

KASHMIR OBSERVER®

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... **Yellow Alert** In J&K

Isolated Cold Wave Till January 10: MeT



KO Photo | Abid Bhat

Observer News Service

Srinagar: Night temperatures dipped to settle below the freezing point across the Kashmir valley as cold conditions intensified after a brief respite, officials said on Wednesday.

Owing to clear skies, night temperatures dipped below the freezing point across the valley, the MeT office said.

The local Meteorological department (MeT) has issued a yellow warning, saying that there is a possibility of an isolated cold wave

till January 10. Amidst the forecast of an isolated cold wave, Director MeT, Dr Mukhtar Ahmad said that there is a possibility of generally dry weather conditions and cloudiness during the 10th evening and night.

On January 11, he said that generally cloudy weather is expected with possibility of light rain in plains of Jammu and snow at isolated higher reaches of Jammu division & Kashmir division.

On January 12-14, the weather would remain generally dry. | [More on P7](#)

2025 Begins With 59% Deficit Rainfall

The New Year—2025 has begun with the deficit precipitation as Jammu and Kashmir has recorded a deficiency of 59 per cent in the first week of January. According to the details, from January 01 to January 08, J&K has recorded a deficit rainfall of 59 per cent despite | [More on P7](#)

Veteran Journalist, Filmmaker Pritish Nandy Dies At 73

Agencis

New Delhi: Veteran journalist, poet and filmmaker Pritish Nandy passed away in Mumbai on Wednesday, sources close to him said.

Nandy (73) died after a cardiac arrest at his home in south Mumbai and his last rites were performed in the evening, they said.

In a social media post, veteran actor and Nandy's friend Anupam Kher paid glowing tributes to him.

"Deeply deeply saddened and shocked to know about the demise of one of my dearest and closest friends #PritishNandy! Amazing poet, writer, filmmaker and a brave and unique editor/journalist!" Kher wrote.



"He was my support system and a great source of strength in my initial days in Mumbai. We shared lots of things in common. He was also one of the most fearless people I had come across. Always Larger than life. I learnt so many things from him. Off-late we didn't meet much. But there was a time when we were inseparable! I will never forget when he surprised me by putting me on the cover | [More on P7](#)

Orientation Programme For J&K MLAs To Begin Today

Observer News Service

Jammu: The three day orientation programme for MLAs of Jammu and Kashmir Legislative Assembly will commence from 9th of January, 2025 at Central Hall of J&K Legislative Assembly Complex, Jammu.

The programme is being organised by J&K Legislative Assembly Secretariat in collaboration with PRIDE, Lok Sabha Secretariat.

The inaugural function of the programme will be graced by distinguished dignitaries like Chief Minister, Speaker, J&K Legislative Assembly, Deputy Chief Minister as well as other senior officers.

The first Legislative Assembly of Jammu and Kashmir was constituted on 8th October 2024. The ninety (90) Member House presently has

eighty eight (88) members, of which, fifty (50) members have been elected for the first time.

In order to help the newly elected members to effectively discharge their onerous responsibilities of meeting the aspirations of people, this three day orientation programme is being held on Parliamentary Practices, Procedure and Conduct of Business in the House.

The programme will feature discussions by eminent Parliamentarians like Dr. Sanjay Jaiswal, Chairperson, Committee on Estimates; N.K Premachandran and Dr. Satyapal Singh, former Members Lok Sabha. The subjects to be discussed and deliberated during the programme included Legislative Processes, Budgetary Process, Executive Accountability through Questions, Committee | [More on P7](#)

'All Hell Will Break Out': Trump's Deadline For Hamas To Release Hostages

Agencis

New York: US President-elect Donald Trump warned that "all hell will break out in the Middle East" if

hostages held by Hamas in Gaza are not released before his inauguration on January 20, CNN reported.

While addressing a press conference at his Mar-a-Lago



estate in Florida on Tuesday (local time), Trump said, "It will not be good for Hamas and it will not be good, frankly, for anyone. All hell will break out. I don't have to

say anymore, but that's what it is," adding that "there should have never been" the October 7, 2023, attack by Hamas on Israel.

Steve Witkoff, who has

been chosen by Trump to serve as the special envoy to the Middle East, expressed an optimistic view about the state of negotiations to reach a ceasefire | [More on P7](#)



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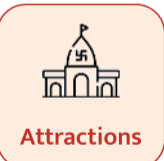
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انٹرنیٹ پبلیشن عنوان:- درخواست منجانب منظر راہموصوفی ولد منظر راہموصوفی ساکنہ موضع صدر ریل تحصیل پٹن...

Anti-Obesity Class Of Drugs Related With Fewer Post-Surgery Complications: Study

Press Trust Of India

Taking the 'GLP-1 receptor agonist' class of anti-obesity drugs is related with lower rates of post-surgery complications in people with diabetes...



The team also found 29 per cent lower risk of wound re-opening within six months of surgery, and about 56 per cent lower risk of haematoma—when blood collects in a tissue due to an injury at the surgery site—in this group of patients.

an overall post-surgical complications, and may even reduce the likelihood of some of them," senior author Dr Jason Spector, chief of the division of plastic and reconstructive surgery...

Public Notice I declare that my father has passed away few years ago. Now I want to change the electricity connection and want to transfer the agreement no D123040002461 in my name...



IS AVAILABLE IN SOUTH KASHMIR AT FOLLOWING PLACES

Table with 2 columns listing news agencies and their locations: JANISAR NEWS AGENCY ANANTNAG, REYAZ NEWS AGENCY ANANTNAG, RESHI NEWS AGENCY ANANTNAG, BUDROO NEWS AGENCY BIJBEHARA, GHULAM HASSAN NEWS AGENCY SRIGUFWARA, LOORI NEW AGENCY SANGAM, IRSHAD NEWS AGENCY KOKERNAG, FRIENDS NEWS AGENCY KULGAM, JAVAID NEWS AGENCY KULGAM, MALIK NEWS AGENCY AERWANI, IRSHAD NEWS AGENCY KOKERNAG, RAYEES NEWS AGENCY AWANTIPORA, PAMPORE NEW AGENCY PAMPORE, SANGAM NEWS AGENCY SANGAM, GAZI KHURSHEED NEWS AGENCY PULWAMA, MANZOOR NEWS AGENCY PUWLAMA, ALTAF NEWS AGENCY PULWAMA, MANZOOR NEWS AGENCY NORPORA, JAVAID NEWS AGENCY AWANTIPORA, LONE NEW/ADVT AGENCY RATNIPORA, PULWAMA, BOOZE NEWS AGENCY AWANTIPORA, 3 WAY TRAL NEWS AGENCY TRAL, SYED MAQBOOL NEWS AGENCY TRAL, DAR NEWS AGENCY PULWAMA, SHAFI NEWS AGENCY RAJPORA, REYZ NEWS AGENCY PAMPORE, QUDOOS NEWS AGENCY SHOPIAN, TURRAY NEWS AGENCY SHOPIAN, FAROOQ NEWS AGENCY KAKAPORA PULWAMA, JAVAID NEWS AGENCY QAZIGUND, NISAR NEWS AGENCY BANIHAL

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Five Healthy Diet Staples That May Interact With Prescription Drugs

The Conversation

One of the most popular new year's resolutions is making a commitment to healthier eating.

Whether that's eating more fruits and vegetables, cutting down on meat consumption or even becoming a vegetarian or vegan a few days a week. While there are many benefits that can

amounts of grapefruit juice. It may even be best to avoid it altogether.

2. Pomegranate and cranberry juice: Many fruits and fruit juices - especially from the citrus family - can affect the breakdown of drugs in the liver. Pomegranate juice is also shown to block the liver enzymes which break down the anticoagulant drug warfarin. The drug is used to prevent blood clots



come from following a healthier diet, it's important that any diet changes are made carefully. This is especially true if you're someone who takes a prescription drug, as many health food staples can negatively interact with them. Here are some common foods and drinks interactions you should know about:

1. Grapefruit juice:

To break down some prescription drugs in the body, the liver uses enzymes called cytochrome P450. But grapefruit juice contains chemical compounds called furanocoumarins which can block the action of these enzymes. If this happens, some drugs can accumulate in the body. This includes ciclosporin, a drug that's commonly used to prevent organ transplant rejection and manage symptoms of rheumatoid arthritis and skin conditions such as psoriasis. A build-up of ciclosporin can cause many side-effects, ranging from mild nausea and vomiting to kidney and liver damage.

Statin, often used to treat high cholesterol levels and prevent heart attacks and strokes, can also be affected by grapefruit juice through the same mechanism. Increased statin levels in the body can raise the risk of side-effects, including muscle breakdown, which is rare but serious.

Many other drugs can potentially interact with grapefruit juice as well - including amlodipine (a common high blood pressure drug) and sildenafil (an erectile dysfunction drug). If you take any of these prescriptions drugs, it's best to talk to your doctor or pharmacist before drinking even small

from forming in people with heart arrhythmias such as atrial fibrillation or deep vein thrombosis.


Some reported cases suggest that pomegranate juice might increase the international normalised ratio (INR - the time taken for blood to clot) in patients taking warfarin. This means patients may be at higher risk of bleeding.

Pomegranate juice may also affect other drugs, such as tacrolimus, an anti-rejection drug used in organ transplants. Similarly, a number of case reports suggest cranberry juice can also affect warfarin. There has been one reported death of a patient from bleeding after they had drunk cranberry juice for two weeks prior while taking warfarin. But results from various studies are mixed - with some showing cranberry affects warfarin in the body while others don't show any effect. Because of this, it may be worth checking the INR more often if you drink these juices or consider that any fluctuations in INR may be due to fruit juices.

3. Green leafy vegetables:

Spinach, broccoli and kale are often hailed as healthy foods because they're filled with nutrients while being low in calories.

However, they're also high in vitamin K, which is needed to activate certain clotting factors (proteins in the blood which help it clot). This may be problematic for patients taking warfarin. Warfarin works by blocking vitamin K in order to prevent blood clots from forming. But eating foods rich in vitamin K can lower your INR and increase the risk of developing a blood clot.




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BOOK APPOINTMENT

Qazi Salman Promoted As Director PIB Srinagar

Observer News Service

Srinagar: Senior Indian Information Services (IIS) officer Shri Qazi Mohammad Salman has been promoted as Director, Press Information Bureau (PIB), Srinagar, with additional charge as Director News, Doordarshan Kendra (DDK), Srinagar.

The order was issued by the Ministry of Information and Broadcasting, Government of India today for 27 senior level IIS officers posted across the country.

Shri Salman was serving as Joint Director, Press Information Bureau (PIB) Srinagar, with an additional charge of the News Unit of Doordarshan Kendra (DDK) Srinagar. In his new role, Shri Salman will continue to oversee the operations of PIB Srinagar and News Unit of DDK Srinagar, ensuring enhanced public outreach and information dissemination in the region.

The officer has vast experience in the field of public information and broadcasting. His leadership in various roles has been widely recognized and instrumental in strengthening the communication of government policies and programmes | [More on P7](#)

PM Modi To Visit Kashmir On Jan 13

Likely To Inaugurate Z-Morh Tunnel

Observer News Service

Srinagar: Prime Minister Narendra Modi is likely to inaugurate on January 13 the Rs 2,400 crore strategic Z-Morh tunnel on the Srinagar-Leh National Highway, which will be a major step towards making the Ladakh region accessible by road throughout the year.

The 6.5 km tunnel is vital in terms of the defence needs of the country in the Ladakh region and also connecting the youngest union territory to the rest of the country.

According to an official involved in the construction of the key infrastructure project, if the weather holds good, Modi is likely to physically inaugurate the tunnel.

"In case of inclement weather, the tunnel will be inaugurated," he said.

The opening of Z-Morh



tunnel will help to keep the vital Srinagar-Leh highway open across the year. The Z-Morh Tunnel, spanning 6.5 km will significantly reduce travel time along the Gagangir-Sonamarg stretch of the road that gets blocked by heavy snowfall and avalanches that hit the area every year.

Together with the adjacent Zoji-La Tunnel, this geographically important tunnel on the Srinagar-Leh Highway will provide year-round weather-proof connectivity to Baltal (Amarnath cave), Kargil and | [More on P7](#)

The road used before was

avalanche-prone and often got blocked for several months, but the Z-Morh tunnel provides all-weather connectivity to the Sonamarg tourist town. It takes only 15 minutes to travel the 6.5 km long tunnel compared to hours over the zig-zag road up and down the hills.

Together with the adjacent Zoji-La Tunnel, this geographically important tunnel on the Srinagar-Leh Highway will provide year-round weather-proof connectivity to Baltal (Amarnath cave), Kargil and | [More on P7](#)

Z-Morh Tunnel To Transform Winter Tourism: Omar

Jammu and Kashmir is on the cusp of a major transformation in its tourism sector as the much-awaited Z-Morh Tunnel, located in central Kashmir, is set to be inaugurated in the coming days. This vital infrastructure project is expected to be a game changer for the expansion of winter tourism in the valley says Chief Minister Omar Abdullah. He hailed the development, saying its potential to boost the region's tourism industry.

"J&K, especially central Kashmir, looks forward to the inauguration of a vital piece of infrastructure in the coming days. This asset will be a game changer for the expansion of winter tourism in the valley," he posted on X.

The Z-Morh Tunnel is a vital asset for Jammu and Kashmir. It will ensure year-round connectivity to areas



like Sonamarg, unlocking unprecedented opportunities for winter tourism.

The all-weather tunnel, spanning 6.5 kilometers, will provide seamless access to Sonamarg and surrounding areas even during heavy snowfall, which previously rendered the region inaccessible during winter months. This strategic project is expected to attract more tourists for skiing, snowboarding, and other winter activities while creating jobs and | [More on P7](#)

Heroin Worth 32 Cr Seized In Srinagar

Observer News Service

Srinagar: In a major crackdown on drug trafficking, Srinagar Police intercepted a narcotics consignment smuggled from Pakistan and arrested two alleged drug peddlers, recovering 8 kilograms of heroin from them here, an official said.

Senior Superintendent of Police (SSP) Srinagar, Imtiyaz Hussain, told reporters here that during a routine checkpoint at Barthana crossing, the police intercepted a vehicle with two individuals onboard.

A thorough search of the vehicle led to the discovery of six kilograms of heroin concealed beneath the driver's seat, he said.

During the personal search of the individuals, two kilograms of the narcotic substance were recovered from them, the SSP added.

The arrested individuals have been identified as Anas Ajaz Awan, a resident of Dildar Tangdar in Kupwara, and Zahid Ahmad Sheikh, a resident of Channipora in Kupwara's Tangdar.

The narcotics and the vehicle used in the commission of the crime have been seized as evidence, the police | [More on P7](#)

Youth Responsible For Shaping J&K's Future: LG

Says J&K Occupies Important Place On National Cultural Map

Press Trust Of India

Jammu: Flagger off a youth contingent of Jammu and Kashmir to New Delhi for the Viksit Bharat Young Leaders Dialogue at the National Youth Festival 2025, Lieutenant Governor Manoj Sinha on Wednesday emphasised that the youth are responsible for writing their destiny and shaping the future of the Union Territory (UT).

Terming J&K an important place on the national cultural map, the LG highlighted that the youth festival provides a unique platform to showcase the region's rich cultural legacy and enrich society's cultural consciousness.

"Youth are responsible for writing their destiny and shaping the future of Jammu and Kashmir. Never feel satisfied.

"Remove the word 'impossible' from your dictionary and move forward with determination and confidence," Sinha said while interacting with the participants and officials.

He urged the youth to seize this special opportunity to showcase



their leadership talent and display the diversity of J&K in fields like folk dance, poetry, writing, painting and music.

The Lieutenant Governor called upon the participants to aim for excellence in their respective competitions while also exploring ways to contribute to nation-building.

Speaking on the vision and objectives of the National Youth Festival, the LG said, "This glorious event prepares our youth to tackle future challenges and responsibilities with a patriotic spirit and a sense of duty toward the nation."

He reiterated that J&K holds a significant | [More on P7](#)



High-Speed Trial Run On USBRL Successful

CRS Calls It A New Chapter In Indian Railways

Observer News Service

Srinagar: Indian Railways has achieved a historic milestone with the successful completion of a high-speed trial on the challenging 180-degree climb from Katra to Banihal under the Udhampur-Srinagar-Baramulla Rail Link (USBRL) project.

This development,

conducted under adverse conditions, marks a major step towards connecting the Kashmir Valley with the rest of India via a direct rail link.

A new chapter was written in Indian Railway history with a successful "rising grade" speed trial in the challenging terrain from Jammu and Kashmir's Katra to Banihal along the USBRL | [More on P7](#)

'Winter-Ready' Vande Bharat For Kashmir Unveiled

The Railway Board unveiled a Vande Bharat Express train, specially-designed to operate seamlessly in Jammu & Kashmir's challenging winter conditions, for | [More on P7](#)

Rising HMPV Cases

Special ICU Ward Set Up In Jammu

Press Trust Of India

Jammu: Responding to the concerns triggered by the detection of human metapneumovirus (HMPV) cases in the country, the Jammu and Kashmir health department has set up a specialised ICU ward in Jammu to address any potential outbreak of the disease.

"We have prepared a special ICU ward to handle any eventuality. God forbid if a pandemic occurs, we are ready," Dr Hamid Zargar, medical superintendent of Gandhinagar government hospital, said.

"The centrally-heated ward has eight beds supported by ventilators and 24x7 oxygen supply," he added.

Doctors have assured the public that there is no need to panic, emphasising that HMPV is not a new pathogen and it is not causing a widespread outbreak.

"It is a mild upper respiratory disease. Six cases have been detected so far (in the country), but there is no need to panic," Zargar said.

To enhance readiness, the administration has convened meetings to review the situation and ensure | [More on P7](#)

No Need To Panic: Experts

The Jammu and Kashmir Health Department Wednesday said there is no need to panic in view of the concerns triggered by the detection of human metapneumovirus (HMPV) cases in the country, and said the administration is prepared to deal with any situation. "There is no need to panic. The entire | [More on P7](#)

Be Respectful To Peoples' Mandate: Ruhullah To Omar

Observer News Service

Srinagar: National Conference leader and Member of Parliament, Aga Ruhullah Mehdi, Wednesday expressed skepticism about the restoration of statehood to Jammu and Kashmir in the near future. He accused the BJP of orchestrating a governance structure in J&K that sidelined the role of an elected government, leaving it overshadowed by the Lieutenant Governor.

Ruhullah said, "The BJP has designed the system in a way that even if an elected government led by Omar Abdullah is in place, its authority would be diminished by the LG. Whenever the Chief Minister convenes a meeting, the LG holds a similar one the next



day, creating the impression that he is in charge." He further highlighted the lack of clarity in the business rules, which he claimed adds to the ambiguity in governance.

Ruhullah accused the BJP of actively seeking ways to disempower the people of Jammu and Kashmir and being dismissive of their aspirations. He alleged that the party's actions reflect a disregard for the popular | [More on P7](#)

Mortgaging Property With Bank For Loan Not Money-laundering: HC

M Ahmad

Srinagar: The Act of mortgaging the property with the Bank for securing the loan cannot by any stretch of imagination be termed as money-laundering, the High Court of J&K and Ladakh has held.

"...in order to constitute an offence of money-laundering as defined under Section 3 (of the Prevention of Money Laundering Act, 2002), the most important thing is that there must be an activity connected with the 'proceeds of crime', which proceeds of crime in terms of the aforesaid definition would mean any property derived or obtained directly or indirectly by any person as a result of criminal activity relating to a scheduled offence or the value



of any such property," a bench of Justice Javed Iqbal Wani said. "Thus, in order to constitute an offence under Section 3 of PMLA, Section 2(1)(u) is to be read together with Section 3 of PMLA to find out whether the ingredients of the offence of money-laundering are made out or not."

When read so, the court said, the offence of money-laundering can be said to have been committed by fulfilment of following conditions: i. Scheduled offence must have been committed; ii. Commission of

scheduled offence must have resulted in some "proceeds of crime"; iii. Person accused of money-laundering must have indulged in an activity connected with such "proceeds of crime".

"It needs to be mentioned here that the activity connected with the 'proceeds of crime' attributed to an accused must be the voluntary act of the accused."

The Court was hearing a plea by Hilal Ahmad Mir and Abdul Hamid Hajam who stated in their petition that they have been working as Chairman and Secretary of a registered Co-operative Society, namely, River Jhelum Co-operative House Building Society which had proposed to develop a satellite township at Shivpora, Srinagar on a big plot of land. They said that the land was | [More on P7](#)

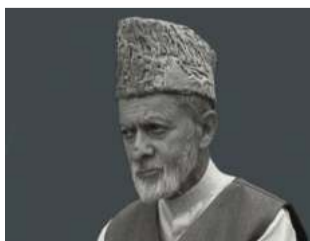
Veteran Political & Social Activist Yousuf Bhutto No More

Syed Mohammad Burhan

Srinagar: Hakim Muhammad Yousuf, popularly known as Yousuf Bhutto, passed away on Wednesday at his residence in Hakim Mohalla, Baghwanpora. He was 90.

Bhutto was laid to rest at his ancestral graveyard in Hakim Mohalla. A prominent figure in Jammu and Kashmir's political history, he played a significant role as a key member of the Central Working Committee of the All J&K Plebiscite Front in 1974 during which he was nicknamed Bhutto.

He was a vocal critic of the Indira-Sheikh accord. Bhutto



was also a member of the Hurriyat Conference. After the Hurriyat split, he became associated with Hurriyat (G). Despite his political stance, he maintained good relations with Mirwaiz Umar Farooq, according to his brother.

Bhutto also played a crucial role in bringing | [More on P7](#)

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Legal Counsel: Tasaduq Khwaja
Switchboard: (0194) 2502327 | +91 1947969705
Editorial: (0194) 2502327
Email: editor@kashmirobserver.net

Snow Clearance Under MG-NREGA

J&K RDD Minister must take this up with Union Minister soon

“Timely snow clearance across all snowbound areas in J&K is not feasible unless the government involves local Panchayats and the Department of Rural Development. NREGA funds and waste management funds can also be dovetailed

Dr Raja Muzaffar Bhat



the government isn't able to provide the desired level of service, causing significant hardships for the people.

Main roads are cleared of snow with machines, but inner links and roads in remote villages like Kupwara, Kishtwar, Ramban, Bandipora, Baramulla, and Poonch remain untouched. It would be ideal if locals were involved in undertaking this work under MG-NREGA.

Employment Guarantee in Winter

During the winter months, especially in snowfall-hit areas, people are often jobless. The preamble of NREGA is to ensure employment guarantee (Rozgar Guarantee), but the government focuses more on physical asset creation. We cannot have a uniform policy for the entire nation, as India is diverse and geographically distinct. The programs under MG-NREGA in Maharashtra, Rajasthan, or Kerala cannot be replicated in Himalayan states like Himachal Pradesh, Uttarakhand, Ladakh, Sikkim, Arunachal Pradesh, etc.

Mr. Lone's son, Hilal Akbar Lone, who is the current MLA from Sumbal Sonwari, has also been vocal on this issue and recently took it up with the DC Bandipora. National Conference leader and current MLA of Banihal, Sajad Shaheen, made a similar demand a few years ago, appealing to LG Manoj Sinha to ensure that snow clearance work is taken up under MG-NREGA in the far-flung areas of the Banihal constituency, especially in places like Mahu-Mangit, Neel, Pogal, Maligam, Paristan, and Sarachi. These areas receive heavy snowfall, and authorities are often unable to clear the snow for weeks.

Snowfall and Lack of Service

When winter sets in and snowfall blocks roads, chaos and confusion prevail. Due to the dearth of snow clearance machines, the government hires earth-moving equipment like JCBs to clear roads. While this does remove snow, it damages the road surface, creating further problems. There have been two spells of snowfall this winter, and we expect more until March. However,

forward a formal proposal to the Ministry of Rural Development and Panchayati Raj, Government of India.

What Does an Asset Mean?

Timely snow clearance across all snowbound areas in J&K is not feasible unless the government involves local Panchayats and the Department of



“If the Government of Himachal Pradesh could allow snow clearance work in Kinnaur district years ago, why can't J&K or Ladakh adopt similar measures by dovetailing different schemes? Providing livelihoods to unemployed youth in sub-zero temperatures and snowfall would be a success story for the government and align perfectly with the Rozgar Guarantee preamble of MG-NREGA

Rural Development. NREGA funds and waste management funds can also be dovetailed. This would eliminate the need for JCBs to clear snow from small roads, which damages the roads and benefits only contractors while leaving locals jobless.

Snow clearance at the right time in remote/hilly areas is an asset, as it generates livelihood for rural youth, especially during a period when they have no work. Why do we view assets as only physical things? Saving blacktopped roads from damage by JCBs is also an asset, as it conserves taxpayer money.

Under the Swachh Bharat Mission Gramin, NREGA funds can be utilized for Solid and Liquid Waste Management (SLWM) through convergence. If this is possible for waste management, why can't NREGA funds be used for snow clearance? Many SLWM activities, such as waste segregation, waterbody cleaning, and IEC work, do not involve physical asset creation, yet they are permissible under SBM Gramin guidelines. Why not extend this rationale to snow clearance?

Lack of Understanding

J&K Rural Development Department officers have not provided adequate explanations or presentations to the Union Rural Development Ministry on this matter, which is why the case remains unresolved. Even the former Minister for RDD J&K, Abdul Haq Khan, raised this issue with the Union Minister in 2017 but failed to present valid arguments convincingly. This lack of initiative and understanding has delayed the inclusion of snow clearance work under NREGA in J&K and other states.

Conclusion

If the Government of Himachal Pradesh could allow snow clearance work in Kinnaur district years ago, why can't J&K or Ladakh adopt similar measures by dovetailing different schemes? Providing livelihoods to unemployed youth in sub-zero temperatures and snowfall would be a success story for the government and align perfectly with the Rozgar Guarantee preamble of MG-NREGA.

I urge J&K's Rural Development and Panchayati Raj Minister, Javid Ahmad Dar, to take up this issue with the Union Minister for Rural Development and Panchayats, Shivraj Singh Chouhan, soon. This would benefit not only J&K but also other hilly states that experience snowfall in winters. I also request MLA Banihal Sajad Shaheen and MLA Sumbal Sonwari Hilal Akbar Lone to raise this issue with the Chief Minister and RDD Minister Javid Dar, as both have been strong proponents of this cause in the past.

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

KO VIEW

Homes for winters

The devastating loss of a family in Srinagar's Pandrethan area last Sunday is a stark reminder of the harsh realities faced by residents of Kashmir during the unforgiving winter months. Ajaz Ahmad Bhat, wife and three grandchildren died of suffocation from the heat when they were sleeping in their rented accommodation. The suspected cause: an electric blower in their rented room, which likely depleted the room's oxygen levels, causing them to suffocate in their sleep. This is not an isolated incident, as there have been many of these before. Though the incidents recur every year, they don't receive the attention they deserve. Pandrethan tragedy should end this apathy. It is a heartbreaking story of the lengths to which families in Kashmir go to protect themselves from the biting cold.

Families need safe heating alternatives and to this end both the government and the civil society should help create a wider awareness. Authorities must prioritize improving the safety and affordability of heating solutions, particularly for vulnerable families living in poorly ventilated homes. Poverty, lack of awareness, and the unavailability of safer, alternative heating solutions leave families vulnerable.

This year winter wrapped Kashmir in an icy grip, with night temperatures dropping to staggering lows. Srinagar, the summer capital, shivered at upwards of -5 degrees Celsius for close to a fortnight in December. On December 21, temperature plummeted to -8.5 degree Celsius, marking the coldest night of the season in the city since 1974. Amid this bone-chilling cold, an intermittent power supply caused more inconvenience to the residents.

That said, while winter remains a harsh reality in the Valley, we have made it harsher by building homes which are largely incompatible with winters. This includes even the affluent section of the population. While traditional homes with thick mud walls and small windows retained heat effectively, modern brick-and-mortar constructions with thin walls and large single-glazed windows fall short, leaving families heavily reliant on unsafe heating methods. Recent research at the Islamic University of Science and Technology (IUST) has highlighted the need for constructing houses that stay warm in winter. Some practical solutions suggested included advanced insulation, double-glazed windows, and proper building orientation to enhance thermal comfort in Valley's largely cold weather.

The research has called for reviving traditional techniques like Dhajji-Dewari and combining these with modern innovations. This can transform our homes into safe and warm sanctuaries during harsh winters. Other measures like wall and roof insulation, sealing of gaps, can minimize reliance on heating devices. It is time that people are persuaded to build winter-friendly houses through a sustained awareness campaign. We also need public education campaigns to help people understand the risks of using heating appliances without proper ventilation and to encourage the use of safer alternatives.



Did You Know? The Dangers of a Lavish Lifestyle in Kashmir : Understanding Financial Responsibility

Irshad Mushtaq

In today's society, there is a significant difference between living a fulfilling life and indulging in a showy lifestyle. Too often, we equate success with extravagant purchases, such as big cars, mobile phones, or lavish weddings. Big houses on loan. This mentality leads to a cycle of materialism that can create financial liabilities for future generations.

The Reality of Lavish Living

Many believe that spending large amounts of money signifies a wealthy lifestyle, yet this is far from reality. Major business leaders and affluent individuals understand the value of money; they prioritize their needs over unnecessary desires. Unfortunately, in many communities, including Kashmir, we often make purchases that do not serve a real purpose in our lives. This behavior creates clutter and burdens future generations, who may feel obligated to manage the items we buy simply for the sake of appearances, such things now in common even condolence bring a lot of packed big fruit boxes etc.

The Show-Off Phenomenon

Consider the extravagant spending on weddings. These events often become showcases of wealth, with families feeling pressured to demonstrate their financial prowess. Such displays last only a few days, yet the impact on the household can be lasting, often leading to financial strain. The reality is that those living in these homes will be the ones to face the consequences of overspending.

Seeking Balance

It's essential to shift our focus from showy living to a balanced lifestyle. We must learn to distinguish between what we need versus what we want. Compromise on luxury items does not mean compromising on our essential needs. Instead, we can invest our financial resources wisely, ensuring a secure future.

Smart Investments

Instead of spending excessively on material goods, consider investing in high-quality shares or mutual funds. A suggested approach is to allocate at least 30% of your savings into sound investments. This strategy can greatly contribute to wealth accumulation in the long run, allowing you to fulfill your wants through the profits made from wise investments.

Financial Literacy is Key To make informed financial decisions, we must educate ourselves on financial concepts, such as saving and investing. Understanding the importance of money and how to manage it effectively is crucial. By doing so, we can create a sustainable lifestyle that benefits not only ourselves but also the generations to come. Conclusion Ultimately, it is crucial to prioritize financial responsibility over a lavish lifestyle. By adopting a mindset focused on necessity and smart investment, we can attain true wealth that supports our needs without burdening future generations. Let's foster a culture of understanding and financial wisdom, allowing us to live fulfilling lives while respecting the value of money.

Learn from the insights of @Irshad Mushtaq, Writer, Investor, Entrepreneur & Founder of M1 Securities! Connect for valuable financial advice at m1securities@bp.sharekhan.com



All letters intended for publication must include the writer's name and address, even if a pseudonym is used. Letters are edited as clarity, space and accuracy of expression require. Our publishing a letter does not mean we agree with everything or even anything in it. -EDITOR

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Encouraging Community Activities to Make Winters Warmer and More Bearable

As winter tightens its grip, bringing with it freezing temperatures and long, dark evenings, there arises a pressing need to foster a sense of community to counter the isolation and challenges the season often brings. Schools, mosques, and even restaurants can play a pivotal role in this regard by hosting activities that not only engage people but also provide warmth—both physical and emotional—to the community.

Schools can take the lead by organizing winter workshops, storytelling sessions, and cultural

events that bring children and their parents together in a shared space of learning and joy. Art, music, and craft activities can serve as excellent outlets for creativity and help families stay connected during the long, cold months.

Mosques, being central to the community, can open their doors for more than just prayers. They could host evening gatherings with tea and snacks, discussions on social topics, or even small classes on life skills, health, or well-being. Such activities would provide a warm space for people, especially the elderly, to come

together and feel less alone during winter's harshest days.

Restaurants, too, can contribute by creating community-focused events. For instance, organizing discounted hot meal nights or offering a communal soup kitchen during particularly cold spells can bring warmth and comfort to those in need. These establishments can also host poetry readings, music nights, or even interactive cooking sessions that encourage people to step out and connect.

The essence of such initiatives lies in bringing people together, fos-

tering a shared sense of belonging, and ensuring that no one feels left out in the cold—literally or figuratively. The warmth of human connection is often the best antidote to winter's chill. I urge local authorities, community leaders, and business owners to come together and make this vision a reality.

Let us make this winter not just bearable but memorable by building stronger, warmer communities.

Mehak Javed

The Forgotten Art of Repair in a Throwaway World

NARAYANAN KIZHUMUNDAYUR

In the contemporary landscape of abundance and convenience, the ancient practice of repair has been relegated to the margins of modern life. Once a celebrated tradition that emphasized resourcefulness, patience, and respect for material goods, repair has been overshadowed by a culture of disposability. The rise of throwaway habits has profound implications—not just for the environment but for the economy and our collective values. Understanding and reclaiming the art of repair is essential to building a more sustainable and thoughtful future.

The Historical Roots of Repair

The practice of repair is as old as human civilization itself. In earlier times, when resources were scarce and production methods were labour-intensive, people viewed their possessions as investments. Objects, whether tools, clothing, or household items, were crafted to last, and when they showed signs of wear, they were repaired, not discarded.

In agrarian and pre-industrial societies, repair was an integral part of life. Communities were home to skilled artisans like cobblers, blacksmiths, and seamstresses who extended the lifespan of goods through their craft. Repair was not merely functional but also deeply symbolic, reflecting values of thrift, care, and respect for labour.

One notable example is the Japanese practice of kintsugi, the art of repairing broken pottery with gold. Far from concealing imperfections, kintsugi celebrates them, transforming broken



tion of goods was a significant social advancement, it also laid the groundwork for a disposable culture.

By the mid-20th century, planned obsolescence—a strategy in which products are designed to fail or become outdated—became a widespread business practice. Manufacturers intentionally limited the durability of their products or made repairs difficult by using proprietary components. This ensured that consumers would have to buy replacements rather than repair their existing items.

The cultural zeitgeist further reinforced this trend. Advertising campaigns emphasized the allure of newness and convenience, portraying repaired or older items as undesirable. This mind-set took deep root, and as

in the process.

Electronic waste, or e-waste, exemplifies the scale of the problem. Smartphones, computers, and other devices contain valuable metals like gold, silver, and palladium, yet only a fraction of these materials is recovered through recycling. The rest is often discarded, contributing to resource depletion and environmental pollution.

The economic implications are equally troubling. The production of disposable goods relies on finite resources—minerals, water, and energy—that are consumed at an unsustainable rate. For individuals, the costs of constantly replacing goods rather than repairing them add up over time, placing unnecessary strain on household budgets.

The Loss of Connection and Craft

Beyond the material consequences, the throwaway culture has led to a loss of intangible values. Repairing an item fosters a connection to the object, imbuing it with meaning and a sense of history. Discarding and replacing goods, by contrast, creates a fleeting relationship, stripping objects of their significance.

Communities have also been affected. In the past, repair services brought people together, forming networks of trust and mutual support. The decline of these practices has contributed to the fragmentation of local economies, as globalized supply chains and mass production replaced neighbourhood artisans.

Reviving the Art of Repair

Restoring the culture of repair is not a backward step but a progressive solution to many of today's challenges. Repair aligns seamlessly with the principles of sustainability, reducing waste and conserving resources. It is also an antidote to overconsumption, encouraging mindfulness in purchas-

ing decisions.

Efforts to revive repair are already underway. Initiatives like repair cafes, where volunteers teach people to fix their belongings, have gained traction worldwide. These community events combine education with social interaction, demonstrating that repair is not only practical but enjoyable. Similarly, the rise of online platforms offering repair tutorials empowers individuals to reclaim lost skills.

Policy interventions can accelerate this revival. Governments can introduce right-to-repair legislation, compelling manufacturers to make spare parts and repair instructions readily available. Tax incentives for repair businesses and subsidies for repair workshops can further encourage the practice.

Moreover, businesses themselves can embrace repair as a core value. Companies like Patagonia have set a precedent by offering repair services for their products, proving that sustainability can coexist with profitability. Design innovation also plays a critical role; creating modular, easily repairable products can significantly extend their lifespan.

Repair as a Philosophy

The act of repair is more than a technical skill—it is a philosophy that values resilience, creativity, and respect for resources. Repairing something is a tangible expression of care, whether for the environment, for craftsmanship, or for the memories embedded in the object. It challenges the assumption that newer is always better and fosters a sense of gratitude for what we already have.

In many ways, repair is also an act of rebellion against the forces of consumerism. Choosing to mend rather than replace disrupts the profit-driven cycle of disposability, prioritizing sustainability over convenience. It is a small but powerful way of asserting agency in a world dominated by mass production and corporate interests.

Conclusion

The forgotten art of repair offers a pathway to a more sustainable and meaningful way of life. By reviving repair, we can counter the environmental destruction, economic waste, and cultural erosion caused by the throwaway culture. Repair teaches us to value what we have, to nurture creativity, and to build connections—with objects, people, and the planet. In a world that too often equates worth with novelty, the practice of repair reminds us that enduring value lies in care, effort, and preservation.

The author is an Accountant and a freelance writer in English and Malayalam

The Social Media Paradox: Opportunities and Challenges in Kashmir

Zaid Malik

Social media has transformed the methods by which individuals in Kashmir communicate, obtain information, and voice their views. Since Internet access is available to more than 30% of the population, social media such as Facebook, Twitter, Instagram, and WhatsApp have become core to daily life.

According to a recent survey, 70% of internet users in Kashmir are active on social media platforms, with the majority being between the ages of 18 and 35. This demographic phenomenon is important because it shows that the population of young people in Kashmir is the engine driving the social media wave.

However, there are some alarming trends associated with high-level usage of social media in Kashmiri society. There is increasing worry that individuals, and especially adolescents, spend excessive amounts of time engaging with social media and are disconnecting with family and friends. It is not unusual to see people coming home from friends' and their, maybe, families out of loneliness and heading straight to their phones, changing the clock on their hearts to the clock on their phone.

For instance, students are increasingly being targeted by the addictive properties of social media, resulting in a heavy drop in academic concentration. Yet, it seems that all the students are spending more time on social media than on their studies now, and the performance has been deteriorating.

Additionally, the excessive use of social media has also led to a spiritual detachment in the case of Kashmiris. There are those who spend a greater proportion of time on social media than practicing religious acts of worship, prayer, and reading the Holy Quran. All this has resulted in a decline of the religious values and the sense of alienation from Allah and Prophet Muhammad (pbuh).

Moreover, as an expressive medium and tool of cultural survival, social media has proven to be a powerful tool for Kashmir. Adolescents are using the network, Instagram, and YouTube to share the natural beauty of the region,



to describe their cultural existences, and to refute stereotypes.

On the other hand, social media has also become a source of misinformation and propaganda in Kashmir. Hoaxes and rumors spread rapidly across services like WhatsApp and Twitter and generally fuel social conflict and mistrust between groups.

To help address these challenges, authors cite the need in developing digital literacy, strengthening control over content, and ensuring fair and moral social media use. Parents, educators, and community leaders must, on the other hand, step up and proactively steer children toward responsible social media use.

In conclusion, while social media presents numerous opportunities for Kashmir, its negative consequences cannot be ignored. Due to our Kashmiri identity, we need to recognize the risks of social media overuse and aim for a healthy balance between enjoying the technological advantages and defending spiritual values, cultural heritage, and social ties.

With it, we are able to let it do good and avoid oppression. And all in all, social media stands as a whole lot of avenues for Kashmir, yet its negative outcome cannot be shunned. Thus, being in the Kashmiri identity, our risks over social media are to be looked at and get a healthy share of enjoyment while enjoying technological virtues and defending other spiritual values, cultural heritage, and all social ties intact. Doing so, we can make sure social media is a force for good, not oppression.

The author is a Kashmir-based writer and independent journalist

IN MANY WAYS, REPAIR IS ALSO AN ACT OF REBELLION AGAINST THE FORCES OF CONSUMERISM. Choosing to mend rather than replace disrupts the profit-driven cycle of disposability, prioritizing sustainability over convenience

objects into unique and beautiful artifacts. This philosophy exemplifies an approach to repair that sees value in preservation and creativity, offering a stark contrast to today's preference for shiny, disposable replacements.

The Emergence of the Throwaway Culture

The industrial revolution marked the beginning of a profound shift in how society approached goods and their lifespans. Mass production reduced the cost of manufacturing, making products more affordable and accessible. While this democratiza-

society transitioned into the digital age, the problem intensified. Devices like smartphones and laptops became symbols of status, their frequent upgrades encouraged by both peer pressure and deliberate design limitations.

The Consequences of Disposability

The environmental costs of this throwaway culture are staggering. Every year, millions of tons of waste, including plastics, textiles, and electronics, are generated worldwide. Much of this waste ends up in landfills or oceans, where it takes centuries to decompose, releasing harmful toxins

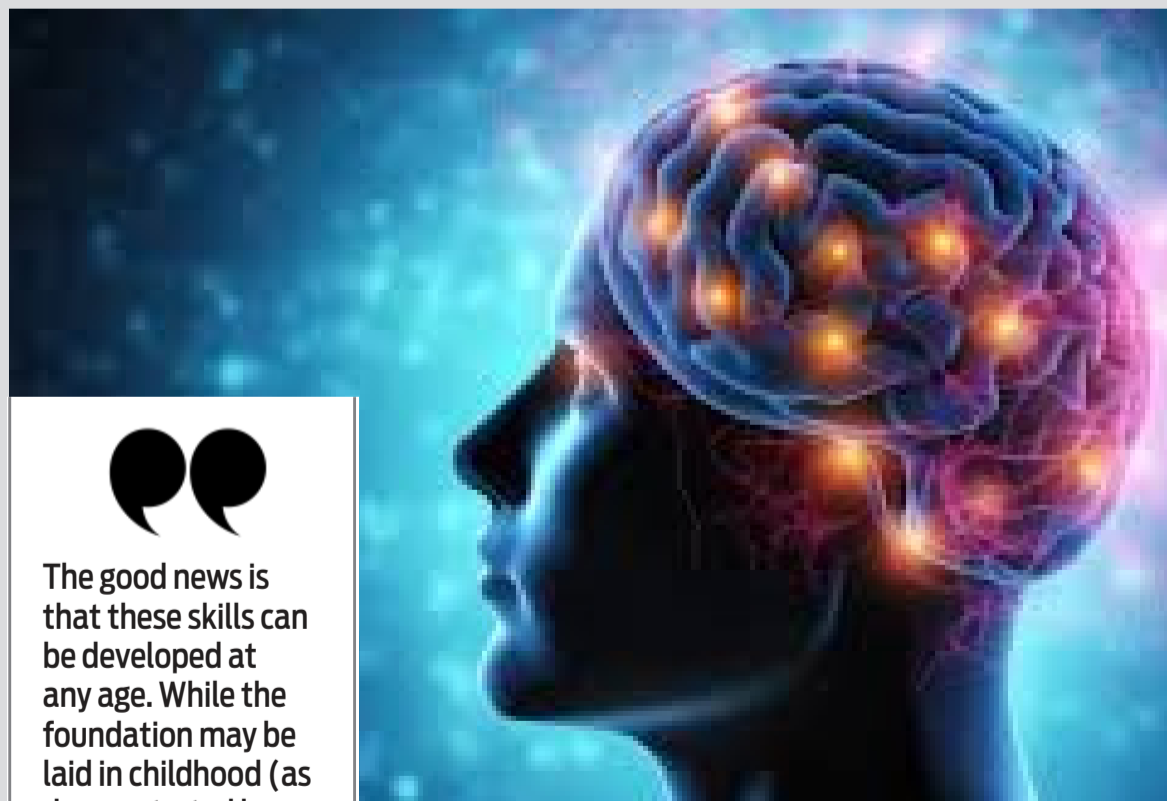
The Power of Waiting: Your Brain's Defense Against Dementia

Bobby Hoffman

The famous marshmallow test (Mischel et al., 1988), where children were given the choice between eating one marshmallow immediately or waiting for two later, may have revealed more than just willpower—it might help explain why some people maintain sharper cognitive function as they age. Recent research suggests that our ability to delay gratification could be a crucial factor in protecting against early onset of Alzheimer's symptoms and other forms of cognitive decline (Wu et al., 2024).

Think of your brain as a muscle that gets stronger with practice. Every time you choose a long-term benefit over immediate pleasure, you're essentially doing a mental workout. This workout engages multiple brain regions, particularly the prefrontal cortex, the brain area that is responsible for planning, reasoning, and controlling impulses. Just as regular physical exercise helps maintain muscle strength, regularly exercising self-control may help maintain cognitive function throughout life. Over time, delayed gratification increases mental tenacity and the ability to persevere through obstacles (Touroutoglou et al., 2020).

The science behind this connection is fascinating. When we resist immediate rewards, we activate "cool" regulation strategies in the right prefrontal cortex, the rational reasoning center of decision-making. In contrast, giving in to immediate gratification typically involves "hot" strategies in the



The good news is that these skills can be developed at any age. While the foundation may be laid in childhood (as demonstrated by the marshmallow test), adults can strengthen their self-regulation abilities through practice and conscious effort

amygdala and ventral striatum, the brain areas associated with emotional decision-making. The more we practice using these "cool" strategies, the stronger these neural pathways become, potentially creating a cognitive reserve that could help delay or prevent symptoms of cognitive decline (Willoughby et al., 2011).

Future time perspective

But it's not just about willpower. Future time perspective (FTP)—our ability to envision and plan for the future—plays a crucial role. People with a stronger FTP tend to make healthier lifestyle choices, from maintaining regular exercise routines to choosing nutritious foods over quick, unhealthy options. These choices, in turn, contribute to better brain health and potentially lower risk of cognitive de-

cline (Bohn et al., 2016).

The good news is that these skills can be developed at any age. While the foundation may be laid in childhood (as demonstrated by the marshmallow test), adults can strengthen their self-regulation abilities through practice and conscious effort. Simple strategies like setting specific goals, creating detailed action plans, and using monitoring techniques that measure progress can help build these crucial skills. Recent studies have shown that individuals who consistently practice delayed gratification tend to maintain better cognitive function as they age. This isn't just about resisting temptation—it's about developing a more strategic approach to life choices. People who excel at delay of gratification often demonstrate better problem-solving abilities, stronger emotional regulation, and more effective stress management—all factors that contribute to cognitive resilience (Shatenstein et al., 2015).

Physical activity plays a particularly important role in this relationship. Research combining data from the National Health and Nutrition Examination Survey with genetic analysis has revealed that higher levels of physical activity are associated with better cognitive function, especially in older adults (Liu et al., 2024). The ability to delay gratification makes it easier to maintain regular exercise habits, creating a positive feedback loop that benefits brain health. What's particularly encouraging is that these benefits appear to be cumulative. Each time we

choose to delay gratification for a better long-term outcome, we're not just making a single good decision—we're strengthening our brain's capacity for self-regulation and potentially building protection against future cognitive decline.

Build your skills

For those interested in developing these skills, start small. Begin with manageable delays in gratification and gradually increase the waiting period. Set specific, achievable goals and create detailed plans for reaching them. Practice mindfulness techniques to become more aware of impulsive urges and develop strategies to manage them effectively. Look out for my forthcoming book, *The Paradox of Passion: How Rewards Covertly Control Motivation*, which outlines dozens of additional strategies for leveraging our neurological systems to enhance productivity.

Remember, it's never too late to start building these protective cognitive skills. While early development of self-regulation abilities is beneficial, research shows that these skills can be strengthened throughout life. The key is consistent practice and a conscious effort to make choices that prioritize long-term benefits over immediate rewards. This research in aggregate is another powerful reminder that the small choices we make today can have lasting impacts on our mental well-being tomorrow.

The article was originally published by Psychology Today

Fire Ravages Four Houses In Hazratbal

Syed Mohammad Burhan

Srinagar: A devastating fire broke out in Srinagar's Hazratbal area on Wednesday morning, leaving four residential houses damaged. According to locals, the fire originated in one house and rapidly spread to three neighboring properties. The Emergency and Fire Services Department promptly responded, working alongside locals and police to bring the blaze under control. An official from the department confirmed that two houses, owned by Mehraj Ahmed Shaksaz and Parvez Ahmed Bhat, sustained extensive damage, while two additional houses were partially affected. "The swift action of our team, along with the support of the local community and police, helped contain the fire before it caused further destruction," the official stated. Officials said that a case has been registered to determine the cause of the fire, as investigations are ongoing.

In response to the incident, a team from the District Administration Srinagar, acting on the directions of Deputy Commissioner Dr. Bilal Mohi-Ud-Din Bhat, visited the affected families to offer assistance. Immediate relief, including blankets and Rs 10,000 in interim financial aid from the District Red Cross Fund, was provided to each affected family. "We are deeply sympathetic to the affected families for their loss of property and have taken swift measures to support them," the District Administration team noted. Further, the Deputy Commissioner directed concerned authorities to assess the damages thoroughly and prepare a detailed report to ensure structure-wise financial assistance under the State Disaster Response Fund (SDRF). Efforts are underway to rehabilitate the families and provide them with the necessary support during this challenging time.



Sgr Airport Registers Over 28,000 Flights In 2024

Agencies

Srinagar: Srinagar International Airport witnessed considerable flight activity in 2024, recording a total of 28,348 arrivals and departures. Despite some minor weather-related disruptions, the airport facilitated travel for approximately 4.4 million passengers throughout the year. Airport officials said flight operations were largely uninterrupted during the year, with only minor disruptions caused by weather conditions. Data revealed that the airport facilitated smooth operations, handling 28,348 flights in total—14,174 arrivals and 14,174 departures from destinations across India. Around 4.4 million passengers travelled through Srinagar Airport in 2024, including visitors from various parts of India and international travellers. On average, the airport witnessed 35 to 37 flights daily during the winter months and 45 to 50 flights during the

2024 has been a successful year for Srinagar International Airport, with smooth flight operations despite occasional weather disruptions. This achievement reflects the hard work and dedication of our staff.

year for Srinagar International Airport, with smooth flight operations despite occasional weather disruptions. This achievement reflects the hard work and dedication of our staff. We take pride in accommodating over 4.4 million passengers from India and beyond." Looking forward to 2025, he said they plan to enhance the airport's infrastructure, improve passenger experiences and ensure seamless connectivity for both domestic and international travellers. "Our continued focus will be on safety, efficiency, and reliability to make Srinagar a preferred choice for air travel," he added. Last year, officials announced the installation of an advanced Instrument Landing System (ILS CAT-II) under the Indian Air Force, which is a crucial technological upgrade designed to facilitate smooth flight operations during low-visibility conditions, such as fog and adverse winter weather—(KNO)

Former Mayor Defends Ruhullah Amid 'Internal Party Rift'

Agencies

Srinagar: Former Srinagar Mayor Junaid Azim Mattu has publicly voiced his support for National Conference leader and Member of Parliament Ruhullah Mehdi, who recently came under fire from several colleagues within his own party. The internal criticism follows Ruhullah Mehdi's protest outside the Gupkar residence of Chief Minister Omar Abdullah, demanding reforms in reservation policies. In a post on X (formerly Twitter), Mattu condemned the attacks on Mehdi, alleging that they were orchestrated by the party leadership. "Make no mistake about this — every

single insult being heaped on Ruhullah Mehdi by his colleagues in NC has been sanctioned from the CM and his team. These aren't isolated, spontaneous insults but part of a synchronized 'cutting to size' operation. No place in NC for a spine," Mattu wrote, accusing the NC of stifling internal dissent. The controversy escalated after a video of Omar Abdullah-led government minister Sakina Itoo went viral on social media. In the video, Sakina Itoo criticized the protest staged by Mehdi outside the Chief Minister's residence, dismissing it as a "cheap publicity stunt" without directly naming him.

CS Atal Dulloo Unveils J&K Bank Calendar - 2025



Observer News Service

Srinagar, Jan 08: J&K Chief Secretary Atal Dulloo unveiled the J&K Bank's much-awaited Wall-Calendar for the year 2025 at a prestigious event held in the Civil Secretariat, Srinagar. The event was attended by the Bank's MD & CEO Amitava Chatterjee, Executive Director Sudhir Gupta, General Manager Imtiaz Ahmad Bhat, DGM Manju Gupta and other senior officials. During the unveiling ceremony, Chief Secretary Atal Dulloo expressed his admiration for the Bank's initiative of releasing a new Calendar for 2025. He said, "I am pleased to see that through this Calendar, J&K Bank has successfully captured the essence of transformation underway in Jammu, Kashmir and Ladakh. The depiction of these infrastructural projects is in line with the Government vision of comprehensive and inclusive economic development of

the regions." "As the major shareholder in the Bank, the Government of J&K has high expectations from this institution, and we believe that the Bank will achieve new heights while playing a pivotal role in supporting the inclusive economic growth of the people of this region", he added. While expressing his gratitude for the unwavering support of the J&K Government, MD & CEO Amitava Chatterjee thanked the Chief Secretary for his valuable guidance and the time. He further stated, "I feel immensely happy at the launch of the Bank's Calendar - 2025, which has always been more than a mere date-keeper; it is a symbol of our deep emotional connection with our people and our roots. This year we have tried to capture some of the milestones of developmental vision expressing itself in the form of infrastructural projects representing people's aspirations for their progressive and prosperous future."

نانداں گلستان قاسم کو صدمہ عظیم
موت ماں ہوا، دل داں دارغا
یہ خبر مات کو کے ماوڑی جانی ہے گلستان قاسم کی اور ان کی عزیز کے ایک ماں باہر بہت تاب غم جو موت امداد دارغا سے
انتقال کر کے ہے نایق شقی سے ماں سطر۔
اللہ والہ الامین۔
رہ عزت مرحومہ اعلیٰ علیٰ علیین میں مقام ملا ماراے مرحوم کے کئی میں ۱۰ جنوری ۲۰۲۵ء بروز جمعہ المبارک صبح ۷:۴۵ بجے آہنی قبر چیمپو باغ میں پورا دل ہزاریں انہادی ہائی جس ترم امام لہو اور انھل عباس میں صبح ۸ بجے انہادی ہائی۔ بعد ازاں گلستان قاسم میں ترمیج گلشن دان ہر ہادی ہئی۔
سمرات سے آڑاں ہے کو وہی قہر کا ہوا و شہادت لانے سے اتنا ب کریں۔
نوگوان: حکیم محمد فضل (راور)
محمد احباب دارغا

MRS GHULAM NABI KHAN NO MORE
Inna lillahi wa inna ilayhi raji'un.

With profound grief and sorrow we announce the passing of Mrs Ghulam Mohammad Khan of Amda Kadal, Gutta Pora at Peer Bagh on January 7, 2025, after a protracted illness. Condolences will be received by the bereaved family at House No. 108, Hafiz Colony, Peer Bagh, Srinagar till Friday.

An Ijtimai Fatehkhwani shall be held on Friday, January 10, 2025, at 2:30 PM, at her ancestral graveyard, Mazare Bakshi, Bilaliya, Amda Kadal.

Female visitors are requested not to bring fruit with them at Peer Bagh

May Allah grant the departed soul eternal peace and provide strength to her family.

BEREAVED
Irshad Mushtaq and others
Peerbagh, Srinagar

TRAFFIC POLICE : 9419993745, 01998-266686
PCR: 0194-2452092,2455883
PDD: 0194-2450213
FIRE AND EMERGENCY SERVICES : 2479488,2452222,2452155
CAPD: 18001807011
SMC HEALTH OFFICER: 9469409081
Ambulance: Kashmir EMS Service: +91 94841 00200

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311 ✈

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

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

HIJRI CALENDAR
08 Rajab
1446

PRAYERS
FAJR 6: 08
ZUHR 12:36
ASR 4: 00
Magrib 5:44
ISHA 7: 07

This Day In History

- 475 - Byzantine Emperor Zeno is forced to flee his capital at Constantinople.
- 1296 - Earl Floris V signs accord with French King
- 1317 - Phillips V, the Tall, crowned king of France
- 1431 - Judges' investigations for the trial of Joan of Arc begin in Rouen, France, the seat of the English occupation government
- 1493 - 1st sight of manatees by Christopher Columbus
- 1558 - Geneva becomes independent from Berne canton, Switzerland
- 1718 - France declares war on Spain
- 1760 - Afghans defeat Marathas in battle of Barari Ghat
- 1792 - Russia & Turkey sign Peace of Jassy
- 1812 - Swedish Pomerania (Germany) seized by Napoleon
- 1862 - The first petroleum shipment (1,329 barrels) from the U.S. to Europe arrives at Victoria Docks, London, England aboard the Elizabeth Watts
- 1878 - Umberto I becomes King of Italy.
- 1879 - Kirland Warbler discovered on Andros Island in Bahamas
- 1880 The Great Gale of 1880 devastates parts of Oregon and Washington with high wind and heavy snow
- 1894- New England Telephone and Telegraph installs the first battery-operated telephone switchboard in Lexington, Massachusetts.
- 1912 - US Marines send troops to Honduras
- 1916 - The Ottoman Empire prevails in the Battle of Çanakkale, as the last British troops evacuated
- 1917 - World War I: the Battle of Rafa occurs near the Egyptian border with Palestine.
- 1930 - Albert Kahn Associates architectural firm become consulting architects for all industrial construction in the Soviet Union
- 1936 - Semi-automatic rifles adopted by US army
- 1942 - US Joint Chiefs of Staff created
- 1943 - Japanese government in Java limits sale & use of motorcars
- 1952 Karel Sys wins European heavyweight boxing title
- 1957 Karachayev-Cherkess Autonomous Region reestablished in RSFSR
- 1960 - Building of Aswan dam in Egypt, begins
- 1968 - Surveyor 7 space probe soft lands on Moon
- 1969 - First trial flight of Concorde supersonic jetliner, Bristol, England
- 1969 - Prime Minister of Northern Ireland Terence O'Neill travels to London to meet Home Secretary James Callaghan and brief him on the growing violence in Northern Ireland
- 1973 - Luna 21 launched, to Moon
- 1975 - Australia beat England by 171 runs in 4th Test to regain Ashes
- 1986 - After losing a patent battle with Polaroid, Kodak must give up its instant camera business.
- 1987 - Chinese Vietnamese border fights, 1,500 killed
- 1990 - 64th US manned space mission STS 32 (Columbia 10) launches into orbit
- 1998 Anatoly Solovoyov & Pavel Vinogradov spacewalk record 3 hrs 8 mins
- 2001 - Shenzhou 2, an unmanned Chinese spacecraft, is launched.
- 2001 - Apple announced iTunes at the Macworld Expo in San Francisco, for organizing and playing digital music and videos
- 2005 - The signing of the Comprehensive Peace Agreement, commonly known as the Naivasha Agreement between the Government of Sudan and the Sudan People's Liberation Movement rebel group in Naivasha, Kenya.
- 2005 - Elections are held to replace Yasser Arafat as head of the Palestine Liberation Organization. He is succeeded by Rawhi Fattouh.
- 2005- The signing of the Comprehensive Peace Agreement, commonly known as the Naivasha Agreement between the Government of Sudan and the Sudan People's Liberation Movement rebel group in Naivasha, Kenya.
- 2007- Apple Inc CEO Steve Jobs announces the

Champions Trophy Squad: Will Rahul, Shami & Jadeja Make It?

Press Trust of India

SYDNEY: Out-of-form veterans Rohit Sharma and Virat Kohli will continue to form the batting core of India's ODI squad but there are at least three senior players whose future in the 50-over format could be debated when the selectors gather this weekend to pick the squad for the Champions Trophy.

KL Rahul, Mohammed Shami and Ravindra Jadeja's presence in the side is not a surety for the event starting February 19 even though they were a part of last year's World Cup.

Since the final, India have played six ODIs and while Shami and Jadeja were rested, Rahul was included for both the away bilateral engagements against South Africa and Sri Lanka.

Against Sri Lanka, however, he was dropped in the middle of the series after failing to get going in the middle overs.



The world is also yet to forget how his sedate half century after using up 100-plus deliveries became a prime reason for India's loss on November 19, 2023 against Australia.

It is understood that Yashasvi Jaiswal has a very bright chance of making it to the ODI squad.

His inclusion would ensure a left-handed batter in the top four.

But if Rishabh Pant is the first-choice wicketkeeper, then would there be any point in having Rahul as the back-up? And if

Rahul is not keeping, his place as a batter is not guaranteed. Among his closest com-

petitors, Ishan Kishan hasn't scored enough runs in the Vijay Hazare Trophy while Sanju Samson hasn't been picked by Kerala after he missed the initial games.

If coach Gautam Gambhir still has his say in selection matters like he did till the disastrous

Australia tour, then Samson, one of his personal favourites, will surely make the cut.

India will play all their Champions Trophy games in Dubai, starting with the clash against Bangladesh on February 20. This was after the team refused to travel to original hosts Pakistan citing security concerns.

Coming to Mohammed Shami, the veteran pacer's communication with the team management and the selection committee on his fitness status didn't seem to have the required clarity.

However, he has bowled eight overs each in the last two Vijay Hazare Trophy games and in case Jasprit Bumrah fails to make it due to back spasms, Shami's experience will become crucial for the side.

Hardik Pandya is the seam bowling all-rounder and it will be interesting to see if Nitish Reddy will be considered.

Short TAKES

Bumrah Continues To Remain No. 1 In Test Rankings

India's pace spearhead Jasprit Bumrah continued to reign supreme at the top of the bowlers' chart with a career-best rating of 908 in the latest ICC Test Rankings, released on Wednesday.

Bumrah, who made history ahead of the fifth and final Test against Australia by recording the highest-ever ICC Rankings rating for an Indian bowler at 907 points, improved that tally by one point after taking two wickets in the first innings at the SCG.

However, a back spasm ruled him out of bowling in the second innings, restricting his role to just batting.

Left-arm spinner Ravindra Jadeja, who climbed a spot to be joint-ninth, is the other Indian giving Bumrah company in the top-10.

He shares the ninth spot with Australian pacer Scott Boland, who has made a remarkable leap of 29 places to break into the top 10.

Boland's stellar performance in the Sydney Test, where he claimed a 10-wicket haul (4/31 and 6/45), proved too much for the Indian batters on a lively pitch. His efforts were instrumental in Australia's triumph, ending a decade-long wait to reclaim the Border-Gavaskar Trophy.

PCB Shifts ODI Tri-Series To Karachi, Lahore; Dismisses Delay

The Pakistan Cricket Board on Wednesday moved the ODI tri-series, also involving South Africa and New Zealand, from Multan to Karachi and Lahore, dismissing the talks about a delay in renovation work at those venues ahead of next month's Champions Trophy.

The triangular series is a curtain raiser to the ICC showpiece which begins from February 19 in Karachi.

The PCB said preparations for the Champions Trophy are in full swing with the renovation work at Gaddafi Stadium in Lahore and the National Bank Stadium in Karachi set to be completed before or around the deadlines.

After the upgrades, spectator capacity at the Gaddafi Stadium has been increased to 35,000, with new chairs installed throughout the venue.

Additionally, 480 state-of-the-art LED lights have been installed to enhance broadcast LUX levels, ensuring superior viewing quality for fans worldwide.

The PCB has also constructed brand-new players' and officials' hospitality enclosure.

The renovated stadium is set to be inaugurated in the last week of January.

NZ Batter Martin Guptill Retires From International Cricket

New Zealand batter Martin Guptill on Wednesday announced his retirement from international cricket, though the 38-year-old will continue to play in the T20 leagues around the world.

Currently, Guptill, who last played for New Zealand in 2022, is leading the Auckland Aces in this season's Super Smash. "As a young kid it was always my dream to play for New Zealand and I feel incredibly lucky and proud to have played 367 games for my country," Guptill said in a statement issued by the New Zealand Cricket. "I will forever cherish the memories made wearing the silver fern alongside a great group of guys," he added.

Guptill has played 47 Tests but the white ball format was his calling card. He scored 7346 runs from 198 matches with 18 hundreds and 39 fifties.

The right-hander also appeared in 122 T20I for the Blackcaps, making 3531 runs with two hundreds and 20 fifties.

J&K Bank Wins 7-0 In Christmas Gold Cup

Observer News Service

SRINAGAR: J&K Bank XI registered a thumping 7-0 win on Wednesday in the 18th Christmas Gold Cup Football Tournament 2024-25 at Mini Stadium Parade Ground in Jammu.

The tournament is being organised by All J&K Sports & Cultural Welfare Association in collaboration with J&K Sports Council and J&K Football Association.

J&K Bank played the quarter-final match against City Club Udhampur.

Captain Aakif Reshi put in a brilliant performance, scoring a hat trick in the first half of the game. Aakif netted in



the 8th, 21st and 28th minute, while Farhan scored in the 14th minute. Furqan Nabi made 5-0 in 29th minute.

In the second half, Adnan Ayoub scored in 65th minute, while Prem Kumar made it 7-0 in the 89th.

The chief guest on the occasion

was Yousuf Dar, former international football player who also played for the erstwhile SRTC. He was accompanied by Ramesh Chander (International Player), Rakesh Kumar (International Player), S. Satpal Singh (Manager Parade Ground), among others.

J&K Thang-Ta Team Shines At National Championship



Observer News Service

SRINAGAR: The J&K Thang-Ta team secured a second-place finish in the 30th Sub-Junior and Senior National Thang-Ta Championship 2024-25, held in Haridwar, Uttarakhand, from January 4 to 6. Competing against 26 states from across the country, the J&K team showcased an exceptional performance, earning an impressive tally of 20 gold, 20 silver and 22 bronze medals. Manipur clinched first

place, while Assam secured third.

In a special moment of recognition, Ajaz Ahmad Bhat was awarded the "Best Coach of the Year" title by the President of the World Thang-Ta Federation.

Speaking on the achievement, Satish Sharma, Minister of Youth Services and Sports, J&K, extended his heartfelt congratulations to the team. Sarmad Hafeez, Secretary, Youth Services and Sports, also lauded the athletes and coaching staff.

Royal Enfield Ice Hockey League S2: Lamos Enters Semis

Observer News Service

LEH: Tsewang Chuskit's sensational five-goal performance propelled Changla Lamos to a 6-0 victory over Humas Queens, earning them a place in the semi-finals of the women's category in the Royal Enfield Ice Hockey League Season 2 on Wednesday.

In the men's category, Purig Warriors continued their impressive run, registering a 4-2 win over Zangskar Chadar Tamers for their second victory of the season. In another game, United Nubra and Chiktan Royals played an intense 2-2 draw.

The day ended with another dramatic draw, as defending

champions Kang Sings and Humas Warriors shared points in a 2-2 stalemate.

The Royal Enfield Ice Hockey League Season 2 is being organised in partnership with the UT Administration of Ladakh and Ice Hockey Association of Ladakh at the Nawang Dorjay Stobdan Stadium in Leh.



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