-12-2024, Wednesday at 11:00am within the premises of this Farm. In case of any disturbance on the said date the sale will be held on the next working day & shall be kept open till all the stock is sold-out/disposed off with the following Terms & Conditions.

1) All the interested persons are required to deposit a CDR of Rs.1000/- by or before 17-12-2024.
2) Only the registered persons/parties shall be eligible to participate in the sale/auction of the wool.
3) The successful bidders have to deposit all the amount of auction proceedings on spot.
4) All the other terms & conditions related to sale/auction shall be communicated on spot.

No: SBFK/Tech/2024-25/1025-30
DIPK-9503/24 Date: 14-12-2024

Sd/
Officer Incharge Sheep Breeding Farm Kewa

**ISLAMIC UNIVERSITY OF SCIENCE AND TECHNOLOGY**
AWANTIPORA, KASHMIR.
Tele: 01933-247954/247955. Website: www.iust.ac.in

ADVERTISEMENT NOTICE No: 05 of 2024

Dated: - 12-12-2024

Islamic University of Science and Technology (IUST), Kashmir, in terms of the UGC Model Guidelines for Re-employment of Superannuated Teachers in the Universities, invites applications for the engagement of a Professor on contract basis in the Watson-Crick Centre for Molecular Medicines. Interested candidates shall have made remarkable contributions in the fields like Molecular Biology / Cell Biology/ Biochemistry / Biotechnology / Microbiology and allied subjects.

The eligibility / engagement shall be governed by the concerned UGC Guidelines applicable for Re-employment of Superannuated Teachers.

NOTE:

- Date of availability of online application forms: **14-12-2024.**
- Last date of submission of online application forms: **22-12-2024 (4.00 PM).**

The detailed CV containing all the contributions made by the applicant, highlighting his/her achievements shall have to be mailed on recruitment@islamicuniversity.edu.in by or before **24-12-2024**. Age must be less than 64 years, however, preference shall be given to the candidates less than 62 years.

No. IUST/Reg/Adv/E/24/562

Dated: 12-12-2024 **DIPK-NB-2784/24** dated: 14-12-2024 Sd/- Registrar

Government of Jammu & Kashmir

email: ifcdbaramulla@gmail.com

JAL SHAKTI DEPARTMENT

OFFICE OF THE EXECUTIVE ENGINEER IRRIGATION & F C DIVISION

BARAMULLA-193101

Corrigendum-I

Subject: Extension Notice.

Reference: This office e NIT No. 09 of 2024-25 Dated: 30/11/0204 issued Under endorsement No. I&FCDB/CS/ 6313-34 Dated: 30/11/2024.

In view of Poor or nil response for Tender ID No. 2024_IFC_266452_1 advertised vide this office e-NIT No. cited above, the date for bid submission end is hereby extended as per following schedule.

S No	Particulars	Previous date	New date
01.	Bid Submission end date	13.12.2024 upto 1700 Hrs.	17.12.2024 upto 1700 Hrs.
02.	Bid opening date	14.12.2024 at 1300 Hrs	18.12.2024 at 1300 Hrs.

All other terms and conditions shall remain same as laid down in the original e-NIT.

No: IFCD/6730-37
Dated:14-12-2024
DIPK-9578/24 dated: 14-12-2024

Executive Engineer Irrigation & F C Division Baramulla



- TRAFFIC POLICE : 9419993745, 01998-266686
- PCR: 0194-2452092,2455883
- PDD: 0194-2450213
- FIRE AND EMERGENCY SERVICES : 2479488,245222,2452155
- CAPD: 18001807011
- SMC HEALTH OFFICER: 9469409081
- Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311 

RAILWAYS

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



HIGHWAY STATUS

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

**HIJRI CALENDAR**
12 Jumada al-Sani
1446

PRAYERS

FAJR	5: 58
ZUHR	12:25
ASR	3: 46
Magrib	5:27
ISHA	6: 52

This Day In History

- 1256 - Hulagu Khan captures and destroys Hashshashin stronghold at Alamut, in present-day Iran, part of the Mongol offensive on Islamic southwest Asia.
- 1612 - German Astronomer Simon Marius is 1st to observe Andromeda galaxy through a telescope.
- 1745 - Battle at Kesseldorf: Prussia beats Saksen & Austria.
- 1840 - Napoleon Bonaparte receives a French state funeral in Paris 19 years after his death.
- 1864 - Battle of Nashville, TN.
- 1877 - Thomas Edison patents the phonograph.
- 1899 - Battle at Colenso, South Africa (Boers-British army).
- 1907 - In Persia, the Shah leads a coup d'etat against the liberal Prime Minister Nasir ul-Mulk and imprisons him, but a popular uprising forces the Shah to restore Nasir ul-Mulk .
- 1913 - Nicaragua becomes a signatory to the Buenos Aires copyright treaty.
- 1914 - Battle of Lodz ends; Russians retreat toward Moscow.
- 1914 - British fleet forfeits chance to destroy German fleet in North Sea.
- 1914 - Serbian troops retake Belgrade in Austria-Hungary.
- 1916 - French defeat Germans in WW I Battle of Verdun.
- 1917 - Moldavian Republic declares independence from Russia.
- 1917 - World War I: An armistice is reached between the new Russian Bolshevik government and the Central Powers.
- 1919 - Fiume (Rijeka) declares it's Independence.
- 1922 - IVVV (association) peace congress on war forms in Hague.
- 1941 - North Africa: allied assault up Italians Gazala-posing
- 1944 - Hizbu'llah (Arm forces for Allah) forms.
- 1952 - Christine Jorgenson is 1st person to undergo a sex-change operation.
- 1954 - Netherlands Antilles becomes co-equal part of Kingdom of Netherlands.
- 1964 - 1st time 4 people in space.
- 1965 - 3rd cyclone of year kills 15,000 at the mouths of the Ganges River in Bangladesh.
- 1965 - Gemini 6 launched; makes 1st rendezvous in space (with Gemini 7).

From KO Archives

Internet Telephony Soon

Observer News Service

NEW DELHI: In a major policy decision, the government has de-cided to scrap the old Telegraph Act and replace it with a new Con-vergence Act, which allows making telephone calls through the In-ternet, Union Information Technology Minister Pramod Mahajan announced in Pune on Sunday.

Under the existing 1886 Telegraph Act, there were separate rules for delivery of voice and picture data through telecommunication channels and hence using the Internet to make telephone calls (In-ternet telephony) was not permissible, he said addressing the con-cluding function of a two-day conference on Information Tech-nology and Biotechnology.

The new Convergence Act takes into consideration all these as-pects and evolves a uniform law, Mahajan said. He said the Conver-gence Act will have uniform laws regarding the delivery system of voice, picture, digital and other forms of data through telecom-munication channels. He said the final version of the new Con-vergence Act was ready and will be cleared by December 21 by a Group of Minister dealing with this act. By December 25, it will be released on the Net for people to give suggestions and objections.

(Kashmir Observer, 15 December, 2000)

New Reservation Policy Government Must Reverse it Now!

Ummar Jamal

“
As the protests continue and the debates grow louder, will the government choose to act decisively and restore public confidence, or will it succumb to the inertia of political expediency? The answer to this question will determine not just the fate of the reservation policy but also the legacy of the National Conference government

Open any social media platform today, and you are greeted with posts, videos, and discussions dominated by a single contentious issue: the new reservation policy. Students are taking to the streets in protest, and those who aren't, they can be seen channeling their frustrations through every means available. The topic of reservation is becoming pervasive. It is sparking debates that are increasingly polarized and acrimonious.

The timing of the discussion about the reservation issue, just after elections, has added fuel to the fire. Many voters, particularly the youth, had pinned their hopes on political parties they believed would bring fairness and justice to governance. With the National Conference (NC) government now in power, supported significantly by the youth electorate, public expectations are soaring. The government is seen by many as the final resort that can rectify what they view as an unjust reservation policy.

However, the government's initial response—forming a cabinet sub-committee to review the policy—has not inspired confidence. The committee's composition, made up of majority of members from reserved categories, has been criticized for lacking impartiality. Adding to the skepticism is the absence of a clear deadline for the submission of the committee's findings. To many pragmatic observers, it is a tactic to buy time than a sincere attempt to resolve the issue.

Recently during a media interaction, education minister Sakina Yatoo, a member of the cabinet sub-committee, stated that commenting on the reservation issue is inappropriate as the matter is sub-judice. Such remarks make it evident how much we can realistically expect from the sub-committee.

The Litmus Test for the National Conference

For the NC government, the reservation policy represents one of the first major challenges since coming to power. The youth, who voted overwhelmingly for the party, see this as a defining moment. Their dissatisfaction with the policy was evident during the election campaign, and now they expect swift and decisive action. How the government handles this issue will be a litmus test for its ability to meet public expectations and honor its promises.

At the very least, the NC government must take steps to reverse the policy to its previous state. Restoring the status quo ante would not



solve all the problems associated with reservation, but it would quell immediate tensions and bring relief to those who feel disenfranchised by the new rules. Such a move would also demonstrate that the government is listening to its electorate and is capable of acting in the public's interest.

NC government must understand that people want them to reverse the new reservation policy immediately — long-term reforms can wait.

The Social Media Battle

The debates around reservation on social media are becoming increasingly toxic. Arguments have turned into personal attacks, with individuals from opposing sides trading barbs. The open hostility is alarming, and if left unchecked, this divisiveness could escalate into something more serious, threatening the social fabric.

One common grievance voiced by those from open merit categories is that reservations are unwarranted and lead to undeserving candidates occupying government positions. This narrative is both unfair and misleading. The difference in scores between open merit candidates and those from reserved categories is often negligible, and reserved category candidates also face intense competition within their respective quotas.

On the other hand, some indi-

viduals from reserved categories view reservations as an inherent right rather than a temporary measure to address historical injustices. This perspective has led to resistance against any reforms, including the sub-categorization of Scheduled Castes (SCs) and Scheduled Tribes (STs). Yet, many right-thinking individuals within these communities recognize the need for reform and advocate for measures like sub-categorization, which could help address disparities within reserved groups.

Systemic Reforms Needed

While reversing the new policy is an immediate priority, it is clear that the reservation system as a whole needs systematic reform. Over the years, the system has strayed from its original purpose of bridging social and economic inequalities. Instead, it has often become a tool for political appeasement, leading to resentment and polarization.

Any meaningful reform must strike a balance between addressing historical injustices and ensuring meritocracy. Sub-categorization of SCs and STs, for instance, could ensure that the benefits of reservation reach the most disadvantaged within these communities. Similarly, periodic reviews of the socio-economic status of beneficiaries could help prevent the misuse of reservations by those who no longer need them.

However, these reforms require

a national dialogue and consensus. They cannot be implemented hastily or without considering things thoroughly. For now, the NC government must focus on calming the immediate unrest by reversing the policy to its previous state. This would provide breathing room for broader discussions on long-term reforms.

Tailpiece

As the protests continue and the debates grow louder, will the government choose to act decisively and restore public confidence, or will it succumb to the inertia of political expediency? The answer to this question will determine not just the fate of the reservation policy but also the legacy of the National Conference government.

In the end, what is needed is not just a rollback of policies but a genuine effort to address the issue. Only then can we hope to move beyond the divisive debates and towards a future where opportunity is not a matter of privilege but a fundamental right for all.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer
The Author is a columnist and National President of J&K Students Association. He tweets at ummar_jamal and can be reached at umarjamal1968@gmail.com

Prime Minister Narendra Modi gave a clarion call for the elimination of TB from the country. Under his leadership, a new model of TB care was adopted and India pioneered several innovative approaches over the last few years to bring a paradigm shift in TB prevention, diagnosis and treatment. Findings from the WHO's Global TB Report 2024 acknowledged the efficacy of the approach. It noted a 17.7 per cent decline in TB incidence in India from 2015 to 2023 — double the rate of decline observed globally. Not just that, the country diagnosed 25.1 lakh patients, marking a significant rise in treatment coverage from 59 per cent in 2015 to 85 per cent in 2023.

On December 7, inspired by the PM's vision, India will witness yet another transformative push in its TB elimination strategy. We are launching a 100-day campaign in 347 high TB burden districts across the country to accelerate our response to fight TB. Through this initiative, we will reinforce our resolve to identify every TB patient early and proactively reach out to vulnerable populations with timely and quality treatment. In the true spirit of Jan Bhagidari, all of us — elected representatives, health practitioners, civil society, corporations, and communities — must collaborate to make this campaign a grand success.

To complement expanded diagnostic efforts and to support a complete recovery of TB patients, India conceptualised and operationalised a nutritional support scheme, Nikshay Poshan Yojana (NPY). Since April 2018, we have disbursed Rs 3,295 crore to 1.16 crore beneficiaries through Direct Benefit Transfer under NPY. In what is a major reinforcement of India's commitment to TB elimination, the monthly support under the

How India Is Doing Better In The War Against TB

J.P. Nadda

scheme has been doubled from Rs 500 to Rs 1,000 per month from November 2024.

short article insertThe Pradhan Mantri TB Mukh Bharat Abhiyaan (PMTBMBA) has not only helped address the challenge of nutrition but also

“
To complement expanded diagnostic efforts and to support a complete recovery of TB patients, India conceptualised and operationalised a nutritional support scheme, Nikshay Poshan Yojana (NPY). Since April 2018, we have disbursed Rs 3,295 crore to 1.16 crore beneficiaries through Direct Benefit Transfer under NPY

enhanced community mobilisation. It has united various community stakeholders creating a mass movement to increase awareness and to provide nutritional, vocational, and psychological support to TB patients. This government-citizen symphony anchored in the spirit of Jan Bhagidari has inspired 1.75 lakh Nikshay Mitras to provide 21 lakh food baskets to patients across the country.

Over the years, India has introduced newer drugs such as Bedaquiline and Delamanid to im-

prove treatment success rates. Considering the challenges in treatment completion for patients with drug-resistant variants, we have allowed a new shorter regimen, BPaLM, which is more effective than the existing regimens. While we have

a shorter 9–11-month regimen available alongside the conventional 19–20-month regimen, with the BPaLM regimen, patients will now complete treatment in just six months!

We have consistently strived to ensure that advanced tools are available at the grassroots levels to find and treat all patients at the earliest. To enable this, we introduced more efficient and accurate diagnostic tools — molecular tests. From a few hundred machines in 2014-15, we now have 8,293 molecular di-

agnostic machines available in all districts.

In fact, taking a cue from the Make in India initiative, indigenous molecular tests have been field-tested and introduced. We have been able to not only reduce the time taken for TB diagnosis at district and block levels but have drastically reduced the costs of testing and treatment. Our indigenous molecular tests have received endorsement by the WHO. These initiatives have positioned India as a true leader in global TB response.

We must also take great pride in the fact that the Indian Council of Medical Research (ICMR) has consistently been among the top public funders of TB research worldwide since 2018. We will continue making investments to quickly develop and roll out newer tools, including more efficient PoC diagnostics.

India's journey toward TB elimination is a testament to its leadership. From pioneering research that has led to advanced diagnostics and treatments, to the introduction of universal social support provisions, India stands at the forefront of the global TB response. The need of the hour is to ensure a massive Jan Bhagidari in the identification, diagnosis, treatment and prevention of TB. The intensified 100-day campaign is another testament to our collective commitment to eliminate TB. I am confident that under the PM's leadership and with the participation of all stakeholders, we will defeat this great enemy of humanity and create a healthier future for all

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

NICHE PENMAN

TALES OF TRAILS



S. Sarwar Malik

Venturing out creates pathways. Over a period of time, these become roads and highways; for movement of men, material and ideas too; transactions of all types, to state it briefly.

During the 70's & 80's of the last century(- that happened to be my prime time), the activities of foreign as well as local trekkers & expeditionists kept circulating at a good pace and in a sense built on what I had inculcated from the mission school, where I had studied. Though presently my involvement remains limited(merely) to reading about expeditions, & treks or studying-maps & atlas; (- that shed more light on the study material in hand), but of late a good number of our local youth have again started participating actively in these adventuresports; and they, I learnt, are finding the encouraging gestures of another son of the soil,Mehmood sb(-ex Director Tourism), contributing positively; even when he is looking after another department, officially. Now, O'dear readers, here is the verbal-tour that I was designing.

Scanning the rolled out map of J&K, reveals that almost 140 kms away from Srinagar lies Gurez (*Gurais*) where Kishenganga river flows. Just ahead of Gurez, beyond Minimarg lies the famous *Burzil Pass*, that further ahead leads to *Astore*, *Bunji* & then to *Gilgit* on the North-West side; further to *Hunza* and *Khunjarab pass* & then to *Kashgar*. North East of *Burzil* leads to *Skardu* and then to *Shigar* etc. Skardu can be reached from Kargil too, via *Kiri*.

Gurez we know falls in the ancient Silk-route. *Dawar* is the Central town and the Valley of *Tulail* (*Telail*) lies north of *Gurez* valley.When winter brings heavy snow the famous *Razdan Pass*, we hear every year, cuts off this area.

Moving from Srinagar to Kargil via *Zojila* pass and then to Leh (*of Ladakh*); crossing *Khardungla Pass*, moving ahead to *Bogdan*, then to *Chorbat*, to *Khapulu*, we can also reach *Skardu*.

If one goes from *Leh* to *Khardungla* and thence to *Changla* (Nubra), then via *Thalam-buti* valley to *Karakoram Pass* we reach *Yarkand* (- in *Xinjiang*/ *Sinkiang* of China).

There is one more route from Baramulla via Muzaffarabad to *Chilas* to *Bunji* to Gilgit to Hunza, then to *Nagar* & ahead to *Khunjarab Pass* reaching ultimately *Kashgar*.

As of present we find J&K is nestled by Pakistan on the west, China (*Xinjiang*) on North and China/Tibet on south. Before we proceed to things of our present interest, refresh the fact

of history that politics keeps on changing boundaries though geographical markers remain more permanent.

On these roadways of yore men travelled, mostly traders,but a significant number of expedition- lovers who left accounts of their travel, trekkers, hunters, explorers, knowledge/faith workers & scholars, tourists and of course men on special missions too. Quite interesting is the fact that humans traversing these routes recorded their 'gains- in- the- knowledge sector'; what they observed, learnt, studied, has been transmitted and all that has impacted, not only the people of their time but future generations, too.

For a moment build a mental image of these foreign guests travelling with a huge retinue, consisting of porters/coolies (two for one visitor, each carrying a load half of the pony; earning half

'epitomised' for stubbornness.

Fallen to disuse, haunted by injury or ill health or old age the members of this species breathing in 'the backyard of yesteryears', i.e Ladakh, these pack animals were lucky to gain good care and health with the coming up of special care Donkey-Sanctuary in Leh recently, in 2008. One little diversion: During the years spent in Ladakh, a poem occurred when I, for the first time, saw some *Skiang*, Wild Mule/Horse (*Equus hemionus* or *Equus kiang*), related to this creature, in the Nyoma block, standing some meters away from the river; that was covered with a very thick layer of ice when it was the second fortnight of March 1985.

Recall. In 1847 Alexander Cunningham was in Ladakh. Men Of Moravian Mission were active in Leh from 1885



of the pack-ass), guides, Cook, huntsman, and other workers.

Quite naturally with the march of time humans put to use their domesticated animals too. Besides *Horse*, *Camel*, *Oxen*, *Yaks* etc *sheep* too were pushed into service. Wide spread and considerable was the use of asses too. Even for everyday 'transport'; even the vehicle of some prophets too, this animal has remained. These creatures, be it Jenny or Jack, these asses, have also been photographed ferrying the children of highest British officers of their time in stradled canopies, in mountainous areas , without any qualm. Popularly called donkeys; the scientific name of ass is *Equus sinus*. Very dependable in work, requiring low maintenance, these working animals, distinguishable by their looks- long ears, dorsal stripe, having black-brushed tail; braying *hee haus*, have played great role everywhere on the globe, more so during past few centuries and as of today over ten million are said to be living and working silently; largely in countries like Ethiopia & Sudan (+17M) and in Pakistan, China, Afghanistan & India(+11M); etc. But with every passing day, these creatures are losing their importance, everywhere. City dwellers of Srinagar and Jammu now find these creatures only in the stables of memory but use them contemptuously in everyday parlance,



During the years spent in Ladakh, a poem occurred when I, for the first time, saw some *Skiang*, Wild Mule/Horse (*Equus hemionus* or *Equus kiang*), related to this creature, in the Nyoma block, standing some meters away from the river; that was covered with a very thick layer of ice when it was the second fortnight of March 1985.

means of transportation/ carriage a robust porter system had been made functional by authorities. Since Ladakh had very few things of their own but geographical positioning gave them an advantage and they tapped it to the extant that Leh (it's capital) came to be described by writers as 'the cosmopolitan city' because of the fact that traders from all surrounding countries/ areas, from different ethnic groups, of India, Punjab, Kashmir, Afghanistan, Lhasa,Tibet, East Turkistan; (-distinguishable by their physical features and dresses, as recorded); have been seen in the Leh-Bazar; even some have mentioned '...from Siberia and the remotest districts of Central Asia, ...of various races and creeds'; used to visit Leh and stay there even for months; busy in trade related activities.

During his first stint August Hermann Francke worked in the Khalsi region of Ladakh from 1899 to 1906 and coming back from Germany to Leh again in 1914, he further went to Central Asia. Another important guest, Dr.Ernest Shaw, too visited in Ladakh, and died here in 1907; it is said, due to Typhus.

Besides trading off a few things that Ladakh had, they, like the people of Balti-staan, profited mainly from portering and hiring out pack animals. Compulsions of earning money led many to become porters, carrying

packs of loads, roped on their back; off they negotiated difficult terrains, for weeks, their feet placed in pieces of hides,covered with woven woolen cloth pieces, tied with leather bands, braving harsh climate,scarce food and water, onwards moved these men along with these ponies; facilitating their employer (rich traders as well as *Sahabs*). Some photographic evidence of woman porters of the nomads of Nobra too are there. Heart-renting ones too; of bare-footed porters, while a layer of snow on gravel paths was also visible.

On every pony a tax of three *Pice* was levied on crossing the *Khardungla*; (-being the rate of 1893), or produce valuing the same amount. Ponder: by 1920 trade worth ninety three lakh Rupees is said to have happened via Ladakh (..that is what i have read somewhere..).

During the rule of Maharaja Pratap Singh Ladakhi's were given loan to breed ponies.

In 1876 Gilgit was the extreme North West area of the British Empire. In 1889 a '*Political Agency*' was opened there, though earlier in 1876 a feeble attempt had been made, first. Notable point is that North of Gilgit 'Russian officers held sway'.

Almost all the parts of Baltistaan(- *Astore*, *Hunza*, *Khapalu* etc) had there local *Rajas* and quite interesting is an account that says that a descendant of *Yabgo* dynasty of East Turkistan, namely Nasir Ali khan was reportedly ruling the *Khapalu* region of Baltistaan in 1911. Hold it...an interesting info: for weeks together, entourage of many rajas of Baltistaan area were seen trudging in compliance through these terrains (Oct-Dec 1911); when directed to be present in Delhi where Coronation Day of King George V, as emperor of India, was going to be celebrated.

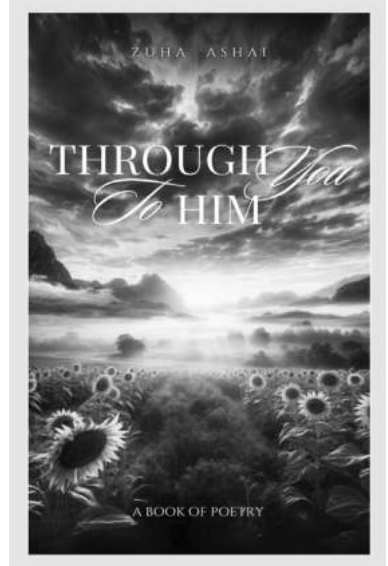
The population of Baltistaan is constituted of Tibetans and Dards(-of Aryan origin; like those in *Drass* of kargil) and travellers leaving behind the *gompas* of Nobra are greeted by small mosques as followers of *Shia-Islam* of Nurbakhshiya order grew there right from 15-16 centuries, to gain dominance in Baltistaan.

Post-1947 era and post 1962 happenings interests me not, today.

As far as trade- items are concerned, Ladakh had salt of *Tso-ker* lake, Sulphur, Borax, dried Apricots, sheep wool and above all *Pashm*; Lhasa/Tibet sent Turquoise, Carpets, Tea and Fur; Khapalu had Apricots, Walnut etc; Gilgit had Apricots, Walnut, Apple; Sinkiang had Tea, Precious Stones and Silk; Yarkand had Tobacco; Turkmenistan had Hashish; Kashmir had Rugs & Opium and from India a number of items Spices, Cloth and the list can go on & on. Salutations Moorcroft, Trebeck, R.Shaw, Cunningham, Hedin, Drew, Francke, Snellgrove & S. Neve, Petech, J. Rizvi.and scores of others (including E.Joldan) but wait I am expecting mail from one more writer John Bray. **Bye!!!**

The author is a Penman, Poet, and Columnist

New Book of Poetry Traces Ruminations About Love, Life and Beyond



KO Web Desk

“Through You to Him” is more than a collection of poetry; it is a deeply personal offering, dedicated to someone who has been quietly woven into the fabric of the author's heart. This book is written not just to convey love, but to show a journey—a realization that while love remains, it has now taken on a deeper, more sacred meaning.

Through this love, the author has discovered a truth that transcends, guiding her closer to God. These pages reflect an evolution, a path that moves beyond the imperfect love of creation to one that flourishes for the sake of the Creator. The emotions shared here may be familiar, but they have transformed into something that uplifts the soul. Though the past is cherished, what has emerged is a love that no longer clings to the world alone, but instead rises toward divine understanding.

The author has come to learn how to love in the purest way, one that brings peace despite the trials and imperfections. Patiently, love flowers the garden of hearts, even through suffering. It frees, but not without its struggles. Love is not always perfect, nor is it always free from pain—even when one grows closer to God. Yet, there is peace that comes alongside the suffering, and a comfort that transcends all. This book is a quiet message, a reflection of love that has endured and transformed. It speaks not just to the heart of creation but to something far greater—the ultimate love that brings one closer to God.

While the love for the world is still held dear, it is now understood in a new light: one that leads to peace, fulfillment, and divine connection. The journey captured in “Through You to Him” is a story of love that has been reshaped, and through it, the author finds herself connected not only to creation but to the Creator, where love finds its truest form.

The article has been excerpted from the “Introduction” to a newly released collection of poetry, “Through You to Him” by Zuha Ashai

The Impact of Small Changes

Sheikh Aqib Farooq

In a world that often feels overwhelming and chaotic, the idea that small changes can lead to significant impact is both empowering and transformative. While many people aspire to make large-scale changes in their lives, communities, or the environment, they often overlook the power of incremental adjustments. Small changes can be the building blocks for a better life, a healthier planet, and a more harmonious society. By making minor yet consistent modifications in our daily routines, habits, and perspectives, we can collectively create a ripple effect that leads to monumental shifts.

The journey toward meaningful change often begins with self-awareness. Recognizing the areas in our lives that could benefit from adjustment is the first step toward transformation. This self-reflection can be as simple as evaluating our daily routines, identifying habits that are counterproductive, or acknowledging aspects of our lives that leave us feeling unfulfilled. For instance, consider how many hours we spend on social media each day. A slight reduction in screen time, even by just 15 minutes, can free up time for more enriching activities such as reading, exercising, or spending quality time with loved ones.

One of the most impactful small changes individuals can implement is a shift in their dietary habits. The food we consume plays a crucial role in our overall health, well-being, and the health of the planet. By incorporating more plant-based meals into our diets, we can improve our personal health while also reducing our carbon footprint. This doesn't mean that everyone needs to become a vegetarian or vegan overnight; rather, adopting a “meatless Monday” or committing to one plant-based meal each day can yield substantial benefits over time. Research shows that plant-based diets are linked to lower rates of chronic diseases such as heart disease, diabetes, and certain cancers. Additionally, reducing meat consumption contributes to lower greenhouse gas emissions, making it a win-win for personal health and the environment.

Another area where small changes can lead to significant impacts is in our approach to physical activity. Many people find themselves overwhelmed by the idea of committing to an intense workout regimen or spending hours at the gym. However, integrating movement into our daily routines can be achieved through simpler means. For example, choosing to walk or bike for short errands instead of driving, taking the stairs instead of the elevator, or incorporating short bursts

of activity throughout the day can collectively improve physical health and mental well-being. Even a brisk 10-minute walk can elevate mood and boost productivity. By fostering a mindset that values movement as an integral part of daily life, we can gradually cultivate healthier lifestyles without the pressure of drastic changes.

Mindfulness practices are another area where small shifts can lead to significant transformations. In a society that often emphasizes productivity and busyness, taking a few moments each day for mindfulness or meditation can help center our thoughts and reduce stress. Even dedicating just five minutes in the morning or evening to breathe deeply, reflect on the day, or practice gratitude can have profound effects on mental health. Research indicates that regular mindfulness practice can improve emotional regulation, increase focus, and promote overall well-being.

As individuals become more mindful, they may also find themselves more present in their interactions with others, fostering deeper connections and enhancing relationships.

The power of community should not be underestimated when discussing the impact of small changes. Often, we feel that our individual actions may be insignificant in the grand scheme of things. However,

collective efforts, no matter how small, can lead to significant societal shifts. Consider community clean-up events. A group of neighbors coming together to pick up litter in a local park may seem like a minor effort, but such actions can inspire others to take pride in their surroundings and participate in maintaining a clean environment. Similarly, supporting local businesses instead of larger corporations, even through small purchases, can strengthen community ties and contribute to a more sustainable economy.

In addition to community engagement, small changes in our daily consumption habits can lead to significant environmental impacts. For example, adopting a mindset of conscious consumption means being mindful of what we buy and how it affects the planet. Simple practices, such as carrying reusable bags, using a reusable water bottle, or opting for products with minimal packaging, can collectively reduce waste and environmental harm. When individuals prioritize sustainability in their purchases, they encourage companies to adopt more eco-friendly practices, thereby amplifying the impact of their choices.

Financial habits also represent a domain where small changes can yield substantial results. Many people struggle with saving money

or managing expenses effectively. However, implementing minor adjustments to spending habits can lead to long-term financial stability. For instance, setting aside just a small percentage of income each month into a savings account can accumulate over time, creating a safety net for emergencies or future investments. Additionally, creating a budget and tracking spending, even if done informally, can help individuals become more aware of their financial habits and make informed decisions about their spending.

Education and lifelong learning represent yet another area where small changes can have profound impacts. The pursuit of knowledge is not confined to formal education; rather, it can take many forms, including reading, online courses, or engaging in discussions with others. By dedicating just a few minutes each day to learning something new—whether it's a skill, a language, or a topic of interest—we can expand our horizons and enhance our personal growth. Lifelong learning fosters adaptability and resilience, essential traits in an ever-evolving world.

Lastly, the realm of personal relationships can also benefit from small changes. A simple act of kindness, such as sending a text to check in on a friend, expressing appreciation, or actively listening during

conversations, can strengthen connections and enhance the quality of our relationships. Building a habit of showing gratitude and kindness not only enriches our lives but also creates a positive feedback loop, inspiring others to engage in similar behaviors.

The notion that small changes can lead to significant impact is a powerful reminder that transformation does not always require grand gestures or sweeping reforms. By making incremental adjustments in our daily lives—whether through dietary choices, physical activity, mindfulness practices, community engagement, sustainable consumption, financial habits, lifelong learning, or nurturing relationships—we can create a ripple effect that extends far beyond ourselves. Each small action contributes to a larger movement toward personal growth, community well-being, and environmental sustainability. As we embrace the potential of these small changes, we empower ourselves and others to create a better, more harmonious world. Ultimately, it is the accumulation of these small shifts that can lead to a brighter future, one that reflects our shared values and aspirations.

The author is in interdisciplinary fields of educational technology, civil service training, and skill development

J&K Editors Seek Advt Rates As Per DAVP Norms

Observer News Service

Srinagar: Leading newspaper editors in Jammu and Kashmir have called on Lieutenant Governor Manoj Sinha to address the ongoing disparity in advertisement rates set by the Department of Information and Public Relations (DIPR).

In a joint statement, the editors highlighted a significant disparity between the advertisement rates offered by the Jammu and Kashmir Government and those in other Union Territories like Delhi and Chandigarh. While government advertisements in these UTs are issued at rates prescribed by the Directorate of Advertising and Visual Publicity (DAVP), as per the Union Ministry of Information and Broadcasting, J&K continues to follow its lower DIPR rates, which fall well below the DAVP standard.



"This disparity in advertisement rates is severely undermining the financial stability of newspapers in Jammu and Kashmir," the editors said. "While other UTs have adopted DAVP rates, the persistent reluctance of J&K to follow suit is making it increasingly difficult for us to sustain our operations in an already challenging environment."

The editors further stressed that the cost of newsprint has surged by an alarming 300%, worsening the financial strain on

local newspapers. They argued that the continued difference in advertisement rates adds further pressure on an industry already facing massive losses, pushing many publications to the brink.

In their appeal, the editors urged the Lieutenant Governor to consider the long-term effects of this issue. "Aligning J&K's advertisement rates with DAVP norms would not only provide much-needed relief to local newspapers but also enhance their ability to

effectively disseminate government policies and initiatives in this strategically important border region," they stated.

The signatories of the appeal include editors from leading publications such as Daily Excelsior, Rising Kashmir, Kashmir Observer, Dainik Jagran, Early Times, News Now, Udaan, Kashmir Monitor, Kashmir Scan, Uqaab, Greater Jammu, Punjab Kesri (Jammu), Morning Kashmir besides others.

Through this collective plea, the editors have called on Lieutenant Governor Manoj Sinha to personally oversee the revision of the advertisement policy to bring it in line with DAVP rates. Such a move, they argued, would help ensure the survival of media outlets in the region and strengthen the democratic process by supporting a free and vibrant press.

IUST organizes programmes aimed at fostering strong community connect

Awantipora, December 14: A series of outreach and mentorship programs, as part of the university's efforts to promote academic growth, mentorship, and community engagement are being organized by IUST.

In order to arrest the drop-outs among school going children and motivate them to pursue higher education, IUST invites and facilitates school going students to visit various facilities and interact with faculty and scholars. Among other schools, students from PM Shri C.I. Dass School, Achabal accompanied by their teachers, explored different facilities including Library, Language labs and other Laboratories including from the department of Food Technology. The visit was coordinated by Dr. Farrukh



Faizan.

An Alumni Interaction on Applying for Higher Studies Abroad, was also organized wherein alumni Ms. Tabish Nabi (PhD student, University of Debrecen) and Ms. Sehrish Shafi (Master's student, University of Birmingham) guided students on applying to international universities for higher education. They shared valuable insights on scholarships, application processes, and research opportunities, making the session a rich learning experience.

In another such program, an interactive session titled Demystifying NET/SET Exams: A Step-by-Step Approach to Success, provided current students with a roadmap for excelling in different competitive exams. Alumni from the 2017 and 2019 batches shared strategies and personal experiences. Organized by Alumni Coordinator Ms. Isma Hamid, the session was presided over by Dr. Munejah Khan, Head Department of English, who highlighted the importance of alumni mentorship in academic growth. She said that such initiatives reflect IUST's role in bridging academic aspirations and opportunities while strengthening ties with the community through impactful outreach programs.

CONTD. FROM FRONT PAGE

J&K's Cesarean

could improve accessibility for disadvantaged groups. Additionally, better regulation of private healthcare and awareness campaigns promoting safe vaginal deliveries could help balance medical necessity with equitable access.

On the issue of high cesarean rates in the Union Territory of Jammu & Kashmir, speaking to Kashmir Observer, Dr. Masuma Rizvi, HOD, Obstetrics and Gynaecology, LD Hospital, Srinagar said that there are various social and medical reasons for which the trend of cesarean deliveries is higher in J&K.

For medical reasons, she said the age of pregnancies is very high.

"We have many patients who are more than 35 years of age with hypertension, diabetes, and they come to know about these ailments before getting pregnant, so they are not ready to take the risk of a normal delivery. Usually, our hospitals don't have round-the-clock maternity services. When a patient goes into labor, she does not find herself safe, and labor is a process which takes a minimum time of 24 hours. This is one of the reasons," Dr. Rizvi said. She further added that the cesarean delivery rate has increased throughout the world.

"It ranges from around 20 percent in Sub-Saharan Africa due to the lack of facilities to 70 percent in Ireland and the US, where all advanced facilities are available."

Another reason for higher cesarean rates, Dr. Rizvi said, is the attitudinal changes in the younger generation.

"Patients are not ready to bear the pain during the delivery period, they look for easy ways, i.e., cesarean. Lack of manpower and infrastructure in the private sector is another reason. Those patients who do not want to get their deliveries done in governmental hospitals have very little chance of a normal delivery in a private hospital."

The Lancet report also reveals that economic inequalities play a significant role in CD rates. Women in the richest wealth quintile experience a CD rate of 39.1 percent, compared to only 7.3 percent in the poorest quintile. The national inequality ratio between the richest and poorest groups is 5.3, highlighting the stark contrast in access to this critical procedure. Furthermore, the private healthcare sector consistently performs more CDs than the public sector across all economic groups, with wealthier populations disproportionately represented in private facilities.

According to Dr. Rizvi, the socioeconomic burden on women has increased. "One group of girls is career-oriented, and the other group does not have the right economic position and ends up getting married late, which leads to complicated pregnancies. If there are two girls of the same economic and family background—one getting married at 20 and one at 40—the one getting married at 40 has fewer chances of a normal delivery, as the risk of different diseases increases with age. The one at 20 has fewer chances of abnormalities in delivery," she explained.

Seconding Dr. Rizvi, Dr. Farhat Jabeen, a senior gynecologist and ex-HOD, Gynaecology, GMC, Srinagar said, "A lot of high-risk pregnancies are being reported in Kashmir. One major reason is late marriages. Patients are not ready to bear the labor pain, and they say, " want to have painless labor."

"However, we do not have such facilities available here. They have a right to go for pain-free labor. Infertility is another reason, and they do not want to take a chance. Those patients who cannot tolerate labor pains turn to private nursing homes."

She further elaborated, "In private nursing homes, there is a lot of pressure from attendants. For a normal delivery to take place, it takes time—from the process of induction to labor—and it can sometimes take two days. This means a lot of money is involved, and patients are not ready to wait for such a long period. It is more a bent of mind wherein people think that through a cesarean, the baby is taken out, and the patient has no trauma, no distress, and no issue in the birth canal. People want shortcuts."

"We often say a woman delivered normally in retrospect. However, I cannot firmly say, 'This patient will deliver her baby vaginally,' because from labor pains to delivery, a mother must overcome many hurdles. If there are no high-risk factors, around eighty percent of patients can deliver without problems. However, about twenty percent may require cesareans or experience traumatic vaginal deliveries, which are well-known facts worldwide. Therefore, we need to educate people."

Dr. Jabeen said that they, as a medical fraternity, have a bigger role to play. "Ordinary people, elders, social media—everyone has a role to

make people aware that cesarean is a traumatic delivery, an abnormal route of delivery, and the surgery has complications associated with it."

She also voiced concern on cesarean delivery rate in Jammu and Kashmir being above the national average is a matter of concern.

"I always tell my patients that vaginal delivery is the best mode of delivery, and it has many advantages. I try to make them understand that around eighty percent of women can deliver babies without complications, but they want one hundred percent surety, which cannot be given. People here are psychologically stressed and cannot take too much pressure."

"They want to secure their professions first and then get married, and all these factors have an impact," she said.

Shah To Chair

implemented in the Kashmir valley. Shah has previously urged security agencies to adopt these measures in the Jammu region as well.

The meeting holds significant importance as the Central Government, under Prime Minister Narendra Modi, remains committed to combating terrorism using innovative approaches. Shah has repeatedly emphasized a "zero-tolerance policy" against terrorism and called for seamless coordination among security agencies to identify and address vulnerabilities effectively.

Officials anticipate that the upcoming discussions will reinforce efforts to ensure quick, coordinated responses to threats and enhance safety measures in Jammu and Kashmir. Shah's directives have consistently highlighted the importance of a mission-driven approach to achieving long-term peace and stability in the region.

Article 370

75 times. The poison that was sowed by the first PM of the country was nurtured by another Prime Minister - Indira Gandhi...."This achievement of 75 years is not ordinary, it is extraordinary, India's Constitution has brought us here by defeating the possibilities that were expressed for India at the time when the country attained independence. For this great achievement, besides the drafters of the Constitution, I would like to respectfully bow before the crores of people of India - they lived this new system... Citizens of India deserve all the praise," PM Modi said.

"India's democracy, its republican past, has been very prosperous. This has been an inspiration and that is why today, India is known as the Mother of Democracy. We are not just a large democracy but also the Mother of Democracy," he said.

Modi told the Lok Sabha that the Constituent Assembly wanted the Uniform Civil Code to be implemented in the country by an elected government and that BR Ambedkar strongly advocated UCC for all religions.

"...Uniform Civil Code - this topic was not beyond the attention of the Constituent Assembly. The Constituent Assembly discussed UCC at length and after the debate, they decided that it would be good if whichever government gets elected takes a decision on it and implements UCC in the country..." the prime minister said. He added: "The Supreme Court has also said many times that UCC should be brought into the country... Keeping in mind the spirit of the Constitution and the makers of the Constitution, we are working with full force for a Secular Civil Code."

A Uniform Civil Code is conceptualised as a set of laws that govern personal matters, including marriage, divorce, adoption, inheritance, and succession, for all citizens regardless of their religion. It aims to replace the existing diverse personal laws that vary based on religious affiliations.

Proposes 11 Resolutions

now promising it to appease its vote bank. The 11 resolutions proposed by Modi towards the end of his over 110-minute speech also included a call for an end to dynastic politics, promoting meritocracy over nepotism in governance and a pledge for having zero tolerance to corruption.

The prime minister said these resolutions are aimed at shaping India's future.

But Congress leader Priyanka Gandhi Vadra and Samajwadi Party leader Akhilesh Yadav termed the 11 resolutions "hollow and fake promises."

"Today, we heard resolution of 11 'jumlas'. Doubling the income of farmers was jumla, providing one crore jobs was a jumla, Agniveer scheme and GST are also a jumla," Yadav said.

The prime minister emphasised that these resolutions should guide both citizens and the government in building a stronger and more inclusive nation.

He said that collective efforts and commitment to constitutional values were essential for national progress.

The first resolution asks every individual to perform their duties. "Be it individuals or the administration, everyone must adhere to their responsibilities," Modi said.

The second called for inclusive development across all regions and communities, encapsulated in the philosophy of 'sabka saath, sabka vikas'.

The third resolution is a pledge of zero tolerance towards corruption, underscoring the need for society to reject corrupt individuals. "There should be no social acceptance of those involved in corruption," Modi asserted.

The prime minister's fourth resolution was to instill pride in the country's laws and regulations among citizens, ensuring that they reflect the nation's aspirations.

The fifth resolution focuses on breaking free from colonial mindset and fostering pride in India's heritage and legacy.

Modi's sixth resolution called for an end to dynastic politics and promoting meritocracy over nepotism in governance.

The prime minister highlighted the importance of respecting the Constitution in the seventh resolution and urged that the guiding document should not be misused for political gains.

In the eighth resolution, the prime minister assured that reservations granted to marginalised communities would not be taken away and strongly opposed any attempts to introduce religion-based reservations.

The ninth resolution proposed by the prime minister envisioned India as a global example in women-led development, promoting gender equality and leadership.

The tenth resolution stressed on the mantra of national development through regional growth, emphasising the symbiotic relationship between state and national progress.

The eleventh and final resolution underscores the vision of 'Ek Bharat, Shrestha Bharat', fostering unity and national pride.

The prime minister called for collective efforts to fulfil these resolutions, aligning with the Constitution's foundational ethos of 'We the People'.

CIK Raids Anantnag

that the CIK raided different blocks and barracks of district jail Anantnag, and two other locations in Kulgam this morning.

He said that searches were also conducted in two locations in Udhampur and Jammu in coordination with local police.

"So far 6 to 8 digital devices, including cell-phones and tablets have been recovered. The raids were planned after tracing technical signatures inside jail premises' and with other suspects at other locations in an ongoing probe in a terror case," he said.

J&K's Dual Power

in pushing for a more defined and unified administrative leadership by virtue of getting statehood.

Omar drew parallels with corporate leadership, challenging anyone to name a successful business with multiple leaders.

"Let me just say this, having two power centres anywhere is a recipe for disaster... No organisation works well if there are multiple power centres.... there is a reason why our sports team has one captain. You don't have two captains.

"Similarly, you don't have two prime ministers or two power centres in the government of India. And most of India has one elected chief minister who is empowered with their cabinet to take decisions," he told PTI's senior editors at its headquarters.

"A dual power centre system is never going to work," he said, citing the example of Delhi where the government shares power with the lieutenant governor in what has been a bitter and fractious experience.

Omar noted that Delhi is after all a small city state, while Jammu and Kashmir is a large and strategic region bordering China and Pakistan, making its need for a unified command far greater.

"So no. In the two months that I've been chief minister, I have yet to come across a single example where J-K has benefited out of being a Union Territory. Not one. There's not a single example of governance or development that has come to J&K by virtue of it being a Union Territory," he said.

Jammu-Kashmir was reorganised into a Union Territory in August 2019 under an Act of Parliament after the abrogation of Article 370 of the Constitution, which had given the erstwhile state special powers and status.

The Union's Territory's governance was

handed over to the lieutenant governor. A year ago, on December 11, 2023, the Supreme Court directed the Election Commission to hold assembly elections by September and asked the Centre to restore statehood at the earliest without giving a deadline.

Assembly elections were held in September, which the National Conference party swept, winning 41 of the 90 seats which went to polls. Its ally, the Congress party, won six seats. The BJP won 28 seats.

Omar said elections in Jammu and Kashmir could only be held because of the intervention of the Supreme Court, but "unfortunately, and this is a matter of great regret for us, on the statehood question, the Supreme Court was more vague than I would have liked them to be".

Restoration of statehood "as soon as possible is good, but it's not as good. If they had said as soon as possible for Assembly elections, I wouldn't be sitting here with you today. Because that as soon as possible may not come around."

Omar acknowledged that he had a backup plan in case Jammu and Kashmir continues to remain a hybrid state, saying "I'd be foolish not to have a backup in mind in case it doesn't happen."

"Obviously, there's a time frame in mind as well. But you will allow me to keep that to myself for the moment, simply because I'd like to believe that the promises made to the people of J-K will be kept," he said.

"The fact is that people came out to vote, they came out for a reason," indicating that it was a BJP-ruled Centre's promise of statehood that drew the voters.

"When in the campaign you repeatedly told people that statehood will be restored to J-K, you didn't say statehood will be restored if the BJP forms a government or statehood will be restored if there is a chief minister from Jammu."

"There were no ifs and buts. You said J&K will be back as a full state. That's it. So that has to be done now."

Omar said in no uncertain terms that the final decision of restoring statehood was to be taken by only two persons -- the Prime Minister and the Home Minister.

"Ultimately, the Prime Minister and the Home Minister are the ones who are going to have to sit down and decide if this is what has to be done and this is when it has to be done. Either that, or then it has to be mandated," he said while replying to a question that the National Conference could use allies of NDA to influence the government for the restoration of statehood.

Describing the current governmental setup as a "work in progress" and a "learning experience," Omar acknowledged the challenging transition for both elected representatives and bureaucratic officials.

He stressed that while Lieutenant Governor Manoj Sinha handles police, security, and law and order, other administrative responsibilities rest with the elected government.

"We are in the process of re-examining business rules to bring clarity on administrative boundaries," Omar said, highlighting ongoing efforts to streamline governance mechanisms.

To Attend Pre-budget

states and Union Territories regarding the 2025-26 Union Budget.

The meeting is scheduled to be held at Jaisalmer, Rajasthan on December 20 at 04: 00 PM.

The Union budget assumes significance for J&K as it has significant dependence on resources of the Union Government.

In the Union budget for 2024-25, the Centre allocated Rs 42,277.74 crore to Jammu and Kashmir with a hike of 1.2 per cent from the Rs 41,751.44 crore given in the last fiscal.

In addition to the total budget of Rs 42,277.74 crore, the Centre also allocated Rs 9,789.42 crore to the J&K Police.

It is worthwhile to mention that Omar Abdullah during his meeting with the Union Finance Minister had last month sought additional central assistance of Rs 6000 crore to bridge the resource gap for financial year 2024-25.

He also informed the Finance Minister about the difficult fiscal situation being faced by Jammu & Kashmir and requested the Ministry to provide additional Central assistance of Rs 6,000 crore to bridge the resource gap for FY 2024-25," an official spokesman of J&K government said after the meeting.

He had also requested the Finance Minister to consider Jammu & Kashmir for funding through the "Special Assistance to States for Capital Investment" scheme under which a 50-year interest-free loan would be provided to

states for capital expenditure. (KNO)

Despite Majority,

and Farooq Sahib told people that the Prime Minister had assured them that Article 370 would remain intact. However, the way Article 370 was abrogated afterward exposed the hollowness of those assurances."

Mehbooba accused the NC of lacking the courage to fight for the restoration of Jammu and Kashmir's rights. "Even today, with 50 seats and three Members of Parliament, they lack the courage to take back the snatched rights of the people. What can I do? We only had 16 seats when the BJP was in power in Delhi, but we still followed our own agenda. Later, when we had 28 seats, we continued to push our agenda, even in alliance with the BJP. Today, despite having 50 seats, what have they [NC] done?" she asked.

The PDP on Saturday resolved to "reinvigorate its struggle" for peace with dignity for Jammu and Kashmir, using all democratic and constitutional methods for resolving the "Kashmir issue", including the restoration of the erstwhile state's special status.

The Peoples' Democratic Party (PDP) passed a resolution in this connection during its general council meeting chaired by party supremo Mehbooba Mufti.

The party also reaffirmed its unwavering commitment to its foundational principles.

"We resolve to reinvigorate our struggle for peace with dignity for the state of Jammu and Kashmir, using all democratic and constitutional methods to resolve the Kashmir issue, including the restoration of the special status that was enjoyed by our people until August 5, 2019, under the Constitution of India," the PDP said in the resolution.

The party also expressed "deep concern over the increasing climate of hatred against Muslims in India" and implored Prime Minister Narendra Modi to leverage his influence to curb violence, dispel false narratives and halt the "targeting of Muslims through what we perceive as judicial overreach".

"We reaffirm our belief in India as a nation that celebrates diversity, mutual respect, and the protection of individual rights and beliefs," the PDP said in the resolution.

The general council also called for the release of political prisoners.

"The meeting demands an immediate process to review the status of political prisoners held in various jails across India. We call for the release of all individuals detained on weak or non-existent charges and advocate for transferring prisoners to Jammu and Kashmir," the PDP said.

On the party's performance in the recent assembly elections, the general council acknowledged that while it did not meet expectations, "we are confident that the elected representatives can effectively articulate the concerns, aspirations and opinions of the people".

"PDP urges the Union government and the broader Indian populace about the issues of disempowerment, deprivation and humiliation resulting from the unconstitutional revocation of Jammu and Kashmir's constitutional rights, Article 370," it said.

Over 100 MPs Support

provocative issues, including the law working according to the majority, were circulated widely on social media, prompting strong reactions from several quarters, including opposition leaders who questioned his presence at the VHP event and his reported statements, labelling those as "hate speech". (PTI)

Centre Sanctions

significantly enhance connectivity for tourists and defense vehicles traveling to Leh and Kargil.

He added that the project streamlines access to vital regions, fostering regional security and boosting tourism while improving overall travel efficiency.

Power Supply

and the process is going on. Roughly, both the regions have equally smart metering," he said.

Earlier, it was reported that KPDCL had requested for more power to reduce the issues of distress and unscheduled power cuts in Kashmir.

A top official had informed that the demand for power has increased significantly from the past two weeks and requires extra electricity to overcome it.

It had 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)

Heart Attack Incidence Soars In Kashmir During Winter, Say Cardiologists

Agencies

SRINAGAR: The incidence of heart attacks and strokes doubles in Kashmir during winter as exposure to cold constricts blood vessels, forcing the heart to work harder, experts warn.

Dr Irfan, a cardiologist at GMC Srinagar said that cold weather significantly impacts cardiovascular health, which leads to a rise in heart attacks and strokes during the winter months.

"The incidence of heart attacks and strokes more than doubles in Kashmir during winters compared to summer," he said. "Exposure to cold causes blood vessels to constrict—a process known as vasoconstriction—which elevates blood pressure and forces the heart to work harder to circulate blood throughout the body. This added strain exacerbates existing heart conditions and increases the risk of cardiovascular events."

He explained that colder temperatures thicken the blood and make it more prone to clotting, which heightens the risk of heart attacks and strokes. "People with underlying medical conditions like diabetes, hypertension and smokers are more vulnerable as they are usually immunocompromised," Dr Irfan said. "In winter, increased tea consumption can elevate blood sugar levels, a major risk factor for heart attacks and strokes."

Dr Irfan also highlighted that



many heart attack patients are misdiagnosed and treated for other illnesses, complicating their condition further.

Dr Javid, another cardiologist, advised people to take extra precautions in winter to prevent heart attacks and strokes. He recommended dressing in layers, using scarves, gloves, and hats to maintain body warmth, keeping homes well-heated and avoiding prolonged exposure to the cold.

The doctor urged people to exercise indoors if it is too cold outside and to avoid strenuous outdoor activities, such as heavy shovelling, in extreme cold. "To reduce risks, people should consume a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins while limiting salt, sugar, and saturated fats," he added.

Doctors advised staying hydrated to prevent blood thickening and knowing the symptoms of heart attacks (e.g., chest pain, shortness of breath) and strokes (e.g., face drooping, arm weakness, slurred speech) to seek immediate medical attention when needed—(KNO)

Implement Strict Measures To Prevent Unauthorized Extraction Of Minerals: Dy CM

Observer News Service

SRINAGAR: While emphasizing the urgent need to curb illegal mining in the region, the Deputy Chief Minister directed the officials to implement strict measures to prevent unauthorised extraction and transportation of minerals.

The Deputy Chief Minister was chairing a high level review meeting of the Mining Department (Kashmir Division) today at the Civil Secretariat, Srinagar.

MLAs Anantnag West, Majid Larmi, Sonawari, Hilal Lone and Chanapora Mush-taq Guru were also present in the meeting

The meeting was also attended by Commissioner/Secretary Mining Department; Director, Geology and Mining, J&K; Special Secretary, Mining Department; Joint Director, Geology and Mining (Kashmir) and all District Mineral Officers (DMOs) of Kashmir division.

The Deputy Chief Minister called for increased vigilance through deployment of modern technology, such as GPS-enabled vehicles, CCTV surveillance at mining sites besides drone monitoring. He asked the officials to conduct frequent and surprise inspection of mining sites to detect and deter illegal activities.

He emphasised the need for accurate and real time data entry on the e-market web portal to ensure all quantities extracted are properly accounted for. He stressed the importance of close collaboration between

the Mining Department and law enforcement agencies to take swift action against illegal miners and transporters.

"The Department should launch awareness campaigns in local communities to educate them on the legal implications of illegal mining and encourage them to report unauthorised activities," the Deputy Chief Minister stressed. He also directed the officials to impose strict fines and penalties on individuals and entities involved in illegal mining, sending a strong message against such practices.

The Deputy Chief Minister further stressed the importance of maintaining a strict check on the quantity of materials being uploaded on the e-market portal, ensuring that data is accurate and free from manipulation. He highlighted that these measures would not only curb illegal mining but also boost revenue generation and ensure sustainable use of natural resources.

Earlier, Director G&M presented key initiatives undertaken by the department to streamline operations and ensure transparency. These included transition to E-Auction, launch of E-Challan and E-Market Web Portal and assured supply of construction material to public and several developmental projects undertaken by the government.

Dy CM Reviews Preparedness For Snow Clearance In J&K

Observer News Service

SRINAGAR: Deputy Chief Minister, Surinder Choudhary, emphasised for an effective and coordinated mechanism in place to ensure snow clearance within the shortest possible time in prone areas of Jammu and Kashmir.

The Deputy Chief Minister was chairing a high level meeting today at the Civil Secretariat, Srinagar, to review the preparedness for snow clearance operations for winter season.

The meeting was attended by several MLAs including Kangan, Sonawari, Gulmarg, Uri, Sopore, Pattan, Baramulla, Pampore, Beerwah, Shopian, Pahalgam, Anantnag East and Chanapora besides Divisional Commissioners of Kashmir and Jammu, Deputy Commissioners of all districts, Chief Engineer's and other senior officers from the Public Works (R&B) Department, Mechanical Engineering Division (MED), PMGSY, NHIDCL and BRO.

During the meeting, a detailed winter action plan was presented which envisaged smooth functioning of essential services and connectivity across the Union Territory, particularly in snow prone areas.

It was informed that as a matter of priority, MED will oversee the clearance of 10,223 km of roads with 6,728 km categorised as Priority-1, including highways, hospital routes and roads to critical infrastructure. Besides,



PMGSY has finalised contracts for snow clearance on 4042 km of rural roads with an additional 4 contracts under process, the meeting was apprised

It was also given out that 310 snow clearance machines have been mobilized by MED, with an increase from 254 machines last year. Besides, a total of 293 operational staff have been deployed, compared to 231 last year, to handle challenging conditions.

The meeting discussed key roads and highways such as NH-44 (Banihal-Qazigund), Mughal Road, Bandipora-Gurez Road, and Patnitop routes as critical areas of focus requiring special focus. Ensuring uninterrupted supply chains for LPG, petroleum and essential commodities was identified as a priority area.

BRO, NHIDCL and PWD (R&B) highlighted the availability of snow cutters, dozers and graders to maintain road connectivity. Besides, SMC and Urban Local Bodies (ULBs) presented their readiness to handle city roads with 422 machines in-

cluding de-watering pumps and de-icing materials.

The Deputy Chief Minister emphasised the need for inter departmental coordination and directed all the Deputy Commissioners to monitor ground level operations through virtual meetings regularly.

The Divisional Commissioners presented PowerPoint summaries of their respective regions showcasing the available infrastructure, personnel and strategies to tackle heavy snowfall.

The Deputy Chief Minister commended the officials for their proactive approach and directed the departments to ensure prompt road clearance and adequate stockpiling of essential supplies such as de-icing salt, urea and fuel.

"This winter preparedness plan is vital to ensure the safety and well-being of the citizens of Jammu and Kashmir. It is our collective responsibility to ensure uninterrupted services and timely response to emergencies," the Deputy Chief Minister maintained.

Surge In New Year Bookings In Tourist Hotspots

Agencies

SRINAGAR: As the holiday season and the festival of New Year and Christmas approaches, tourist destinations in Kashmir have recorded varied booking trends to celebrate a joyful and dreamlike holiday in the valley.

Gulmarg, known for its snow-covered landscapes, has already sold out for New Year, which reflects its continued popularity among visitors, several hotel owners and travel agents said.

The hotel owners from Kashmir's famous tourist destinations and tour and travel agents said the bookings for the New

Year celebration in the valley have been sold out at Gulmarg. They, however, said the bookings for Christmas at the ski resort and other places remain significantly lower, as is the case with other favourite destinations.

A hotel owner at Gulmarg said the bookings for New Year have been all packed. "Not even a single room is left vacant," he said, adding that for Christmas, the bookings are open and very low this year.

At the famous destination - Pahalgam, a hotel owner said they have witnessed a good response for New Year bookings.

He also said Christmas reservations have been limited. Similar views were expressed by many other hoteliers in Pahalgam.

At Sonamarg, a hotel owner said they have seen very low bookings this year for both festivals. "We are observing nearly 70 to 80% occupancy for the holiday period, which is lower than previous years," he said.

Meanwhile, Doodhpathri has also experienced a rise in visitors following the recent snowfall. "A hotel owner at Doodhpathri said footfall at the destination is expected to increase further during Christmas and New Year celebrations," he said.—(KNO)

One Nation, One Election Concept Against Spirit Of Idea Of India:Tarigami

Press Trust Of India

JAMMU: Senior CPI(M) leader M Y Tarigami on Saturday voiced opposition to the Centre's move to implement "one nation, one election", saying the concept is against the spirit of the "idea of India" and will harm the country's federal structure.

He appealed to everyone to rise above their political affiliations against this "anti-people" decision.

Talking to reporters here, Tarigami also expressed his resentment over the delay in the restoring Jammu and Kashmir's statehood and urged the BJP-led Centre to respect the verdict of the people of the region by ending the dual-power system in the Union Territory.

"In our opinion, the one nation, one election concept is against the spirit of the idea of India and its federal structure, which is giving protection to the country's huge diversities," the Communist Party of India (Marxist) leader said.

He said India is the world's largest democracy and it is

this democratic element that strengthens different cultures, identities and religious faiths, and keeps the country together.

"These diversities are the real face and real strength of India that helped thwart all attempts in the past to disintegrate the country. The foundation of the country is strong and its structures are relying on these diversities to prosper," Tarigami said, seeking measures to strengthen the diversity, instead of doing anything that could harm it.

He said this concept of "one nation, one election" is not good for the country.

The issues resonating during Lok Sabha and state elections are completely different. The municipality or panchayat elections cannot talk about state or national issues. So what is the relevance of clubbing all together?" the Left leader asked.

"We appeal to people to look at the negative impact of the move on the unity of the nation. It will cause cracks in the federal and democratic system and strengthen dictatorship," he said.

'Low Fibre Intake, Sedentary Lifestyle Can Lead To Constipation'

Agencies

SRINAGAR: A low-fibre diet and sedentary lifestyle are key contributors to constipation, a common digestive issue which includes infrequent bowel movements, difficulty passing stool, or a feeling of incomplete evacuation, according to experts.

Dr Murtaza, a general physician at DHSK, said that constipation is defined as having fewer than three bowel movements per week. While occasional constipation is normal, chronic cases can affect quality of life. "Constipation can result from dietary factors such as low fibre intake, insufficient water consumption and a diet high in processed foods," he said.

Lifestyle factors include a sedentary routine, ignoring the urge to defecate, and stress. Medical conditions such as irritable bowel syndrome (IBS), hypothyroidism, diabetes, neurological

disorders, intestinal obstructions and scar tissue can also lead to constipation, he added.

Certain medications, including painkillers (especially opioids), antidepressants, iron supplements, and antacids containing calcium or aluminium, as well as pregnancy and ageing (slower metabolism and reduced bowel muscle strength), also lead to constipation.

Dr Mushtaq warned that chronic constipation can lead to complications such as haemorrhoids, anal fissures, faecal impaction, rectal prolapse and psychological distress.

He advised lifestyle and dietary changes to prevent constipation, including consuming high-fibre foods such as fruits, vegetables, whole grains, and legumes. Drinking at least 6-8 glasses of water daily, engaging in regular exercise, and establishing a consistent bathroom routine are also essential, he said.—(KNO)

HIGH COURT OF JAMMU & KASHMIR AND LADAKH
(Exercising powers of Bar Council under Section 58 of the Advocates Act, 1961)
(OFFICE OF THE REGISTRAR GENERAL AT, JAMMU)

Subject:- Judgment dated 10.04.2023 passed by Hon'ble Supreme Court in Writ Petition (Civil)No.82/2023 titled Ajay Sharikar Srivastava Vs. Bar Council of India & Anr for implementation of Certificate and Place of Practice (Verification) Rules-2015. c/w Transferred Case (Civil) No 126 of 2015 Titled Ajayinder Sangwan Vs. Bar Council of India & Ors.

NOTIFICATION

No: 3041 of 2024 RG/LP Dated: 12-12-2024
In continuation to the High Court of Jammu & Kashmir and Ladakh Notification No. 2807/RG/LP dated 20.11.2024, it is hereby notified that:
"All the advocates enrolled on the Roll of Bar Council of Jammu and Kashmir are hereby directed to submit afresh Verification Forms in terms of Certificate and Place of Practice (Verification) Rules, 2015, along with self attested copies of Certificate of Enrolment, Educational qualification certificates comprising of Matriculation/ Date of Birth Certificate (Secondary School), 10+2 (Senior Secondary School), Graduation, if applicable, LL.B/BA LL.B Degree and two Demand Drafts each for Rs. 100/- (total Rs. 200) in favour of Secretary, Bar Council of Jammu and Kashmir before the concerned Principal District and Sessions Judge and Registrar Judicial High Court Wing Jammu/ Srinagar respectively by or before 31.12.2024".
Note:
i) Applications complete in all respects shall only be entertained.
ii) Concerned Registrar Judicials' and Principal District & Sessions Judge's shall forward the consolidated data as per Annexure-A in Excel Format on e-mail address: lpsession31@gmail.com.
By Order
No: 55511-61/RG/LP Dated: 12-12-2024
DIPK-9499-24 (Shahzad Azeem) Registrar General DT: 14/12/2024

GOVERNMENT OF (U.T) JAMMU & KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER
JAL SHAKTI (PHE) DEPTT.
GROUND WATER DIVISION SRINAGAR
BAGHI-ALI-MARDAN, NOWSHARA SRINAGAR.
E-mail:- phegwd@yahoo.com, Tel./Fax/No:- 0194-2411285

EXTENSION NOTICE 6TH.

Subject: 1. Construction of 02 No. of Bore Wells at different spots in Block Kalaroose in Bandi, Datta in District Kupwara.
Reference: This office e-NIT No.24-JS-PHE/GWDS/Mech. of 2024-25, issued vide endorsement No. JS-PHE/GWDS/24-25/Corrs./6373-82, dated: 15-10-2024. Bearing Tender ID No. 2024_PHE_260360_3.
Due to "No Response" for the above mentioned works advertised videe-NIT No. and Tender ID No's under reference. Which was scheduled to be downloaded till 12-12-2024 Up-to 11:00 AM are extended as per the details given below: -

S.No.	Item	Fresh Date
1.	Period of submission of bids	19-12-2024 Up-to 11:00 AM
2.	Date of opening of tenders	20-12-2024 11:00 AM

NOTE:
All other terms and conditions shall remain same as laid down in the aforesaid e-NIT issued vide above referred endst: nos.
No: JS-PHE/GWDS/24-25/Corrs./8853-6
Dated: 12-12-2024
DIPK-9491-24
DT: 14/12/2024

Sd/= Executive Engineer
Jal Shakti (PHE) Deptt.
Ground Water Division Srinagar.

Office of the Principal
GOVERNMENT DEGREE COLLEGE UTTERSOO
UTTERSOO-SHANSUS - 192201 - (DIST ANANTNAG) - KASHMIR
NAAC ACCREDITED GRADE "B"(CGPA 2.33)
Email: gdc.uttersoo@gmail.com Web: www.gdcuttersoo.ac.in
Ph. No. 9419065616 Landline:-01932-293177
No: GDCUT/2024/Books/1090 Dated:- 14/12/2024

EXPRESSION OF INTEREST
Applications are invited from the reputed book suppliers, publishers and the registered members of association of Indian Publishers and booksellers" (AIPBS) for the supply of text books, reference books and periodicals for the college library for the financial year 2024-25. The applications along with a CDR of Rs/-10000 (Rupees Ten Thousand only in favour of Principal Govt. Degree College Utersoo shall reach to this office within five days from the date of publishing of this notice. The application form along with necessary guidelines are available on the college website (<https://www.gdcuttersoo.ac.in>).
DIPK-9579-24
DT: 14/12/2024

Sd/- Principal

e-mail: adfbpr@gmail.com Fax/ Ph.No: 01957225662

OFFICE OF THE ASSISTANT DIRECTOR FISHERIES DISTRICT BANDIPORA

RE-ADVERTISEMENT NOTICE

In view of poor/no response to advertisement notice issued vide this office advertisement Mo: ADF/Bpr/24/3192-97 Dated: 13-11-2024, for the below mentioned components, the applications are once again invited from unemployed youth/interested persons of District Bandipora of the UT of Jammu & Kashmir, v/ho intend to avail incentives on the below mentioned Components under Pradhan Mantri Matsya Sampada Yojana (PMMSY) Fisheries Sector under action plan 2021-22, 2022-23,2023-24 and 2024-25 during 2024-25 having a funding pattern of 40 : 60 (40% beneficiary share & 60% Government share).

S.N	Component of the Scheme	Unit cost	Total units	Category	Subsidy ceiling (Rs in lacs)
01	Construction of Bio-floc having 07 tanks of capacity 15000 ltrs each, and all required accessories including input cost feed/seed	7.5 lacs	02	General	3.00 lacs
02	Mini Feed Mill of production capacity of 02 ton/Day	30.00	01	General	12.00

TERMS AND CONDITIONS:
01. The applicant should be a Domicile of J&K UT.
02. The applicant will have to provide documentary evidence of sources of finance like banks consent to provide loan towards the Non-subsidy portion of the project cost or declaration by the beneficiary for ov/n investing, necessary clearance permission etc.
03. The Final selection of the intended sites shall be the domain of District Level Committee.
04. The applicant will submit detailed project report (DPR) with full justification and techno economical details including capital cost and recurring cost, specific timelines for implementation of the project.
05. The last date of submitting the application is 20th of December 2024 up to 4.00 PM
Further details can be had from the office of the Assistant Director Fisheries Bandipora, Mini Secretariat Complex Block "C" during the office hours or visit to pmmsy.gov.in.
No: ADF/Bpr/24/3482 Dated:- 13/12/2024
DIPK-9521-24 DT: 14/12/2024
(Mohammad Aslam Bhat) Assistant Director Fisheries District Bandipora

GOVERNMENT OF JAMMU AND KASHMIR
OFFICE OF THE EXECUTIVE ENGINEER,
MECHANICAL IRRIGATION DIVISION SRINAGAR,
NEAR J&K BANK(ZALDAGAR)
Telefax No. 0194-2952696 e.mail Id: xenmidsrinagar@gmail.com

Sub: - Extension in bidding time for Short Term e-NIT No. 23 OF 2024-25, Dated: 06-12-2024 for below mentioned works: Supply, installation, testing and commissioning of 2.0TR Split type reversible Air conditioning units for Conference / meeting hall at Mechanical Circle (I&FC Deptt).
Ref: - JK Government official e-Procurement portal Tender ID No.: -2024_IFC_267236_1

EXTENSION NOTICE 1
Due to poor response to above mentioned e-NIT for the subject works, the critical dates are extended as under: -

Bid submission/ Document download / sale end Date	24/12/2024 at 1400 hrs
Date and time of Bid opening	26/12/2024 at 1230 hrs

Rest of the terms and conditions shall remain un-altered as laid down in the original e-NIT.
No. MIDS/Ts/3201-3206 Sd/-
Dated: -14-12-2024 Executive Engineer,
DIPK-9544-24 Mechanical Irrigation Division
DT: 14/12/2024 Srinagar

Australian Openers Start Well On Rain-Curtailed Day One

Press Trust of India

BRISBANE: Local hero Usman Khawaja and young Nathan McSweeney displayed sound defensive technique against Jasprit Bumrah but persistent rain played havoc with the opening day of the third Test, allowing only 13.2 overs of play in which Australia scored 28 for no loss against India, here Saturday.

The gloomy weather didn't allow any action after the rain-curtailed first session. The weather in Brisbane indicates a start-stop game throughout the next four days.

Khawaja (19 batting, 47 balls) and McSweeney (4 batting, 33 balls) traded aggression with caution but the senior left-hander still got a couple of boundaries when Mohammed Siraj pitched it short.

While India skipper Rohit Sharma would be happy that Australia didn't score way too many runs, his bowlers did not force the opposition openers to play more deliveries. A lot of



deliveries were left from length. Just when it seemed that Indian attack was getting into its groove, heavens opened up, putting brakes on the bowling momentum.

Bumrah (0/8 in 6 overs) bowled his least potent open-

ing spell of the series so far.

Despite overcast conditions and enough bounce on offer, he didn't bowl too many wicket-taking deliveries in that six-over first spell while Siraj (0/13 in 4 overs) was guilty of occasionally pitching it short.

In case of Bumrah, he rightly pitched it up but there was very little hint of swing on offer due to high humidity and only on few occasions he was able to square up Khawaja while coming round the wicket.

The lines that they bowled,

drifted towards the leg-side more often than not.

With not many probing questions asked, the first 25 minutes before the steady drizzle stopped proceedings saw Australia reach 19 for no loss.

While McSweeney defended dourly, Khawaja did pull Siraj for a boundary before the break and added one more after play resumed.

During the hour's play, the highlight was how Khawaja dealt with Bumrah's first spell.

He defended well by dropping his bottom hand and trying to play as late as possible. The balls that went past Khawaja's outside edge weren't about being getting beaten but rather, he kept the bat close to his body, allowing the ball to deviate past the willow. He only played deliveries that were bowled into his body.

He knew that if they can manage Bumrah's first spell which is generally between six to eight overs, they can dominate other bowlers.

Kashmir Athletes Shine At 68th National School Games



Observer News Service

SRINAGAR: Several martial artists from Kashmir Valley have clinched medals at the 68th National School Games at Delhi.

Wushu phenom Kaifa Shah clinched a Gold medal in the Under-19 Wushu Championship. A trainee at Indoor Stadium in Srinagar, Kaifa started her sports journey when she was only seven years old. She has overcome many challenges, includ-

ing fitness issues as well as injuries.

Nazia Fatima, a trainee of PMDP Judo Center in Srinagar, won a bronze medal in the Under-19 Judo Championship, earning praise for her hard work from J&K Sports Council. Nazia competed in the 44kg weight category.

"This victory showcases how perseverance, proper training, and quality coaching can pave the way for extraordinary success," the Sports Coun-

cil said in a statement.

Meanwhile, two trainees of Khelo India Wushu Centre Budgam, Muntazir and Imran Raja, represented J&K and won Bronze medals at the 68th School National Games Wushu Championship.

"Their achievement reflects the growing talent pool in Jammu and Kashmir and highlights the positive impact of sports initiatives like Khelo India," the J&K Sports Council said in a statement.

Real Kashmir To Play Namdhari FC In I-League Today

Observer News Service

SRINAGAR: In their first away game of the 2024-25 I-League season, Real Kashmir FC will take on Namdhari FC today, Sunday, December 15, at Namdhari Stadium in Bhaini Sahib, Ludhiana, Punjab. The game kicks off at 2:00 PM and will be broadcast Sony

Sports 2 and SSEN App.

The Srinagar-based Snow Leopards are unbeaten in the league after four rounds of games. They have taken eight points after winning two and drawing two at home, ranking third in the I-League standings. On the other hand, Namdhari are second-last after winning one, drawing one and los-

ing two games thus far.

Real Kashmir will be the favourites for this game, but considering it is an away match, any thing is possible. In fact, the Snow Leopards have played Namdhari twice and lost both times, with the last meeting between the two ending in a 4-1 win for the Ludhiana club.

Amir Announces Retirement From International Cricket



Press Trust of India

KARACHI: Controversial Pakistan left-arm pacer Mohammad Amir bid adieu to international cricket on Saturday, months after coming out of retirement to play in the T20 World Cup.

Amir, who was banned from cricket for five years between 2010 and 2015 on spot-fixing charges and was briefly jailed for his crime, had retired from all forms of international cricket in 2020.

However, he changed his mind and returned to play in T20 World Cup earlier this year.

"After careful consideration, I have taken the difficult decision to retire from international cricket. These decisions are never easy but are inevitable. I feel this is the right time for the next generation to

take the baton and elevate Pakistan Cricket to new heights!" he wrote on his social media handles.

"Representing my country has been and always will be the greatest honour of my life. I would sincerely like to thank the PCB, my family and friends and, above all, my fans for their continuous love & support," he added.

Amir had been involved in the infamous spot-fixing scandal that rocked the cricket world in 2010.

The pacer, who was 19 then, had deliberately overstepped along with fellow quick Mohammed Asif at the behest of former skipper Salman Butt and they were all caught. All three were briefly jailed in the UK, where fixing is a crime but were later released.

The ICC banned them for five years between 2010 to 2015. Only Amir

made a successful return to international cricket and was the hero of Pakistan's Champions Trophy triumph over India in 2017 in the UK.

A key member of Pakistan's team over the years, he featured in 36 Tests, 61 ODIs and 62 T20Is since making his international debut in June 2009.

He took 271 international wickets and scored 1,179 runs across the three formats and was a part of the 2009 ICC T20 World Cup-winning side.

Amir's final outing in Pakistan colours came in June this year during the T20 World Cup against Ireland in Lauderhill, USA.

In 2020, Amir announced a dramatic end to his international cricket career, alleging that he has been "mentally tortured" by his national board's management.

Short TAKES

J&K Lose 3-1 To West Bengal In Santosh Trophy

J&K senior men's football team was dealt a 3-1 thrashing by West Bengal on Saturday in a 78th Senior Football Championship for Santosh Trophy 2024-25 final round match at Deccan Arena in Hyderabad, Telangana.

The J&K team, coached by legendary footballer Mehrajuddin Waddoo, entered the game with high hopes after excellent performance during the group stage of the competition. However, the team failed to match West Bengal's intensity from the get-go. Bengal opened the scoring in the 4th minute of the game, and made it 2-0 in the 12th minute.

Entering the second half 2-0 up, West Bengal did not let off in their pursuit of another goal as they went 3-0 up in the 47th minute. J&K's lone consolation goal came via central defender Arun Nagal in the 78th minute.

The J&K squad will now look get its Santosh Trophy campaign back on track when it takes on Services on Monday, December 16. The game kicks off at 9:00 AM.

J&K Playing XI v West Bengal:

21 Nirdosh, 2 Rishi, 3 Arun, 12 Farhan, 19 Ather, 23 Dimple, 17 Ishan, 24 Talib, 6 Aakif, 11 Adnan, 14 Huzafah

Substitutes: Sahil Rashid Dar, Moomin Bhat, Hayat Bashir, Ishfaq Ahmad Wani, Aditya Mahajan, Rishab Mehra, Kamran Hameed, Musaib Ahmad, Nadeem Ali Bhat, Majid Ahmad. (Observer News Service)

Tim Southee Equals Gayle's Sixes Record In Tests

New Zealand veteran Tim Southee equalled West Indies great Chris Gayle's tally of sixes in Test cricket to move to joint-fourth spot in the all-time list, in Hamilton on Saturday.

Southee, playing his 107th and final Test for New Zealand, slammed the 98th six of his career, on Day 1 of the third and final Test against England at Seddon Park.

Southee hammered three sixes in his quick-fire 10-ball 23 which also included one four as New Zealand reached 315/9 at stumps on the opening day.

England captain Ben Stokes leads the all-time list with 133 sixes in 110 Tests so far, followed by former New Zealand captain Brendon McCullum with 107 sixes in 101 matches.

Australia vice-captain Adam Gilchrist is third with 100 sixes in 96 Tests.

ECB Suspends Bangladesh's Shakib For 'Illegal Bowling'

Bangladesh's veteran all-rounder Shakib Al Hasan has been suspended from bowling in all competitions organised by the England and Wales Cricket Board (ECB) for exceeding the maximum permitted elbow extension of 15 degrees.

The 37-year-old's action was scrutinised by on-field umpires in his one-off appearance for Surrey in September - his first appearance in the County Championship since the 2010-11 season.

Following umpires' suspicions, he was asked to do a test.

"Shakib completed an independent assessment at Loughborough University earlier this month, which found that the elbow extension in his bowling action exceeded the 15-degree threshold as defined in the Regulations," the ECB said in a statement.

"This suspension takes effect from the receipt of the independent assessment on Dec. 10, and follows the process set out in the ECB's Regulations for the Review of Bowlers Reported with a Suspected Illegal Bowling Action."

To overturn the ban, the left arm spinner will need to undergo a reassessment demonstrating a narrower elbow extension.



Amorim Says Man United Will 'Fight' For Victory At Man City

Agencies

MANCHESTER: The Portuguese is preparing for his first derby since arriving at Old Trafford last month -- with both teams desperately in need of a win.

United, 13th in the table ahead of the weekend fixtures, have won only once in four league matches since Amorim joined the club.

Pep Guardiola's City have just one victory in 10 games in all competitions but are still eight points ahead of their rivals in the English top flight.

United were buoyed by Thursday's 2-1 Europa League comeback win at Viktoria Plzen but they desperately need to turn their form around in the league -- they have their lowest points total after 15 matches since 1986.

"I am always looking forward to coaching Manchester United, especially in the derby but we have so much to focus (on)," United manager Amorim told MUTV.

"We are focused on improving day by day, and we want to

see different things.

"I think we did a good job in the first half against Arsenal (in an eventual 2-0 loss), so we have that ability, we have players to do it, and we will try to do it again and try to win the game."

The former Sporting Lisbon boss said it was vital to create a winning culture after United's Europa League victory in midweek, during which they recovered from a goal down, thanks to two strikes from Rasmus Hojlund.

"You don't (get) carried away about the winning -- we should win this type of game that we had Thursday -- so now we're going to another game we need to win," he said.

"We lost the other two in the Premier League (Arsenal and Nottingham Forest). We have to have this feeling of winning these kind of games, and we will be ready."

"Of course, we know that we have a lot to improve. A lot of things are changing here but we will fight for the game."

United have had some torrid

times at the Etihad Stadium in recent years, with 4-1, 6-3 and 3-1 defeats following their last win there in March 2021.



Guardiola is in the middle of his toughest spell since taking charge in 2016 but Amorim

said he would not be distracted by City's problems.

"I have a huge respect for Manchester City but I'm just

last month in his penultimate match as Sporting boss.

"We have so much to do here, in my mind only (this

stand the opponent, but my focus is just Manchester United. We just want to improve and to win games."

Guardiola Accepts Man City May Need To Sign More Players

Manchester City manager Pep Guardiola believes he will need a bigger squad to handle soccer's ever-expanding fixture schedule.

City has been weakened by a host of injuries and is still competing in three competitions, including an expanded Champions League. At the end of the season, it has the Club World Cup in the United States. "It made me reflect that maybe with this calendar you need a squad with 25, 30 players. It will be more difficult financially for the club," Guardiola said on Friday.

"People say, 'What is the problem?' The problem is the schedule.

"Sooner or later it will happen for all clubs. When we won the treble (in 2023), the four domestics, we have one, two,

focused on Manchester United," said the Portuguese, who inflicted a 4-1 defeat on City

exists.

"Of course we need to have a strategy, we need to under-

three injuries, but we were so stable. That's why we could compete, and now we cannot."

Key players Rodri, Kevin De Bruyne, John Stones, Ruben Dias and Phil Foden have been injured or ill and City's form has unravelled. The four-time defending Premier League champion is on a run of seven losses and only one win in its last 10 games in all competitions.

City is fourth in the standings, eight points behind leader Liverpool going into the derby against Manchester United on Sunday.

"We are sad, I'm sad for the players because the way they run and they fight with the circumstances they have," Guardiola said. "Our fans, maybe they are sad. I understand completely because maybe we lose seven games, eight games in one season or in two seasons, and now (in) a month and a half."

In September, Rodri said players were close to taking strike action over the number of games they have to play.