

PM To Flag-off Train To Kashmir On February 17



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

Observer News Service

Srinagar: Marking a significant milestone in the completion of the Udhampur-Srinagar-Baramulla Rail Link (USBRL) project, Prime Minister Narendra Modi is all set to inaugurate a train to Kashmir on February 17.

Sources said that the Prime Minister will flag off the specially designed Vande Bharat Express from the Jammu division while the arrangements are being made for the historic inauguration event.

"After years of hard work,

dedication, and engineering marvels, the dream of Kashmir's rail connectivity has finally come true with the Vande Bharat Express set to run on this route," they said.

Railway officials have been directed to make necessary preparations for the grand launch of the rail service on February 17. Authorities have decided that no leave will be sanctioned for the employees in the coming week to ensure the smooth execution of the event.

As part of the USBRL project, Indian Railways conducted multiple successful | [More on P10](#)

6 THE VANDE BHARAT EXPRESS ALSO INCLUDES EMBEDDED heating elements in the windshield to automatically defrost the driver's front lookout glass, ensuring clear visibility in extreme winter conditions."

Modi Govt Committed To Terror-free J&K: Shah

Press Trust Of India

New Delhi: The central government under the leadership of Prime Minister Narendra Modi is committed to a terror-free Jammu and Kashmir, Union Home Minister Amit Shah said on Tuesday.

Chairing a high-level meeting here to review the security scenario in J&K, Shah directed the Border Security Force (BSF) to ensure zero infiltration from the international border by adopting a strong vigil, strengthening the border grid and using advanced



technologies for surveillance and border guarding.

He also directed the Central Reserve Police Force (CRPF) to continue with the synergy

with the Indian Army and Jammu and Kashmir Police while carrying out its duties in the Union Territory (UT). The home minister

reviewed the winter action plan of the CRPF and directed the top officials of the force to ensure there are no gaps in area domination and focus on the Jammu region and dominate the heights.

Shah said under the leadership of Prime Minister Narendra Modi, the central government is committed to terror-free J&K, according to an official statement.

He emphasised the role of paramilitary forces in achieving the target of a terror-free J&K.

The home minister also reviewed the | [More on P10](#)

'Zero Cybercrime Cases MHA's Goal'

Asserting that the Ministry of Home Affairs' goal is to ensure zero cybercrime cases, Union Home Minister Amit Shah on Tuesday spelled out a multi-pronged strategy to tackle the fraudsters. Chairing a meeting of the Parliamentary Consultative Committee for the Ministry of Home

Affairs on the topic of 'Cyber Security and Cyber Crime' here Shah said, "To tackle cybercrime, we have adopted four types of strategies, which include convergence, coordination, communication, and capacity. All of these are being implemented with clear objectives and a strategic | [More on P10](#)

30 Sec Maiden Parliament Speech Er Rashid Calls For Probe Into Civilian Deaths

Observer News Service

New Delhi: Member of Parliament from Baramulla, Engineer Rashid on Tuesday attended the Lok Sabha proceedings for the first time after his election last year.

He was brought from Tihar Jail under custody parole granted by the Delhi High Court to participate in the on-going Budget session.

Er Rashid, who has been



in custody since 2019 in connection with a case under the Unlawful Activities

(Prevention) Act, was granted a two-day custody parole.

In his maiden speech in the Lok Sabha, Er Rashid raised concerns over recent civilian deaths in J&K, asserting that the "blood of Kashmiris is not cheap."

He demanded an impartial probe into the deaths of Waseem Ahmed Mir, who was killed in alleged Army firing during a naka checking in Baramulla and Makhan Din, who died by | [More on P10](#)

Delhi HC To Hear Bail Plea On Feb 24

The Delhi High Court on Tuesday listed for hearing on February 24 a plea by jailed MP Abdul Rashid Sheikh alias Engineer Rashid on the

issue of lack of a forum to decide his bail plea in a terror funding case. Justice Vikas Mahajan deferred the hearing after he was | [More on P10](#)

No Reason To Deny Passport To Militant's Brother: HC

M Ahmad

Srinagar: The High Court of J&K and Ladakh on Tuesday said that there was no reason not to recommend the case of a person for issuance of passport just for the involvement of his brother in militancy activities.

Allowing a petition filed by one Mohammad Amir Malik, a bench of Justice M A Chowdhary directed

Additional Director General of Police, CID to re-submit the report uninfluenced by the

conduct or activities of the brother as well as Malik's father to Regional Passport Officer (RPO) within four weeks.

The court asked the RPO to consider case of the Malik,

a resident of Ramban, on the report of ADGP CID and pass an appropriate order in Malik's favour within two weeks thereafter.

Being a diploma holder in Engineering, Malik submitted that he desired to go abroad in search of good job as a career and as such had applied for issuance of a passport | [More on P10](#)



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AAP's Lost Citadel

Can Honesty and Politics Coexist?



Feature: Aam Aadmi Party (AAP) national convener Arvind Kejriwal, outgoing Delhi chief minister Atishi and party MP Raghav Chadha. (ANI)

KO VIEW

Pitch For Statehood

In his fresh meeting with the Union Home Minister Amit Shah in Delhi, the Chief Minister Omar Abdullah has once again pushed for statehood for Jammu and Kashmir. While the Centre has its own roadmap which it has been keeping close to its chest, the CM Omar wants early statehood to implement his election promises.

The CM's problems have mounted with his government being increasingly seen as an extension of an extension of the Lieutenant Governor's administration. He can barely help this. In a union territory, this is how an elected government is expected to operate: It has jurisdiction over development function but as for major administrative decisions, it has to largely be subservient to the LG. But along the way, many issues crop up with the elected government finding it challenging to straddle expectations of the people and the need to follow the LG's orders. This creates a disconnect with people. If people do not feel they have a stake in the system, alienation will only grow.

The killing of a civilian in Sopore and suicide of another in Kathua following alleged police torture are a case in point. The chief minister's point—that militancy cannot be eliminated in a vacuum—rings true. Security forces alone cannot bridge the gap between the administration and the people. That can only happen through dialogue, accountability, and a genuine effort to bring governance closer to the ground.

Beyond security, there is the question of development. Omar's discussion on tweaking industrial and tourism policies to attract investment is a necessary step. J&K's natural beauty is unparalleled, but tourism alone cannot sustain its economy. Industry, and entrepreneurship need to be nurtured. Jobs must be created for the youth so they feel invested in the region's future. The government's role should not just be maintaining order but enabling opportunity.

Omar's meeting with Shah is an attempt to find common ground. The Centre holds the cards, but it must recognize that political legitimacy comes from the people. The issue of statehood cannot be pushed indefinitely into the future. People have spoken through the ballot box, and they expect their voices to matter. Engaging with the public, fostering transparency, and ensuring real governance - not just administrative control - are key to J&K's future.

And for that, statehood is important. A hybrid governance may have its benefits but it will always lack the uniformity of purpose and the need for accountability that come with an elected government.

Ikkz Ikbal

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Kejriwal's journey should be a lesson for every Indian. It should teach us that politics is not just about words and promises—it is about the brutal realities of power and money. It should teach us that honesty in politics is not impossible, but it is nearly unsustainable

There was once a man who promised to cleanse Indian politics. Arvind Kejriwal rose to power as a beacon of hope—a symbol of honesty in a system drowning in corruption. He spoke of change, of a political system where power belonged to the people, not to the rich and powerful. Delhi believed him. India watched in admiration. But today, his story stands as a cautionary tale—a tale of how politics in India crushes idealism, and how those who claim to fight the system often become a part of it.

Kejriwal's journey began with a promise to the common man. He was a man in a simple muffler, a former bureaucrat who had left his comfortable job to fight corruption. He spoke a language that resonated with the middle class and the poor—words filled with dreams, justice, and the hope of a better tomorrow.

He was not like other politicians. He was not here to make money, he said. He was here to serve. He attacked the high and mighty—calling out corruption in Congress, BJP, and every political heavyweight. He assured people that governance could be clean, that elections could be fought without black money, and that a new India was possible.

But as the years passed, his words lost their weight. His party, the Aam Aadmi Party (AAP), which started as a movement, began behaving like any other political party. The leader who promised transparency now finds himself surrounded by allegations of corruption, illegal funding, and policy manipulation.

To understand Kejriwal's failure, we need to understand Indian politics. Elections in India are a game of money. A candidate contesting a Lok Sabha seat is estimated to spend around 10

crores. A candidate for an MLA seat needs at least 5 crores. And running a political party? That costs hundreds of crores.

Where does this money come from? It doesn't come from ordinary people donating 10 and 20. It comes from businesses, lobbyists, and funders—many of whom expect something in return. If you don't have money, you don't win elections. And if you don't have power, you become irrelevant.

Kejriwal, like every politician before him, realized this bitter truth. He had two choices—stick to honesty and fade away, or compromise and survive. He chose survival.

The biggest blow to Kejriwal's image came with the infamous Delhi liquor policy scam. His government allegedly made changes in the excise policy that benefited private liquor companies at the cost of public revenue. The policy was later scrapped, and his ministers, including Manish Sisodia, were arrested in corruption cases.

This was the same Kejriwal who had once said, “I will never tolerate corruption.” The same man who had removed his own ministers at the slightest hint of wrongdoing. Now, he was defending those accused of massive financial irregularities.

This was not just a legal defeat—it was an ideological defeat. It was the moment when the dream of honest politics in India came crashing down.

Kejriwal's rise to power was built on the idea that politics could be done differently. That a party could win without black money, without muscle power, and without unethical practices. But in the end, he followed the same path as others.

He made alliances with parties he once called corrupt. He accepted donations from sources he once condemned. His government

became entangled in controversies he once fought against. And worst of all, he stopped answering questions. The man who once demanded accountability from everyone suddenly became silent when his own government was under scrutiny.

It is a painful reality. Many Indians genuinely believed Kejriwal would be different. That he would not compromise. That he would stand by his principles, no matter what. But today, that belief stands shattered.

The AAP's defeat in Delhi is not just a political setback—it is the death of an idea. The idea that a party can stay honest and still survive in Indian politics.

Kejriwal's journey should be a lesson for every Indian. It should teach us that politics is not just about words and promises—it is about the brutal realities of power and money. It should teach us that honesty in politics is not impossible, but it is nearly unsustainable.

And most importantly, it should make us question—was Kejriwal ever really different? Or was he just another politician who knew exactly what people wanted to hear?

In the end, the dream of a corruption-free India remains just that—a dream. And as for Kejriwal, history will remember him not as the man who changed politics, but as the man who proved, once again, that in India, politics and purity cannot go hand in hand.

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

Discipline and Short-Term Strategy for the Kashmir-based Investor

Irshad Mushtaq

Investing in the stock market is often seen as a long-term endeavor, especially in developing countries like India, where economic growth can drive stock prices upwards over time. While some sectors thrive, others may falter, underscoring the need for a nuanced approach to investing.

It's crucial to understand that indices like the Nifty or Sensex don't rise every single year; market fluctuations are common, with some months or years showing declines. In bullish markets, it's easy to feel like a market expert as stocks steadily rise. However, the dynamics shift dramatically during bear markets, where strategies can often fail. Thus, prioritizing risk diversification, asset management, and strategic stock allocation is more important than merely trying to time the market.

Learning to distinguish between bullish and bearish trends is key to making informed investment decisions. Historically, investors like Warren Buffett have achieved significant success, but even for him, returns have typically maxed out at around 19.80% annually. Therefore, aiming for a 20% Compound Annual Growth Rate (CAGR) is realistic and ambitious, as this can grow your investment 40 times over 20 years.

For instance, Rs. 1 crore today could become Rs. 40 crores in two decades by compounding wisely. While investing typically requires much less energy and time compared to traditional business, a strategic and disciplined approach can yield impressive returns over time. Achieving a 20 to 30-times return on investment is feasible with patience and informed decisions. Hence, assembling a strong, diversified portfolio and staying steadfast during market downturns is crucial.

Additionally, increasing your Systematic Investment Planning (SIP) during market dips and considering one-time, lump-sum investments in reliable stocks can be advantageous. Trusted investment advisors and mentorship play vital roles in navigating this complex landscape.

In conclusion, for the Kashmiri investor, combining short-term strategies with long-term discipline and understanding the economics of market cycles is essential. Equip yourself with knowledge, as it's a powerful investment, and always see market lows as opportunities to consolidate.

Excited to learn from the insights of @IrshadMushtaq, Writer, Investor, Entrepreneur & Founder of M I Securities! Connect at miscurities@bp.sharekhan.com.

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Nallah Ningli's Abysmal Condition Needs Urgent Attention

During a recent walk near my native village, I was disheartened to find Nallah Ningli, a once-beautiful stream, in a severely degraded state. The vibrant waterway of my childhood, a place of cool breezes, soothing shade, and the delightful sounds of flowing water and birdsong, now resembled a deserted wasteland. Heaps of garbage littered the banks, and a foul stench permeated the air. It was the same stream, but transformed into a pathetic shadow of its former self.

Nallah Ningli, originating in the Affarwat mountains near Gulmarg, flows through numerous villages before joining the Jhelum River near Sopore. This vital tributary provides life-sustaining resources to the region, supporting horticulture, agriculture, and serving as the primary drinking water source for communities including Kandi, Wagoora, Kreeri, Sangrama, Sopore, and surrounding areas.

Unfortunately, the combined negligence of residents and government authorities has turned this precious resource into a cesspool. Domestic waste and garbage are routinely dumped along the banks, posing a significant health risk to the local population. The accumulation of domestic sewage, plastic, and other waste threatens to have disastrous consequences if left unchecked.

Nallah Ningli was once a thriving fish habitat, supporting local fisheries. While fish farms have been established along its banks, continued pollution threatens not only fish production but also the entire ecosystem of the stream. The open dumping of garbage and toxic waste also raises concerns about waterborne diseases, as the stream serves as a source for numerous Jai Shakti department water supply schemes.

Local residents have expressed their dismay at the stream's deteriorating condition, yet authorities,

despite being aware of the problem, have seemingly turned a blind eye.

Adding to the crisis, illegal encroachments along the banks have further destabilized the stream. While protective walls have been erected in some areas following the devastating 2014 floods, many vulnerable stretches remain, posing a continued flood risk. These illegal constructions must be stopped, and reforestation along the banks, coupled with robust protective walls, is crucial for restoring the stream's health.

Furthermore, the illegal extraction of materials such as sand, gravel, and boulders must cease.

At a time when the preservation of water bodies is a global priority, Nallah Ningli desperately needs attention. The escalating pollution is the primary cause of its decline. Without immediate intervention, this vital resource faces a silent death. The government's claims about sanitation and cleanliness under the Swachh Bharat

Mission ring hollow in the face of Nallah Ningli's plight.

A coordinated effort involving various government departments, including Health, Rural Development, Irrigation and Flood Control, and Fisheries, along with active community participation, is essential. An immediate large-scale cleanup drive, engaging local residents, is necessary to remove the accumulated garbage.

While government action is vital, community involvement is paramount. Residents must stop using the stream as a dumping ground and adopt responsible waste disposal practices. Public awareness campaigns focused on environmental conservation will also play a key role in protecting this vital resource.

Let us unite and act now to save Nallah Ningli before it is too late.

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Misplaced Preferences of our Society

Bilal Ahmad Khanday

Preferences give proper meaning to our lives, and they do the same for society. Once we keep our preferences in the order they should be, we are destined to cherish a life worth living. A society flourishes only when it gives proper preference to different activities, norms, customs, etc. Conversely, when it misplaces its preferences, the social order becomes disturbed, and as a result, its fall is bound to happen sooner or later. Our society is generally a Muslim society that operates primarily on Islamic principles and teachings. Unfortunately, we have failed to maintain a proper balance with regard to preferences. This leads to disorder within society, which ultimately gives rise to many social evils, becoming detrimental to its peace and prosperity.

Let me cite some examples: In every nook and corner of the valley, we have many mosques (Masjids) of all sects in every street (mohallah), which drain a significant portion of our income for lavish constructions and interiors. However, we hardly see well-run institutions of charity (Bait ul Mals). The primary function of Masjids is to unite the Ummah, but unfortunately, they are somehow dividing society on various pretexts, which we are all aware of. Had the money collected for Masjids been properly channelled to and utilized by Bait ul Mals, there would not have been hundreds of thousands of destitute, widows, orphans, and needy individuals in our society without proper financial and medical support.

Recently, a report published in a daily newspaper shockingly revealed that there are more than fifty thousand unmarried girls in one of the districts of the valley who have passed the age for marriage. And these are just official figures. Unofficially, the number would be even higher. If we take this data as a reference, it means there are more than five lakh unmarried girls in ten districts of the valley.

How many orphaned children do we have in every street who are either out of school or unable to get proper schooling due to financial burdens? Aren't there thousands of widows and destitute in our society who can barely make ends meet? Is it not true that there are many old age homes emerging in our society that lack proper fa-



ilities to accommodate our neglected parents and grandparents?

Social media is flooded with news about the poor, destitute, needy, orphaned girls, widows, and deserted parents and grandparents who need financial, medical, and psychological support. Yet, we, as a society, are busy constructing fancy Masjids and religious seminaries, because we have unfortunately been misinformed about the true teachings of religion by so-called religious scholars and preachers. I do not deny the role of religious preachers and scholars, but they must come clean with the public regarding the true and original teachings of the Quran and Sunnah, according to the correct preferences.

If we claim to be a Muslim society, we must be aware of the teachings and preferences Islam advocates. During the Prophetic era, we see that the Masjid al-Nabawi (Mosque of the Prophet) was built with the least available resources, such as mud, stones, and branches of date trees. However, proper care was taken of the poor, orphans, widows, and destitute, who were the primary responsibility of the state and were even given monthly stipends.

There is a narration that during the caliphate of Hazrat Umar (RA), some

of his companions demanded that the kiswa (cover) of the Kaaba (House of Allah) be replaced because it had become old and tattered. They insisted on covering it with a new one, but Hazrat Umar (RA) said that his primary concern, rather his duty, was to feed the needy and the poor, and he would be held accountable for this on the Day of Judgement. So, he gave preference to the needy, the poor, the orphans, and the destitute over the Masjid. The same principle applies to us in letter and spirit, but unfortunately, we are misplacing our preferences, which leads to many social evils within society.

Given this, the need of the hour is to prioritize preferences in a proper and efficient way, channeling our wealth to the institutions that serve us in the best possible way, making our society vibrant, peaceful, and prosperous. We can offer prayers in traditional Masjids, but the hunger and needs of the destitute cannot wait. Let us pledge to make our Bait ul Mals financially strong and administratively vibrant, in order to make our society a better place to live.

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IN EVERY NOOK AND CORNER OF THE VALLEY, WE HAVE MANY MOSQUES (MASJIDS) OF ALL SECTS in every street (mohallah), which drain a significant portion of our income for lavish constructions and interiors. However, we hardly see well-run institutions of charity (Bait ul Mals)

Breakup With Black-and-White Approach Towards Creative Writing



Gowher Majeed Bhat

Kashmir has long been a land of poets, storytellers, and dreamers. From the timeless works of Rasul Mir to the thought-provoking prose of Akhtar Mohiuddin, creativity has always been woven into the fabric of this valley. Yet, many aspiring writers here, like elsewhere, struggle with a common creative roadblock—black-and-white thinking. The tendency to see writing in rigid, either-or terms often stifles creativity rather than nurturing it. Should I write for passion or profit? Should I focus on one project or multiple? Should I follow strict outlines or write freely?

The truth is, writing is never that simple. The best creative work emerges not from choosing one extreme over the other but from embracing complexity, nuance, and flexibility.

A struggling Kashmiri writer often finds themselves caught in absolutes. If their book doesn't sell, they assume they've failed. If they're not writing every day, they feel like they're not a real writer. If they draw inspiration from others, they fear they're not original enough. This kind of thinking creates unnecessary pressure, often leading to creative blocks or even abandonment of writing dreams altogether. In a place where storytelling has historically been a means of preserving culture and identity, such self-imposed limitations can be especially damaging.

But writing isn't about absolutes. The best authors navigate the middle ground between extremes. They write what they love while also considering their audience. They balance discipline with moments of inspiration. They experiment with structure without losing coherence. Take, for example, the question: Should I write for myself or for the market? A black-and-white approach would say you must pick one. But in reality, great writers find a balance. They tell stories that matter to them while also making sure those stories resonate with readers. This isn't compromise—it's craft.

Take the case of Kashmiri author Mirza Waheed, whose novels such as *The Collaborator* and *The Book of Gold Leaves* have gained international recognition. Waheed's work beautifully blends deep personal storytelling with themes that are universally relevant. He writes about Kashmir's realities with an authentic voice, yet his work also appeals to global audiences. His success demonstrates that a writer doesn't have to choose between local and international appeal—both can coexist in a meaningful way.

In Kashmir, where the publishing industry is still developing, many writers struggle with the belief that traditional publishing is the only mark of success. This is another form of black-and-white thinking. While tra-

ditional publishing is valuable, digital platforms, self-publishing, and literary magazines also provide powerful ways to share stories. Many Kashmiri writers are now making their voices heard globally through these alternative paths. The rigid belief that only one route is valid often prevents aspiring authors from exploring new opportunities.

Similarly, the idea that a writer must produce a certain number of words every day to be successful is misleading. While consistency is important, creativity doesn't follow a fixed schedule. Some writers thrive on daily routines; others work best in intense bursts followed by reflective breaks. Writing is not a mechanical process—it's an art.

Overcoming black-and-white thinking requires a shift in perspective. Instead of choosing between two extremes, ask whether a middle ground exists. Instead of asking, "Should I write fiction or nonfiction?" consider whether you can incorporate elements of both. Instead of debating between short stories and a novel, think about how short stories could evolve into a larger work. Instead of asking whether you should write for love or money, ask how you can write what you love in a way that also connects with readers.

Experimentation is key. If you always outline before writing, try writing a few scenes spontaneously. If you usually write in first-person, experiment with third-person. Breaking out of rigid habits can spark fresh ideas and expand your creative range. Most importantly, embrace the messiness of the process. Writing is not a straight road—it's full of false starts, revisions, and unexpected detours. Some of the most powerful stories emerge from moments of creative exploration rather than rigid planning.

Kashmir's rich literary tradition thrives because its storytellers have never been bound by rigid formulas. Creativity flourishes when we move beyond strict categories and embrace the richness of possibility. Writing isn't about making a single, perfect choice—it's about experimenting, evolving, and finding new ways forward. The next time you feel stuck between two extremes, pause. Look for the shades of gray. Creativity is not about absolutes—it's about discovery.

If we as Kashmiri writers allow ourselves to break free from rigid thinking, we can contribute to a more diverse, dynamic literary culture. Whether through poetry, fiction, or memoir, our stories have the power to resonate across borders while staying rooted in our heritage. The world is waiting for our voices—we just have to embrace the freedom to write without limits.

The author can be reached for feedback at: gowherbhat866@gmail.com

How to make a change in your life – and stick to it

Abigail Parrish

Is there a change you'd like to make in your life? Perhaps you'd finally like to write the novel you've been thinking about for years. Perhaps you think you should start saving for a holiday or a deposit on a house or flat. Maybe you would like to improve your fitness.

That's great. But we all know it can be hard to stick to these kinds of changes. Gym membership figures suggest half of new members quit within six months, and many of us have the evidence of once-loved hobbies scattered around our homes.

To write that book, for instance, you're going to have to find time to do it, and stick with it when the going gets tough and initial enthusiasm has worn off.

First, you should ask yourself why you're doing it.

My research looks at the psychology of making changes through the lens of what is known as self-determination theory, which proposes that there are different forms of motivation. These range from, for instance, being motivated to do something because someone is making you do it, to being motivated because you think it's fun.

Looked at like this, big changes, such as training for a new career, and smaller ones, like joining a weekly fitness class, are all the same. What matters is the reason you have for doing it.

Find the right reason
You might have more than one reason for



making a change. Perhaps you want to start something because it's a TikTok trend and everyone else seems to be doing it, or maybe the suggestion is coming from someone in your life. These are external reasons to do something, and this type of motivation is less likely to lead to success.

Focus on the ones that are "internalised" – that come from within yourself. If you can find a reason why the change is important

to you and you have your own motivation to make it, you're much more likely to stick with it. It needs to be something that is aligned with your values – something you believe in.

So what you're doing doesn't even have to be something you enjoy, as long as it's something you feel is important to you.

Think of deciding to save money, for example. This isn't an activity that is inherently fun for most people, but the act of saving might be im-

portant because of what it represents or leads to – the holiday at the end of it, or the house you could buy with the money you put away. When you start to waver in your goal, thinking of that personal reason will help you keep going.

There are two other important concepts from self-determination theory mixed up in the idea of an action being aligned with personal values. When you do something that comes from your values, you should be acting with autonomy – doing something you want to do, not something other people have made you do.

That's a key construct in the theory, but it can be hard to align with things like work or study. Perhaps your goal is to apply yourself at work or to get a good grade in your studies. But most people have a boss, or a supervisor, and their role is to instruct you on what to do.

If you're a teacher, you have to work to the school's timetable, whether you like it or not. But in the jobs where you are most motivated, you will be able to make some choices for yourself. Teaching is an interesting example of when this doesn't work, because in England this very structured job has become even more so in recent years, coinciding with a recruitment and retention problem in the profession.

Teacher autonomy is widely studied and considered important even outside of self-determination theory, and a perceived lack of autonomy is likely to be one of the reasons people might want to quit their job.

Eyes on the goal

The other really important thing is your goal in making the change. The best kind of goal is an autonomous one, relating to something that is intrinsically important to you. This might be competing at a high level in your sport, because it will give you joy and satisfaction to be the best you can be. This means you will put up with hardships and challenges, and you will keep going even after a bad day.

By contrast, if your goal is an external one, you might find things more difficult. This includes if you're doing something for a reward, rather than because something is personally important to you. So if you want to write a bestselling novel to become famous or rich, you may find that as the going gets tough, your motivation slips and work grinds to a halt.

If you are doing something because other people want you to, even other people who care about you, you will struggle. This may mean that some changes are just not meant to be – or it might mean changing your mindset and how you look at the goals you are aiming for.

Try to get the support of people who care about you and who you care about, whether this be family and friends, or a new community at your sports club, for example. And finally, keep an eye on your goals. Any change which you are engaging in for yourself because you value it and can see the benefits, is likely to be a lasting one.

By arrangements with *The Conversation*

'Air Pollution, Extreme Weather May Raise Risk Of Prolonged Pregnancy'

Press Trust Of India

Exposure to air pollution and extreme temperatures during pregnancy could increase risk of a delay in delivery, according to an analysis of nearly four lakh births in Australia.

A prolonged pregnancy can have serious consequences for both the mother and child, with a need for medical interventions, including inducing labour. It can also increase risk of stillbirth, birth complications, and behavioural problems during early childhood.

While rising heat driven by climate change has been linked with premature births, researchers from Curtin University, Australia, said this is the first study to examine how climate exposure can affect a pregnant woman's health.

"We know that being 'born too soon' -- or preterm birth -- has well-documented health risks, but little attention has been given to the risks associated with being 'born too late'," lead author Sylvester Dodzi Nyadanu, from Curtin University's School of Population Health, said.

The findings, published in the journal Urban Climate, showed that "exposure to air pollution and biothermal stress during pregnancy increases the likelihood of prolonged pregnancies, particularly among mothers over 35 years old, first-time mothers, those living in urban areas, and those with complicated



"We know that being 'born too soon' -- or preterm birth -- has well-documented health risks, but little attention has been given to the risks associated with being 'born too late"

pregnancies," Nyadanu said.

For the study, the researchers analysed data of births in the state of Western Australia. Birth records contained sociodemographic and clinical information of both mother and baby.

Twelve per cent of the births studied were found to have resulted in 'prolonged pregnancies'.

"PM2.5 and extreme biothermal exposures increased the risk of prolonged pregnancy," the authors wrote.

"Our findings provide the first epidemiological evidence of the associations between fine particulate matter air pollution and biothermal

stress on the prolongation of pregnancy to (more than) 41 completed gestational weeks (late to post-term) with sociodemographic vulnerabilities," the authors wrote.

Nyadanu explained that environmental stress factors, such as exposure to climate extremes, have been linked with a stress response in pregnant women, with "subsequent disruptions in endocrine and inflammatory activities, which increase towards the end of pregnancy".

"This can either shorten gestation, leading to preterm birth, or lengthen gestation, resulting in prolonged pregnancy in some cases," the au-

thor said.

As extreme weather events occur more often under continued warming, more studies are needed to understand how maternal and child health could be affected.

"Healthcare providers, policymakers and pregnant women -- particularly those in vulnerable groups -- must consider climate-related exposures when assessing pregnancy risks and planning interventions," Nyadanu said.

Targeted policies and measures to prevent climate-related health risks, including air quality regulations and public health initiatives, are needed, the authors said.

Lancet Report Estimates 5 Bn Globally Lack Access To Medical Oxygen, Poor Nations Most Affected

Press Trust Of India

Five billion people, which is nearly two-thirds of the world's population, lack access to medical oxygen, with the highest inequities in low-and middle-income countries, estimated a new Lancet Commission report.

Medical oxygen is essential in a healthcare system for treating patients, including those with surgery, asthma, trauma and maternal and child care.

It is also critical to a country's pandemic preparedness by helping prevent a repeat of the COVID-19 oxygen shortages and the mass fatalities that resulted, an international team of researchers said.

The report, by the Lancet Global Health Commission on Medical Oxygen Security, is the world's first estimate of how unequally medical oxygen is distributed, the gaps in coverage of patients in need, along with costs required to bridge these gaps.

In this study, the researchers said that 82 per cent of patients worldwide requiring medical oxygen live in low- and middle-income countries (LMICs), and nearly 70 per cent are concentrated in South and East Asia, the Pacific, and sub-Saharan Africa.

The patients include those with acute medical and surgical conditions, and long-term oxygen needs due to chronic obstructive pulmonary disease (COPD).

However, less than one in three people needing oxygen for medical or surgical conditions receive the life-saving gas, due to gaps in service contact, readiness, provision, and quality, leaving almost 70 per cent of the patients without coverage.

The gaps are even higher in regions, including Sub-Saharan Africa (91 per cent) and South Asia (78



"The patients include those with acute medical and surgical conditions, and long-term oxygen needs due to chronic obstructive pulmonary disease (COPD).

cent), the authors said.

The commission report also suggested recommendations for how governments, industry, global health agencies, academic institutions, and civil society can work together to strengthen health systems in providing access to medical oxygen.

The authors added that medical oxygen is a highly cost-effective investment to advance global public health that will accelerate the world's progress towards meeting the Sustainable Development Goals for health by 2030, and also help countries prepare for the next pandemic.

'Carbohydrate Cravings May Be Related To Overall Severity Of Depression'

Press Trust Of India

People struggling with depression may crave carbohydrate-rich foods, which could be "related to the overall severity" of their mental condition, according to a study.

Even though patients of depression, marked by a persistent low mood, tend to have less appetite, researchers, including those from the University of Bonn, Germany, said those with severe depression can sometimes develop food cravings.

"These changes can then lead to a change in body weight", corresponding author Nils Kroemer, a professor of medical psychology at the University Hospital Bonn, University of Bonn, said.

For the study, published in the journal Psychological Medicine, a group of 117 participants — 54 with depression and 63 healthy — were asked to complete a 'food cue reactivity task', by rating 60 food and

20 non-food items for whether they 'wanted' or 'liked' it.

The researchers found that people with depression showed lower levels of 'wanting' food, but not of 'liking' it.



Further, "compared to carbohydrate-rich foods, patients with (major depressive disorder) reported lower liking and wanting ratings for high-fat and high-protein foods," the authors wrote.

They also found that such patients also had an increased crav-

ing for foods combining fat and carbohydrates, such as milk chocolate.

While a craving for carb-rich foods is generally related with a higher appetite, the study showed that "carbohydrate cravings are more related to the overall severity of depression, especially anxiety symptoms," first author Lilly Thurn, currently a post-graduate student at Maastricht University, the Netherlands, said.

Given that these energy-dense foods appeal to the brain's reward system, the findings could help with developing better treatments for depression, the authors said.

"Since carbohydrate-containing foods control the reward response in the brain via different signalling pathways than fat and protein-rich foods, it may be possible to derive better treatment approaches from this," Kroemer said.

Office of the Naib Tehsildar Pattan.
Sub ... issuance of registration order in respect of delayed birth..
Public Notice...
The registrar birth EO Pattan has submitted a case file pertaining to birth of Ziyaan Zahoor Wani S/o Zahoor Ahmad Wani R/o Chandakoot Kreeri Tehsil Kreeri Distt baramulla with verified date of birth 29/05/2020 occurred at SDH pattan in this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained.
SD Naib Tehsildar Pattan
fko

Office of the Naib Tehsildar Pattan.
Sub... issuance of registration order in respect of delayed birth..
Public Notice..
The registrar birth EO Pattan has submitted a case file pertaining to birth of Imaad Firdous s/o Firdous Ahmad Chopan R/o Nowlari Tehsil Pattan distt baramulla with verified date of birth 24/03/2020 occurred at SDH pattan in this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained.
SD Naib Tehsildar Pattan
fko

Public Notice..
The name of my daughter in her adhaar card as Haifa Sajad while her correct name is Hafsah Jan which needs to be corrected. . If anybody has any objection in this regard he/she may file his/her objection in the concerned office within seven days. After that no objection shall be entertained.
Hakiem Sajad Hussain FKO
S/o Hakiem Mohammad Sultan
R/o Palhallan

Public Notice..
My name and parentage has been wrongly written in adhaar card as Ghulam Mohammad Gouro S/o Mohammad Shuban Gouro while my correct name and parentage is Gula Gujree S/o Subhan Gujree which needs to be corrected. . If anybody has any objection in this regard he/she may file his/her objection in the concerned office within seven days. After that no objection shall be entertained.
Gula Gujree FKO
S/o Subhan Gujree
R/o Khanpeth Tehsil Singhpora

Public Notice..
My name has been wrongly written in adhaar card as Rafiq Bano while my correct name is Rifaf Bano which needs to be corrected. If anybody has any objection in this regard he/she may file his/her objection in the concerned office within seven days. After that no objection shall be entertained.
Rifaf Bano D/O Ghulam Uddin Ganaie FKO
R/O Palhallan Tehsil Pattan

Office of the Naib Tehsildar Pattan.
Sub . issuance of registration order in respect of delayed birth..
Public Notice..
The registrar birth EO Pattan has submitted a case file pertaining to birth of Mohammad Sehraan Ganaie s/o Shakeel Ahmad Ganaie R/o Bulgam Tehsil Sopore Distt baramulla with verified date of birth 01/07/2020 occurred at SDH pattan in this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained.
SD Naib Tehsildar Pattan
fko

Public Notice..
The name of daughter has been wrongly written in her adhaar card as Nazrana Bano while her correct name is Nazreena Yousof which needs to be corrected. . If anybody has any objection in this regard he/she may file his/her objection in the concerned office within seven days. After that no objection shall be entertained.
Mohammad Yousof Mir fko
S/o Ab Aziz Mir
R/o Bachoo Tehsil Pattan

Office Of The Naib Tehsildar Kreeri
Sub: Application of Ruksana Begum W/o Late Tariq Gani R/o Thindima tehsil Kreeri for issuance of Legal Heir certificate.
NOTICE
Regarding the subject cited above .in this context. As per the death certificate and report submitted by the patwari concerned which reveals that Tariq Gani S/o Abdul Gani Wani has passed away on 30/01/2025. The report of the patwari further depicts that the deceased has following Legal Heirs.

S. NO	NAME OF DEPENDENT	RELATION WITH DECEASED	AGE	OCCUPATION
1	Abdul Gani Wani	Father	70	Rtd Emly
2	Ruksana Begum	Wife	42	H/W
3	Zamin Tariq	Son	12	Student
4	Sidra Tariq	Daughter	11	Student

The applicant has applied for issuance of Dependent certificate. As such the instant matter is published through news paper, if any one is having any kind of objection may approach this office within 7 days (Seven Days of the publication of this notice after passing of stipulated time of 7 days (Seven Days), no objections will be entertained.
fko Naib Tehsildar

Office of the Naib Tehsildar Pattan.
Sub.. issuance of registration order in respect of delayed birth.
Public Notice...
The registrar birth EO Pattan has submitted a case file pertaining to birth of Aafiya Irfan D/o Mohd Irfan Bhat R/o Aglar Tehsil Pattan distt baramulla with verified date of birth 26/07/2022 occurred at SDH pattan.in this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained.
SD Naib Tehsildar Pattan
fko

Office of the Naib Tehsildar Pattan.
Sub.. issuance of registration order in respect of delayed birth..
Public Notice..
The registrar birth EO Pattan has submitted a case file pertaining to birth of Abu Talha Ganie s/o Akther ul Islam Ganie R/o Seer Jagir Sopore Tehsil Sopore Distt baramulla with verified date of birth 16/06/2021 occurred at SDH pattan .in this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained.
SD Naib Tehsildar Pattan
fko

Office of the Naib Tehsildar Pattan.
Sub .. issuance of registration order in respect of delayed birth..
Public Notice...
The registrar birth EO Pattan has submitted a case file pertaining to birth of Mohammad Azmat ul Mehraj Paray s/o Mehraj Ud Din Paray R/o Dargam Pattan tehsil pattan Distt baramulla with verified date of birth 28/04/2020 occurred at SDH pattan in this connection if any body having objection for issuance of said certificate he may contact to this office within 04 days after that no objection shall be entertained..
SD Naib Tehsildar Pattan
fko

اطلاع عام
مظہر کو بجلی ٹکشن زیر انشالین قبر 5531-R1 کٹریمر آئی ڈی نمبر 0203010001318 جو عدل امدت والد محمد شمس کے نام پر درج ہے، تبدیلی کر کے اپنے نام اندراج کروانا مطلوب ہے۔ اس بارے میں اگر کسی کو کوئی اعتراض ہو تو وہ ایک خط کے اندر اسٹنٹ ایگزیکٹو انجینئر سب ڈویژن وائس کنٹرول کونٹریکٹس کے بعد از معیاد کوئی اعتراض قابل قبول نہیں ہوگا۔
ڈاکٹر سید سید امجد علی صاحب گورکھ پور صاحب کنٹرول کونٹریکٹس (بی) ایمر سیکرٹری

65 per cent of Indians use AI, more than double the global average: Microsoft



Agenceis

A Microsoft study, reflecting the rapid adoption of Artificial Intelligence (AI) in India, has found that 65 per cent of surveyed Indians have used AI—more than double the global average.

Microsoft on Tuesday unveiled the Global Online Safety Survey, which studies the growing influence of AI. The survey is based on responses from 15,000 teenagers (13-17) and adults that was conducted in 15 countries between July 19 and August 9, 2024.

"65 per cent of respondents have used AI (+26 per cent from 2023). This is more than double the global average of 31 per cent in the same time period.

"India is most excited about using AI for translations, answering questions, increasing efficiency at work and helping students with schoolwork," the report said. The report showed that millennials (people aged 25-44) lead adoption, with 84 per cent reporting usage.

Indian parents are more aware of their children's digital challenges, showing increased awareness compared to the previous year, it said. However, India also has some reservations about AI, including concerns about online abuse, deepfakes, scams, and AI hallucinations, mirroring global trends.

Online abuse was among the top worries regarding AI. "More than 80 per cent of respondents worry about AI usage for children under 18 years," the report noted. Over 80 per cent of Indian teens said they have experienced an online risk.

14 candidates score perfect 100 in engineering entrance



Agenceis

Fourteen candidates from across the country have bagged perfect score in the first edition of engineering entrance exam JEE-Main 2025 with maximum of them being from Rajasthan, the National Testing Agency (NTA) announced on Tuesday.

Twelve out of the 14 top scorers are from general category and one each from OBC and SC categories.

More than 12.58 lakh candidates had appeared for the first edition of the crucial exam.

Among the candidates who secured an NTA score of 100, five are from Rajasthan, two each from Delhi and Uttar Pradesh and one each from Karnataka, Andhra Pradesh, Gujarat, Telangana and Maharashtra. According to NTA officials, NTA score is not the same as percentage of marks obtained but normalised scores.



NTA scores are normalised scores across multi-session papers and are based on the relative performance of all those who appeared for the examination in one session, a senior official explained.

The marks obtained are converted into a scale ranging from 100 to 0 for each session of examinees, the official added. The examination was held in 13 languages -- Assamese, Bengali, English, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil, Telugu and Urdu.

The exam was also conducted in 15 cities outside India -- Manama, Doha, Dubai, Kathmandu, Muscat, Riyadh, Sharjah, Singapore, Kuwait City, Kuala Lumpur, Abu Dhabi, West Java, Washington, Lagos and Munich.

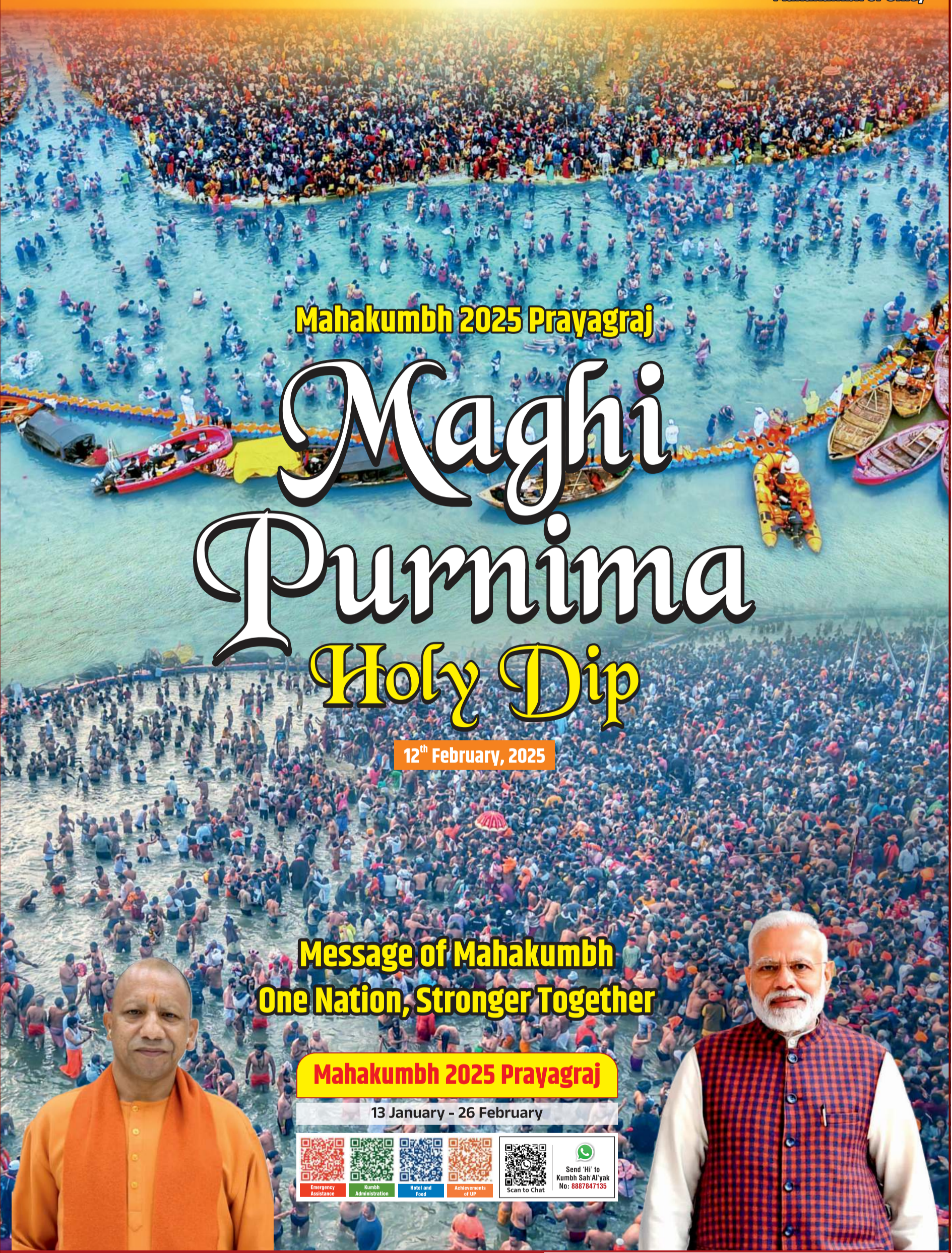
While the first edition of the exam was conducted in January-February, the second edition is scheduled in April. Based on the results of JEE-Mains Paper 1 and Paper 2, the candidates will be shortlisted to appear for the JEE-Advanced exam, which is a one-stop exam to get admission into the 23 premier Indian Institutes of Technology (IITs).

After both sessions of JEE (Main)-2025 Examination, the ranks of the candidates will be released taking into consideration the best of the two NTA scores in accordance with the policy already made.

माघमासमिमं पुण्यं स्नान्यहं देव माघः


Divine-Grand-Digital Mahakumbh of Unity




Maghi Purnima Holy Dip

12th February, 2025

Message of Mahakumbh One Nation, Stronger Together





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13 January - 26 February

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Maha Shivaratri - 26th February, 2025

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1010 Food and Civil Supplies Helpline

102, 108 Ambulance Service

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