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MeT Predicts Erratic Weather Till Jan 3



December 28 forenoon.

December 29.

From

January

Director Meteorological department (MeT), Dr

Mukhtar Ahmad has said

that the weather is expected

to remain generally dry on

He said that on December 31st, the weather would re-

main generally cloudy with

the possibility of light snow

would remain generally

cloudy with the possibility

of light snow at isolated to

In its advisory, the MeT

scattered places, he said.

has predicted | More on P6

January 01 to 3, the weather

at isolated higher reaches.

Observer News Service

Srinagar: With no forecast of any major wet spell for the next two weeks, the weatherman here has predicted erratic weather conditions in Kashmir valley till January 03, 2025, forecasting light snowfall over higher reaches.

The weather is expected to remain generally dry for the next three days while light rain over the plains of Jammu and light snow over the higher reaches of Chenab valley & Pirpanjal Range is expected towards Late December 27th afternoon to

HC Winter Vacations Start From January 6

he High Court of J&K and Ladakh on Monday notified winter vacations for its both wings from January 6. "It is hereby notified that the Hon'ble High Court of Jammu & Kashmir and Ladakh will observe the Winter

Ruhullah Takes On Own Party Over Reservation System

Farzana Nisar

Srinagar: National Conference (NC) leader and Member of Parliament Aga Ruhullah Mehdi on Monday took a bold stand against his own party's policies by leading a peaceful protest outside Chief Minister . Omar Abdullah's residence. His demand? The rationalisation of reservation quotas in Jammu and Kashmir as per population proportion or Court EWS Supreme 10% directives. while Ruhullah,

RBA

10%

addressing the gathering, expressed dissatisfaction with the government's formation of a cabinet sub-committee to review the reservation policy. "I had promised the students

CM Meets Reps, Seeks 6 Months' Time



based fairness. in their favour. Today, we are here to fight for them. I would only be satisfied when

The current reservation policy, which grants quotas to | More on P6

hief Minister Omar Abdullah on Monday held a meeting with representatives of the protesting students at his Gupkar residence to address their concerns regarding reservation policies. The CM assured the delegation that the government is committed to resolving the matter and sought six months to implement a solution. However, the protestors emphasized the urgency of the issue, demanding that the matter be addressed within three months instead. Earlier, students, joined by Srinagar MP Aga Ruhullah, staged protests in the city, raising slogans and urging immediate government action on the reservation [More on P6

Political Rivals Rally Together Against Reservation

t is rare to see leaders from opposing parties setting aside their differences to champion a shared cause. However, in an unusual display of unity, politicians joined forces to demand the revocation of the reservation policy. Arch-rival PDP leaders Waheed Para and Iltija Mufti supported the protest led by the NC leader Aga Ruhullah against his own party government. Mirwaiz Umar Faroog, the chairman of the separatist Hurriyat Conference, has also called for rationalisation of the reservation. PDP MLA from Pulwama in a post on X said he "wholeheartedly welcome Ruhullah's | More on P6

Budget **Session Likely** From Feb 10

Observer News Service

Srinagar:The Budget session of the Jammu and Kashmir Assembly is tentatively scheduled to commence on February 10, but the final decision rests with Lieutenant Governor Manoj Sinha, Speaker Abdur Rahim Rather said on Monday.

Speaker Rather confirmed that discussions have taken place regarding the proposed date for the session.

"We are making preparations for a meaningful and productive session that will focus on addressing the pressing issues of the Union Territory and setting the agenda for the year ahead. The session is likely to start from February 10," he said, adding that the Lieutenant Governor will take the final call.

The Budget session is expected to be of critical importance as it will outline the government's financial and developmental roadmap for the upcoming fiscal year.

Key areas such as infrastructure development, employment generation, and healthcare, education, and welfare schemes are likely to dominate the discussions.

Chief Minister Omar Abdullah attended a pre-budget meeting in Jaisalmer, | More on P6

BIS CARE APP

BUREAU OF INDIAN STANDARDS

रतीय मानक ब्यूरो

'Online Threats To KPs' **SIA Chargesheets Operatives Behind 'Kashmir Fight'**

Observer News Service



Vacations with effect from 6th of January, 2025 to 31st of January, 2025 (both days inclusive)," reads an order by Registrar General Shahzad Azeem. The | More on P6

PM Transformed J&K's Educational Sector: LG

Says Cultural Revival Is Underway In Kashmir



Observer News Service

Jammu: Lieutenant Governor Manoj Sinha on Monday inaugurated the regional Indira Gandhi National Centre for the

Arts (IGNCA) in Jammu and said that the facility would promote and preserve the region's rich art and cultural heritage. Addressing the gathering, Sinha said the | More on P6

Srinagar: In a significant stride in the fight against cyber-terrorism, the State Investigation Agency (SIA), Jammu, has filed a chargesheet against key operatives behind the notorious "Kashmir Fight", a social media handle.

The platform, operated by The Resistance Front (TRF)-a proscribed terorganization—was rorist used to issue chilling online threats to migrant Kashmiri Pandit employees, aiming to spread fear and unrest, a statement reads.

In February 2024, a series of threatening posts were published on social media by the terror outfits's social media handle, following which an investigation was initiated by SIA Jammu, the statement reads.

"During the investigation, SIA apprehended Farhaan Muzaffar Mattoo, a resident of Srinagar, for his alleged role in gathering and sharing sensitive information about | More on P6

Address Power Shortages: CM Directs Officials

Observer News Service

Srinagar: Chief Minister Omar Abdullah on Monday directed officials to take effective measures to address power shortages and ensure adequate essential services for residents.

Omar cancelled all his engagements in Jammu to personally monitor functioning of the power department in the valley, which has been reeling from intense coldwave conditions.

The chief minister chaired a high-level meeting to review the power supply scenario in Kashmir.

He discussed a comprehensive strategy to manage peak electricity demand and directed the officials to maintain efficiency in



ensuring reliable supply during the harsh winter season.

CM instructed the power development department to strictly comply with the scheduled curtailment programme and ensure proper publicity of planned outages to keep consumers

informed in advance. He was briefed on the power situation in the valley, including the load curtailment plan and the demand-versus-consumption statistics. It was highlighted that de-

spite a 7-8 per cent | More on P6

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ISRO To Study How Crops Grow In Space On PSLV-C60 Mission

Press Trust Of India

Demonstration of seed germination in outer space, a robotic arm to catch a tethered debris there, and testing of green propulsion systems are some of the experiments planned on the POEM-4 -- the fourth stage of ISRO's PSLV rocket that remains in orbit after launching a satellite.

The PSLV-C60 mission, slated for a yearend launch, is scheduled to place the twin satellites 'Chaser and Target' to demonstrate the space docking technologies that are crucial for building India's space station.

The PSLV Orbital Experiment Module (POEM) will carry 24 experiments -- 14 from various ISRO labs and 10 from private universities and start-ups -- to demonstrate various technologies in space. ISRO plans to grow eight cowpea seeds from seed germination and plant sustenance until the two-leaf stage in a closed-box environment with active thermal control as part of the Compact Research Module for Orbital Plant Studies (CROPS) developed by the Vikram Sarabhai Space Centre.

The Amity Plant Experimental Module in Space (APEMS), developed by Amity University, Mumbai, plans to study the growth of spinach in a microgravity environment.

Two parallel experiments will be carried out simultaneously -- one on POEM-4 in space and one on the ground at the university.

The experiment's outcome will provide insights into how higher plants sense the direction of gravity and light. The Debris Capture Robotic Manipulator, developed by VSSC, will demonstrate the capturing of tethered debris by a robotic manipulator using visual servoing and object motion prediction in the space

environment. The robotic manipulator will be capable of capturing free-floating debris and refuelling tethered and free-floating spacecraft in future POEM missions. Mumbai-based start-up Manastu Space will test Vyom-2U, the green propulsion thruster, that uses a blend of hydrogen peroxide and in-house additives as fuel, with the goal of providing a safer and higher-performing alternative to hydrazine for space applications. The Varuna payload, developed by Pier-

sight Space-Ahmedabad, is an in-orbit



The Debris Capture Robotic Manipulator, developed by VSSC, will demonstrate the capturing of tethered debris by a robotic manipulator using visual servoing and object motion prediction in the space environment.

demonstration of a Synthetic Aperture Radar (SAR) in a CubeSat form factor. This mission marks the initial step towards establishing a constellation of SAR and Automatic Identification System (AIS) satellites, aiming to provide persistent, near real-time monitoring of all human and industrial activity at sea.

PUBLIC NOTICE

This is to notify all that my name has been wrongly mentioned as Faizan shafi bhat (name on aadhar) in my adhaar card bearing aadhar no 347226493397. Previously i had corrected my name 2 times my initial name in aadhar was faizan shafi bhat and then i changed it to faizan ayoob and then to faizan shafi bhat which is also present name on aadhar . Now i want to apply for the correction in my adhaar card with the following corrections. My new name as faizan shafi (new name) If anybody has any objections in this regard he/she may kindly approach the concerned office within seven days. No objection will be entertained after the said time period.

ivd

PUBLIC NOTICE

My name has been wrongly written in my adhaar records as Zainab Ul Gazali while my correct is Zigra Mushtag which needs to be corrected. If anybody has any objection in this regard he/ she may file his/her objection in the office of the New islamia modal school palhallan pattan within 7 days Afer that no objection shall be entertained Zigra Mushtag D/O Mushtaq Ahmad Dar R/O Palhallan Ghat fko

PUBLIC NOTICE

My DOB & Mother's Name has been wrongly written in my school records as DOB 16/4/2012 instead of 16/4/2014 and my mother name as ROHI JOHAN instead of ROHI NAZIR . Now I have applied for the correct of the same. If anybody has any objection in this regard he/she may file his/her objection in the office of the SRM Welkin Sopore within 7 days . After that no objection shall be entertained.

Huzaifa Nazir S/O Nazir Ahmad Bhat **R/O Palhallan Pattan**

Fkc

'Faster Walkers' Had Significantly Lower Risk Of Diabetes, Hypertension: Study

Press Trust Of India

f your walking speed is faster than your peers, you may be at a lower risk of metabolic conditions such as diabetes or cardiovascular ones, a recent study has found. In nearly 25,000 participants having obesity, a high waist circumference, or both, researchers from Japan's Doshisha

by the Ministry of Health, Labour and Welfare in Japan," Ishii said. "This allowed for a quick and easy assessment without requiring specialized equipment." "Promoting a faster walking pace may be a helpful individual behaviour to help prevent metabolic diseases, particularly in individuals with obesity," Ishii said. Even though the study could not establish cause-and-effect links, the findings



NOTICE

I, Gulzar Ahmad Shalbaf, F/o Mohammad Amaar R/o Shalbaf Mohalla, Anchar Soura, Srinagar, do hereby declare. That my son's Srinagar, do nereby declare. Inat my sons mother & Father name has been wrongly entered in Birth certificate recordsa. Gulzar Ahmad instead of Gulzar Ahmad Shalbaf b. Javaida Gulzar instead of Javaida Akhter 3. That my son's true and correct name is Mohammad Amaar S/o Gulzar Ahmad Shalbaf and his Mother Name: Javaida Akhter R/o Shalbaf Mohalla Anchar Soura Srinagar as per new birth certificate **under Regd. No.2660** Dated 28-05-2012.That in case any body has any objection in this regard then I shall be personally responsible for the same. After the stipulated period, no objections will be entertained. Media Line Ads

PUBLIC NOTICE

That Farooq Ahmad Malla S/O Ghulam Rasool Malla R/O Alambal Mirgund Tehsil singhpora Distt baramulla declare on oath as under that I want to obtain DOB in favour of my daughter namely Arifa Farooq whose DOB is 08/03/2012 from block office singhpora tehsil singhpora if any body have objection he/she may contact to tehsil Office Singapora within seven days and no objection will be add after seven days fko

PUBLIC NOTICE

I have changed my old name Pakeeza Parveez R/O Menganwagi Bagati Kanipor to a new name Pakeeza Parvaiz. In future I will be known as Pakeeza Parvaiz.My passport No.is S9421941. If anybody has any objection to this change may communicate to the passport authority or the below mentioned contact person within seven days of this notice. From Arshid Nabi Dar ngko Contact 7006010007

PUBLIC NOTICE

I have applied for issuance of Pesticides & Fertilizer license with the name Mir pesticides and fertilizers located at KAWACHAK (DOLIPORA) in this connection if anybody has any objection in this regard He/She may file his/her objection in the office of concerned PLANT PROTECTION OFFICER LAL MANDI SRI-NAGAR (PPO) within seven days from the publication of this notice after that no objection will be entertained. NAME: UMAR ASSADULLAH MIR S/O MOHAMMAD ASSADULLAH MIR fko

R/O DOLIPORA

PUBLIC NOTICE

The cast of my ward has been wrongly written in their school records as Nadeem Ahmad Malla , Faizan Ahmad Malla & Ashrag Ahmad Malla while their correct cast is Nadeem Ahmad Dagroo, Faizan Ahmad Dagroo & Ashraq Ahmad Dagroo which needs tobe needs to be corrected. If anybody has any objection in this regard he/she may file his/he robjection in the office of the GMS Kluntara Bala within 7 days. After that no objection shall be entertained.

Mohammad Ramzan Dagroo F/O: Nadeem Ahmad Dagroo , Faizan Ahmad Dagroo & Ashraq Ahmad Dagroo R/o Kluntara Bala Tehsil Kreeri fko

از دفتر نائت تحصیلدارکلنتره بااجلاس نائب تحصیلدارکریری درخواست منجانب سائل عبدل غنى مير داماد محمد صحجان صوفى ساكنه شيخيوره بمراد حصول RBA سرتفيكيٹ تحت ايس اراو 126 / 294 بحق خود اشتهار بمرادآ گاہی ہرخاص وعام معامله مندرجه عنوان الصدرميي درخواست سائل عبدل غني مير داماد محمد صجان صوفي ساكنه شیخپوره دفتر بذامیں زیرکاروائی بے اس نسبت ریورٹ پٹواری سے عیاں ہوتا ہے سائل کا کمنبہ (07) افراد پرشتمل ہے کنبہ کی سالانہ کی سالانہ آمدانی 240000 تک ہے سائل کےافرادخانہ مندرجہذیل ہے • • جبدل غنی میرد مادمحمد صحان سربره 61 سال مزدوری/ زمینداری *گھر*یلوکام 2 سليمه بيكم زوجه 59 سال 3..الفت^{حس}ین میر پسر 31 سال مزدوري زيرتعليم ۷ عارف^{حسی}ن میر 25 سال // ج خشبوجان دختر 24 سال ی عزیزی بیگم والده 🛛 79 سال عمررسيد *گھر*بلوکام 31-سال · صافيه بيگم بهو سكيعلاوه كوئي بحقى افرادنيس بتلايا كميا بصلها زاتمام عوام خاص وعام كوبز ريعه اشتها رمطالع كبا عا تاہے کہا گرکسی کو سرٹیفیکٹ نکالنے میں کوئی عزر بااعتراض ہوتووہ ایناعزر یا عتراض ساتھ دن کے اندراندر پیش کریں معاد گزرنے کے بعد کوئ عزر یا عتراض قابل قبول نیں ہوگا نائب تحصيلداركريري fko

University measured their 'subjective walking speed' through a single question in a health questionnaire—"Is your walking speed faster than that of your age and sex?" The results, published in the journal Scientific Reports, showed that individuals who identified as 'faster walkers' had significantly lower risks of diabetes—about 30 per cent lower and smaller, but notable reductions, in risks of hypertension and dyslipidemia (abnormal lipid levels in blood). The researchers attributed the findings to the relationship between walking speed and overall health. Faster walkers often display better cardiorespiratory fitness, which is in turn related to lower levels of inflammation and oxidative stress—two key drivers of metabolic diseases, they said. In the study group, 8,578 individuals had obesity (measured by body mass index), 9,626 had a high waist circumference, and 6,742 had both.

"This study clarified that even individuals with obesity, who are at higher risk for metabolic diseases, have lower odds of hypertension, diabetes mellitus, and dyslipidemia if they report a fast subjective walking speed," lead researcher Kojiro Ishii, a professor in the faculty of health and sports science at Doshisha University, said. The authors explained that 'subjective walking speed' is self-reported and can be readily incorporated into standard examinations, unlike 'objective walking speed', which needs resources, time, and space to assess.

They added that the simplicity and accessibility of the 'subjective walking speed' measure makes it ideal for use in clinical and public health settings. "This questionnaire (used in the study) is included in a standardised protocol

Faster walkers often display better cardiorespiratory fitness, which is in turn related to lower levels of inflammation and oxidative stress-two key drivers of metabolic diseases, they said. In the study group, 8,578 individuals had obesity (measured by body mass index), 9,626 had a high waist circumference, and 6.742 had both.

were in line with those from previous studies on walking pace and health outcomes, the researchers said. The study also showed how measuring one's subjective walking speed could help identify individuals at a high risk of and prevent metabolic disorders related to obesity, especially when included in routine health examinations. the team said.

As it turns out, a simple question like 'Is your walking speed faster than your peers?' could provide life-saving insights, they said.

PUBLIC NOTICE

This is to notify all that my name has been wrongly mentioned as GULL NOR JAN in my adhaar card bearing aadhar no 489364520550 Now i want to apply for the correction in my adhaar card with the following corrections. My new name is DOORI BANO If anybody has any objections in this regard he/she may kindly approach the concerned office within seven days. No objection will be entertained after the said time period. jvd

PUBLIC NOTICE

I have applied for the issuance of DOB certificate from the office of the Block Development Officer Wagoora . If anybody has any objection in this regard he/she may file his/her objection in the above mentioned office within 7 days . After that no objection shall be entertained.

fko

Mushtaq Ahmad Khan (DOB 16-06-1979) S/o Mohammad Akbar Khan R/o Harshnar Mangam Wagoora

	از دفتر نائب تخصيلدارا كذكاما كيزيني مجستريث درجهاول إكنكام					
	درخواست منجانب - طاریق احد میر ولدغلام احد میر ساکن دمحال کوکر ناگ صلح است ناگ بغرض					
	اہرخاص دعام	اشتہار بمرادآ گابی	حصول آ ربی اے سرٹفکیٹ ۔			
	معاملہ مندر جبعنوان الصدرييں سائل صدر نے ايک درخوات بغرض حصول آربی اے سرتفکيٹ					
	دفتر ہاز ہ میں پیش کیا ہے۔ ب ریورٹ بٹواری حلقہ تفصیل افراد کنبہ بزیل درج ہے:۔					
	آمدانی	ىپىشە	عمر	نام صاحب كنبه معه ولديت		
	LPC	سركارى ملازم	37 سال	طاريق احمد ولدغلام احمد مير		
		تحفر بلوكام				
		زركعكيم				
	اسیحےعلاوہ اورکوئی فرد کنبہ میں موجود نہیں ہے سائل کے کنبہ کی کل سالا نہ زرعی وغیر زرعی آمدانی					
	=/LPC ہے اس حوالے سے اگر کسی شخص یا اشخاص کو مزکورہ سرٹفکیٹ اجرا کرنے میں کوئی عذریا					
1	اعتراض ہوتو وہ سات دن کے اندراندرا پنااعتراض دفتر ہازہ میں پیش کریں ۔معیاد گز رنے کے					
	بعد کوئی بھی اعتراض قابل قبول نہیں ہوگا۔ 🕺 🕺 تحریر الصدریا ب تحصیلدار					
	JNA7780878931					

از نیابت پلہالن

عنوان: _ درخواست منجانب محمد اساعیل تیلی ولدغلام محمد تیلی ساکنه سلطان یوره پیٹن شر بوگ تحصیل پیٹن بمراداجرائي OBC تحت SRO 144 بحق عادل اساعيل ولد محمد اساعيل تيلي

اشتهار هرخاص وعام معامله مندرجة عنوان الصدريين سائله نے ايک درخواست بغرض OBC سرتفيکيٹ بذمرہ تیلی پیش کی ہے جو کہزیر کاروائی ہے اس بارے میں پٹواری حلقہ سے رپورٹ طلب کی گئی ہے جس سے عیاں ہے کہ سائل واقعی تیلی ذات سے تعلق رکھتا ہے اور سائل سلطان یورہ پٹن شیر بوگ میں ر ہائش پذیر ہے اور بھی بھی ترک سکونت نہیں کی ہے ۔ سائلہ کا کنبہ بذیل افراد پر شتم ل ہے محداساعيل تيلى ولدغلام محمد تيلى خاندار 58 سال تصره بيكم زوجه محمدا ساغيل گھریلوکام 56 سال مارف احمد نیلی ولد ۔۔ pvt job 28 مال عادل اساعیل ولد۔۔ زيرتعليم 24 تصمت اساعيل ولد .- 26 اشفاق احمد تیلی ولد۔۔ pvt job ۲۵ الاسال زيرتعليم 21 سال انشاء بانودختر محمداساعيل سائلہ مذکورہ OBC سرتفیکیٹ حاصل کرنے کاخواں ہے اور کنبہ کی سالانہ آمدنی 66000 روييتك ب _ سرتفييكيين زير بحث اجراءكر في ميں اگر كو اگر كى شخص كو كوئى عزريا عتراض موتو وه بعد مشتهرا خبارسات دن کے اندرا ندر آپنے عذر یاعتر اض ودالت هذا کودفتری ادقات کے دوران پیش کریں۔بعد گز رے میعاد کویی عذر یاعتر اض قابل قبول نہیں ہوگا۔ نائب تحصيلدا FKO

Aftab Qazi Awarded Doctorate



Makhdumi Syed Dr. Aakib Kazi BPT (Bachelor of Physiotherapy) got the doctorate with First Division in the presence of the Governor of Rajasthan Shri Haribhau Kishanrao Bagde from Apex University Jaipur Rajasthan.

Dr. Aakib Kazi did his physiotherapy internship from Civil Hospital Ahmedabad Gujarat. Apart from this he has studied from (IGNOU), SMS Medical College, Govt Nursing College, Jaipur Rajasthan. He also passed Home Based Health Care course with distinction.

Dr. Kazi was honored by SJJADANASHIN Diwan Syed Zainul Abedin Ali Khan and Syed Naseeruddin Chisti of Huzoor Khwaja Garib Nawaz Dargah in Ajmer and prayers were offered for Dr. Kazi by the Dargah Diwan Sahab.

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KASHMIR OBSERVER® Srinagar | Tuesday | 24-12-2024 🔾

Two Workers From Kupwara Die Of 'Asphyxiation'

Agencies

Srinagar: Two laborers from Kalaroos in north Kashmir's Kupwara district were found dead in their rented accommodation in the Qamarwari area of Srinagar, with preliminary reports pointing to asphyxiation as the cause of death.

The deceased are Parvaiz Ahmad and Mohammad Yousuf Khan, both residents of Kalaroos.

Police sources said that both the workers were found lying unconscious in their room. They were shifted

clared them dead on arrival. Police officials confirmed the incident, stating

to hospital, but doctors de-

that a formal investigation is underway to determine the exact circumstances surrounding their deaths. "We are exploring all angles, and the preliminary cause appears to be suffocation," a police spokesperson said.

Authorities have urged landlords and tenants in Srinagar to ensure proper ventilation and safety measures in their homes, particularly during the cold season when heating devices are in use. [KNT]



A large group of female students joined a protest against reservation policy outside CM's residence on Monday. KO Photo Abid Bhat

Ahmedabad Municipal **Corporation Delegation Explores** Sgr Smart City Innovations

Observer News Service

Srinagar: A delegation of 47 officials from the Ahmedabad Municipal Corporation (AMC) visited Srinagar to study the city's groundbreaking Smart City projects. The visit aimed to promote collaboration and share best practices in urban development, highlighting a shared vision of enhancing infrastructure and improving quality of life in Indian cities.

The delegation explored several transformative projects under the Srinagar Smart City Mission, including the Integrated Command and Control Center (ICCC), Jhelum Riverfront, Balidan Stambh, Northern Foreshore Road, Nishat Sathu, Shalimar Canal, Ghanta Ghar, and the revamped Polo View Market. These initiatives reflect Srinagar's focus on sustainable development and urban modernization.

Officials from Srinagar Smart City Ltd. provided detailed presentations on project execution, architectural innovation, and technology integration to improve urban services. emphasized Discussions

... We are delighted to share our experiences and learn from AMC's perspectives, paving the way for smarter and greener cities

sustainability, environmental conservation, and community-centric planning as key components for

shaping the city's future. 'This visit underscores the importance of inter-city collaboration in pursuing urban excellence," said an official from Srinagar Smart City Ltd. "We are delighted to share our experiences and learn from AMC's perspectives, paving the way for smarter and greener cities.

officials AMC The praised Srinagar's innovative and sustainable urban planning, commending the city for effectively blending modernization with the preservation of its rich heritage.

SKIMS Organizes Grand Round On Renal Transplantation

Observer News Service

Srinagar: The department of Urology & Kidney Transplant Unit SKIMS held a grand round presentation in the SKIMS auditorium and shared the 25 year experience of Renal Transplantation at SKIMS. The recent data of 285 patients who have successfully been operated for kidney transplant during the last seven years

was showcased/ presented. Director SKIMS & EOSG Prof. Mohd. Ashraf Ganie con-

gratulated the department for successfully leading the Renal Transplantation Program with latest techniques and excellent results. He said the administration is committed to enhancing these services. KTU SKIMS, a leading Renal Transplant Centre in North India is hugely benefitting the patients suffering from chronic diseases and is defining new parameters in the transplantation field.

Prof. & Head Department of Urology & KTU SKIMS while highlighting the functioning of the department stated that the SKIMS started a Renal Transplant Program in 1999 as a small

program that got established with time marked with huge success. From the last 10 years the Program has been running regularly with the establishment of State of art Kidney Transplant Unit with excellent results, and till date more than 750 renal Transplants have been done, he added.

The latest techniques incorporated for better patient care delivery have not only enhanced the performance & patient satisfaction but has brought the department to the global map with excellent results in renal Transplantation.

The experts shared that with the introduction of Swap Transplant the department is defining future courses in renal transplantation. Recently two swap transplants were conducted (two pairs) and maintained that the swap transplant comes with the advantage of mitigating the issue of limited donors, a major step to address the huge deficiency of donors.

Microsurgical anastomosis for small renal arteries using magnification and Laparoscopic Donor Nephrectomy are other latest modifications adopted for improved results. The technique of Laparoscopic Donor Nephrectomy comes with the advantage of less hospital stay, small incision, less handling of kidney, good artery and vien length with overall improved results. Prof. Arif Hamid, HOD Urol-

ogy & KTU acknowledged the pivotal role of the former HOD Urology, Prof. Salim wani who he said was a frontrunner in establishing the Renal Transplant Program at SKIMS. He also lauded the extraordinary role of Nephrology department including former HOD, Prof. M. Ashraf Bhat, Prof. Imtiyaz A. Wani, Prof. Muzaffar Maqsood Wani, and Anesthesia team headed by Prof. Showkat Gurcoo and Dr. Khalid Parvaiz Sofi, Department of Immunology including former Head Prof. Zaffar Amin Shah & Dr. Roohi Rasool for the success of the program. Besides he appreciated the role of all clinical and para clinical departments & Nursing Department with their present and former faculty & staff. He thanked all the Faculty and Residents staff of Urology department, technical & paramedical staff of Urology OT, Urology Ward, and KTU for their unwavering support through their dedicated services.

Extended Period

Please join us on

То

From



This Day In History

- 563- The Byzantine church Hagia Sophia in Constantinople is dedicated for the second time after being destroyed by earthquakes.
- 640- John IV begins his reign as Catholic Pope
- 1046- Pope Clement II, [Suitger] elected
- 1294- Cardinal Benedetto Gaetani chosen as Pope Boniface VIII
- 1476 400 Burgundian soldiers freeze to death during siege of Nancy
- 1515 Thomas Wolsey appointed Lord Chancellor of England 1565- Compromise of the Nobles in Habsburg
- Netherlands closes against inquisition
- 1568- Uprising of Moriscos in Granada
- 1593 Storm hits Texel: 40 ships hit, 500 killed
- 1651- Jan van Riebeeck departs for Cape of Good Hope to found 1st permanent European settlement 1715 - Swedish troops occupy Norway
- 1798 Russia & Britain sign Second anti-French Coalition
- 1814 Treaty of Ghent signed, ending the War of 1812 between the United States, the United Kingdom and their allies
- 1815- Karol Kurpi ski's melodramatic opera "The Reward, or the Revival of the Polish Kingdom" premieres at the Warsaw Opera 1818- Christmas carol "Silent Night" composed
- by Franz Xaver Gruber is first sung at St Nicholas parish church in Oberndorf, Austria
- 1832- 1st US Negro hospital founded by whites chartered, Savannah, Georgia

Devotees At

NORTHERN RAILWAY E-AUCTION NOTICE

EXTENSION OF PERIODICITY OF FESTIVAL SPECIAL TRAIN

Hazratbal Shrine **Urge Authorities To** Halt Construction

Agencies

Srinagar: Devotees attending prayers at the Dargah Hazratbal in Srinagar have urged authorities to halt ongoing construction work inside the shrine, stating that they are being forced to pray in the open lawn, even during harsh winter conditions.

Officials from the Hazratbal Shrine administration said they have now made arrangements for indoor prayers and have implemented measures to ensure comfort for devotees amid the ongoing Chillai Kalan and winter season.

Local residents from various parts of Srinagar said that construction work at the shrine has disrupted regular prayers, forcing worshippers to pray outdoors, particularly on Fridays.

"The situation has been especially difficult for elderly devotees, who find it challenging to endure the cold," said Zahid, a local resident from Hawal, Srinagar. "The authorities have started construction work inside the mosque, leaving us to pray outside in freezing temperatures. We request that the work be halted during the winter."

Other residents echoed similar concerns, urging shrine authorities to prioritize the comfort of worshippers, especially as temperatures continue to drop.



- 1832 HMS Beagle anchors in Wigwam Bay at Cape Receiver
- 1849- First great fire of early San Francisco starts east side of the Plaza, first of great seven fires in 2 vears
- 1851- Fire devastates US Library of Congress in Washington, destroys 35,000 volumes
- 1853- William Henry Fry's "Santa Claus: Christmas Symphony" premiere performance by conductor Louis Antoine Jullien's orchestra at Metropolitan Hall, NYC [1]
- 1860- Actor Joseph Jefferson's dramatization of "Rip Van Winkle" premieres in NYC
- 1864 Battle of Gordonsville, Virginia
- 1877 Thomas Edison files a patents for the phonograph
- 1884 Austria-Hungary admits King Leopold II's Congo Free State
- 1889 Daniel Stover & William Hance patent bicycle with back pedal brake
- 1900 -Foreign powers present the Chinese Empress with their list of 'irrevocable conditions' before their nations will withdraw troops from China
- 1914 German plane drops bombs on Dover, England
- 1924 Albania becomes a republic (ex-premier Ahmed Zogoe's coup)
- 1st radioactive isotope medicine 1936 administered in Berkeley, California
- 1939 World War II: Pope Pius XII makes a Christmas Eve appeal for peace.
- 1942 Red army occupies German airports at Tasjinskaja & Morozowsk
- 1943 US President FDR appoints General Eisenhower Supreme Commander of the Allied forces
- 1946 French Fourth Republic is founded
- 1948 Greek government disbands due to state of war, press censorship
- 1951 United Kingdom of Libya gains independence from Italy via UN
- 1954 Laos gains its independence
- 1962 USSR performs nuclear test at Novaya Zemlya USSR
- 1963 Greek & Turks riot in Cyprus
- 1966 Soviet spacecraft Luna 13 lands on Moon
- 1966 USAF C144 military charter aircraft crashes near Binh Thai, Vietnam, killing 129
- 1967 China performs nuclear test at Lop Nor, PRC 1979 - 1st Ariane rocket launched1986 Iran offensive
- against Iragi islands of Shatt al-Arab
- 1989 Charles Taylor enters Liberia to unseat President Samuel K Doe

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KASHMIR OBSERVER[™]

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Rethink Job Quotas

he job reservation issue has once again hurtled to the centre stage with the protest of the National Conference Member Parliament Aga Ruhullah outside the Chief Minister Omar Abdullah's residence. Ruhullah has been demanding a rational reservation policy that takes care of every community in the union territory. The CM, in turn, has promised action. The government, he said, has already formed a sub-committee to review the reservation policy as part of a promise made in the JKNC manifesto and assured that it is engaging with stakeholders to address the issue. While acknowledging public emotions and the democratic right to peaceful protest, he emphasized that the matter is also under legal scrutiny in the High Court, and the government will adhere to any final court verdict after legal processes are exhausted.

The reservation policy, introduced by the lieutenant governor-led administration before the assembly elections, has drawn criticism for reducing the general category's share to 40% while increasing reserved categories to 60%. The reduction followed the government's decision to raise reservation for Paharis by 10 percent and that of the other tribes and the Other Backward Classes by 8 percent.

The consequent disproportion has generated deep unease among open category candidates which form a majority as anywhere else in the country. More so in Kashmir Valley. The 2011 census data shows that 69 percent of the Valley's population falls under the general category, which includes those not classified under Scheduled Castes, Scheduled Tribes, and Other Backward Classes. But while reservations in the rest of the country have been capped at 50 percent, in J&K, they have been fixed at 70 percent.

Now, the demand of the unemployed youth in the general category - both in the Valley and Jammu - is that the reservation quotas be made at par with the other states and regions. There is a feeling that the doors to already fewer government jobs have been more or less shut on them. And in the absence of a viable private sector in the UT, lakhs of educated unemployed have been left to fend for themselves. Their ranks are only growing with each passing month: In the first quarter of 2024 alone, 3.52 lakh youth registered with the J&K Directorate of Employment, with 1.09 lakh of them graduates and postgraduates. They don't have many options.

The reservation policy has often been criticized for disadvantaging the majority ethnic groups—Kashmiris, who are predominantly Muslim and Dogras, who are largely Hindus. The solution lies in a comprehensive review of the reservation framework, one that aligns with the broader principles followed across the country while factoring in the unique socio-economic dynamics of the union territory. This can only be achieved through a collaborative effort between the newly elected government and Lieutenant Governor Manoj Sinha.

Struggling Academic Arrangement Faculty in J&K Colleges

Educators of Jammu and Kashmir deserve more than token recognition—they deserve justice, dignity, and the opportunity to thrive



Dr. Younis Ahmad Sheikh

he plight of academic arrangement faculty working in Jammu and Kashmir's government Degree colleges is a glaring example of systemic neglect and institutional apathy. Despite being among the most qualified professionals, with degrees such as M.Phil., Ph.D., UGC-NET, and JK-SET, these individuals are relegated to the position of "Lecturer on Academic Arrangement." This designation not only undermines their qualifications but also strips them of the benefits, dignity, and security they rightfully deserve. Their situation has now reached a tipping point, with calls for justice growing louder every day.

manifold. Most of them are posted in districts far from their hometowns, incurring significant expenses on rent, travel, and food. The 28,000 they receive is grossly inadequate to cover these costs, let alone allow them to save or invest in their families' futures. For many, the financial stress is compounded by the need to support aging parents, provide for their children's education, and fulfill basic familial obligations.

The harsh reality is that these educators are unable to lead a dignified life. They cannot afford to send their children to good schools, nor can they provide adequate medical care to their elderly parents. Social commitments, too, take a backseat as they struggle to meet even their most basic needs. Many are forced to forgo personal development opportunities, such as academic conticularly devastating for those who are now overaged for regular recruitment. Having devoted their youth to the education sector, they find themselves barred from other opportunities, effectively trapped in a cycle of underemployment. The systemic failure to provide a career path for these educators is a betrayal of their trust and a waste of their talent.

A Broader Impact on Education

The exploitation of academic arrangement faculty is not just a personal tragedy; it has far-reaching implications for the quality of education in Jammu and Kashmir. When educators are forced to work under such oppressive conditions, their ability to perform at their best is inevitably compromised. The mental and physical toll of their struggles detracts from their capacity to also strengthen the education system in Jammu and Kashmir.

The Role of the Government

The government bears a moral and professional responsibility to address these issues. Education is a cornerstone of development, and the individuals who dedicate their lives to teaching must be treated with respect and dignity. The exploitation of academic arrangement faculty undermines the very foundation of the education system and sends a troubling message about the value of educators in society.

Policymakers must prioritize the creation of a job policy that ensures fair pay and job security for these faculty members. This includes revising salary structures to align with UGC norms, establishing clear nathways to permanent em ployment, and addressing the inefficiencies that lead to salary delays. A Call to Action The time for change is now. The voices of academic arrangement faculty must be heard, and their struggles must be addressed with urgency. Civil society, student organizations, and educators across the country must stand in solidarity with them, amplifying their demands and holding policymakers accountable. Ignoring the plight of these educators would be a grave injusticenot only to them but to the countless students who rely on their guidance and expertise. By investing in the well-being of academic arrangement faculty, the government can lay the foundation for a stronger, more equitable education system in Jammu and Kashmir.



Did you know?

Understanding the Stock Market: Speculation vs. Investment

Irshad Mushtaq

he stock market is often likened to a bazaar where specu-lative businesses thrive, attracting many traders who lack a solid understanding of investment principles. For individuals engaging in aggressive trading without any logical framework, assumptions, or technical analysis, the stock market can indeed feel like a gamble. Those who spend excessive time ana-lyzing price fluctuations, driven by emotions like greed and fear, are likely to incur losses. This behavior reflects a speculative ap proach where success is uncertain. However, the notion that the stock market is purely speculative is overly simplistic. The stock market also serves as an excellent avenue for investing in businesses poised for growth. The key is to identify quality companies with long-term growth potential. For instance, if a company like Starbucks consistently increases its profits every quarter and year, it follows that its share price will likely rise as well. For new investors, navigating the stock market can be daunting. One effective and relatively simple way to invest is through mutual funds. These funds pool money from multiple investors to purchase shares in various companies, which mitigates risk and minimizes the need for hands-on trading. Mutual funds are often recommended for be ginners who may not have the expertise to buy and sell shares di-rectly. It's worth noting that the brokerage industry may sometimes promote day trading, suggesting that it is a path to quicker profits. However, this approach often prioritizes the broker's commission over the client's financial well-being. Investors should recognize that focusing on substantial returns is more beneficial than merely trying to save on brokerage fees. Ultimately, being a professional trader or investor is about choosing trusted services and finding reputable brokers. Prioritizing expert advice and exploring growth opportunities can turn the stock market from a speculative bazaar into a valuable resource for wealth creation.

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

Unjust Nomenclature: A Tool for Exploitation

Across India, academic institutions employ Assistant Professors in line with University Grants Commission (UGC) norms. However, in Jammu and Kashmir, these highly qualified educators are instead labeled as "Lecturers on Academic Arrangement." This nomenclature is not merely a misnomer; it serves as a tool to deny these faculty members fair compensation.

Currently, these academic arrangement faculty members are paid a meager 28,000 per month, a stark contrast to salaries of their permanent counterparts who are paid in lacs. This glaring disparity not only diminishes their contributions but also highlights the exploitation entrenched in the system.

Bureaucratic Delays: Adding Insult to Injury

The challenges faced by these faculty members are exacerbated by a bureaucratic system riddled with inefficiencies. Salaries are often delayed by four to five months, owing to prolonged processes like employee verification and salary confirmation from higher authorities. Each academic year, these educators are required to undergo a fresh round of verification, which can take months to complete. During this time, they are left without pay, accruing debts just to make ends meet.

The constant delays have significant repercussions. Many of these educators are the sole breadwinners for their families, and the absence of timely pay forces them to take loans or borrow money from friends and family. By the time their salaries are disbursed, most of it is consumed by repaying debts, leaving them with little to manage their daily expenses.

Financial Instability: Living on the Edge

The financial struggles of academic arrangement faculty are Sice definede from their capacit

C C This lack of job security is particularly devastating for those who are now overaged for regular recruitment. Having devoted their youth to the education sector, they find themselves barred from other opportunities, effectively trapped in a cycle of underemployment

ferences or further education, due to their financial constraints.

Mental and Physical Toll

The constant financial stress, coupled with the lack of job security, has taken a significant toll on the mental and physical health of these academic arrangement faculties. Many report feelings of depression, anxiety, and hopelessness as they grapple with their precarious circumstances. The knowledge that their dedication and service are undervalued only deepens their sense of despair.

Physically, the demands of traveling long distances to work, managing multiple responsibilities, and living under constant financial pressure have left many educators exhausted and unwell. The lack of a stable income prevents them from seeking proper medical care, further exacerbating their health issues.

Long-Term Service Without Recognition

One of the most troubling aspects of this situation is the lack of recognition for long-serving faculty members. Many of these educators have been engaged in academic arrangement positions for over a decade, dedicating their prime years to teaching and mentoring students. Despite their unwavering commitment, they remain in temporary positions, with no pathway to permanent employment.

This lack of job security is par-

teach, mentor, and inspire students. Furthermore, the lack of stabil-

Furthermore, the lack of stability and respect for these positions sends a troubling message to the next generation of educators. If teaching is seen as an unstable and undervalued profession, fewer talented individuals will be motivated to pursue it as a career. This could have serious consequences for the education system as a whole, undermining efforts to build a skilled and knowledgeable workforce.

The Way Forward: Meeting the Demands

The demands of these educators are not unreasonable. They seek basic fairness and dignity—rights that should be afforded to every professional. Their primary demands include:

Fair Compensation: A salary structure aligned with UGC norms, reflecting the qualifications and contributions of Assistant Professors.

Job Security: A comprehensive policy to regularize their services, ensuring long-term stability and career growth.

Timely Salaries: Streamlining bureaucratic processes to ensure salaries are disbursed on time, including for winter and summer vacations.

Respectful Designation: Acknowledgment of their qualifications and contributions through the designation of Assistant Professor.

Implementing these measures would not only improve the lives of academic arrangement faculty but

Conclusion

The struggles of academic arrangement faculty in Jammu and Kashmir are a stark reminder of the challenges faced by educators in the region. Despite their qualifications and dedication, they are subjected to exploitation and neglect, denied fair pay, job security, and the respect they deserve.

It is high time for the government and society to recognize the invaluable contributions of these educators and take decisive action to address their grievances. By ensuring fair pay, job security, and timely salaries, we can honor their commitment to education and build a brighter future for all.

The educators of Jammu and Kashmir deserve more than token recognition—they deserve justice, dignity, and the opportunity to thrive.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer The author is Academic Arrangement Faculty, Department of Political Science GDC, Awantipora



An Impromptu Rendezvous with Chinars

Mushtaq Hurra

Sesterday, I happened to pass by an old Chinar tree. The prodigious tree enchanted my soul, and I stood amazed at the mesmerizing sight. The view of the scarlet-red canopy of the tree, looked like a monstrous bonfire. I kept gazing at her as if I had an old yet unforgettable affair with her. My past trysts with her took me down my memory lane. All of a sudden, dozens of reminiscences flashed upon the canvas of my mind. The Chinar and its surroundings scratched my nostalgic vibes, and I just rode through the lanes and bylanes of bygone times. My feet simply froze, my gaze got fixed to the surroundings of the Chinar. The mammoth Chinar tree looked battling with the pangs of dotage.

Her shrivelled twigs and insipid branches were vividly narrating her decline and wane. Cruel autumn had squeezed and snatched her unmatched sublimity and glamour. Her charms and radiance had been reduced excessively. I kept staring at her. Plight and predicament were visible in her eyes. Ah! The poor Chinar tree. The Chinar was vividly exhibiting her haplessness to resist the fiendish pangs of aging. I have known about the colossal tree since my childhood. My trysts with her are worth pearls and rubies for me. The vibrantly exuberant ambience of the tree was my cherished destination when ego and conceit were beyond my station. I recalled the evenings spent under her serene canopy with my pals and siblings. The romance of life was at the next level when our days were blithe and buoyant under her shade. The Chinar tree bears witness to our dreams, discussions, aspirations, confessions and longings. She was more than a friend and close confrere to us.



The Chinar tree just opened her eyes from the soiled bark and said, "Why did you all forget me? Where are the other members of our circle?"

I just couldn't utter even a single word to reciprocate. I wanted to talk, but I felt as if someone had locked my mouth. "Can you just convene a meeting with my old pals? I want to meet them all before I bid farewell to the world. The countdown for my eternal departure has already begun." She exclaimed. The Evanescent and ephemeral character of life had exhausted her longings and yearnings. Regret and repentance were visible in her lamentation. The wail and moan of the tree saddened

and shocked me. I hesitantly asked her: "Dear Chinar! You are somewhat witness to 1,09,500 sunrises because the official tag attached to your mammoth stem reads your age as 300 years. You are sure to survive at least for another couple of centuries. Yet you look worried and apprehensive about your hereafter. Avarice and cupidity are beyond your station. Contrarily, the angel of death hovers over humans every time. They wane and fade at 60. But, they never give a thought to death and impermanence of the world. They look so rapacious and greedy as if the angel of death has spared their lives for ever."

The Chinar sneered and smirked at the stupidity of man. She sighed heavily, and re-

marked, " I wonder if he is really the crown of creation. He knows well the ramifications of his oblivious adventure, yet, ironically, ignores the possible consequences." The Chinar paused for a few moments, and resumed her monologue : " I am not even against his vulnerability and inclination to seek pleasures and comforts, but, it should not be at the cost of humanity and precious human values. He has no right to jeopardize the lives of millions of species to grind his selfish axe. List of his misadventures is long and horrifying. I pity his insensitive and callous attitude. Accumulation of deadly nuclear and chemical weapons is nothing, but a cowardly act to establish fake awe and majesty in the world. The viceroy of God is sunken in the rat race of wealth.

The vicious cycle of whims and wishes has ceased his ability to strike a balance between animalistic and fine human attributes. The animal in man has grown corpulent. Pursuit of happiness is the apple of discord in the entire world. Someone is exterminating a specific ethnic group to satiate his egomania, somewhere thousands are annihilated with the tilting rays of the dawn to corroborate the political hegemony, many are administering fake drugs to innocent masses to earn extra bucks, traders of violence are bartering human blood at cheap prices.

Meanwhile my phone rang frequently, I picked up the call. "Come home, it is very late, children are reluctant to take meals without you." Said my better half. The Chinar was about to narrate more mischiefs of man, but realised my urge to attend home, patted my head, and asked me to leave for home.

The author is a Teacher and a Columnist. He can be reached at mushtaqhurra143@ gmail.com

Winners Do Quit: Dare to Give Up

Carlos Alós-Ferrer

estern societies encourage competition and focus on success. "Giving up" is frowned upon. We rejoice in stories of people who persevered and succeeded. Friends and colleagues will en-courage you to keep trying. "If at first you don't succeed, try, try again." You want to be a writer? Keep writing. You want to be a movie star? Keep taking acting classes and auditioning for roles. You want to rise to the top in your profession, or become your own boss? Keep putting in the extra hours. Follow your dream! Winners never quit! Perseverance is indeed important, to a limit. However, there are two problems if you take it too far. The first is that goals and dreams might be unrealistic. Stories of famous people who persevered and achieved their childhood dreams might be uplifting, but they suffer from selection bias. In other words, they are not informative, because nobody tells stories about the many people who persevered and failed after wasting a good part of their lives. Most aspiring actors and actresses never become stars. Most aspiring writers never make any serious money from their work. If your dream is beyond reach, following it will frustrate you and waste your time. Stories of people who persevered and succeeded tell you nothing about how likely it is that you will succeed. The second problem is that your time and energy are limited. If you devote them to a goal (say, becoming a writer), you will not be able to follow other goals effectively (say, getting a raise in your current job). Economists speak of "opportunity costs," which is just a way of saying that every road taken means another road is not taken. If you focus on an unrealistic goal, you will miss out on other opportunities. Imagine if everybody who had the childhood dream of becoming an astronaut or a movie star stubbornly kept trying forever, instead of pursuing other careers. How many excellent professionals would we lose? Winners do quit. They just wisely choose what to quit and what to pursue.



tions (which typically have entry fees), and to sign up for writer's courses and retreats (which are all expensive). Those magazines, competitions, and courses are all legitimate (and some are excellent), but the number of aspiring writers who are sustaining that small industry does not square up with the number of successful authors populating the best-seller lists. Advice to "keep trying" is often honest and well-intended, but it is not a good idea to take it from people who benefit from it. This is not to say that there is any ill intent on their part (not at all) but

Giving up is not easy, but it is important

Many psychological studies (see a review in Barlow et al., 2020) have shown that being able to give up some goals and dreams and redirect your energy toward other, more reasonable ones is important for mental well-being and leads to higher quality of life in the long term. The psychological term is goal disengagement.

Research also shows that many people struggle to give up an important goal (see, for example, Wrosch et al., 2003). This is often because we link important goals to our core values and our identities. If you define yourself as an actor or actress who is temporarily working in a different job, it will be difficult to disengage from the goal of becoming a movie star. Worse, if you do disengage, you might think of it as a failure.

Another problem is that some common goals have created industries catering to them. If you read magazines for writers (there are many), they will invariably tell you to "just keep writing" (and subscribe), to keep submitting your stories to competitions (which typically have entry fees), and to sign up for writer's courses and retreats (which are all expensive). Those magazines, competitions, and courses are all legitimate (and some are excellent), but the number of aspiring writers who are sustaining that small industry does not square up with the number of successful authors populating the best-seller lists. Advice to "keep trying" is often honest and well-intended, but it is not a good idea to take it from people who benefit from it. This is not to say that there is any ill intent on their part (not at all), but they are biased. If you decide to keep trying, their advice on how to do that might be invaluable. But the decision should be yours, and yours alone.

How to disengage

If you are devoting too much time and effort to an unattainable goal, or following a failing course of action, you can gently ease away from it. Here are some hints that might help (you might also be stuck in the beta zone).

First, do not tie a goal to your identity. Nobody can be defined by a single interest. We all have many sides and qualities. Do not let any goal or interest define you. You are more than a job or a single dream.

Second, there is an important difference between giving up the goal and stopping the effort. If you just stop trying but keep the goal in the back of your mind, you will be frustrated. Disengaging means that you stop being committed to the goal. Once you stop trying, you need to deliberately tell yourself that you are abandoning the goal to pursue other opportunities.

Key points

Stubbornly chasing after unattainable goals is bad for mental well-being.

Giving up a goal is not a failure, but a choice.

Abandoned goals should not define you, and you should fully disengage from them. Western societies encourage competition and focus on success. "Giving up" is frowned upon. We rejoice in stories of people who persevered and succeeded. Friends and colleagues will encourage you to keep trying. "If at first you don't succeed, try, try again." You want to be a writer? Keep writing. You want to be a writer? Keep taking acting classes and auditioning for roles. You want to rise to the top in your profession, or become your own boss? Keep putting in the extra hours. Follow your dream! Winners never quit!

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First, do not tie a goal to your identity. Nobody can be defined by a single interest. We all have many sides and qualities. Do not let any goal or interest define you. You are more than a job or a single dream.

Second, there is an important difference between giving up the goal and stopping the effort. If you just stop trying but keep the goal in the back of your mind, you will be frustrated. Disengaging means that you stop being committed to the goal. Once you stop trying, you need to deliberately tell yourself that you are abandoning the goal to pursue other opportunities.

In fact, in some cases, it can be good for one's mental well-being to disengage from a goal but keep some of the effort. It's called "turning it into a hobby." If you enjoy an activity in itself, there is nothing wrong in devoting some of your time to it. Few stamp and coin collectors aspire to become professionals, yet many enjoy collecting. If you enjoy writing but are honest with yourself about the extremely low chances of becoming a best-selling author, by all means do keep writing. Just see it as a hobby rather than a goal, and don't give up your day job. That is why my comment on writing magazines above was slightly unfair.

Last and most important, do not think of giving up as a failure, but as a choice. Your time is limited. If you follow a dream, it is harder to follow a different one. Try new activities, rediscover previous interests, and revise your aspirations. Be honest with yourself about your chances, and choose the goals that best suit you. And remember that, when you give up a goal, you do not fail. You make a choice to free up your time for other interests.

The article was originally published by Psychology Today

CONTD. FROM FRONT PAGE

MeT Predicts

a fall in minimum temperature by 2-3 degree Celsius during December 24-26. It reads that the cold wave will continue at isolated places till 26th December.

In view of the fresh snowfall, subfreezing temperature & icy conditions over roads of important passes and higher reaches, the tourists, travelers and transporters are advised to follow administration and traffic advisory, the advisory reads.

Moreover, the night temperature has improved across the Valley with Srinagar recording a low of minus 3.6 degree Celsius.

Qazigund has recorded a low of minus 4.8 degree Celsius while Pahalgam, a famous tourist destination has recorded a minimum temperature of minus 5.0 degree Celsius.

In Kupwara, the mercury settled at minus 4.3 degree Celsius while at Kokernag, it settled at minus 4.0 degree Celsius. Gulmarg, a famous skiresort, has recorded a low of minus 4.8 degree Celsius.(KNO)

HC Winter

period commencing from January 6 to 11 shall be "No Work Period" for the High Court.

In terms of Rule 12 of the Jammu and Kashmir High Court Rules, 1999, he said, the Chief Justice has been pleased to nominate the Judges for both the wings of the High Court of J&K and Ladakh, to be the Vacation Judges to hear all matters of urgent nature during the period.

From January 13th to 21st, Justice Moksha Khajuria Kazmi and Justice Rajesh Sekhri have been nominated as vacation judges for Jammu and Srinagar wings respectively. Similarly Justice Wasim Sadiq Nargal and Justice Mohd Yousuf Wani have been nominated to be vacation judges for Jammu and Srinagar wings from January 22nd to 31st respectively.

Ruhullah Takes

Pahari-speaking people, has reduced the open merit category to just 30%, sparking protests from students, especially those in medical and surgical training, who argue that the policy compromises merit in favor of reservation.

"This revolt is not just about policy; it's about ensuring fairness, justice, and the preservation of merit," Ruhullah said.

"I don't want any chaos, and I am not here to divide my party. But if anyone wants to create chaos in J&K, I will also hit the streets to oppose them," he added.

Chief Minister Omar Abdullah on Sunday said while his government has formed a sub-committee to review the reservation policy, it will abide by the court directions on the matter.

court directions on the matter. Political commentators said that this protest signals a deep internal rift

within the NC. They questioned the necessity of

taking the issue to the streets instead of addressing it internally.

"Ruhullah is creating a sense of division, highlighting the differing views that exist within the ruling party. This move has raised concerns about the party's ability to handle sensitive matters cohesively," a political analyst told Kashmir Observer.

"An elected MP staging a protest outside the official residence of his party colleague and Chief Minister points to a complete erosion of @ RuhullahMehdi's faith in his leadership," a journalist posted on X, adding that the rationalization of reservation won't happen overnight. "It has political, social, and regional dimensions as well as significant ramifications."

"This is @OmarAbdullah's first political challenge. All eyes are on him. J&K awaits statehood and Omar has to deliver. And it won't be possible without taking some tough but politically correct decisions," he added.

Omar Abdullah's post on X, after meeting a delegation of representatives, also hinted at his disapproval of Aga Ruhullah's involvement in the demonstration.

"Today I met the representatives of the Open Merit Students Association. The beauty of democracy is the right to be heard & dialogue in a spirit of mutual cooperation. I have made certain requests of them & given them a number of assurances," he wrote, adding that this this channel of communication will remain open without any 'intermediaries' or 'hangers-on'.

The tweet, while making a commitment to resolving the students' concerns, appeared to be a subtle critique of Ruhullah's role in organizing the protest, signaling possible friction within the party.

What is the policy?

The policy introduced by LG Manoj Sinha-led administration, before the assembly elections early this year, reduced the reservation percentage for the general category and increased those for the reserved categories in jobs and admissions.

The then administration had approved 10 per cent reservations for Paharis and three other tribes, taking the total reservations under the Scheduled Tribe (ST) category up to 20 per cent.

It also granted 8 percent reservations to Other Backward Classes (OBCs), besides adding 15 news castes to the list of OBCs as recommended by the Socially and Educationally Backward Classes (SEBC) Commission.

The Parliament, in February, had approved reservations for Pahari ethnic tribe, Paddari tribe, Kolis, and Gadda Brahmins, during the budget session. Later in March, the Administrative Council met under LG Sinha and approved the proposal of the social welfare department to amend the Jammu and Kashmir Reservation Rules, 2005 in light of Jammu & Kashmir Reservation (Amendment) Act, 2023, dated 15.12.2023, Constitution (Jammu & Kashmir) Scheduled Castes Order (Amendment) Act, 2024, Constitution (Jammu & Kashmir) Scheduled Tribes Order (Amendment) Act, 2024 and recommendations of Jammu and Kashmir Socially and Educationally Backward Classes Commission.

Notably, the 2011 census data shows that 69 percent of the Valley's population falls under the general category, which includes those not classified under Scheduled Castes, Scheduled Tribes, and Other Backward Classes. But while reservations in the rest of the country have been capped at 50 percent, in J&K, they have been fixed at 70 percent.

Political Rivals

decision to stand with the youth in demanding rationality and fairness in reservation policies. This is a pivotal moment to address pressing grievances and ensure our policies are inclusive, youth-friendly, and just".

Para said at the heart of this matter lies the urgent and vehement demand for proportional representation, a system that allocates opportunities based on the socio-economic realities of communities, ensuring no group is disproportionately favoured or left behind.

"Our demand is not antithetical to affirmative action.]In fact, we are in favour of strengthening it. We believe that inclusion through reservation must go beyond tokenism to foster substantive equality. We believe in empowering marginalised communities to not just be present but to shape decisions and lead change.

"However, let's be clear: Merit must remain the bedrock of our systems. Reservations must serve only as targeted exceptions to bridge inequalities, not as tools for perpetual imbalance. Policies that reduce the majority to a minority are neither just nor sustainable," he added.

Mirwaiz, in a post of X, said the issue of reservation should be addressed with justice and fairness by those in charge, safeguarding the interests of all segments of society, not at the expense of any one group.

"The current status of reservations does that, by undermining the interests of the General/open merit category. Fervent appeal to address their concerns immediately! Support #openmeritstudentsassociation @ OMSA_IK sit in protest," he said.

Mirwaiz said he would be part of the protests if allowed by the authorities.

"Would be part of it if authorities allowed it. My delegation will be there to support. Will also raise the issue in #JamaMasjid whenever permitted to go," he added.

Awami Ittehad Party MLA Sheikh Khursheed and chief spokesman Inam un Nabi also joined the protests in support of rationalisation of reservations.

Interestingly, Omar Abdullah's sons were also seen talking to Ruhullah, however it was not clear if they were a part of the protest.

Ruhullah extended gratitude to

leaders like Waheed Parra, Iltija Mufti and Awami Ittehad Party (AIP) for supporting the cause. "This is not about dividing parties or creating chaos. It is about ensuring justice for the youth," he added.

CM Meets

issue. The protests drew significant attention, with students voicing their dissatisfaction over delays in policy reforms.

The protestors have stated that they will decide on further action depending on the government's progress in addressing their demands.

After the meeting, one of the student representatives briefed the media about the deliberations. "We spoke with him for half an hour, presenting all our queries and citing official data to suggest possible solutions. CM Sahib gave actionable points. For instance, he mentioned issues related to the 10% EWS quota and Rule 17, which fall within the government's domain and can be addressed immediately. He assured that these matters would be resolved. He also mentioned that the subcommittee will address other broader concerns in a time-bound manner, promising a resolution within six months. However, he clarified that six months is the upper limit and decisions can happen earlier.'

The delegation also raised the issue of the 76.5% open category reservation. The Chief Minister reportedly assured them that while the matter would go through a judicial process, the government would not hide behind the excuse of sub judice status. "He assured us that the subcommittee would consult all stakeholders and ensure a fair and just solution," the student representative said.

Despite these assurances, concerns remain among the students. The six-month timeframe has drawn apprehension as major exams and recruitment cycles are ongoing. "Omar Sahib himself mentioned inclusivity but suggested that faster decisions are needed for the process to be meaningful. Regarding recruitment, no specific assurances were given," the representative added.

Chief minister Omar Abdullah on Sunday said that while his government has formed a committee to review the reservation policy, it will abidchane by the court directions on the matter.

Explaining that he understands the emotions surfacing over the reservation issue, Abdullah affirmed that his party JKNC is fully committed to reviewing all the aspects of its manifesto.

"It is as a continuation of this commitment that a cabinet sub-committee was constituted to move towards fulfilling this promise. That sub-committee was only recently notified & is in the process of starting its work by engaging with all stakeholders," Abdullah said in a post on X.

He noted that the policy has also been challenged in the High Court, saying that his government will surely be "bound by any judgment when the final legal options have been exhausted."

Budget Session

Rajasthan, to discuss financial planning and seek expert inputs ahead of the session.

The meeting, attended by senior officials and financial experts, aims to incorporate innovative ideas and best practices into the upcoming budget to ensure inclusive and sustainable development for Jammu and Kashmir.

The Budget session will also provide a platform for legislators to deliberate on governance reforms and evaluate the performance of ongoing programs.

Stakeholders are hopeful that the session will prioritize policies aimed at improving the socio-economic conditions of the people of Jammu and Kashmir (KINS)

PM Transformed

Prime Minister has driven significant transformation in Jammy and Kashmir's education sector with several higher educational institutions being established.

"This centre will foster the promotion and preservation of our rich art and cultural heritage and support the growth of time-tested traditional wisdom and knowledge," Sinha said.

Highlighting Jammu's folk traditions as a source of values and societal ideals, the LG expressed confidence that the IGNCA regional centre will enhance cultural values and improve quality of life.

Sinha lauded the Prime Minister for establishing institutions of national importance in Jammu and Kashmir.

"Under his leadership, the region has been granted several institutions of national importance, such as IIT, IIM, the National Institute of Fashion Technology, two Central Universities, and two AIIMS," he said.

Sinha noted that these advancements have brought about a transformative shift in the region's educational landscape.

He further said that a cultural revival is underway in the region.

"Efforts have been made for decades to promote and showcase the local culture of Jammu and Kashmir, and now these efforts are receiving proper

direction," he said. The LG emphasized that work is being done to ensure this cultural resurgence progresses even faster in the coming days. "We have already achieved considerable success in this endeavor." he said.

Sinha also highlighted efforts to link Jammu and Kashmir with religious tourism.

"Significant progress has been made in promoting religious tourism and we have achieved notable success in this regard," he said.

Since 2022, there has been a focus on reviving and preserving Sufi shrines and temples and efforts are underway to accelerate this process further, he added.

The LG underscored that Jammu and Kashmir is steadily progressing on the path of development, moving ahead rapidly in every aspect.

"Stability and peace have improved significantly. While some individuals attempt to spread misinformation, I urge them to adopt a positive mindset and think constructively," he said.

Sinha further asserted that Jammu and Kashmir is advancing alongside the rest of India in its development journey and is not lagging behind any other state.

He pointed out that the children of Jammu and Kashmir possess extraordinary talent, which, if harnessed effectively, could make them key contributors to India's development.

"We need to foster a culture of innovation among them, promote startups, and provide them with all necessary facilities to succeed," the LG said.

SIA Chargesheets

targeted employees," the statement added. It added that the probe revealed that Mattoo acted as a conduit, using encrypted communication platforms to pass critical data about migrant employees to handlers based in Pakistan, who then issued threats through the "Kashmir Fight" platform. The chargesheet also names Sheikh Sajjad Ahmad, alias Sajjad Gul, a Srinagar resident now operating from Pakistan, as the mastermind of this plot.

"Sajad is accused of coordinating the campaign to intimidate migrant employees and disrupt communal harmony in the UT. The exposing of terror plans to disrupt peace underscores the determination of Jammu and Kashmir Police to protect its citizenry and provide a peaceful environment to them. The chargesheet was filed before the Hon'ble 3rd Additional Sessions Judge, Jammu, today," the statement added.

Address Power

increase in electricity supply compared to the previous year, the extreme cold had caused a significant rise in the load profile, exceeding the available resources.

The situation was further aggravated by record-low power generation due to minimal water discharge in hydroelectric power plants, he was informed. The officials also apprised Omar of the department's interventions to reduce the demand-supply gap.

It was reported that substantial capacity additions had been made since the last winter to meet the increased demand.

Abdullah directed the officials to rationalise the load curtailment programme based on the loss profile of feeders and explore options to enhance the allocation of power.

He also laid stress on the importance of equity in providing electricity to all while incentivising law-abiding consumers but ensuring adequate power supply, especially during this period of severe cold, was made available to the general public.

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THE OTHER SIDE



VOX POP

STATE

JK Adds 800 MBBS Seats, 344 DNB In 4 Years

Observer News Service

Srinagar: The healthcare sector in Jammu and Kashmir has witnessed an unprecedented growth over the past four years, with significant strides in infrastructure, workforce expansion, and enhanced medical education opportunities.

Jammu and Kashmir has seen a remarkable rise in the healthcare facilities between 2019 and 2024. The number of medical colleges has nearly tripled, from 4 to 11, while Avurvedic and Unani colleges, nonexistent in 2019, have now reached two.

The data available reveals that MBBS seats have increased by 800, from 500 to 1300, and postgraduate (PG) seats have seen a rise of 151, from 513 to 664.

In addition, DNB seats have expanded from 20 to an impressive 364, making advanced medical training more accessible.

Nursing and paramedical education have also seen massive growth. B.Sc. Nursing seats have jumped from 685 to 2020, while B.Sc. (Paramedical) and M.Sc. Nursing seats, which did not exist in 2019, now stand at 1660 and 143, respectively.

Health & Wellness Centres have emerged as a cornerstone of rural health, growing from zero to 3104 in five years. Similarly, Jan Aushadhi Kendras have increased from 47 to 270, while Amrit Pharmacies, introduced recently, now number 22.

Ambulance services have also been bolstered, with 489 new 102-108 ambulances introduced to the region.



Tourists enjoy chilly weather At Drung, Tangmarg. KO Photo Abid Bhat

J&K Tops In 'Growing Stock' Of **Tourism Cafeteria In Tral Forests Health, Productivity Remains Non-Functional**

Shakeel questioned.

Agencies

Pulwama: Nearly two years after its completion, the tourism cafeteria in Tral town of South Kashmir's Pulwama district remains non-functional. much to the disappointment of locals, who see it as a wasted investment.

Residents said the government spent a significant amount of money constructing the cafeteria, located on the lawn of Ziyarat Shareef Ameer-e-Kabeer Mir Sayed Ali Hamadani (RA), but has failed to make it operational.

Shakeel Ahmad. a local resident, said that construction of the cafeteria began in 2017 and was completed in 2022. However, for reasons unknown, it has yet to open for public use.

"If the government invested such a huge amount

to construct this facility, why has it been abandoned now?'

this is unacceptable," he said.

anti-social activities if left

unused. They also pointed

out that keeping the caf-

eteria non-functional is a

waste of the state exche-

quer, which could have

'We have raised this issue

been utilized effectively.

said a group of residents.

Srinagar: In a major development, Jammu and Kash-Another resident, Shabir mir has the highest increase Ahmad, expressed frustration in growing stock across the country-thus indicating the over the authorities' inaction. "If they were not in a position status of forest health and proto make it functional, they ductivity here. shouldn't have taken land

Agencies

The official documents from the lawn of the Ziyarat. accessed reads, "In absolute Wasting public money like terms, Jammu and Kashmir has the highest increase in Locals voiced concerns growing stock, followed by that the abandoned build-Madhya Pradesh, and Andaing might become a hub for

man and Nicobar Islands.' It also said that in terms of percentages, "Andaman and Nicobar Islands is showing highest gain in Growing Stock in Recorded Forest Area (RFA) with 132.50 percent followed by Jammu and Kashmir with 62.16 percent and Telangana with 56.30 percent."

with the concerned authori-The official figures furties several times, but no action has been taken so far," ther reveal that among the

States, the highest growing stock in agroforestry is observed in Maharashtra with 136.45 cubic meters followed by Karnataka 98.31 cubic meters, Odisha with 88.53 cubic meters and Rajasthan with 86.26 cubic meters.

"Among the UTs, the highest growing stock is observed in Jammu and Kashmir with 29.59 cubic meters followed by Andaman-Nicobar Islands with 0.90 cubic meters and Dadra and Nagar Haveli and Daman and Diu with cubic meters," it reads.

According to the official figures Arunachal Pradesh has a maximum carbon stock of 1,021 metric ton followed by Madhya Pradesh with 608 metric ton, Chhattisgarh with 505 metric ton and Maharashtra with 465 metric ton. "The per hectare carbon stock among different States and UTs indicates that Jammu

and Kashmir is contributing maximum per hectare carbon stock of 174.10 ton per hectare, followed by Sikkim with 169.20 ton per hectare, Himachal Pradesh with 163.68 ton per hectare and Andaman and Nicobar Islands with 161.62 ton per hectare.'

Besides, the documents reveal that an important component of the forest fire program is to generate Web Map Service (WMS) and Web Feature Service (WFS) of fire detections and disseminate them to the state forest departments for use of these services through their portals.

"FSI has provided these services to the states, including Andhra Pradesh, Jammu and Kashmir, Uttarakhand, Karnataka, Madhya Pradesh, Maharashtra, Odisha, Telangana, Goa, and Delhi as requested by the SFD," it reads—(KNO)

Costlier, Locals Call For Govt Intervention said, baking rotis (tchot), is a basic food item in every Kashmiri home. "If the prices con-

tinue to rise like this, many

of us won't be able to afford it

Abdullah Majeed Pampori,

president of the Kashmir

Bread Makers and Bakers

Union, said that the decision

was made after months of dis-

cussions and was also commu-

Food Civil Supplies and Con-

sumer Affairs (FCS&CA) had

been informed and allowed

the bakers to regulate prices

300 is a series of notifications

issued by the Government of

Jammu and Kashmir related

to the Jammu and Kashmir

Goods and Services Tax Act.

2017, and the Jammu and

Kashmir Cooperative (Subor-

dinate) Service Recruitment

It's worth noting that SRO-

He mentioned that the

nicated to the authorities.

under SRO 300.

Rules, 1983.

When contacted, Sofi

regularly," he added.

Srinagar: The traditional bread of Kashmir valley, 'baking rotis', a staple in Kashmiri households, has seen a new price hike, leading to concerns among locals, who are calling for government action.

Agencies

KASHMIR OBSERVER[®]

Srinagar | Tuesday | 24-12-2024

The All Jammu Kashmir Kashmiri Bread Makers and Local Bakers Union, on the other hand, claimed the price has been increased after thorough discussions with the authorities.

Many locals from different parts of the valley have expressed their dissatisfaction with the rising prices, with many said that it is a daily necessity for them. A rise in the price of bread affects everyone, especially those with low incomes, they said.

Sahil Ahmed a resident of Srinagar said the government should intervene to ensure this doesn't become a burden on families.

Another local, Zubair,

SOSC Gbl Operates From Rented Room

Agencies

Ganderbal: Despite the availability of a new government building, the Sakhi One Stop Centre (SOSC) continues to operate from a rented location, leading to an unnecessary expenditure of public funds in Ganderbal district. The Sakhi One Stop Cen-

tre, which provides essential support to women affected by violence, has been paying rent for its current premises.

Meanwhile, a newly constructed government building in the district has remained unutilized, raising concerns about the wastage of taxpayer money

Sources confirmed that orders to shift the centre to the government building were passed in July 2024 but the relocation has yet to take place.

Local residents and women's rights activists are urging the authorities to act swiftly to ensure better resource utilization and more accessible services for women in need.

A local resident, Altaf Ahmad said that it is disheartening to see that a new government building is standing empty while the centre continues to pay rent. "This is misuse of taxpayer money that could be put to better use elsewhere.

Woman Dies **Under Suspicious Condition In** Gudoora

Observer News Service

Pulwama: An elderly woman died under suspicious conditions at her son-in-law's house South in Gudoora area of

MCCH Anantnag Continues To Operate From Unsafe Building Agencies

Anantnag: The Maternity and Child Care Hospital (MCCH) in Anantnag, which caters to patients from four south Kashmir districts as well as Ramban and the Chenab Valley, has been functioning from an unsafe huilding since 2014 Desnite repeat-

these conditions, who will be held accountable?" one official asked. Officials said a government deci-

sion to shift the hospital to the district hospital was revoked within 24 hours, allegedly due to political interference. Seven years ago, plans were made to move the hospital to the Rehmat-e-Alam Trust building



Kashmir's Pulwama district on Monday

An official said that a woman identified as Khurshi Begum (62), wife of late Ab Rahman Dar of Looswani Newa collapsed at the house of her son-in-law Mohd Aslam Thoker, son of Ali Mohd Thoker of Gudoora.

He said that there are allegations that she was beaten by her son-in-law who brought her to the hospital.

He said the woman was evacuated to District Hospital Pulwama where doctors declared her dead on arrival.

Police Arrest Two Assailants For Assaulting Govt Employee

Mohammad Abbas Bhat

Pulwama: Police arrested duo on charges of assaulting a government employee in South Kashmir's Pulwama district.

Police said that it acted swiftly following a complaint from the District Mineral Officer's office regarding the assault of a mining department employee, Muhammad Amin Sheikh.

After receiving the complaint an FIR vide number 94/2024 was registered at Police Station Litter under relevant sections of law and investigation was launched immediately to apprehend the culprits.

Police said that two assailants Javid Ahmad Mir and Shamim Ahmad Mir, both residents of Petipora village were arrested within 24 hours of the incident.

Pertinently, on Sunday, assailants had assaulted the victim in the Lassipora area when the employee on duty had gone there along with a team to curb illegal mining.

ed concerns, the hospital continues to struggle with space constraints and a host of other challenges, severely affecting patient care.

Located in the congested Sherbagh locality, the hospital has been forced to place beds in corridors to accommodate the influx of patients. Officials said that more than 100 patients are admitted nightly in its labour and surgical wards, with thousands visiting the hospital's outpatient department (OPD) daily.

The hospital's infrastructure, which is already thin, includes just two labour wards, four surgical wards, and an operation theatre to serve the growing number of patients. Hospital staff said that multiple patients often share single beds, which leads to overcrowding, noise and congestion.

"The building in which the MCCH is currently operating was declared unsafe by the Fire and Services Department nearly a decade ago. If an incident occurs under in the Sarnal area of Anantnag. However, the move has yet to materialise. Although Rs 13 crore was spent on constructing two additional floors for the building, a safety assessment by IIT Jammu revealed that it failed to meet post-2005 earthquake safety standards.

The institute recommended retrofitting and reinforcing the beams of the older floors at an estimated cost of Rs 8 crore. However, this proposal was shelved, leaving the hospital to continue operations in the unsafe Sherbagh building. Currently, the hospital manages over 50,000 patients in its OPD and around 10,000 indoor patients every month.

Staff at the MCCH said both patients and medical personnel face challenges but added that shifting the hospital is beyond their control. "Every day, thousands of patients from far-off places in south Kashmir and even Jammu division come here. Despite the challenges, we are managing," one staff member said.

DIG SKR Anantnag Visits Police District Awantipora

Observer News Service

Srinagar: Deputy Inspector General of Police SKR Anantnag, Javid Iqbal Matoo Monday visited PD Awantipora to assess the security situation, winter preparedness and held an operational meeting with the officers of Police, Army & CAPF.

The meeting was attended by Commander 01 Sector RR, DIG CRPF SKOR, SSP Awantipora, Commanding Officer Army 42 RR, 55 RR.50 RR and 03 RR, Commanding officers of 130 BN CRPF, 185 BN CRPF, 180 BN CRPF, 110 BN CRPF and other officer of Police Awantipora, a police spokesman said in a statement.

At the onset of the meeting, SSP Awantipora provided a detailed briefing on the security situation, operational preparedness highlighting recent crime patterns.

During the meeting, DIG SKR directed the officers to analyze & reassess the existing strategies to prevent any potential terror incidents. The meeting emphasized the importance of revisiting and reinforcing area domination. Special emphasis was laid on intensifying cordon and search operations (CASOs) & generating actionable intelligence inputs, particularly in areas near highways, to counter potential threats.

The officers were directed to establish checkpoints at inter-district boundaries. DIG SKR stressed the need to keep the bad elements and terrorist associates out of circulation & to neutralize their threats effectively.

The meeting concluded with a collective resolve so as to strengthen anti-terrorist operations and enhanced security measures.

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STFC Natipora Wins All India Football Federation **Championship**

Observer News Service

SRINAGAR: STFC Natipora clinched the prestigious All India Football Federation Championship in Gorakhpur, Uttar Pradesh, on Monday. In a thrilling final, STFC secured a sensational 1-0 victory against Nepal 11, an international team, showcasing the exceptional talent and spirit of J&K football.

Player of the match, Sahil, delivered a phenomenal goal that became the turning point of the game and led his team to the championship win.

The J&K Football Association lauded the team for the victory. "With players representing different regions of Jammu & Kashmir, STFC Natipora continues to be a beacon of hope and opportunity for aspiring footballers. The club's relentless pursuit of excellence has provided a platform for local

talent to shine on national and international stages, inspiring countless young athletes across J&K," the FA said. "A special acknowledgment goes to Mr. Irfan, the visionary Chairman of STFC Natipora, whose unwavering commitment and leadership have been instrumental in the club's consistent success."

Earlier, STFC Natipora defeated National Sporting Club Baralgunj in the semi-final. Baralgunj initially led by a goal, but Sahil's brilliant equaliser reignited ST-FC's hopes, taking the match to a penalty shootout. In a display of nerves of steel and exceptional skill, STFC converted all their penalty shots while Baralgunj missed two, sealing a well-deserved victory for the team.

In their opening match, STFC defeated State Regional Sports Club 4-0. The team beat Patna 11 with the same commanding scoreline in their second game.



ADNAN WAS NAMED PLAYER OF THE MATCH

J&K Beat Rajasthan, Enter Santosh **Trophy Quarter-Final**

Observer News Service

SRINAGAR: In a significant achievement for J&K football, senior men's team on Monday defeated Rajasthan 1-0 to enter the quarter-final round of the 78th Senior Men's National Football Championship for Santosh Trophy 2024-25 at Deccan Arena in Hyderabad, Telangana.

J&K needed a draw to enter the quarter-final, but will be more than happy to take all three points entering the finals stage

The game was hanging in balance at 0-0, until late in the second half, forward Adnan Ayub dribbled 35 yards

from goal and smacked a shot with his left foot to make it 1-0 in the 74th minute. The J&K squad held on to claim the win as well as the quater-final spot. Adnan was named player of

the match for his performance. Goalkeeper Majid was also a standout player for J&K in the game.

The J&K Football Association lauded the team's effort, having lost the opening two final round games. The team bounced back to register wins against host Telangana and now Rajasthan, as well as a draw against Manipur.

"This historic achievement of qualifying for the Quarterfinals is a testament to the

dedication and hard work of the players, coaching staff, and management," the FA said in a press release. "The Association acknowledges the invaluable contributions of (head coach) Satpal Singh, whose leadership has been a cornerstone for J&K Football over the decades."

"The JKFA also extends its gratitude to the J&K Sports Council for providing the bestever facilities to the team. both on and off the field," it added. J&K booked a place in the

quarter-finals after taking seven points from their five games. Captain Aakif Reshi is among the leading scorers in the competition, raking up six goals thus far.

Zahara Batool Wins Gold For Ladakh At National School Games

Observer News Service

KASHMIR OBSERVER[®]

SRINAGAR: Zahara Batool, a resident of Tambis, Kargil, has made Ladakh proud by clinching the Gold medal at the 68th National School Games Taekwondo Championship held at Dewas, Madhya Pradesh, from December 20 to 24. Representing Ladakh in the Under-55 Kg Under-19 Girls category, Zahara displayed exceptional skill and resilience, defeating top states like MP, Maharashtra and securing a commanding victory against Kerala in the finals.

The Ladakh team, consisting of two players and led by Coach Mohammad Ali, and Team Manager Abdul Hamid PEM DYSSO Kargil, achieved a significant milestone with Zahara's gold medal being the first Taekwondo gold for Ladakh UT in the School Games Federation of India championships.

Impressed by Zahara's outstanding performance, Master Atul Pangotra, Chief Technical Advisor and Mentor of Ladakh Taekwondo Association, International Level Coach, and Olympic Referee, from J&K, awarded her a cash prize of 5100 and an international Taekwondo kit as a token of appreciation.

Gulzar Hussain Munshi, President of the Ladakh Taekwondo Association, extended his heartfelt congratulations to Zahara, her parents, and her coaches for this remarkable achievement.



Indians Unhappy With 'Used' Practice Pitches; MCG Curator Says Protocol Followed

Press Trust of India

MELBOURNE: The Indian team has expressed dissatisfaction with the practice pitches ahead of the fourth Test against Australia here, blaming their variable bounce for the hit that Rohit Sharma took on his knee but MCG curator Matt Page has defended the tracks by saying that "standard protocol" has been followed.

Rohit developed swelling on his left knee as he tried to play a throwdown from support staff member Dayanand Garani and didn't take further part in the nets on Sunday. The side opted not to practice on Monday.

It was learnt the skipper needed icing at night and the team think-tank held the used nitch's



The Indian team had sent its three days prior to the Test match, training schedule two months ago but the MCG curator stuck to

which begins on December 26 in this case

come and play before that, they

get what pitches we've had," Page told reporters about why India didn't get a pitch that would resemble the centre strip.

"So today, we're on fresh pitches. If we needed to play this morning, they would have been on those fresh pitches. Stock stan-dard procedure for us, three days out. We do our pitches that we're going to have for our Test match," Page defended the move. When asked if he has had the

Indian schedule and BCCI had correspondence with Cricket Australia, he responded in affirmative.

"Yes, they gave us schedule. There has been correspondence between CA and Indian board and the extent of those conversations, I don't know," Page informed.

Pitch Will Help Fast Bowlers

The iconic MCG won't have the bounce of Perth or the seam movement of Gabba but it will still be pace-friendly with 6mm of

come into the game but also batgrass covering. Page said it won't crack up enough to help the spinners. "Seven years ago, we were

quite flat, we want to create an exciting contest and exciting Test matches, so we will leave more grass, that brings the bowlers into equation.

"But it is still good for batting once the new ball goes off. We keep 6mm grass and we would monitor that as we get in," Page elaborated.

The decision to make it bowlerfriendly was taken in 2017 after the MCG track was deemed as a flat deck.

"In 2017, we sat down as an or-"Doesn't really break for spinganisation and discussed where ners here and if you see longformat games over the last four to we wanted to go and we agreed five years, you will see, it has been that it was about producing wick

cited after having a look at the track? "All quick bowlers get excited when they come here now although it is not as quick as Perth and Brisbane but we have man-

aged to get some pace on it," Page answered. "Every wicket in Australia is different and we have also got our

unique character." While Ravindra Jadeja is more of a batting all-rounder in overseas conditions, Page said there is not much help for spinners now.

ters if they play well."

So will Jasprit Bumrah be ex-

uneven bounce responsible for the injury scare.

the standard operating procedure of giving a new practice track only

"So for us, three days out, we prepare pitches for here. If teams

ets for thrilling Test matches. "It gives bowlers a chance to

more seam-friendly than spin," Page observed.

