



Indian Railways Fostering New Regional Growth Hubs

for

Viksit Bharat



Inauguration of

New Jammu Railway Division of Northern Railway

&

Charlapalli New Terminal Station in the twin cities of Secunderabad and Hyderabad

and

Foundation stone laying for

Rayagada Rail Division Building in Odisha

By

Narendra Modi

Prime Minister

(Through Video Conferencing)

On January 6, 2025 | Time 11:00 AM

HIGHLIGHTS

Jammu Railway Division

- Links major cities and towns across India to the Jammu & Kashmir region, fulfilling the long-pending demand of its people.
- Acts as a game-changer by promoting trade, tourism and economic opportunities in the region.
- Seamlessly connects regions of Jammu & Kashmir viz. Udhampur-Srinagar-Baramulla and Leh & Ladakh to major destinations across India strengthening unity and development.

Rayagada Divisional Office Building

- Features a Divisional Control Office, eco-friendly staff residences and modern amenities, enhancing railway operations in Koraput, Rayagada and Kalahandi.
- Streamlines railway management and boosts operational efficiency across Odisha.
- Strengthens connectivity, accelerates development and fosters economic progress in tribal belt of South Odisha for Viksit Bharat.

Charlapalli New Railway Terminal in Telangana

- A world-class, eco-friendly terminal that offers top-tier facilities at Charlapalli in the Twin Cities.
- Relieves pressure on existing terminals in Secunderabad, Hyderabad and Kacheguda.
- Facilitates the operation of new trains and enhances connectivity for the people of Telangana and nearby regions.

In the august presence of

Ashwini Vaishnav

Union Minister of Railways,
Information & Broadcasting and
Electronics & Information Technology

Manoj Sinha

Lieutenant Governor,
Jammu & Kashmir

Omar Abdullah

Chief Minister,
Jammu & Kashmir

Dr. Jitendra Singh

Union Minister of State for Science &
Technology (I/C), Earth Sciences (I/C), PMO,
Personnel, Public Grievances and Pensions, Atomic
Energy & Department of Space

V. Somanna

Union Minister of
State for Railways
and Jal Shakti

Ravneet Singh

Union Minister of
State for Railways and
Food Processing Industries

Satish Sharma

Minister for Food, Civil Supplies &
Consumer Affairs, Transport, Science
& Technology, Information Technology,
Youth Services & Sports and ARI &
Trainings Departments, Govt. of J&K

Gulam Ali Khatana

Member of Parilement

Jugal Kishore

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Even Small Diet Tweaks Can Lead To Sustainable Weight Loss

The Conversation

It's a well-known fact that to lose weight, you either need to eat less or move more. But how many calories do you really need to cut out of your diet each day to lose weight? It may be less than you think.

To determine how much energy (calories) your body requires, you need to calculate your total daily energy expenditure (TDEE). This is comprised of your basal metabolic rate (BMR) – the energy needed to sustain your body's metabolic processes at rest – and your physical activity level. Many online calculators can help determine your daily calorie needs.

If you reduce your energy intake (or increase the amount you burn through exercise) by 500-1,000 calories per day, you'll see a weekly weight loss of around one pound (0.45kg).

But studies show that even small calorie deficits (of 100-200 calories daily) can lead to long-term, sustainable weight-loss success. And although you might not lose as much weight in the short-term by only decreasing calories slightly each day, these gradual reductions are more effective than drastic cuts as they tend to be easier to stick with.

Hormonal changes

When you decrease your calorie intake, the body's BMR often decreases. This phenomenon is known as adaptive thermogenesis. This adaptation slows down weight loss so the body can conserve energy in response to what it perceives as starvation. This can lead to a weight-loss plateau

– even when calorie intake remains reduced.

Caloric restriction can also lead to hormonal changes that influence metabolism and appetite. For instance, thyroid hormones, which regulate metabolism, can decrease – leading to a slower metabolic rate. Additionally, leptin levels drop, reducing satiety, increasing hunger and decreasing metabolic rate.

Ghrelin, known as the "hunger hormone", also increases when caloric intake is reduced, signalling the brain to stimulate appetite and increase food intake. Higher ghrelin levels make it challenging to maintain a reduced calorie diet, as the body constantly feels hungrier.

Insulin, which helps regulate blood sugar levels and fat storage, can improve in sensitivity when we reduce calorie intake. But sometimes, insulin levels decrease instead, affecting metabolism and leading to a reduction in daily energy expenditure. Cortisol, the stress hormone, can also spike – especially when we're in a significant caloric deficit. This may break down muscles and lead to fat retention, particularly in the stomach.

Lastly, hormones such as peptide YY and cholecystokinin, which make us feel full when we've eaten, can decrease when we lower calorie intake. This may make us feel hungrier.

Fortunately, there are many things we can do to address these metabolic adaptations so we can continue losing weight.

Weight loss strategies

Maintaining muscle mass (either through resistance training or eating plenty of



protein) is essential to counteract the physiological adaptations that slow weight loss down. This is because muscle burns more calories at rest compared to fat tissue – which may help mitigate decreased metabolic rate.

Gradual caloric restriction (reducing daily calories by only around 200-300 a day), focusing on nutrient-dense foods (particularly those high in

protein and fibre), and eating regular meals can all also help to mitigate these hormonal challenges.

But if you aren't someone who wants to track calories each day, here are some easy strategies that can help you decrease daily calorie intake without thinking too much about it:

1. Portion control: reducing portion sizes is a straight-

forward way of reducing calorie intake. Use smaller plates or measure serving sizes to help reduce daily calorie intake.

2. Healthy swaps: substituting high-calorie foods with lower-calorie alternatives can help reduce overall caloric intake without feeling deprived. For example, replacing sugary snacks with fruits or swapping soda with water can make a

substantial difference to your calorie intake. Fibre-rich foods can also reduce the calorie density of your meal.

3. Mindful eating: practicing mindful eating involves paying attention to hunger and fullness cues, eating slowly, and avoiding distractions during meals. This approach helps prevent overeating and promotes better control over food intake.

4. Have some water: having a drink with your meal can increase satiety and reduce total food intake at a given meal. In addition, replacing sugary beverages with water has been shown to reduce calorie intake from sugars.

5. Intermittent fasting: restricting eating to specific windows can reduce your caloric intake and have positive effects on your metabolism. There are different types of intermittent fasting you can do, but one of the easiest types is restricting your mealtimes to a specific window of time (such as only eating between 12 noon and 8pm). This reduces night-time snacking, so is particularly helpful if you tend to get the snacks out late in the evening.

Long-term behavioural changes are crucial for maintaining weight loss. Successful strategies include regular physical activity, continued mindful eating, and periodically being diligent about your weight and food intake. Having a support system to help you stay on track can also play a big role in helping you maintain weight loss.

Modest weight loss of 5-10% body weight in people who are overweight or obese offers significant health benefits, including improved metabolic health and reduced risk of chronic diseases. But it can be hard to lose weight – especially given all the adaptations our body has to prevent it from happening.

Thankfully, small, sustainable changes that lead to gradual weight loss appear to be more effective in the long run, compared with more drastic lifestyle changes.

People Single All Their Lives Might Have Low Life Satisfaction: Study

Press Trust Of India

People who have been single all their lives might score low on life satisfaction and possess personality traits different from those partnered, such as being less extraverted, less conscientious and less open to new experiences, according to a new research.

Researchers, including those at the University of Bremen, Germany, surveyed over 77,000 people aged 50 years or above across 27 European countries. The study is the first of its kind to look across cultures and at people who have been single their entire lives, the researchers said.

The team found that people who had never been in a serious long-term relationship scored lower on extraversion, openness and life satisfaction as compared to those currently single but having lived with a partner or been married in the past.

All singles scored lower on these measures as compared to people in relationships, the researchers said.

"Analyses suggested that lifelong singles were less ex-



traverted, less conscientious, less open to experiences and less satisfied with their lives," the authors wrote in the study published in the journal Psychological Science.

The findings pointed to the need for helpful networks and ways to create such networks better catered to single people.

"When there are differences, they might be especially important in elderly people who face more health issues and financial issues. They need more help, and the help is usually the partner," said Julia Stern, lead author and senior researcher at the University of Bremen.

The researchers said that previous studies have used varied

definitions of being single with some considering only the current status and others drawing the line at having never married or lived with a partner.

However, people who have been in a serious relationship in the past – even if it has ended – might have different personality traits than those who have never been that committed, they said.

While the study could not definitively decipher if personality differences are due to selection – people having certain personality types may be more likely to enter into relationships – or socialisation (in which long-term relationships could change personalities),

the researchers said the evidence pointed to the former.

"It's more likely that you have these selection effects. For example, people who are more extraverted are more likely to enter a relationship," she said.

Further, singlehood in a society where marriage is the expectation could worsen life satisfaction. The researchers found this in countries with higher marriage rates, such as southern European countries.

Single women, however, were found to score higher on life satisfaction as compared to single men while older people tended to be happier with their singlehood than middle-aged people.

"There are differences between people who stay single their entire lives and people who get partnered, and for me, this means that we have to take extra care of these people," Stern said.

She suggested developing new kinds of programmes to prevent loneliness that take these personality traits into consideration and help older singles meet like-minded people. "If they have people who care for them or look out for them regularly, this might help," she said.

Group Decision-Making Better In Ants Compared To Humans: Study

Press Trust Of India

A group of ants fared better than humans when confronted with a task of manoeuvring large loads through a maze, displaying strategy and collective memory that helped them persist and avoid mistakes, a study has found.

Humans, on the contrary, failed to significantly improve their performance when acting in groups, said researchers from the Weizmann Institute of Science, Israel.

"While ants perform more efficiently in larger groups, the opposite is true for humans," the authors wrote in the study published in the journal Proceedings of the National Academy of Sciences.

"Forming groups did not expand the cognitive abilities of humans. The famous 'wisdom of the crowd' that's become so popular in the age of social networks didn't come to the fore in our experiments," said lead researcher Ofer Feinerman, a professor at the institute's Department of Complex Systems.

The findings shed new light on group decision-making and validated the perception of ants that "for them, the whole is greater than the sum of its parts," he said.

"That's why an ant colony is sometimes referred to as a super-organism, sort of a living body composed of multiple cells that cooperate with one another," he added.

Two sets of mazes were created, differing only in size, to

match the dimensions of ants and humans. The ants tackled the maze challenge in three combinations—a single ant, a group of seven ants and a group of 80 – while the humans tackled it as a single person, a group of six to nine people and a group of 26.

To make meaningful comparisons, humans were told to avoid communicating by speaking or through gestures and were given masks and sunglasses to conceal their mouths and eyes. Video recordings and tracking data were analysed using computer and physics models.

While performing the task individually, the cognitive abilities of humans gave them an edge as they resorted to calculated, strategic planning, easily

outperforming the ants, the researchers said.

In the group challenge, however, the picture was completely different, they said, especially for the larger groups.

Not only were groups of ants seen performing better than individual ants but in some cases, their performance was better than humans.

The ants acted together in a calculated and strategic manner, exhibiting collective memory that helped them persist in a particular direction of motion and avoid repeated mistakes, the study found.

"We find that although individual ants cannot grasp the global nature of the puzzle, their collective motion translates into emergent cognitive skills," the authors wrote.



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BOOK APPOINTMENT

5 Of Family Die Due To Asphyxiation In Srinagar

Observer News Service

Srinagar- In a tragic incident, the husband-wife duo and their three children died due to asphyxiation on Sunday evening, officials said.

The shocking incident occurred in Pandrethan area of Srinagar.

A senior police official said that five family members living in a rented accommodation died late at night after falling unconscious due to suffocation.

He said the family was originally from Baramulla. They were shifted to the hospital, where doctors declared pronounced them dead on arrival.

Police identified the deceased as Ajaz Ahmad Bhat (38), his wife Saleema (32) and their three children—Areeb (3), Hamza (18 months) and a month-old baby.

Meanwhile, Chief Minister Omar Abdullah expressed profound grief and sorrow over the tragic death of five family members in the Pandrethan area of Srinagar city.

The Chief Minister conveyed his deepest condolences to the bereaved relatives, praying for strength and patience to help them cope with this irreparable loss.

While praying for the departed souls, the Chief Minister urged people to exercise utmost caution while using heating gadgets during the harsh winter months.

He emphasized the importance of adhering to government-issued advisories on the safe use of heating equipment to prevent such tragic incidents.



Fresh Snow Blankets Kashmir, Temperatures Plummet

Observer News Service

Srinagar: Most parts of Kashmir, including Srinagar city, received a fresh spell of snowfall on Sunday as the Mercury stayed below the freezing point in the summer capital of Jammu and Kashmir for the second consecutive day.

Snowfall was witnessed in several areas of Bandipora, Baramulla and Kupwara districts in north Kashmir and some parts of Budgam and Ganderbal districts in central Kashmir in the morning, the officials said.

Srinagar city and some areas in south Kashmir received snow late in the evening.

The summer capital stayed in the grip of an intense cold wave with a maximum temperature of just 1.5 degrees Celsius recorded on Sunday.

The mercury has stayed below two degrees Celsius for the past 48 hours as the maximum temperature on Saturday was 1.2 degrees Celsius.

The night temperature in the valley fell with Kokernag town in South Kashmir freezing at minus 8.1 degrees Celsius, the officials said on Sunday.

In Srinagar, the mercury settled at a low of minus 2.5 degrees Celsius. On Saturday, the city recorded a minimum temperature of minus 2.2 degrees, the Met said.

Gulmarg recorded a low of minus 4.0 | [More on P6](#)



PTI Photo

All Flights Cancelled At Srinagar Airport

Srinagar: Dense fog and poor visibility led to suspension of flight operations at Srinagar Airport on Sunday, officials said.

All scheduled flights for the day were canceled as low visibility made it impossible for aircrafts to land or take off, they said.

Earlier, ten flights were cancelled at the Srinagar International Airport on Sunday morning due to poor visibility caused by fog. | [More on P6](#)

Guru Gobind Singh Jayanti LG, CM Extend Warm Greetings

Observer News Service

Jammu: The Lieutenant Governor Manoj Sinha has greeted the people on the auspicious occasion of Guru Gobind Singh ji's Prakash Purb.

In a message the Lieutenant Governor said, "On the auspicious occasion of the Prakash Purb of Guru Gobind Singh Ji, I extend my greetings and good wishes to all."

"Sri Guru Gobind Singh Ji is an embodiment of valour, sacrifice, and justice. Guru Ji's ideals continue to guide humanity on the path of equality, righteousness, selfless service, and universal | [More on P6](#)

4 Dead, 2 Missing As Vehicle Plunges Into River In Kishtwar

Observer News Service

Srinagar: Four persons were killed after a vehicle carrying six people skidded off the road and fell into a river in Kishtwar district of Jammu and Kashmir on Sunday, police said.

Two persons, including the driver, are missing and a rescue operation is underway, they said.

The accident took place at Sanyas in the Paddar area, when the vehicle, a Camper, skidded off the road and rolled 300-foot down into river Machail, a police official said.

Police launched a rescue operation and recovered the four bodies, he said. Lieutenant Governor Manoj Sinha and Chief Minister Omar Abdullah expressed their grief over the loss of lives due to the accident.

Abdullah said that his office is in constant touch with the district administration, which is making all possible efforts to trace the two individuals still missing.

Udhampur MP and Union minister Jitendra Singh also expressed grief over the loss of lives in the accident.

"Saddened to | [More on P6](#)

PM to Inaugurate Jammu Rail Dvn Today

Observer News Service

Srinagar: Prime Minister Narendra Modi will inaugurate the newly created Jammu railway division through virtual mode on Monday, paving the way for efficient management of train services in the northernmost region of India.

With the establishment of the new railway division in Jammu, a long-standing demand of people of the region has been fulfilled. This milestone event comes ahead of the much-awaited inauguration of train services to Kashmir from Katra, with the final trial run scheduled for Tuesday.

"The Prime Minister will inaugurate the Jammu railway division through virtual mode from New Delhi tomorrow," an official said.

PM Modi will inaugurate and lay the foundation stone of various railway projects on 6th January at 12:30 PM via video conferencing.

In Jammu, the event will be attended and addressed by Lieutenant Governor Manoj Sinha, Chief Minister Omar Abdullah and Member of Parliament Jugal Kishore Sharma. Union Minister Dr Jitendra Singh is also expected to participate.

Headquartered in Jammu, the newly created division will involve the reorganization of the Firozpur Division. It will include the following sections under its jurisdiction, including Pathankot-Jammu-Udhampur-Srinagar-Baramulla (423 route km), Bhogpur-Sirwal-Pathankot (87.21 route km), Batala (excluding)-Pathankot (68.17 route km) and Pathankot-Joginder Nagar (narrow gauge section, 163.72 route km). | [More on P6](#)

South Kashmir Heat Spike Warm-Air Advection, Not Tectonic Activity: Expert

Observer News Service

Srinagar: Dr. Shakil Romshoo, Vice-Chancellor of Islamic University of Science and Technology (IUST) and an expert in Glaciology, Hydrology, and Climate Change says an intense warm-air advection phenomenon in South Kashmir that led to a sharp temperature rise and significant snowmelt on January 4.

Dispelling rumors circulating on social media, Dr. Romshoo clarified that the phenomenon is unrelated to volcanic, tectonic, or hot spring activity.

In a post on X (formerly Twitter), Dr. Romshoo elaborated, "Intense warm-air advection over parts of South Kashmir caused a rapid increase in temperature and significant snowmelt on the afternoon of January 4th. Contrary to speculations and rumours on social media, this phenomenon is unrelated to volcanic, tectonic, or hot spring activity in the region. The air-mass transformation led to a strong surface-based temperature inversion, which often contributes to dense fog.

Combined with warm-air advection, usually associated with western disturbances, easterlies and other air masses, these atmospheric processes increased heat flux from the atmosphere, raising surface temperatures by an average of 10°C in a single day in some parts of South Kashmir," Dr. Romshoo wrote.

He added, "Data from our South Kashmir observatories indicate that the warm-air advection began on January 2nd and peaked today. Please see the temperature profiles of Daksum, Matigawran, and Hirpora in | [More on P6](#)

LG, CM Express Grief

The Lieutenant Governor, Manoj Sinha, has expressed deep grief over the loss of lives due to an accident near Sanyas area in Kishtwar. In a condolence message, the Lieutenant Governor has said, "Pained by the loss of lives due to a tragic road accident in Kishtwar. In this hour of grief, my thoughts are with those who have lost their loved ones". | [More on P6](#)

4-lane Banihal Bypass Ready: Gadkari

Union Minister for Road Transport and Highways, Nitin Gadkari, has announced that the newly constructed 4-lane, 2.35 km bypass to Banihal town on the Ramban-Banihal section of NH-44 will be fully operational for 4-lane traffic within 15 days. Built at a cost of | [More on P6](#)

GoI Approves PMAY-G Housing Aid For Mulwarwan Fire Victims

Press Trust Of India

Srinagar: The Government of India (GoI) has approved a special project under the Pradhan Mantri Awas Yojana-Gramin (PMAY-G) to provide housing assistance to the fire victims of Mulwarwan village in Jammu and Kashmir's Kishtwar district.

A devastating fire on October 15 last year destroyed numerous houses, leaving several families homeless in the hamlet located in the Warwan valley.

"Chief Minister Omar Abdullah, who assumed office on October 16, promptly visited the affected area the following day and assured the victims of long-term rehabilitation. He also pledged to secure assistance from the Central government to help the families rebuild their homes and restore their lives," an official spokesperson said.

The approval for this special housing package follows Chief Minister Omar Abdullah's appeal to the Central government, requesting additional financial assistance for the long-term rehabilitation of the affected families, the spokesperson added.

The chief minister emphasized the urgency of housing aid under PMAY-G to help the families rebuild their homes and return to normalcy.

In this regard, the Ministry of Rural Development has formally communicated its approval to the secretary of the Rural Development Department of the Union Territory of Jammu and Kashmir, the spokesperson said.

According to the communication, up to | [More on P6](#)



Prescribing Textbooks Against Norms Upload Book Details Within 3 Days: DSEK To Pvt Schools

Observer News Service

Srinagar: School Education Department has taken a strong notice of the complaints regarding the textbooks prescribed by some private schools against the norms.

This was stated by Director School Education Kashmir (DSEK), Dr. G N Itoo Sunday after a series of meetings with the private school heads, parents and officers of the Department. Itoo stressed upon all the private schools to adhere to the rules and regulations laid down by the department regarding the prescription of textbooks in letter and spirit and to upload the details of textbooks within three days on their websites.

It is pertinent to mention that in light of the complaints received from various quarters regarding the increase in tuition fee beyond the approval of FFRC and prescription of textbooks against the norms of the department by some schools, DSEK called a series of meetings with some private school heads and parents.

He directed all the private school heads to adhere to the guidelines already in vogue and to ensure the receipt of fee as per the approval from FFRC.

In order to ensure the effective implementation of these directions, Itoo called separate meeting of senior officers of the department in which district-wise monitoring committees for the implementation of these guidelines were constituted. | [More on P6](#)

Arms Licenses Scam HC Seeks Update On Prosecution Of 5 IAS Officers

Agencies

Srinagar: In a significant order, a Division Bench of the High Court of Jammu & Kashmir and Ladakh (Jammu Bench) (through Virtual mode) comprising the Chief Justice Tashi Rabstan and Justice M A Chowdhary has directed Advocate Sumant Sudan appearing vice DSGI Vishal Sharma appearing for MHA/DoPT, Govt. of India, to file the updated status report with regard to the comments sent by General Administration Department (GAD) of J&K Government on December 27, 2024 with regard to five IAS officers and others in the infamous Arms Licenses Scam.

The IAS and KAS officers under investigation include Shahid Iqbal Choudhary, the then District Magistrate, Udhampur; Niraj Kumar, the then District Magistrate, Udhampur; Yasha Mudgal, the then District Magistrate, Udhampur; Prasanna Ramaswamy G, the then District Magistrate, Leh; M. Raju, the then District Magistrate, Kargil; Fida Hussain (KAS), the then District Magistrate, Kargil; Jitendra Kumar Singh, the then District Magistrate, Rajouri; Faqir Chand Bhagat (JKAS), the then District Magistrate, Rajouri; Hemant | [More on P6](#)



Delayed Marriages and Psychological Impact on Kashmiri Women

Wasim Kakroo

In Kashmir, a region that is known for its distinctive cultural, social, and religious customs, marriage is not just a union of two people or two families but goes well beyond that as it has rich symbolic significance. Despite its importance in a collectivistic culture such as ours, there is a growing concern regarding a shift in the trend, especially in the recent few years, with regards to the age at which people marry. This shift can have a myriad of reasons, from money and job issues to personal choices and it can affect an individual at psychological level, especially women, in a society where marriage is traditionally seen as a foundation of adulthood and stability.

Reasons for Delayed Marriages in Kashmir

Economic Instability and Unemployment

In the past many decades, the turbulent political situation in Kashmir, along with the availability of only a handful of economic opportunities, has made youth feel financially insecure. Since marriage in our culture like many other cultures around the world involves significant expenses, including dowry practices, ceremonies, and post-marital responsibilities, thus marriage becomes a very difficult thing to manage without stable and secure employment. It results in men and women alike postponing their marriage until they become financially independent, which is hard to come by for most.

Educational Aspirations and Career Goals

Another important reason for delayed marriages is that people, especially youth, have started to give education too much importance. Nowadays, many young people, both male and female, put off getting married so that they complete their studies or follow their career/professional goals. In fact, this emphasis on education and professional goals may lead to the further postponement of marital plans and preparations. Women in particular may find it more challenging to deal with this focus on studies and career aspirations since they wish to achieve their goals while also fitting in with society's expectations.

Social Expectations and Marital Pressure

In Kashmir, traditional marriage customs necessitate complex demands from both families. Arranged marriage is still the norm in Kashmir, and families in such cases look



for ideal matches based on caste, financial standing, and other factors. The marriages in such cases can get delayed, especially when families are too choosy. One more factor that might contribute to the delay in marriage is related to the growing demand for dowries from the bride's family, despite efforts to eliminate such practices.

Changing Social Attitudes and Preferences

People's views and attitude towards marriage and relationships is also changing slowly. Young people, especially women, are getting more conscious of what they want and prefer for themselves if they decide to get married. Rather than rushing into marriage just to satisfy societal expectations, they are more and more looking for partners who seem compatible to them and with whom they can share a meaningful and productive relationship.

Psychological Impact on Women Remaining Single

Remaining single or delaying marriage in

order to pursue education or career aspirations might be beneficial but it might adversely impact the psychological wellbeing of such women as marriage is still considered to be an important part of life in societies such as Kashmir. In societies such as ours, severe emotional and psychological trauma may be faced by women, who choose to remain single or face delays in marriage as societal norms in this society place too much of pressure on women to get married by a certain age.

1. Social Stigma and Pressure

In conservative societies such as Kashmir, women who choose to remain single or whose marriage gets delayed due to certain reasons are sometimes stigmatized. Such women may be judged as "too choosy," "unlucky," or "crossed their youth." This affects their self-esteem negatively. Adding to their plight are the feelings of shame, embarrassment, and inadequacy caused by the constant questioning by their relatives and acquaintances about their marital status.

2. Loneliness and Isolation

Though marriage is not the only way to have a fulfilled and prosperous life, and in fact, marriage is usually a stressful endeavor most of the time, however, a person who has reached a marriageable age but is still single can feel emotionally lonely especially when friends and peers move on to married life. Single women who reach marriageable age find themselves lonelier as time passes as their friends and peers start to get married and become more involved in their own families as their priorities change naturally. This leaves such women feel isolated. This disconnection from family and friends can create emotional voids and affect their mental health adversely.

3. Fear of Future Uncertainty

Being an unmarried single woman in Kashmir is not only emotionally and socially challenging, it also affects their sense of financial stability and security. Unmarried women can feel financially insecure due to lack of a part-

ner since marriage is still seen as a source of social and economic support especially for women as financial responsibilities are still considered to be the main domain of men. As such unmarried women become older, their anxiety becomes more pronounced, as they start worrying about who will care for them in later years, especially given the absence of well functioning and strong social welfare system in societies such as Kashmir.

4. Internalized Shame and Self-Doubt

Women who remain single, might feel a sense of shame as they may have to listen to a constant narrative that the main role of women is to get married and raise a family. This internalized shame might instill a sense of doubt in such women about their existence and meaning of life and they may start to believe they are somehow "incomplete" without a partner. This can lead to meaninglessness, depression, and even identity struggles.

5. Depression and Anxiety

Emotional disorders such as anxiety and depression can be a common occurrence among single women or those women whose marriage gets delayed due to certain reasons owing to social isolation, familial pressure, and personal insecurities. Feeling trapped between their personal aspirations and societal expectations, they may have poor emotional wellbeing.

6. Trans-generational trauma:

Women who marry in their mid thirties and beyond start to face a lot of other issues as well. They may have difficulty in getting pregnant and that can be one more reason for their emotional instability. If such women somehow manage to have a child, they may still face another challenge in the form of parenting and a generation gap of 30-40 years may be difficult to manage for such parents and it might give trauma to their next generation as such parents and their children may have difficulty in getting along with each other.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar) and works as a Child, Adolescent and Family therapist at Centre for Mental Health Services (CMHS) at Rambagh Srinagar. He can be reached at 8825067196

Electric hype, hidden costs

By M Muneer

The electric vehicle (EV) revolution has been lauded as a game-changer in the fight against climate change, promising to reduce carbon emissions and promote sustainable transportation. Governments worldwide are investing heavily in this transition through subsidies, policies, and infrastructure development.

While EVs undoubtedly play a role in reducing emissions, the narrative surrounding their unblemished benefits deserves a closer look. An analysis reveals that the EV revolution is not the panacea it is portrayed to be. Resource constraints, environmental implications, and socio-economic challenges raise questions about the long-term sustainability of this shift.

At first glance, EVs seem like an environmental saviour, producing zero tailpipe emissions. But this ignores the significant resource demands and environmental costs tied to their production, especially the manufacturing of lithium-ion batteries, their main engine.

Lithium and cobalt, critical components of EV batteries, are extracted at a staggering environmental and social cost. Around 70% of the world's lithium reserves are concentrated in the "lithium triangle" of Argentina, Chile, and Bolivia, where mining operations are water-intensive, depleting resources in already arid regions. Cobalt, predominantly sourced from Congo, presents an equally troubling scenario. Reports of hazardous working conditions, child la-

bour, corruption, and geopolitical tensions prevail in the dark underbelly of cobalt mining. The skyrocketing demand for these minerals risks triggering resource scarcity and "resource wars" as nations vie for economic power driven by fuel — whoever controls the fuel gains power.

Producing an EV is significantly more energy-intensive than manufacturing a traditional internal combustion engine (ICE) vehicle. A study by the European Federation for Transport and Environment found that EV production generates 60% more carbon emissions than ICE vehicles do, mainly due to battery production. Manufacturing a 60 kilowatt-hour battery for a Tesla Model 3 adds 3.6-6 tonnes of CO2 to its lifecycle emissions. In addition, a typical EV consumes six times more scarce minerals than any ICE vehicle. All of these raise an essential question: Are we merely shifting emissions from the tailpipe to the factory floor?

A critical factor in evaluating the environmental benefits of EVs is the source of electricity used to charge them. In India, where

coal ac-

counts for nearly 70% of power generation, the so-called zero-emission vehicle has a carbon-intensive lifecycle. According to the International Council on Clean Transportation, EVs in coal-reliant grids can have lifecycle emissions only marginally lower than modern ICE vehicles.

While India is making strides toward increasing renewable energy in its grid, it constitutes a fraction of the total energy generated. Until the energy grid is decarbonised, the environmental advantage of EVs remains questionable. Worse, the reliance on fossil fuels to charge EVs could undermine efforts to combat climate change, making the transition less effective than anticipated. An added problem for India's local making of EV is that China controls a majority of the essential minerals, directly or indirectly.

The lifespan of batteries typically ranges from eight to 15 years, after which their disposal becomes an environmental challenge. Recycling them is neither economically viable nor environmentally friendly at scale. Only a small percentage of materials can be recovered, leading to the accumulation of electronic waste. In India, where e-waste management infrastructure is underdeveloped, this poses a significant risk of contamination. Improper disposal can release toxic substances such as lithium, cobalt, and nickel into the environment, jeopardising ecosystems and human health.

India's transition to EVs requires extensive investments in infrastructure. According to the NITI Aayog, the country would need at least 10 million public charging stations to meet its 2030 EV targets. However, India currently has fewer than 5,000 such stations, highlighting the enormity of the task ahead.

The financial burden doesn't stop at infrastructure. Setting up and maintaining a reliable charging network is a capital-intensive process, and the costs are often passed on to consumers. This compounds the already high upfront cost of EVs compared to traditional ICE vehicles. For example, a Tata Nexon EV costs around Rs 15 lakh, while its petrol variant is priced at roughly half that. For a country where the average per capita income remains low at Rs 2.3 lakh, these costs could make EVs inaccessible to the majority, leading to eventual snail-paced adoption rates.

While personal EVs are a tempting solution, they might not be the most efficient path forward, especially in populous countries like India. The environmental and resource burden of manufacturing millions of EVs could outweigh benefits. A more sustainable approach could be in focusing on electrifying public transportation.

Buses, taxis, autorickshaws, and trains form the backbone of mobility for mil-

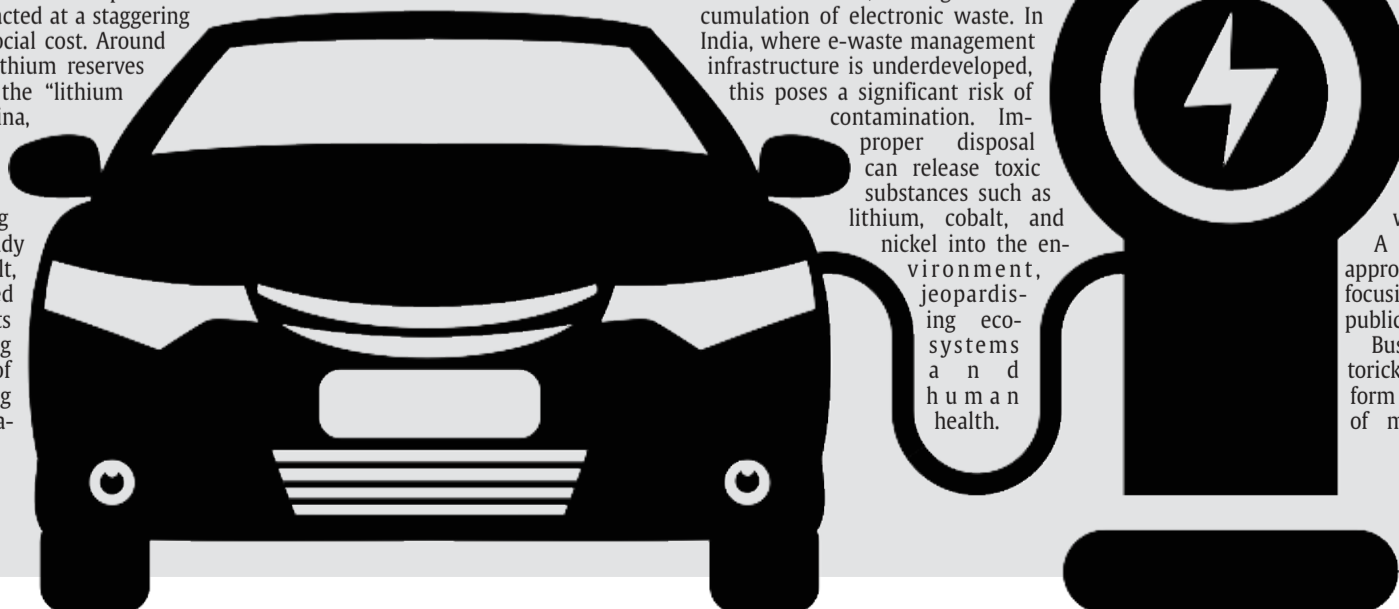
lions of Indians. Electrifying these modes of transport could have a far-reaching impact and can reduce emissions and air pollution. Cities like Delhi, where air quality regularly reaches hazardous levels, could benefit immensely from such initiatives. Electric buses, which have already been introduced in several cities, demonstrate the potential of this approach by lowering emissions and operating costs.

In addition, exploring alternative technologies such as hydrogen fuel cells or solid-state batteries could diversify India's clean mobility strategy. These technologies, though still under development, promise to address some of the limitations of lithium-ion batteries, including resource dependency and lifecycle emissions.

The promise of EVs is undeniable, but so are their challenges. India's path to sustainable transport cannot rely solely on EVs. A balanced approach that integrates renewable energy development, public transport electrification, and alternative technologies is essential. Policymakers must also address the socioeconomic disparities that could hinder EV adoption, ensuring that the transition benefits all strata of society. Else, EVs will be like Tesla for most Indians—aspirational.

A holistic strategy can help India achieve its climate goals, and drive a sustainable and equitable transportation ecosystem. The EV revolution is a critical piece of the puzzle, but it is not the whole picture. To truly combat climate change and build a sustainable future, India must embrace a broader, more inclusive vision of clean mobility.

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



WINTER

A Season of Merry or Misery?

Sama Zehra

JEHANGIR'S "Firdaus" and "Behisht" of all poets and philosophers, blanketed in a thick layer of snow, illuminating the brightest colors of nature is undoubted, a sight for sore eyes. Starting the day with the delicious Kashmiri delicacy "Harisa", warming yourself up using "Kangris" or the "Hammam", and listening to the melody of nature while spending time with your loved ones, is a sugarcoated glance of Winters in Kashmir.

The reality is, that the envelope of snow, other than beauty brings with it an unwelcomed state of misery, and struggle for Kashmiris, one short glimpse of which was recently shared with us via different social media platforms. Two pregnant women, in different cities of Kashmir, were carried on cot for several Km's to the neighboring hospitals, one of them delivered a baby midway. Locals asserted that the lax attitude of the administration towards de-icing of roads is the cause of the problem.

De-icing of roads has never been given the required importance. For almost half of the winter, the roads remain blocked, the Srinagar-Jammu highway remains closed for vehicular traffic, therefore, bringing the lives of people to a standstill. The poor and in-efficient drainage system has added fuel to the fire. A few inches of snow leads to waterlogging in all of the major roadways of Srinagar, water from drains overflows into the roads, therefore, turning them into a "cesspool". People have made innumerable requests and protests to the administration, demanding a modern drainage system, however, the current administration as well as all the preceding governments turned a blind eye towards the issue. In 2019, a senior official at SMC stated that the carrying capacity of drains has decreased considerably due to the silt accumulation during the 2014 floods. He further stated that tenders were issued in this regard however, SMC re-



Even though everyone in Kashmir is affected by the same difficulties, the upper class still manages to keep a safe distance from them. Poverty fuels the hardships faced by people, some struggles in winters are poor-centric and "Government initiatives", are not strong enough to prevent the harsh weather from reaching the poor families

ceived no proper response.

Draining out of clogged water from roadways comes with collateral damage i.e., "damaging of roads". A few inches of snow or rain drastically damages the roads and the government dubiously argues that the "macadam" used is incapable of withstanding elements of rain or snow. Thereby, contradicting their boastful statements about the "excellent quality" of material used in the construction of roads.

The subzero temperature of Kashmir accompanied by unprecedented power cuts, continuous blackouts, shortage of essentials and traffic snarls is not a favorable combination. The issue of power cuts is one of the longest unsolved crises of the valley. Despite having the potential

to produce 20,000 megawatts of hydropower, currently, the state only produces 3,263 MW, of which 2900 MW is generated by the NHPC (National Hydro Power Corporation). Merely 13% of the power generated by the NHPC is shared with Kashmir, and the power requirements of the state are met by purchasing electricity at sky-high rates from the northern grid of India. Nonetheless, Kashmiris are left with less than 9hrs of electricity per day.

Even though everyone in Kashmir is affected by the same difficulties, the upper class still manages to keep a safe distance from them. Poverty fuels the hardships faced by people, some struggles in winters are poor-centric and "Government initiatives", are not strong enough to prevent the

harsh weather from reaching the poor families. Winters highlight the abyss of gulf between different classes, an exorbitant difference of perspectives between various social groups becomes evident. While an elite enjoys the chilly weather, the poor living on boulevards of Dal Lake struggles due to waterlogging and freezing temperatures. When forecasts predict harsh weather, people begin stocking up essentials ahead of time. But, if resources are scarce, the option of hoarding is not available to people. Furthermore, the snowfall extensively damages the apple orchards, uproots and damages trees as a result, jeopardizing the livelihood of people living in the outskirts of Kashmir. Last year, untimely snowfall led to exten-

sive damaging of apple orchards, the government decided to compensate however, many haven't still received any reimbursement. The government fixed a modest compensation rate of Rs. 2800 per Kanal, and surprisingly, failed to pay it.

In the olden times, winters were welcomed and celebrated by people. However, since the '90s, winters have marked the inception of a loop of miseries and struggle for the Kashmiri people. The arrival of winters is no more marked by the foliage of autumn leaves instead, it has been replaced by frequent power outages. Day in and out, the valley plunges into blackouts and residents are forced to endure long, harsh winter days without electricity. The government usually flaunts about the developments in Kashmir or about the construction of roads, however, on the realistic ground, nothing really has changed. A drizzle of rain makes Kashmir vulnerable to floods, snowfall disrupts normal life, causes fatalities, accidents and whatnot. The unpreparedness of government, their lackadaisical attitude towards miseries of people worsens the already harsh condition faced by people. Kashmiris still live in a time where developments are rare, connections are scarce and facilities uncommon.

With time, it seems like the idea of Winters being a "season of merriness and blessings" will only remain constricted to poets and philosophers. The onset of winters cannot be celebrated until and unless the grievances and concerns of people are heard. Truly, Winter is a season of blessings, a season that displays the true beauty of nature and has a magical effect of resurrecting our dead spirits. In the words of Agha Shahid Ali,

"Snow gleams as if a lover's gaze has fallen to earth. How the season whitens! Even the evergreens are peppered with salt, and only love can take the place of the mountain".

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Digital Empathy May Outperform Humans

David Burns

Empathy is considered by many to be a cornerstone of effective mental health treatment. American psychologist Carl Rogers achieved fame with his claim that empathy was the "necessary and sufficient condition" for change in therapy, and many experts agree that empathy creates feelings of trust, reduces negative feelings, and boosts self-esteem.

Can digital devices do the same thing?

Digital mental health apps are enjoying a true breakthrough moment, and AI shows great promise in mimicking human conversation. But can digital empathy compete with human empathy in terms of healing?

And for that matter, how important is empathy to begin with, and does it even matter where it comes from?

Digital Empathy Outperforms Expectations

As part of an ongoing venture, I recently had the opportunity to put these questions to the test by measuring the impact of computer-generated responses in a newly designed application on individuals seeking relief from negative thoughts and feelings. A team of developers and

I questioned—and sought to measure in a meaningful way—whether people would benefit from so-called "digital empathy." After all, a computer can't feel anything, much less empathy for a human.

As it turns out, it doesn't appear to matter.

We surveyed 290 beta testers who used the app in the winter of 2023-24. At the initial evaluation, we asked them to rate the level of warmth and understanding they experienced with friends and loved ones on a scale from 0 (not at all) to 100 (perfect). Then, we asked them to predict how much warmth and understanding they'd receive from the app.

Sadly, most beta testers didn't report much warmth and empathy from friends and loved ones, and they didn't expect much warmth and understanding from the app, either. Perhaps this reflected the long-held belief that technology is inherently impersonal and "less than" human.

Participants then used the app, which was designed to respond just as I would if I were meeting with them 1-on-1. The app expressed understanding, offered warmth, and proposed many new ways of challenging the distorted thoughts that triggered their negative feelings.



Once they began interacting with the app, their perceptions of digital empathy changed dramatically. In fact, after three days, and at the end of the four-week beta test, they rated the digital warmth and understanding nearly twice as high as the human variety and far higher than they had predicted.

These findings strongly suggest that the app may actually be better than humans at empathizing. The research also indicated that there may not really be anything particularly unique or special about human empathy.

Was Empathy the Key to Healing?

The users of our app improved tremendously and rapidly, as you can see in the chart below. In fact, they reported reductions between 50-60 percent in all seven negative feelings by the end of the basic training section of the app, which took one to three days. This improvement persisted for the length of the beta test and at follow-up, for a total of five weeks.

Why did the beta testers improve so much in such a short period of time? After all, published outcome studies with cognitive therapy or antidepressant medications only report comparable changes after many months of treatment. Was

empathy the secret sauce?

Nope!

We also estimate the causal effects of human and digital empathy on healing for the first time using non-recursive structural equation modeling. The results were surprising. The healing effects of empathy were far too weak to account for the dramatic mood changes that the beta testers reported.

Our research team has now identified a number of other powerful factors—like the expectations users had before they started—that played major roles in the beta testers' improvement. We plan to publish our full findings in greater detail in the near future, but these preliminary findings raise some very important questions.

In summary, our research has confirmed that digital devices can do a superb job of empathizing. In addition, rapid and dramatic changes in a wide variety of negative feelings were possible for most users, but these changes did not result from empathy alone.

With advances in AI and new therapy techniques, we can now look forward to scalable and even more powerful apps in the near future.

The article was originally published by *Psychology Today*

CONTD. FROM FRONT PAGE

Fresh Snow Blankets

degrees Celsius, down from the previous night's minus 2.2 degrees.

Pahalgam registered a minimum of minus 3.2 degrees Celsius.

Qazigund recorded a minimum temperature of minus 3.6 degrees Celsius while Konibal in Pampore town recorded a low of minus 3.5 degrees.

Kupwara in north Kashmir registered minus 2.8 degrees Celsius while Kokernag in south Kashmir recorded minus 8.1 degrees Celsius and was the coldest recorded place in the valley.

Kashmir is currently under the grip of 'Chillai-Kalan' -- the harshest period of winter -- that began on December 21. During the 40 days of 'Chillai-Kalan', the chances of snow-fall are the highest and the temperature drops considerably.

All Flights

officials said.

"Early morning visibility at the Srinagar airport was 50 metres, which has affected the air traffic. All airlines pushed their flights after 10 am," an Airports Authority of India official had said.

LG, CM Extend

brotherhood. Let us on this day resolve to follow the revered Guru's noble teachings and strengthen the bonds of unity and oneness in our society," LG added.

Chief Minister Omar Abdullah also extended warm greetings to the Sikh community and all those celebrating the birth anniversary of Guru Gobind Singh Ji.

In his felicitation message, the Chief Minister highlighted the life and teachings of Guru Gobind Singh Ji, who exemplified truth, honesty and loyalty to his people.

He remarked that the Guru's ideals and values continue to inspire people across the world and will be cherished by generations to come.

On this auspicious occasion, the Chief Minister prayed for peace, prosperity and tranquility in Jammu and Kashmir, hoping that the spirit of the day would foster harmony and unity among all communities.

4 Dead, 2 Missing

learn just now that 4 of the passengers travelling in the vehicle have been found dead on the spot. Two other persons, including the driver, are not traced as yet. My sincere condolences to the bereaved families," he said in

a post on X.

The minister said he contacted Deputy Commissioner, Kishtwar, Rajesh Kumar Shavan immediately after receiving the report about the accident.

"Rescue teams have been put into action. I am regularly receiving the updates," he said.

LG, CM Express

Chief Minister Abdullah also expressed profound grief and sorrow over the tragic death of four individuals in the accident.

Terming the incident as a great loss of precious human lives, he conveyed his heartfelt condolences to the bereaved families.

PM to Inaugurate

The total length of these sections will be 742.1 kilometres. Presently, the Indian Railways operates 17 zones with 68 divisions across the country.

The Railway officials said the final jurisdiction will be determined based on the Detailed Project Report.

The division will feature modern, hi-tech facilities, leveraging the full potential of Information Technology (IT), they said.

With the creation of this division, the Indian Railways will now have 70 divisions under its 17 zones.

The newly established division will oversee operations on India's iconic rail projects, including the country's first cable-stayed rail bridge, the Anji Khad Bridge and the world's highest railway arch bridge over the Chenab River at Kauri.

The Chenab Rail Bridge, located in Reasi district, stands 359 metres (1,178 feet) above the riverbed, making it 35 metres taller than the Eiffel Tower in Paris.

The Jammu division will also manage the Udhampur-Srinagar-Baramulla Railway Link (USBRL) project, which is now nearing completion.

The Anji Khad Bridge has a total length of 473.25 metres, including a 120-metre viaduct and a 94.25-metre central embankment.

Currently, the railway services in Jammu and Kashmir are managed by the Firozpur Division of Northern Railways.

Regarding the inauguration of train services to Kashmir from Delhi, the Commissioner of Railway Safety will conduct statutory inspections and final trials on January 7 and 8.

With the phased commissioning of train services, the Railways is expected to complete 255 km of the 272-kilometre USBRL project, leaving

only a small stretch between Katra and Reasi to be finished by December.

PM Modi will also inaugurate the Charlapalli New Terminal Station in Telangana and lay the foundation stone of Rayagada Railway Division Building of East Coast Railway.

Charlapalli New Terminal Station in the Medchal-Malkajgiri District of Telangana has been developed as a new coaching terminal along with provision of second entry with a cost of around Rs 413 crore. This environment friendly terminal, having good passenger amenities, will ease congestion on the existing coaching terminals in the city like Secunderabad, Hyderabad and Kacheguda.

The Prime Minister will lay the foundation stone for Rayagada Railway Division Building of East Coast Railway. It will improve connectivity in Odisha, Andhra Pradesh and nearby areas and lead to overall socio-economic development of the region.

4-lane Banihal

Rs 224.44 crore, the bypass features 4 viaducts spanning 1,513 meters and 3 culverts, addressing persistent bottlenecks caused by roadside markets and shops.

In a post on X (formerly Twitter), Gadkari shared that traffic will initially be released on 2 lanes before transitioning to 4 lanes following the completion of junction development.

"This critical infrastructure enhances regional connectivity, strengthens national security logistics, and improves tourism prospects in Jammu & Kashmir," Gadkari stated. He highlighted the project's transformative impact under the visionary leadership of Hon'ble Prime Minister Shri Narendra Modi, contributing to economic growth and elevating the region's status as a premier tourist destination. #PragatiKaHighway #GatiShakti," he wrote.

Warm-Air Advection

South Kashmir which reflect warm-air advection. However, IUST (Awantipora) and many other stations in South Kashmir don't show any warm-air advection.

This process, where atmospheric motion transports warm air from a high-temperature region to a colder one (associated with west-erlies, easterlies, and other air-mass transport), leads to a steady rise in temperatures as the warmer air displaces the colder air. The role of cloud cover, longwave radiation, and turbulent heat flux further contributed to the localized warming observed in the region. (KNS)

Gol Approves

85 houses (including seven earlier PMAY-G beneficiaries) have been allocated under the special project for the financial year 2024-25.

Upload Book Details

The meeting was attended by Joint Director Elementary Education Mohammad Mushtaq, Chief Education Officer Srinagar Shabina Kyser and other officers of the department.

DSEK directed all the Chief Education Officers of the Kashmir Division to ensure the implementation of rules and regulations already in vogue and were asked to get the reports from monitoring committees on a daily basis.

HC Seeks Update

Kumar Sharma (JKAS), the then District Magistrate, Rajouri; Shabir Ahmad Butt (JKAS), the then District Magistrate, Rajouri.

When this much publicised Public Interest Litigation (PIL No.09/2012 titled Sheikh Mohd. Shafi and Anr. V/s Union of India and Ors.) came up for hearing, Advocate Sheikh Shakeel Ahmed with Advocates Rahul Raina, Supriya Chouhan and Mohd. Zulkarnain Chowdhary appearing for the petitioners submitted that Govt. of J&K is shielding the high profile bureaucrats in the Arms Licenses Scam, as despite CBI's repeated communications the Govt. of J&K is not forwarding the prosecution proposals to MHA/DoPT as per Single Window System evolved by DoPT, Govt. of India.

Advocate S.S. Ahmed while referring to the status reports dated December 5th, 2023, December 20th, 2023 filed by the General Administration Department (GAD) pointed out that all out efforts are being made to give safe passage to the IAS Officers whose names have surfaced after an in-depth investigation by CBI in two FIRs i.e. FIR No. RCCHGO51201850006 dated October 16th, 2018 and FIR No. RCCHGO51201850007 dated October 16th, 2018 (infamous Arms Licenses Scam).

Advocate S.S. Ahmed vehemently argued that CBI's investigation in the scam was completed way back in 2020/2021 and since then the CBI has been flashing communications to the J&K Govt. to moot the proposals to MHA/DoPT, Govt. of India for prosecution sanction of the IAS Officers allegedly involved in the scam but the Govt. of J&K in order to confer undue favour to the Members of All India Services has unnecessarily entered into a correspondence with Law Department of J&K Govt. and Regional Office of CBI, Chandigarh.

Advocate S.S. Ahmed further submitted that

the Supreme Court of India in its celebrated judgment titled Dr. Subramanian Swamy V/s Dr. Manmohan Singh reported as (2012) 3 SCC 64 has fixed a timeline of two months for the competent authority to accord or refuse prosecution sanction in corruption matters and in default the Supreme Court has directed that it is a case of 'Deemed Sanction'.

He further submitted that this court in view of the lackadaisical approach of the Govt. of J&K should issue a direction to the GAD to forward the prosecution proposals to MHA/DoPT without any further delay. In this regard, Advocate S.S. Ahmed referred to Order dated August 28th, 2012 passed by the Division Bench in the instant PIL then comprised of the then Chief Justice M.M. Kumar and Justice Muzaffar Hussain Attar (since retired) whereby the Division Bench in case FIR No.08/2009 P/S, VOK (in famous Gulmarg Land Scam) had directed the Govt. of J&K to forward the papers of Baseer Ahmad Khan (IAS) to the Govt. of India for his prosecution sanction within two weeks.

Advocate Ahmed sought the indulgence of the Division Bench to pass similar order so that faith of common man is instilled in 'Rule of Law' as in the similar scam, the prosecution sanction has been accorded with regard to KAS Officers by the GAD and 13 charge sheets have been filed in the designated CBI Courts.

At this stage, AAG Raman Sharma appearing for Govt. of J&K (GAD) submitted that in terms of Order dated November 21st, 2024, he has filed a status report in the Registry on December 27th, 2024 and the Division Bench in the open court observed that the said status report is not before the court, however, AAG Raman Sharma supplied a copy of the status report in the open court and the same was taken on record.

The Division Bench after perusing the status report observed that with regard to Sr. No. 01 Rajeev Ranjan (IAS), the then District Magistrate, Kupwara sanction for prosecution has been issued vide Order dated November 28th, 2024 issued by the MHA/DoPT. The Division Bench also observed that names of the officers have been mentioned at Sr. Nos. 02, 03, 05 & 06 and the GAD has communicated its comments to the Ministry of Home Affairs vide its communication dated December 27th, 2024 for final decision in the matter.

The Division Bench headed by Chief Justice Tashi Rabstan also allowed time to Advocate S.S. Ahmed to file his response to the status report filed by the GAD before the next date of hearing i.e. February 13th, 2025. (ANB)

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Conman Arrested For Fraudulent Promise Of Police Favour

Agencies

SRINAGAR: Police Station Nowhatta received a written complaint from an individual named Showkat Ahmad Sheikh, son of Bakhtawar Sheikh, resident of Zahid Pora, Hawal, alleging therein that a conman, identified as Fayaz Ahmad Sheikh, son of Mohd Sultan Sheikh, resident of Sheikh Colony, Makhdoom Sahib, had fraudulently taken Rs 30,000 from him to secure the release of Showkat's brother named Sajad Sheikh, from the custody of Police in connection with Case FIR No. 55/2024 under Sections 8/20 of the NDPS Act.

It is pertinent to mention here that Sajad Sheikh, son of Bakhtawar Sheikh, resident

of Sheikh Colony, Hawal, was lawfully arrested by Police Station Nowhatta in the aforementioned case. However, the accused person, namely Fayaz Ahmad Sheikh, exploited the situation by falsely claiming influence to arrange the release of the complainant's brother from custody, thereby, fraudulently taking Rs 30,000 from the complainant.

Taking cognizance of the complaint, Police Station Nowhatta registered case FIR No. 01/2025 under Section 318 of BNS.

During investigation, Police successfully recovered the entire amount from the accused person.

Further investigation into the case is going on. (KNS)

Javed Dar Conducts Tour Of Rafiabab Constituency



Observer News Service

BARAMULLA: Minister for Agriculture Production, Rural Development, and Panchayati Raj, Javed Ahmad Dar, began a comprehensive two day tour of Rafiabab constituency in Baramulla district, aimed at strengthening public outreach, reviewing developmental works and addressing aspirations of the local population.

During his visit, the Minister interacted with several delegations comprising farmers, youth and community representatives, who highlighted pressing issues such as road connectivity, irrigation, rural infrastructure and healthcare services.

The Minister assured the delegations of the government's commitment towards resolving their concerns in a time bound manner, emphasising inclusive and sustainable development.

The Minister inspected ongoing developmental projects including road construction, irrigation canals and housing schemes. He reviewed progress on these works and directed the officials to ensure their timely completion with adherence to quality standards. Stressing accountability, he

called for active monitoring of all developmental activities to maximize their impact on public welfare.

Javed Dar emphasized the importance of empowering Panchayati Raj institutions for grassroots governance and effective implementation of welfare schemes. He urged the local representatives to play a proactive role in developmental planning and execution to ensure that benefits reach every household.

Highlighting Rafiabab's agricultural potential, the Minister encouraged farmers to adopt modern farming techniques and make use of government initiatives designed to boost productivity and incomes. He reiterated the government's commitment towards supporting the farmers through sustainable agricultural practices and targeted interventions.

The Minister's tour is set to continue tomorrow, with further engagements and on-site inspections aimed at accelerating developmental initiatives and addressing local needs. This visit underscores the government's unwavering focus on strengthening rural infrastructure and promoting grassroots development.

Baramulla Tops Apple Production In Kashmir



Agencies

SRINAGAR: Baramulla has emerged as the top apple-producing district in Kashmir, with a staggering production of 4,94,135 metric tonnes across 25,617 hectares, achieving the highest yield ratio of 19.29 metric tonnes per hectare. This places it at the forefront of Kashmir's apple cultivation industry.

Shopian secures the second position with a production of 2,63,677 metric tonnes spread across 21,738 hectares. However, its yield ratio stands at a moderate 12.13 metric tonnes per hectare.

Anantnag ranks third, producing 2,61,964.65 metric tonnes across 19,019.88 hectares, with a better yield ratio of 13.77 metric tonnes per hectare compared to Shopian.

Other districts like Kulgam produced 2,12,254 metric tonnes from 18,220.95 hectares, with a yield ratio of 11.65 metric tonnes per hectare.

Pulwama recorded a produc-

tion of 2,11,209 metric tonnes on 15,917 hectares, achieving a higher yield ratio of 13.27 metric tonnes per hectare.

Similarly, Budgam has produced 1,81,372 metric tonnes on 15,147.35 hectares, yielding 11.97 metric tonnes per hectare.

The central Kashmir Ganderbal being the smallest contributor among the listed districts, with a production of 85,685 metric tonnes from 7,799 hectares and a yield ratio of 10.99 metric tonnes per hectare, has presented opportunities for growth with the adoption of better farming techniques.

The data highlights Baramulla's dominance in production and efficiency, with its high yield ratio reflecting advanced farming practices or favorable conditions.

The apple industry remains a critical component of Kashmir's economy, and efforts to improve yield ratios and expand cultivation areas could further enhance the region's production capacity. (ANB)

Govt Has No Plans To Move CD Hospital To Sonwar: Sakina Itoo

Syed Mohammad Burhan

SRINAGAR: The Minister for Health & Education Sakina Itoo on Sunday said that the government has no plans to move the Chest Disease (CD) Hospital to Sonwar from Dalgate.

She clarified, "We are not planning to move CD Hospital to G.B. Pant Hospital in Sonwar. There is a space issue for both the public and the hospital, and we need to fix it."

Sakina suggested that a nearby empty building might be used to ease the problem. She also mentioned the challenges patients face, like the lack of lifts and ramps, and promised these issues will be fixed.

Sakina said the public expects the government to solve healthcare problems and assured that patient care will not be compromised. She



added, "The health sector is very important, and we will make sure patient care is our priority. Both the public and hospital staff must share their problems so we can fix them."

Health Minister Sakina spoke to reporters after a surprise visit to Chest Diseases Hospital. She also said the government is working to solve problems faced by both the public and the hospital staff.

She explained that surprise visits help understand patient care issues better and promised to address complaints to improve services.

Itoo also urged doctors to treat patients kindly and provide better counseling. She criticized some doctors for doing private practice during duty hours, calling it unfair to the public, and said strict action will be taken to stop this.

SMC Rebutts Water Quality Issue At Firdousabad, Batmaloo

Observer News Service

SRINAGAR: The Water Works Team of the Srinagar Municipal Corporation (SMC) rebuts the reports of water quality issues at Firdousabad, Batmaloo, brought in notice by social media platforms.

After conducting a thorough investigation, it was revealed that the drinking water supplied to Firdousabad is sourced from the 10MGD Sukhnag Water Treatment Plant (WTP), where it undergoes rigorous purification and chlorination processes to ensure its safety. Further, water quality is checked through



daily laboratory testing and consumer endpoint sampling, both of which confirm that the water remains free from contamination.

The concern raised was traced back to a leakage in a private PPC line to an indi-

vidual household which was promptly addressed and the line was repaired and replaced to restore the water supply of appropriate quality.

Following repairs, subsequent water quality tests have been conducted in the neighborhood and have confirmed that the drinking water is now safe for consumption.

The Srinagar Municipal Corporation is dedicated to providing clean, safe, and reliable drinking water to all residents. We encourage the community to remain vigilant and report any water quality concerns promptly for swift action and resolution.

Mubarak Gul Holds Public Darbar, In Eidgah Constituency

Observer News Service

SRINAGAR: MLA Eidgah Mubarak Gul, on Sunday convened a comprehensive public grievance redressal session at the Community Hall in Gassi Mohalla, Safakadal. The session witnessed an overwhelming response from the people of the Eidgah Constituency, including residents from both urban and rural areas, who came forward to share their concerns and seek redressal for various issues affecting their daily lives.

Gul listened to the grievances of the public. He emphasized that the current Government, led by Hon'ble Chief Minister Omar Abdullah, is firmly committed to addressing the needs and aspirations of the people. He assured the gathering that the concerns raised during the session would be resolved promptly. Several issues were addressed on the spot, showcasing a proactive and responsive governance model, while other matters requiring inter-depart-



mental coordination were noted for immediate follow-up.

The session was attended by a range of senior officials, including Tehsildar Eidgah, representatives from various departments like SMC, Health, CAPD, KPDC, R&B, Water Works, Irrigation & Flood Control, Social Welfare, Transport. Their active participation ensured that many grievances were resolved promptly and efficiently during the event.

Speaking on the occasion, Mubarak Gul reiterated his unwavering dedication to serving the people of Eidgah Constituency. He emphasized the importance of such interactive sessions in bridging the gap between the public and their representatives. Gul

encouraged the people to continue participating in these forums, ensuring that their voices are heard and their needs are prioritised. He highlighted his vision of ensuring development, progress, and inclusivity across the constituency.

In his address, Mubarak Gul praised the efforts of the Omar Abdullah-led Government in implementing people-friendly policies and initiatives aimed at improving the standard of living for all. He assured the gathering that he would leave no stone unturned in addressing the pressing issues of his constituents, including infrastructure development, health services, education, and employment opportunities.

Public Outreach Camp Held At Paddar

Observer News Service

KISHTWAR: District Development Commissioner (DC) Kishtwar, Rajesh Kumar Shavan held a mega public outreach Cum Awareness camp in Paddar area of the District. The main purpose was to educate the public about government policies, especially the YUVA mission and PM Surya Ghar Muft Bijli Scheme besides listening to their grievances.

The event saw active participation from residents of Massu, Chisoti, Kundal Karthie, Ligri, Sole and nearby areas.

Speaking at the awareness camp, the DC encouraged locals to avail benefits of PM Surya Ghar Muft Bijli Scheme, Skill Development scheme, HADP benefits and water conservation initiatives.

The DC emphasized the need to promote Paddar's renowned Kala Zeera, the cultivation of millets, and organic farming as part of broader agricultural de-



velopment efforts.

He also laid special focus on key schemes like Mission Yuva and the Apprenticeship Training Program, urging youth aged 18-39 to register on a large scale in the ongoing survey to benefit from these initiatives in

future.

District and Sectoral officers also imparted awareness to locals about the schemes of respective departments. Multiple departments set up stalls to promote their schemes, providing awareness, and offered on-the-

Cong To Take Out Samvidhan Padyatra On Jan 18

Press Trust Of India

Jammu: Jammu and Kashmir Pradesh Congress Committee on Sunday reviewed the current political situation of the Union Territory, including the restoration of statehood and the Darbar Move, and decided to take out the "Samvidhan Padyatra" here on January 18.

JKPCC president Tariq Haameed Karra chaired the meeting of the senior party leadership here and discussed the current political situation and the important issues faced by people, especially in the Jammu region, apart from the organizational affairs, a party spokesperson said.

The meeting discussed at length the various issues faced by people from cross-sections, especially in the Jammu region, and the Congress party's role in highlighting and fighting for those issues.

The various issues, which came up for discussion include the restoration of statehood, the Darbar Move, issues of youth — including record unemployment and fast-track recruitments — issues of daily wages, need-based, contractual, and ad hoc employees, power tariff amnesty, heavy taxation, toll tax and the mining sector.

The other issues discussed included the Jammu-Poonch railway line, implementation of the remaining provisions of the 73rd and 74th Amendments,

issues of farmers, women empowerment, reservations, issues of POJK and West Pakistan refugees, Kashmiri migrants and property tax.

The meeting also decided to hold a peaceful padyatra on January 18 as part of the party's nationwide abhiyan "Jai Babu, Jai Bhim, Jai Samvidhan", the spokesperson said.

The yatra will start from Gandhi Chowk at Satwari to Dr Ambedkar Chowk at Panama Crossing to highlight the agenda and the most important issues.

The meeting also discussed the organizational issues and the measures needed to strengthen the organization at the grassroots level as recommended by the fact-finding committee.

The meeting unanimously accepted the various recommendations to restructure the organizational setup, including bifurcation and creation of district units in the bigger districts and the constitution of assembly units over and above the block units in each constituency.

The movement to honour the veterans was launched formally today by the PCC president by holding a remembrance function in memory of veteran leader, former MP and former minister Trilochan Dutt.

The PCC president said that such programmes shall be held in every district throughout the year after identifying all such leaders and the prominent party workers in each constituency.

DC Inspects Progress Of Work On Bhimber Gali- Poonch Stretch Of NH

Observer News Service

POONCH: Deputy Commissioner Vikas Kundal inspected progress of work on Bhimber Gali to Poonch stretch of National Highway NH144-A (Jammu to Poonch).

During the visit, the Deputy Commissioner reviewed the land acquisition cases related to the highway's alignment and evaluated the progress at key sites, including the tunnel site, culvert constructions, and the construction of retaining and breast walls.

The Deputy Commissioner directed the executing agencies to expedite the pace of work on the project, emphasizing the importance of adhering to prescribed specifications and

maintaining the highest engineering standards.

"The upgradation of this National Highway is crucial as it will significantly reduce travel time, enhance connectivity, and provide all-weather accessibility, particularly to challenging terrains and during adverse weather conditions," stated DC Vikas Kundal.

This inspection aimed to assess both the progress and quality of infrastructure projects that are vital for enhancing connectivity and fostering regional development. It also underscores the administration's commitment to infrastructure development and community welfare as the NH-144A project moves forward.

Commissioner JMC Takes Stock Of Civic Amenities

Observer News Service

JAMMU: Commissioner Jammu Municipal Corporation, Dr. Devansh Yadav today conducted a surprise visit to ward no. 25 (Rehari Colony) to take stock of the provision of sanitation and civic amenities in the area. He also checked the attendance of sanitation staff in the ward and directed the health wing to maintain proper sanitation in every nook and corner of the ward.

The Commissioner interacted with the residents of the ward and urged for public participation and cooperation to maintain better sanitation

in the city. He appealed to the people not to throw the garbage/refuse in the lanes and drains.

The Commissioner also instructed the Health and Sanitation wing of JMC to regularly verify the attendance of sanitation workers through the designated App for efficient services delivery, adding that any lapses in maintaining sanitation would not be tolerated. He directed the sanitation staff to clean lanes and drains on a regular basis to avoid accumulation of refuse in the wards so that the rank of the Jammu City is improved in respect of Swachhta Sarvekshan.

spot assistance to the public.

The ACD provided detailed insights into ongoing Rural Development Department (RDD) schemes and encouraged the public to identify areas for constructing kulhs to enhance irrigation facilities.

The Chief Agriculture Officer also offered detailed insights into the agricultural schemes being implemented in the district.

Additionally, the Executive Engineer Jal Shakti Department highlighted ongoing schemes under the Jal Jeevan Mission and progress achieved so far besides assuring the public of all possible assistance.

The DC also distributed Baby Care Kits, Agriculture equipment, Prosthetic aids (Wheelchairs and Sticks) among the beneficiaries.

Meanwhile, a number of local issues were also raised, discussed and addressed during the session.

The grievances presented by

the public covered a range of sectors, including the Jal Shakti Department, Roads & Buildings (R&B), Education, Power Development Department (PDD), Agriculture and others.

Majority of the grievances were redressed in the camp in consultation with concerned Officers. Necessary directions were given to the concerned officers for immediate resolution of the remaining grievances.

SDM Paddar Amit Kumar apprised the DC about the status of various ongoing projects and schemes in the Block Paddar. Concerned Tehsildar and BDO besides the district officers attended the Camp.

Earlier, the DC visited the road accident site in the Massu area in which 4 persons lost their lives while 2 persons were missing till last reports. He assessed the situation and assured the necessary assistance to the victim's families. A two minute silence was also observed for the departed souls.

Ruthless Australia Knock India Out Of WTC; Reclaim BGT

Press Trust of India

SYDNEY: A listless India was knocked out of the World Test Championship (WTC) final as Australia cruised to a six-wicket victory in the fifth Test here on Sunday to reclaim the Border-Gavaskar Trophy after 10 years, leaving the visitors with much to deliberate in a difficult transition phase made worse by over-the-hill batting stars.

Australia won the five-match series 3-1 and qualified for the WTC final against South Africa slated at the Lord's from June 11 to 15.

While Australia would be eyeing a second successive WTC mace, it would be the first time since the event's inception that India won't be in the finals. The team had finished runner-up in the previous two summit clashes.

On Sunday, the target of 162 could have been trickier for Australia had India's new Test captain Jasprit Bumrah been in a position to bowl despite painful back spasms. But once Virat



Kohli led the team out, it was as clear as the Sydney skyline that defending the total would be next to impossible.

Bumrah deservedly walked away with the player of the series honour for his astonish-

ing haul of 32 wickets in five matches. But it was hardly a consolation for the shambolic team performance that India managed, showing resilience only in brief phases.

"Little frustrating but some-

times you have to respect your body, you can't fight your body. Disappointing, probably missed out on the spiciest wicket of the series," Bumrah said of his inability to bowl in the second innings during the presentation ceremony.

Prasidh Krishna (3/65 in 12 overs) and Mohammed Siraj (1/69 in 12 overs) were not a patch on Bumrah and despite multiple breakthroughs, they bowled too many poor deliveries to make it easy for the hosts to center home in just 27 overs.

Usman Khawaja (41), Travis Head (34 not out) and debutant Beau Webster (39 not out) completed the formalities, putting an end to India's misery in a tour that has exposed all of the team's batting frailties and an unhealthy reliance on Bumrah.

The magnificent Scott Boland (6/45) and the ever-reliable Pat Cummins (3/44) polished off the Indian tail for just 157 in 39.5 overs. If one takes out Rishabh Pant's fiery 61 and Yashasvi Jaiswal's 22, the other nine players collectively contributed a mere 74 runs.

The series would leave the men who matter in Indian cricket establishment with a lot on their minds when they deliberate on ways to get the house back in order.

Virat Kohli Does Not Deserve Place In Indian Team: Pathan

Press Trust of India

SYDNEY: Lambasting Virat Kohli for neither playing domestic cricket nor working hard to iron out the technical flaws in his game, former pacer Irfan Pathan on Sunday questioned star batter's place in the side and called for an end to the superstar culture in the Indian team.

Kohli and Rohit Sharma were woefully out of form during the just-concluded Test series against Australia. The 1-3 defeat resulted in team losing out on qualifying for the World Test Championship final.

Kohli could manage only 190 runs in his nine innings in the Border-Gavaskar Trophy, repeatedly offering edges to the slip cordon or keeper.

"We need to end superstar culture, we need team culture. You need to improve yourself and improve the Indian team. There were matches before this series, too, and they had an opportunity to play domestic cricket, but they didn't. We need to change that culture," Pathan told Star Sports.



The former all-rounder said even the great Sachin Tendulkar played Ranji Trophy even when it wasn't required of him only because he wanted to spend that much time -- four or five days -- on the pitch.

"When was the last time Virat Kohli played domestic cricket? (the host points out that Kohli's last first-class appearance for Delhi was in 2012) It has been more than a decade." Pathan went to the extent

of saying that maybe Kohli's place should be given to a youngster, given that he has averaged less than 30 in first innings in the last five years.

"For the Indian team in 2024, in the first innings where you basically set up the match, Virat Kohli's average is 15. And if you consider his average over the last five years, it's not even 30.

"Does the Indian team deserve its senior player? Instead, give a youngster a chance. Tell him to get ready. He will also give an average of 25-30. This is about the team, not the individuals."

Pathan also questioned if Kohli was even serious to improve.

"When we talk about Virat Kohli, he has done a lot for India. He has delivered many performances. But you are getting out from the same mistake again and again.

"You are not creating a gap between two mistakes. You are not trying to fix the technical mistake. Sunny sir is in the field. How long does it take to talk to Sunny Sir or someone?"

Masood, Babar Share Pakistan Record Opening Stand v SA

Agencies

CAPE TOWN: Captain Shan Masood and Babar Azam shared Pakistan's record-breaking opening stand of 205 runs against South Africa after the Proteas enforced the follow-on on the third day of the second and final test Sunday.

Left-handed Masood led the tourists' fightback with an unbeaten 102 off 166 balls but Babar missed out on his first test century in more than two years when he drove left-arm Marco Jansen late in the final session on Day 3 and got caught at gully for 81.

Pakistan, which was bowled out for 194 earlier on Day 3, reached 213-1 at stumps, but still has plenty of work to do to save the game, trailing by 208 runs.

Masood and Babar had defied South Africa for nearly a session and a half after the tourists lost the last six wickets for 76 runs in the first innings and were dismissed halfway through the second session of the day.

Their double century stand wiped out Pakistan's previous best opening partnership of 137 runs between Imran Farhat and Taufeeq Umar at Faisalabad in 2003.

In the absence of the injured Saim Ayub, who was ruled out of competitive cricket for at least six weeks after fracturing his right ankle in the field on Day 1, Masood and Babar showed plenty of grit



and aggression the second time around. Masood survived a close bat and pad television referral against left-arm spinner Keshav Maharaj before pulling Kagiso Rabada for his eighth boundary to reach his half-century. Babar followed his first innings top-score of 58 by raising his third successive half century off 73 balls as both kept on scoring at more than four runs an over.

Masood raised his sixth test hundred and first against South Africa when he flicked Jansen to mid-wicket for his 14th boundary as the South Africa pacers found little assistance from a dry wicket that continues to look good for batting.

Maharaj looked threatening with his odd ball getting some turn off the bowlers' rough marks, but it was Jansen who provided the much-needed breakthrough late in the last session. (AP)

Short TAKES

Gavaskar Upset At Not Being Invited To Present BGT With Border

The legendary Sunil Gavaskar on Sunday expressed his displeasure after not being invited to present the trophy, named after him and Allan Border, to Australia following their win over India in the high-voltage five-match rubber.

Border presented the trophy to the home team but Gavaskar, despite being at the venue at the same time, was inexplicably ignored.

"I certainly would have loved to have been there for the presentation. After all it is the Border-Gavaskar Trophy and it is about Australia and India," Gavaskar was quoted as saying by Code Sports.

"I mean, I am here on the ground. To me it should not matter that Australia won when it comes to the presentation. They played better cricket so they won. That's fine.

"Just because I am an Indian. I would have been happy to present the trophy with my good friend Allan Border," he added. Had the Indian team won the trophy, Gavaskar would have been invited to present it to the victorious side.

Both India and Australia have been competing for the Border-Gavaskar Trophy since 1996-1997 and the rivalry has grown to become one of the biggest in Test cricket.

'Bumrah Made Australian Top-Order Batters Look Silly'

Former captain Ricky Ponting on Sunday lauded India pace spearhead Jasprit Bumrah for his stupendous haul of 32 wickets in the five-match Test series for the Border-Gavaskar Trophy, saying he made the Australian top-order batters "look silly at different times".

The 31-year-old Bumrah finished as the leading wicket-taker with an incredible tally though India lost the series 1-3 after the six-wicket defeat in the fifth Test at the SCG. He was named Player of the Series for his exploits.

During his iconic run, Bumrah also overtook former India captain Kapil Dev to hold the record for most Test wickets by an Indian in Australia -- 64 scalps at 17.15 compared to Kapil's 51 at 24.58.

"No doubt, it's probably the best series of fast bowling I've ever seen. Yes, they had good conditions, the fast bowlers, for most of this series. But when you watched him (Bumrah) bowl compared to anyone else in the series, he made batting look so much harder." Ponting was quoted as saying by the ICC website.

He Had No Right: Coach Gambhir Criticises Konstas

India head coach Gautam Gambhir has lambasted Australian youngster Sam Konstas for his aggressive run-in with Jasprit Bumrah during the fifth and final Test here, saying the 19-year-old had no "right" to talk to the Indian captain.

Konstas was seen talking animatedly with Bumrah after the pace spearhead, who was leading the side after the off-colour Rohit Sharma stepped aside, dismissed Usman Khawaja on day one of the game.

The match ended with Australia winning by six wickets for a 3-1 series triumph here on Sunday.

"It's a tough sport played by tough men. You can't be that soft, as simple as it can get. I don't think there was anything intimidating about it," Gambhir said in the post-match press conference when asked about the Indian players' aggressive response to Konstas' antics.

"He had no right to be talking to Jasprit Bumrah when Usman Khawaja was (wasting) time. He had no right and no business to be involved with Jasprit Bumrah. That was the job of the umpire," he added.

KASHMIR'S HARASSED HUSBANDS

SCAN TO WATCH THIS ON
KASHMIR OBSERVER