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**BOOK APPOINTMENT**

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## The Rise Of Untrained Voices In Kashmiri Journalism

Syed Mohammad Burhan

Srinagar: In recent years, social media platforms have witnessed an influx of self-styled journalists, many of whom operate pages that were initially dedicated to cultural content or personal blogs. However, these pages have now rebranded themselves as news outlets, amassing millions of followers and challenging the credibility of traditional journalism. Among such pages are

'Thank U for Your Fake Luv' and 'Kaeshir Che Balay' on Facebook, both of which have renamed themselves and ventured into the news space. This phenomenon has led to backlash from professional journalists and media consumers alike, who have called out

these platforms for diluting the sanctity of the profession and spreading misleading content under the guise of news.

The rapid rise of untrained voices in the Kashmiri journalism landscape has sparked concerns among seasoned professionals in the field.



**6 THOSE WITH VESTED INTERESTS MANIPULATE SOCIAL MEDIA to gain access to power without being accountable to anyone.**

Speaking to Kashmir Observer, Peerzada Ashiq, Senior Assistant Editor at The Hindu, highlights the ethical crisis that stems from the lack of accountability in social media journalism.

"There is poor implementation of provisions that already exist, and it creates an ethical crisis. Those with vested interests manipulate social media to gain access to power without being accountable to anyone," he explains. | More on P6

**Media Power Demands Responsibility: SC**

The Supreme Court has said persons working in key positions in the media must exercise utmost caution and responsibility before publishing any statements, news, or opinions

and observed the right to freedom of speech and expression was paramount. A bench of Justices J B Pardiwala and R Mahadevan reiterated that the power of the media in shaping public | More on P6

## DISPROPORTIONATE ASSETS CASE CBI Carries Out Searches At 7 Places

Press Trust Of India

New Delhi: The CBI on Wednesday conducted searches at seven locations in Jammu and Kashmir in connection with a disproportionate assets case against Kumar Rajeev Ranjan, secretary of labour and employment department, officials said.

Ranjan has allegedly amassed assets which he could not satisfactorily account for, they said.

The agency has registered a case against Ranjan after analysing his assets during its investigation into gun license cases, they said.

Sources said that sleuths of the premier central agency today carried out searches at Jammu, Srinagar, Gurgaon, Varanasi and

J&K's Parched Future?

## Water Crisis 'Biggest Problem': CM Warns

Observer News Service

Srinagar: Jammu and Kashmir is staring at a water crisis this year due to a massive deficit in rainfall, Chief Minister Omar Abdullah said on Wednesday, calling for a more proactive approach and collective efforts towards water management and conservation.

Kashmir has witnessed a dry winter this year with an 80 per cent deficit of rainfall overall this year, raising the possibility of drought in the valley this summer.

Abdullah said in a post on X, "J&K is staring at a water crisis this year. It's not a recent phenomenon, actually it's been building up for a few years now. While the government will have to adopt a more proactive approach for water management & conservation, it can't just be a government centric approach. All of us residents of J&K will have to change the way we take water for granted."

The chief minister said he will review the measures being taken by the concerned department to deal with the crisis.

"I'll be reviewing the measures the Jal Shakti (PHE) Dept intends to take to deal with the developing crisis & I'll also be talking to the people of J&K over the next few months about what we can do collectively," he added.

According to officials, several water bodies are flowing below the zero level mark at many places while some springs in south Kashmir have dried up completely due to the receding water table.

An official at the Irrigation and Flood Control Department said the water level in Jhelum and several other water bodies was more than a metre below the usual water level for this time of the year.

"If it does not rain or snow in the next fortnight, there is a possibility of a crisis with regards to water for drinking and irrigation purposes," he added.

Social media is flooded with videos and images of dried-up water bodies with Achabal springs in south Kashmir having dried up completely.

The river bed of Jhelum is visible at many places, especially upstream in | More on P6



A shopkeeper carefully crafts money garlands at his shop in Maharaj Gunj market, Srinagar. KO Photo Faisal Khan

## HC Quashes Majid Hyderi's PSA Detention,

Srinagar: The High Court of Jammu and Kashmir and Ladakh on Wednesday quashed the detention order of journalist Majid Hyderi under the Public Safety Act (PSA).

Justice V K Chatterjee quashed the detention of Hyderi under PSA, advocate Mohammad Yousuf Bhat, counsel for the journalist, told PTI.

Hyderi was arrested in September, 2023 on charges of extortion and defamation. He was booked under the PSA and lodged in Kot Bhalwal Jail.

Meanwhile, the High Court dismissed a petition filed by advocate Mian Abdul Qayoom challenging his detention under the PSA. Qayoom was

## J&K Staring At 29% Forced Load Shedding In A Decade

Agencies

Srinagar: In an awful revelation, authorities have said that Jammu and Kashmir may face 29 percent of 'forced load shedding' of annual power in the year 2034-35.

Besides, the authorities have further projected that in the coming ten years, the Compound Annual Growth Rate (CAGR) of power demand is likely to increase by more than four percent in Jammu and Kashmir and Ladakh.

According to the official documents, authorities in a report have projected that "Electrical energy demand for the UT of J&K and Ladakh is increasing with a CAGR of 4.2 percent from 2024-25 to 2034-35 as forecasted by 20th Electric Power Survey (EPS) of India."

It has further said that the projections of J&K also indicate



that electrical energy demand may increase with a CAGR of 4.07 percent from 2024-25 to 2034-35.

"For satisfying resource adequacy that is meeting the electricity demand reliably and at affordable cost, the UT needs to methodically plan its capacity expansion either by investing or by procuring power," it reads.

The document states that in view of the reduction in cost of solar panels and newer technology options like battery energy storage systems, planning for long term optimal generation capacity mix gains tremendous importance so as the future generation capacity mix is cost effective as well as environment friendly. | More on P6

## Omar Abdullah Says, J&K Moving Beyond 'Evil Eye'

Press Trust Of India

New Delhi: Jammu and Kashmir is emerging out of the shadow of the "evil eye" and is on verge of reclaiming its status as one of India's leading tourism destinations, Chief Minister Omar Abdullah said on Wednesday.

He also invited people from across the globe to explore the picturesque region popularly known as 'paradise on earth'.

Speaking at the inauguration of the SATTE exhibition at Yashobhumi here, Abdullah highlighted J&K's rich and diverse offerings beyond its famous



tourist spots like Gulmarg and Pahalgam or religious pilgrimage to Mata Vaishno Devi and Amarnath shrines.

Jammu and Kashmir offers a lot more to satisfy anyone from holiday makers | More on P6

## 'Ragging Of Kashmiri Student In Karnataka Unfortunate'

Chief Minister Omar Abdullah on Wednesday said he has raised the issue of ragging of a Kashmiri MBBS student at a college in Karnataka with CM Siddaramaiah and was assured of necessary action. | More on P6

## Experts Recommend Less Water-Intensive Crops

With Jammu and Kashmir experiencing an extended dry spell, authorities have warned of an impending drought and urged farmers to shift to crops that require less irrigation. Joint Director (Extension) of the Agriculture Department, Sartaj Ahmad Shah said if the dry conditions continue, the valley will face a severe water crisis, particularly affecting paddy cultivation. | More on P6

## Rain, Snow During Next 24 Hours: MeT

The Meteorological Department Srinagar on Wednesday predicted light to moderate rain and snow over Jammu and Kashmir during the next 24 hours. | More on P6

## SHORT TAKES

### Case Filed Against Ex-MD JKHC

The Anti-Corruption Bureau (ACB) on Wednesday said to have registered a case against the then Managing Director J&K Cooperative Housing Corporation and others for illegal allotment of state land. In a statement, the ACB spokesman said that a Preliminary Enquiry (PE) was conducted to look into allegations that the J&K Cooperative Housing Corporation Ltd. (JKHC) purchased 392 kanal of land from private | More on P6

### 7 houses gutted In Ramban Fire

Seven houses were gutted in a fire that broke out in a remote village in Jammu and Kashmir's Ramban district, officials said on Wednesday. The fire broke out in a house at Syedpora hamlet of Chamalwas in Banihal area during the intervening night of Tuesday and Wednesday and spread to adjoining houses, they said. Fire and emergency services department rushed several tenders and | More on P6

### 13 Isolated Villagers Return Home In Rajouri

Thirteen more people, who were lodged in an isolation centre owing to mysterious deaths in their remote village, returned home in Rajouri district of Jammu and Kashmir on Wednesday, officials said. According to officials, with the return of these 13 people, all the 395 people lodged in three different isolation centres in Rajouri town have returned home in the past week after spending more than three weeks there. | More on P6

### 6-member SIT To Probe Kathua Murders

A six-member Special Investigation Team (SIT) headed by a superintendent of police was constituted Wednesday to probe the recent murder of two men in a remote village in Kathua district of Jammu and Kashmir, officials said. Bodies of Roshan Lal, 45, and Shamsheer, 37, were retrieved from the banks of a stream in Batheri village in Billawar on February 16. The postmortem | More on P6

### SC Defers Hearing On CEC, ECs Pleas

The Supreme Court on Wednesday adjourned the pleas against the appointments of the chief election commissioner (CEC) and election commissioners (EC) under the 2023 law. A bench of Justices Surya Kant and N Kotiswar Singh indicated that the matter would be listed after the Holi festival break due to paucity of time. However, no date was fixed for hearing the matter. Advocate Prashant Bhushan, | More on P6

### 4 Drug Peddlers Arrested: Police

Continuing its efforts to eradicate the menace of drugs from the society, Police on Wednesday said to have arrested four drug peddlers in Anantnag & Handwara and recovered contraband substance from their possession. Police party from Police Station Aishmuqam under the supervision of SDPO Pahalgam at a checkpoint established at Brad Aishmuqam and arrested two | More on P6



## 100 Days TB Intensified Campaign Admin Organizes TB Awareness Camps At Major Cement Manufacturing Plants

Observer News Service

SRINAGAR: Following the directions of Deputy Commissioner(DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat, a team of the District TB Centre(DTC) Srinagar conducted multiple TB Awareness and Screening camps at major Cement Manufacturing Plants and sites a part of the 100 Days TB Intensified Campaign.

The team inspected various Cement Manufacturing Plants including Khyber Factory, Trambo Cement Factory, and Saifco Cement Factory in the District.

During the TB Awareness and Screening Camps, District TB Officer, Dr Abdul Rouf accompanied by Medical Officer DTC, Dr Maheen Latif, emphasized the importance of early TB detection among vulnerable populations, particularly construction workers, who are at higher risk due to occupational exposure. He highlighted the role of AI-based spot X-ray screening, which enables rapid and accurate diagnosis, ensuring timely intervention and treatment.

Additionally, MO JKE-

SIS, Dr Rubina and Senior Treatment Supervisor HQ DTC Musadiq Rafiq spoke about the community's role in combating TB. They stressed that collective efforts and public awareness are crucial to achieving the goal of a TB-free Srinagar.

On the occasion, the camps provided free TB screenings, AI-based spot X-ray facilities, and expert consultations. Workers were educated on TB symptoms, prevention measures, and the importance of completing the full course of treatment. Suspected cases were immediately referred for further medical evaluation and treatment under the National TB Elimination Program (NTEP).

This initiative aims to strengthen TB elimination efforts by expanding outreach, promoting early detection, and ensuring treatment accessibility for high-risk groups. The District TB Centre Srinagar urges individuals experiencing persistent cough, unexplained weight loss, night sweats, or prolonged fever to come forward for free screening and TB treatment services.



## Ahead of Holy Month Of Ramzan Food Safety Inspections Intensified In City

Observer News Service

SRINAGAR: Ahead of the holy month of Ramzan, the Food Safety team of the Drug and Food Control Organisation, on the directions of the Deputy Commissioner(DC) Srinagar, Dr. Bilal Mohi-Ud-Din Bhat intensified the drives across the City to check the sanitary and hygiene conditions of roadside vendors and food business operators dealing with prepared food.

The inspection drives are being conducted to ensure the quality of food, especially dates, dry fruits, ready to eat food items etc as per the guideline of the Food Safety and Standards Act.

The Food Safety team headed by Assistant Commissioner Food Safety Srinagar Yameen Ul Nabi along with Food safety Officers Fayaz Ahmad Bhat and Hakeem

Adil Rashid conducted inspections at Parimpora Market and Fruit Mandi Parimpora. The team found 10 food business operators violating sanitary and hygiene standards and were fined under Section 69.

Meanwhile, the team also conducted an evening inspection at various locations in Srinagar, including Jehangir Chowk, Amirakadal, HSHS, Lal Chowk and other areas. To check the sanitary and hygiene conditions of roadside vendors and food business operators dealing with prepared food.

During the evening inspection drive as many as 8 Food Business Operators (FBOs) were compounded and two insanitary challans were submitted to the Adjudicating Office in Srinagar.

On the occasion, Street vendors were informed about food safety rules and regulations, and the importance of maintaining high

standards of sanitary and hygiene conditions in their stalls. Vendors were warned against using artificial colors in prepared food and instructed to protect food from environmental hazards.

Moreover, the Deputy Commissioner Srinagar has asked the Food Safety team to further intensify the inspections across the City to monitor the food items in the market to prevent the sale of unhealthy and expired food stuff. He also urged the food business operators to self-comply with the rules and regulations laid under the Food Safety and Standards Act. Failure to comply may lead to strict actions, including closure of their business.

In the meantime, the Food Safety Department has also appealed the consumers can contact the Drug and Food Control Organization or report their concerns on the toll-free number 104.

## KU Postpones Exams Scheduled For February 26

Observer News Service

SRINAGAR: The University of Kashmir has postponed all exams scheduled for February 26 due to the Maha Shivratri holiday.

As per an official notification issued by Assistant Controller of Examinations (Conduct) KU, stated that all exams scheduled on 26th February stands postponed.

As per a notification

a copy of which lies with Kashmir Observer reads, In view of the above Holiday on account of Maha Shiv Ratri on 26/02/2025. It is notified for the information of all the concerned candidates that the University Examination Scheduled for the said date stands Postponed.

It further reads, Fresh dates for the conduct of Postponed Papers shall be notified separately.

## MLA Lal Chowk Visits Gujar Basti Khanmoh

Observer News Service

SRINAGAR: In a public outreach initiative, MLA Lal Chowk Assembly Ahsan Pardesi on Wednesday toured several areas in Khanmoh including TCI Chak, Sangri and Gujar Basti.

Marking a historic first, he became the first legislator to set foot in Gujar Basti, where residents received him with deep

appreciation, recognizing his unprecedented engagement with their community. Pertinent to mention that there is no proper road connectivity to the hilly area of Gujar basti and one has to walk more than a km to reach out to the area where residents reside.

Addressing the gathering, Pardesi reaffirmed his commitment to equitable development.

## Anjuman-E-Auqaf Discusses Ramzan Preparations At Jamia Masjid

Agencies

SRINAGAR: Anjuman-e-Auqaf Jamia Masjid held a preliminary meeting to discuss preparations for the upcoming holy month of Ramzan, with Mirwaiz Umar Farooq chairing the session. The meeting was attended by Auqaf members and volunteers.

Mirwaiz Umar Farooq underscored the spiritual significance of Ramzan and the importance of

making proper arrangements at the historic Jama Masjid, which sees a massive influx of worshippers during the month. He stressed the need for cleanliness, uninterrupted power and water supply, smooth traffic management, and other essential facilities. The Auqaf was directed to take up these issues with the concerned authorities.

Encouraging youth participation, the Mirwaiz highlighted that contributing to mosque services is an act of worship and carries great

reward. He urged young volunteers to assist in preparations.

As part of Ramzan arrangements, the Jama Masjid is also undertaking an illumination and facade lighting project, expected to be completed before the holy month. Special audio-video equipment is being installed in the women's section to enhance the prayer experience.

The Auqaf urged people to actively participate in these efforts to ensure a spiritually fulfilling and well-managed Ramzan. (KNT)

## Capex Plan To Drive Urban Development In City Reviewed

Observer News Service

SRINAGAR: In a proactive effort to enhance urban infrastructure and public services, Commissioner, Srinagar Municipal Corporation (SMC), Dr. Owais Ahmed chaired a comprehensive review meeting to evaluate the Capital Expenditure (Capex) Plan.

This initiative is a key component of SMC's broader strategy to address urban challenges and ensure the timely execution of projects aimed at significantly improving the quality of life for Srinagar's residents.

The meeting began with the commissioner underlining the critical role of the

Capex Plan in transforming urban landscape. "Our Capex Plan is not merely a financial blueprint; it is a commitment to the people of Srinagar. We are dedicated to implementing projects that will elevate their quality of life", said Dr. Owais.

During the meeting, officers from various departments presented detailed progress reports on ongoing projects. Key focus areas included the development of city roads, improvements in waste management systems, upgrades to drainage networks, installation of streetlights, enhancements to public parks, and advancements in water supply infra-

structure. Each department highlighted achievements, identified challenges, and proposed strategies to address bottlenecks, ensuring projects are completed within the stipulated timelines.

The Commissioner stressed the importance of accountability and transparency in project execution. "We must ensure that every rupee spent is accounted for and that our projects genuinely reflect the needs and aspirations of our citizens," he said. Dr. Owais urged all SMC departments to foster open communication, enhance collaboration, and streamline processes to minimize delays.

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

**HIJRI  
CALENDAR**

21 Shaban  
1446

**PRAYERS**

FAJR 5: 55  
ZUHR 12:45  
ASR 4: 39  
Magrib 6:21  
ISHA 7: 43

### This Day In History

- 1280- Japanese Imperial Court orders all temples and shrines to pray for victory in the impending second Mongol invasion 1525- Swiss and German mercenaries desert the army of French King Francis I 1547- King Edward VI of England crowned following the death of his father Henry VIII 1613- Gerard Reynst appointed Governor-General of Dutch East Indies 1619- Trial against Johan van Oldenbarnevelt begins in The Hague for alleged crimes against the federal government 1653- Defeat of Dutch fleet under Adm Van Tromp by Admiral Blake off Portsmouth 1710-Prince John William Friso becomes Stadtholder of Groningen, Netherlands 1732- Estates of Holland ratifies Treaty of Vienna 1745- Jacobite troops occupy Fort Augustus, Scotland 1768- 1st American chartered fire insurance company opens in Pennsylvania 1798- French General Louis Alexandre Berthier forcibly removes Pope Pius VI from Rome during French occupation of Rome (Pope later dies a prisoner in Valence) 1810- Andreas Hofer, Tyrolean patriot and leader of rebellion against Napoleon's forces, executed.
- 1864 Civil War battle of Olustee, Florida
- 1921 - Riza Khan Pahlevi seizes control of Iran
- 1922 - Vilnius, Lithuania, agrees to separate from Poland
- 1932 - Japanese troops occupy Tunhua China
- 1938 - UK Foreign Secretary Anthony Eden resigns stating Prime Minister Neville Chamberlain has appeased Nazi Germany
- 1938 - Adolf Hitler announces his support for Japan during the Sino-Japanese War
- 1941 - Nazi Germany orders Polish Jews barred from using public transportation
- 1952 - Britain's Jeannette Altwegg wins the Olympic women's figure skating gold medal at the Oslo Winter Games ahead of American Tenley Albright, who goes on to win in Cortina d'Ampezzo (1956)
- 1952 - American alpine skier Andrea Mead-Lawrence is only multi-gold medalist at the Oslo Winter Olympics when she wins the slalom, after taking out the inaugural giant slalom
- 1953 - US Court of Appeals rules that Organized Baseball is a sport & not a business, affirming the 25-year-old Supreme Court ruling
- 1954 - General Zahedi wins election in Persia
- 1962 - John Glenn becomes the 1st American to orbit the Earth, aboard Friendship 7
- 1965 - Ranger 8 makes hard landing on the Moon, returns photos, other data
- 1965 - Turkish government of Uerguplu forms
- 1966 - Author Valery Tarsis banished in USSR
- 1975 - USSR performs nuclear test at Eastern Kazakh/Semipalinsk USSR
- 1975 - A feud begins between the official Irish Republican Army and the Irish National Liberation Army; the two groups assassinate a number of each other's volunteers until the feud ends in June 1975
- 1978 - Egypt announces it is pulling its diplomats out of Cyprus
- 1983 - Japan launches Tenma satellite to study x-rays (450/570 km)
- 1989 - An IRA bomb destroys a section of a British Army barracks in Terhill, England
- 1998 - UN Secretary-General Kofi Annan lands in Baghdad, for peace negotiations
- 2001 - The United States Supreme Court declines to consider an appeal by five major oil companies against Unocal's patent on production of cleaner "reformulated" gasoline sold in California
- 2003 - During a Great White concert in West Warwick, Rhode Island, a pyrotechnics display sets the club ablaze, killing 100 and injuring over 300 others.
- 2005 - Spain becomes the first country to vote in a referendum on ratification of the proposed Constitution of the European Union, passing it by a substantial margin, but on a low turnout.
- 2012 - South Korea angers North Korea as it proceeds with live fire drills in disputed Korean sea borders
- 2012 - Scientists successfully regenerate the flowering plant, Silene stenophylla from a 31,800 year

## KASHMIR OBSERVER®

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Online Editor: Syed Hamid  
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Digital Media Head: Amir Ali Shah  
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Legal Counsel: Tasaduq Khwaja  
Switchboard: (0194) 2502327 | +91 1947969705  
Editorial: (0194) 2502327  
Email: editor@kashmirobserver.net

### KO VIEW

## Beyond Government Jobs

Government jobs in Kashmir have been the gold standard of success for generations. And among them, careers in medicine, engineering, and civil services are preferred as they offer a certain social prestige and lifelong security. But as is now becoming apparent, the job market is changing, and this traditional approach to earning livelihood no longer guarantees employment. This is obvious from the prevailing rampant unemployment in J&K where thousands of educated young people—including PhD holders—are struggling to find work.

There are several reasons for this: one is that the government jobs are limited. In fact, the government can only recruit a few hundred unemployed youth annually when there are lakhs who need employment. In the first quarter of 2024 alone, 3.52 lakh youth registered with the J&K Directorate of Employment, with 1.09 lakh of them graduates and postgraduates. There are thousands of others who have not registered with the government and so aren't visible. The situation becomes challenging in the absence of alternative job options for the left-out youth. For one, the private sector in J&K, especially in Kashmir Valley, remains underdeveloped. And for another, rise of technology is also threatening to take over a substantial portion of jobs reserved for humans. In its Future of Jobs Report 2025, the World Economic Forum (WEF) has predicted that the new technology will displace 92 million human jobs by 2030. On a positive note, 170 million new jobs will be created, resulting in 78 million net new jobs.

This has created a tricky situation: In Kashmir, for instance, we have now fewer government jobs and a rudimentary private sector unable to absorb the multitude of the educated unemployed youth. Compounding the situation is the rise of Artificial Intelligence and the related technology taking over human jobs. This has created an urgent need for upskilling for not just the currently educated unemployed youth but also for those already in jobs.

That said, there are many jobs that are still outside the pale of technology. As one article published in this paper has highlighted, agriculture, and handicrafts have sustained Kashmir's economy through centuries. With the use of new technology and sustainable farming techniques, agriculture can be turned around as a profitable venture. Similarly, reviving carpet weaving, pashmina production, and woodworking can create jobs while preserving Kashmir's rich heritage. Ironically, these occupations haven't appealed to our educated youth drawn to the allure of the secure government jobs. But this mindset has to change, if there has to be a sustainable solution to the problem of unemployment.



### Did You Know?

Insights for Kashmiri Investors on Tapping Chinese and American Stocks

Irshad Mushtaq

In recent times, the Indian stock market has experienced notable volatility, causing concern among investors. However, this presents an opportunity for Kashmiri investors, and by extension, all Indian investors, to diversify their portfolios by exploring international markets, including Chinese and American stocks like Facebook, Google, and Netflix. Following the pandemic, international investors poured substantial funds into the Indian market. This influx greatly fueled market growth, but these investors also took profits and redirected funds towards other burgeoning markets, notably in China. This shift led to an upswing in Chinese markets by about 20-30%. However, post-2024, the Chinese market's performance plateaued. For Kashmiri investors seeking to expand their investment horizons beyond local boundaries, the good news is that participating in global markets is more feasible than ever. Thanks to advancements in digital technology and regulatory provisions, you can now invest in international stocks without the cumbersome process of setting up foreign brokerage accounts. You can access global markets using your existing brokerage accounts in India. Many Indian mutual funds and Exchange Traded Funds (ETFs) provide exposure to global equities. Additionally, several Asset Management Companies (AMCs) in India offer international mutual funds and ETFs that invest in overseas shares, including those in China and the US. Moreover, products like International Funds and Global Mutual Funds are structured for Indian investors looking to benefit from global diversification, helping hedge against domestic market risks. Investors can also use Employee Provident Fund (EPF) linked investments as a means to include these international elements in their portfolios, thanks to the ease of digital access. This shift to global markets provides an excellent opportunity for diversification, allowing investors to manage their risk more effectively while potentially enhancing returns. With technology aiding seamless investment processes and the regulatory frameworks enabling access, now is an opportune moment for Kashmiri investors to explore these international avenues. In conclusion, Kashmiri investors should remain informed and vigilant, leveraging these global opportunities to strengthen their portfolios and achieve robust financial growth in a rapidly integrating world market.

Excited to learn from the insights of @Irshad Mushtaq, Writer, Investor, Entrepreneur & Founder of M I Securities! Connect at [miscurities@bp.sharekhan.com](mailto:miscurities@bp.sharekhan.com).

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# How Competitive Exams Like NET and SET are Harming Academia



Nowsheena Mushtaq

“If we really want to foster bright minds to opt for research, we must have an evaluation system that values creativity, critical thinking, and research aptitude over rote memorization and performance in a single paper. A more rounded approach could happen through evaluating research proposals, taking interviews before a panel of experts, and giving weightage to a candidate's published work rather than depending only on one examination

In India, competitive exams such as the National Eligibility Test and State Eligibility Test are considered the gates for aspiring researchers and professors. Assessment of one's ability for lecturership and research—the basic purpose of these exams—often raises the glory of intelligence. However, this is far from the truth. Intelligence encompasses many facets and cannot be drilled down to only standardized testing patterns. Many brilliant minds who carry an ardent desire for research and innovation are prevented onto this path due to the rigidity imposed by these examinations, which prioritize rote learning and speed over genuine interest.

An intelligent student may show excellent analytical thinking, creativity, and problem-solving abilities. However, such qualities may not have much significance for performance in time-bound examinations that are totally memory-based. Many brilliant researchers down the ages, including Albert Einstein, never fared well in conventional academic assessments. In India, where research as a culture is meant to go beyond those confines by exploring new ideas, these tests act as sundry filters rather than facilitators; thereby dismissing candidates with potential for great contributions, simply because their talents are not in the area of conventional test-taking.

Besides, the straitjacket nature of these exams undermines any diversity in research. Most students spend years preparing for NET and SET rather than performing any worthwhile academic work. This is a sheer waste of their potential and, in

turn, hampers research in India. Higher education ought to be conducive to curiosity and innovation, not a hindrance to those genuinely wanting to contribute. While some form of assessment is required, the present system does not take into account the practical aspects of research capability, independent thinking, and real intellectual profundity.

Yet another major flaw of these exams is that they do not assess a candidate's ability to actually do research. Writing a research paper, conducting a set of experiments, and theorizing are all functions that require critical thinking and originality—things that are hardly ever tested in a multiple-choice format or theoretical papers. Therefore, several who clear these exams may not actually be the best researchers, leaving out many real gems who just do not fit into the neat little rigid examination mould.

Moreover, research entails an ability to question well-established knowledge, perseverance, and a good grasp of science. Hence, many students who intrinsically enjoy research lose their motivation after repeated failures in these competitive examinations, which do not assess their realistic abilities. The frustrations involved with clearing NET and SET compel many to take coaching classes, solve previous years' papers, and cram rather than indulge in meaningful exploration of their subject.

The next burning concern relates to the socio-economic barrier set by these examinations. During such extreme conditions for preparation with the right environment and support system, lots of very brilliant aspirants belonging to very rural or underprivileged back-

grounds have no access to expensive coaching institutes and study materials whereas their more fortunate counterparts do. Hence, the exams tend to favor those with financial access over others who show great raw intellectual potential.

The various facets of reforming India's research ecosystem go beyond traditional exam-based methods. If we really want to foster bright minds to opt for research, we must have an evaluation system that values creativity, critical thinking, and research aptitude over rote memorization and performance in a single paper. A more rounded approach could happen through evaluating research proposals, taking interviews before a panel of experts, and giving weightage to a candidate's published work rather than depending only on one examination.

Till then, intelligent students shall be held captive by a system that cannot decipher test scores from genuine potential. If India seeks to become a world power in research and innovations, it must realize that intelligence and creativity cannot be gauged by a single examination; rather, these attributes characterize a person's lifelong passion for knowledge and discovery.

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

The author has completed her Masters in English literature and is currently an educator in Birla Open Minds International School Pampore. She can be reached at [nowsheen9051@gmail.com](mailto:nowsheen9051@gmail.com) for feedback



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## Gender Sensitisation With Law

GENDER inequality is a long term problem in our society even today women are discriminated against in many ways. In India's social context, women are legally entitled to equal rights, but there is a great need to sensitize society on gender issues so that there is no problem. Women have the right to be free from violence, harassment, and discrimination. Removing the barriers of an unsafe environment can help women fulfill their potential as individuals and contributors to work, communities, and economies.

Gender sensitivity can go a long way to ensure this. Gender sensitization is the modification of behavior so that there are greater awareness and empathy to create gender equality. The National Family Health Survey suggests that 30 percent of women in India in the 15-49 age group have experienced physical violence since the age of 15. The report further reveals that about 31 percent of mar-

ried women have experienced physical, sexual, or emotional violence by their husbands.

Women are discriminated against not only in the womb and childhood but also in every sphere of life. Women are forced to face the day-to-day challenges and limitations in their lives, to ensure their ability for personal development and freedom, and gender equality, to live a better and dignified life, towards an inclusive and secure society. The first step. Gender sensitization will help dispel many assumptions about our being male. Gender sensitization and widespread social change are needed to end gender crimes.

The root cause of gender discrimination is the patriarchal mind prevalent in Indian society. Although this is now changing with urbanization and education, there is still a long way to go. The uneven balance remains due to social conditioning and the incidence of rigid gender con-

structions. If the child's education is low, they reduce the likelihood of violence. Gender sensitization is a basic requirement for understanding the sensitive needs of a particular gender. It helps to examine our attitudes and beliefs and to question 'realities'.

According to WHO estimates, less than 40 percent of women experiencing violence seek the help of any kind. Women who ask for help go to family and friends and see very few formal institutions and systems, such as police and health services. Less than 10 percent of those women who sought help to experience the violence appealed to the police. The "latest" data indicates that police file charge sheets in 86% of rape cases but trial courts are only able to settle 13% of pending rape cases with a reduced conviction rate of 32%. In cases of child rape, the conviction rate is 34.2% and the pendency is 82.1%.

Parents have a responsibility in the proper upbringing of a male child.

Boys and girls should be raised in an atmosphere of freedom and a culture of mutual respect. It is important to implement and implement and implement policies that promote gender equality by ending discrimination against women in marriage, divorce and custody laws, inheritance laws, and ownership of assets. The focus should be on what can be done, what is currently lacking, and the constant effort to measure the results otherwise this outrage will pass without even meaningful change.

There is a need for comprehensive and systematic research and analysis on crime against women at the central, state, district, and block levels. Overall, issues related to women's safety should be considered more than ever.

Dr Satywan Saourabh  
[satywansaurabh3333@gmail.com](mailto:satywansaurabh3333@gmail.com)

# Is Social Media Helping or Hurting Kashmir?

Zubair Lone

On a cold February afternoon, Mohsin Mir, a 24-year-old content creator from Sopore, sat in a café scrolling through his phone, checking the engagement on his latest Instagram reel.

"Social media has given us a voice," he said. "Earlier, we had to rely on traditional media, but now we can put out our own narratives, our own stories."

For many young Kashmiris like Mir, platforms like Facebook, Instagram, Twitter, and YouTube are more than just sources of entertainment—they are spaces for political expression, cultural revival, and citizen journalism. But even as social media empowers individuals to share their realities, it has also amplified misinformation, turned personal struggles into viral content, and blurred the lines between journalism and digital spectacle.

One of the most troubling examples came a few days ago when a group of self-proclaimed "citizen journalists" filmed a mentally ill man in north Kashmir's Baramulla district, who had made a mini-Kaaba-like structure, asking him provocative questions for engagement. The video spread rapidly across Facebook, Twitter, Instagram, and WhatsApp, with users sharing and laughing at the man's responses.

Local journalist Faizan Qureshi, who has covered media ethics in Kashmir, called it a "disturbing moment for digital journalism."

"The story was there, but it wasn't reporting. It was exploitation for views," he said. "We have entered a phase where everyone with a smartphone thinks they are a journalist, but few understand the ethics that come with it."

Jehangir Ali, a senior journalist, took to X to comment on this issue:

"What does it say about the

mental state of the journalists who interview a mentally unstable person about how to perform Hajj and Umrah at his mini-Mecca?"

The rise of unregulated digital reporting has coincided with a decline in trust in mainstream media. With growing restrictions on traditional outlets, many young Kashmiris have turned to social media-based news pages for updates on local events. Some of these pages, run anonymously, break stories faster than newspapers or television channels. But speed often comes at the cost of verification.

Social media in Kashmir connects people and spreads information, creating a more informed society. However, it also fuels digital chaos, where trends can overshadow facts. While it mobilizes communities, it also spreads misinformation, posing challenges. Its impact depends on how it is used—either as a tool for awareness or a source of confusion.

"When something goes viral, it spreads fast, shaping opinions before facts are verified. People often accept trending narratives as truth without questioning their accuracy," says journalist Sajid Raina.

"And if the information is misleading, it can ruin reputations, fuel conflicts, and mislead entire communities. A single false claim, amplified by shares and likes, can outweigh real facts. The question is—do we pause, verify, and think critically, or do we blindly trust what appears on our screens? In an age where perception often matters more than reality, the responsibility to seek the truth lies with us."

But it's not just misinformation that is shaping Kashmir's digital landscape. Social media has also become a powerful tool for cultural expression. Over the past few years, young Kashmiri artists, musicians, and influencers have used Instagram and



“At the same time, social media's influence on Kashmiri culture has brought its own challenges. The obsession with virality has led to a rise in superficial content, with young influencers prioritizing trends over meaningful storytelling. Instagram reels and TikTok-style videos dominate, often overshadowing more serious discussions on issues that matter”

YouTube to showcase their work, reaching audiences beyond the valley.

Seerat Hafiz, a content creator from Srinagar, credits social media for giving her a platform she could never have imagined.

"Social media allows me to

showcase to the world that a veil doesn't obstruct anything—you can exist and have fun with it on. On my personal platform, I can be myself and express the voice of niqabis most importantly."

"I record both at home and outdoors—no professional set-

tings at this point. I also do things on a whim, however I feel like, so my content includes both seriousness and absolute fun," she added.

At the same time, social media's influence on Kashmiri culture has brought its own challenges. The obsession with virality has led to a rise in superficial content, with young influencers prioritizing trends over meaningful storytelling. Instagram reels and TikTok-style videos dominate, often overshadowing more serious discussions on issues that matter.

"It's becoming a race for likes and shares," said journalist Adil Sofi. "There's a difference between creating content and creating noise."

The political impact of social media in Kashmir is equally significant. With traditional campaigning changing, political parties have also embraced digital platforms to engage with voters,

spread their messages, and counter narratives. During election seasons, Twitter hashtags trend within hours, while Instagram and Facebook are flooded with campaign reels.

However, this digital shift has also created new challenges, particularly in the form of online polarization. Social media algorithms push people into echo chambers, reinforcing their existing beliefs while making constructive debate nearly impossible.

"From one point of view, social media acts as a tool for empowerment, where social realities and issues are being highlighted and given voices. From another perspective, it's distorting realities," states media research scholar Azhar.

"Social media is a public sphere where anyone can share anything. But people with no media literacy accept everything that's being shared. Such people are susceptible to being trapped in propaganda and in believing and sharing rumors."

Despite these complexities, few in Kashmir would argue that social media hasn't been transformative. It has provided a space for independent voices, enabled new business models, and created opportunities for artists and journalists.

But as the digital landscape evolves, the question remains: Is social media truly empowering Kashmir, or is it distorting its realities?

For Mir, who continues to build his audience online, the answer is somewhere in between. "Social media is a tool," he said. "It depends on how we use it. If we don't use it responsibly, we risk turning it into a mirror that reflects only what we want to see, not what actually is."

The author is an intern with Kashmir Observer

## Decoding Burnout

Kyle Emanuel Brown

Ever feel like a smartphone stuck at 1 percent battery? Your screen dims, your apps freeze, and even the simplest task takes forever. That's burnout—not just exhaustion, but a full system shutdown. Unlike your phone, though, you can't just plug in and recharge.

Here's the counterintuitive truth: Burnout isn't just stress—it's a signal that something deeper is off. While stress keeps you pushing forward, burnout slams on the brakes, cutting off motivation and making even things you once loved feel draining.

Most solutions focus on managing stress, but stress isn't the real problem. Burnout happens when the reward value of your work disappears—when what once fueled you no longer does. That's why self-care alone doesn't fix it. The solution isn't just rest—it's realignment.

### What Burnout Really Is: The Loss of Motivation

Burnout isn't just about working too hard—it's about working hard at something that no longer feels meaningful. While stress floods your body with cortisol, burnout shuts down motivation altogether (McEwen & Gianaros, 2011).

You may still be pushing forward, believing effort will solve the problem, but something in your work—or in you—has changed. You're grinding through, relying on willpower rather than enthusiasm.

This is exactly what's happening in medicine today. Many doctors enter the profession to help people, but as the system prioritizes insurance metrics over patient care, they find themselves buried in paperwork instead of deep conversations with patients. The human connection that once fueled them is gone. They're not just stressed—they've lost the reason they loved their work in the first place.

### When Willpower Replaces Enthusiasm

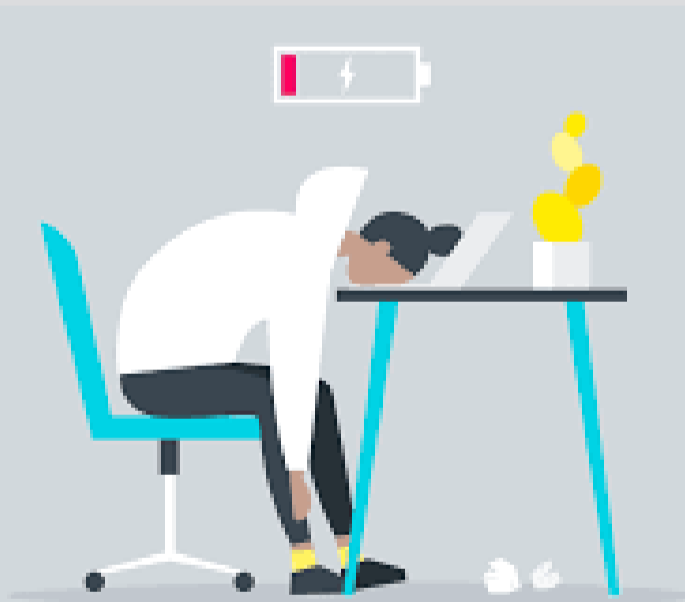
Willpower is a finite resource. You can push through for a while, but eventually, you'll hit a wall. Enthusiasm, on the other hand, is self-sustaining—it fuels itself.

Think of it like running a marathon. If you start out energized, connected to why you're running, and excited for the journey, you'll go farther. But if you're running just to prove you can, forcing yourself forward, step by step, on sheer grit alone—you'll eventually collapse.

This is where so many high achievers go wrong. They assume they just need to work harder, push through, and get more disciplined. But grit isn't the answer if you're running in the wrong direction.

Instead of asking, how can I push through? ask, why am I pushing so hard in the first place?

### Burnout Is a Compass, Not a Curse



**THINK OF IT LIKE RUNNING A MARATHON. IF YOU START OUT ENERGIZED, connected to why you're running, and excited for the journey, you'll go farther. But if you're running just to prove you can, forcing yourself forward, step by step, on sheer grit alone—you'll eventually collapse**

Imagine driving with a flashing check engine light. Most people

ignore it until smoke pours from under the hood. Burnout is that warning. It's not trying to ruin your life—it's trying to save you from a breakdown.

What is burnout telling you? Maybe you're pouring energy into things that don't align anymore. Maybe external forces have changed your work in ways that drain you. Maybe you've lost touch with the spark that once drove you.

This is why stress-reduction techniques alone don't fix burnout. You don't just need rest—you need to reconnect with what energizes you.

### Total Self-Trust: The Key to Realignment

The antidote to burnout isn't only less stress—it's total self-trust. This means trusting yourself enough to:

- Recognize when something isn't working.
- Shift course instead of pushing harder.
- Prioritize what energizes you over what drains you.

It means giving yourself permission to stop, reevaluate, and make changes before burnout forces your hand.

### Step 1: Mindfulness—Your Internal Compass

Mindfulness isn't just meditation—it's awareness. Studies show that mindfulness-based stress reduction (MBSR) significantly lowers burnout symptoms and enhances resilience (Grossman et al., 2004).

Try this: Every morning, ask yourself, What's one thing I need today to feel aligned? Not just productive but aligned. Maybe it's setting a boundary, taking a break, or doing something creative.

Mindfulness helps you catch burnout before it spirals—by noticing where your energy is going.

### Step 2: Breathwork—The Body's Reset Button

Breathwork isn't just automatic—it's a tool for stress relief. Slow, intentional breathwork lowers cortisol and shifts the nervous system into recovery mode (Jerath et al., 2006).

Try this: Practice 4-7-8 breathing—inhalé for four counts, hold for seven, and exhale for eight. Repeat five times.

This is a physiological reset—helping your body feel safe so you can think clearly.

### Step 3: Energy Amplification—Reignite Your Fuel

Energy isn't just about time management—it's about where you're sourcing your motivation.

Try this: Instead of asking What do I have to do today? ask What do I get to do today? This small shift can reconnect you with gratitude and bring back a sense of meaning to your work.

Schedule one thing this week that genuinely excites you. Not something you "should" do—something that lights you up.

### The Gift of Burnout:

### Realignment

Burnout isn't trying to take you down—it's pointing you toward what truly matters.

Realignment isn't just about reducing stress—it's about adjusting your focus so your energy is going toward what fuels you. It's about shifting from force to flow.

When burnout hits, ask yourself:

- Am I doing this out of obligation or enthusiasm?
- Has something in me—or my work—changed?
- What would feel truly energizing right now?

Burnout is an invitation to pivot—not give up.

### Quick Start Guide: From Burnout to Total Self-Trust

1. Pause and Reflect: What is burnout trying to tell you?
2. Mindfulness Check-In: What do you need today to feel aligned?
3. Breathwork Reset: Use the 4-7-8 method to lower stress.
4. Energy Amplification: Do one thing this week that excites you.
5. Shift From Willpower to Enthusiasm: Focus on what fuels you, not just what drives you.

### Closing Thoughts

Burnout isn't a dead end—it's a recalibration point. It's your body's way of saying: This isn't sustainable. Let's find a better way.

You don't need more discipline—you need more trust in yourself. By embracing total self-trust, reconnecting with enthusiasm, and making space for realignment, you can break free from burnout and move toward a life that truly energizes you.

Are you ready to listen to what burnout is really telling you?

The article was originally published by Psychology Today





## Have Always Liked Champions Trophy As A Tournament: Kohli

Press Trust of India

**DUBAI:** Indian superstar Virat Kohli has always liked the format of Champions Trophy as it demands the eight participating teams to be at their best from the get go.

The Champions Trophy is taking place for the first time since 2017 when India lost the final to Pakistan. India open their campaign against Bangladesh here on Thursday.

"The tournament is happening after a long time. I have always liked this tournament. It represents consistency as you have to be in the top 8 of the rankings (to qualify). The level of competition is always good," Kohli told Star Sports.

Kohli, who has played three editions of the 50-over event in 2009, 2013 (when India won) and 2017, likened the tournament to the fast-paced T20 World Cup.

"In ODI format, it creates the pressure of a T20 World Cup. There also you have three or four games in the league stage. If you don't start well, you are under pressure. The pressure is from the first game itself and that is why I like it, you have to be at your best from game one," said the former India captain.

India will play their remaining league games against Pakistan on February 23 and New Zealand

on March 2. While the tournament host is Pakistan, India will be playing all the games in Dubai as part of the event's hybrid model.

Kohli will be aiming for a bagful of runs in the tournament after a tough Test tour of Australia. He was back amongst the runs in the preceding ODI series against England, scoring a half-century in the final game in Ahmedabad.



### Short TAKES

#### Budgam Girl Wins Gold Medal In Pencak Silat Women's League

**B**ilqis Maqbool, a resident of Budgam, pursuing Bachelor's Degree in Physical Education and Sports from Guru Nanak Dev University Punjab, won gold medal in 70-75 weight category at Asmita Khelo India Pencak Silat Women's League (North Zone) held in Agra.

Reflecting on this achievement, Bilqis expressed immense joy and honor, emphasizing the significance of this victory after facing multiple setbacks and defeats. "I am absolutely delighted and honored to have achieved this milestone. Winning the gold medal at the North Zone level is a testament to my hard work, dedication, and perseverance. Beating strong contenders from Haryana and Uttar Pradesh was a thrilling experience, and I am thrilled to have made a successful comeback after a two-year hiatus," she said.

The journey to this victory was not without challenges. A series of defeats had led to a breakdown, making the road to recovery a tough one. However, with unwavering support from family, Coach Mohammad Iqbal, and parents, she has found the strength to regain focus and determination. (KNO)

## JKMBA Celebrates Annual Day, Honours Cyclists' Achievements



Observer News Service

**SRINAGAR:** The J&K Mountain Biking Association (JKMBA) celebrated its Annual Day at Nigeen Club on Tuesday, highlighting the outstanding cycling achievements of 2024. The event was graced by Mehmoed Ahmad Shah, MD of KPDC, as the chief guest.

JKMBA President Riyaz Ahmad Wani presented the group's milestones, including total kilometers covered by members, top individual performances and major cycling challenges conquered throughout the year.

The event recognized the exceptional contributions of various cyclists and also introduced JK MBA's junior wing, aimed at nurturing young cycling talent in the region.

JKMBA also invited prominent sports groups from the Valley, including representatives from JK Mountaineering and Adventure Club (Sayeed Tahir), Kashmir Mountain Biking Association (Mushtaq Ahmad Bhat), Badamwari Athletes (Bilal Ahmad), Kashmir Runners Club (Parvaiz Ahmad Khan), and Flying Machine Cycling Club (Rafiq Ahmad).

Awards & Recognitions

**Irfan Mir:** Completed a single-day ride of 433.94 km at 24.4 km/h, covered 8,050 km in a year, and secured 3rd place in Jammu

Duathlon 70.3 (Solo, under 40 years).

**Sajad Yousuf Chotta:** Achieved a 433.94 km single-day ride, was crowned Champion of Jammu Duathlon 70.3 (Solo, 40-59 years), and recorded an annual distance of 8,200+ km.

**Dr. Riaz Ahmad Sofi:** Covered 8,200+ km, organized two pediatric health camps in North Kashmir, and completed four ultra-distance rides over 200 km.

**Riyaz Ahmad Wani:** Logged 9,001 km across 249 rides, with a total elevation gain of 56,345 meters.

**Nazir Ahmad Wani:** Rode 270 km in a single day and covered 6,000 km in a year with a 32,032-meter elevation gain.

**Yasir Yousuf Makhdoom:** Completed 365.14 km in 18 hours, won Jammu Duathlon 70.3 (Relay), and covered 7,240 km in 2024.

**Er. Mushtaq Ahmad Wani:** Winner of Jammu Duathlon (Olympic Distance Solo, 60+ age group).

**A R Bhat:** Created history by cycling 365 km in 18 hours and 37 minutes on an MTB.

**Abd Al Hanaan:** Named Emerging Rider of the Year, covered 4,700 km across 211 rides, with a 263 km ride in 13 hours and 52 minutes.

**Jaleed ul Mushtaq:** Recognized for discovering and promoting new MTB routes in South Kashmir.

## Downtown Heroes (R) Win District Police Srinagar Football Tourney



Observer News Service

**SRINAGAR:** Downtown Heroes FC (Reserves) emerged victorious in the District Police Srinagar Football Tournament 2024-2025, held under the Civic Action Programme at Polo Ground Srinagar.

The team's remarkable performance and dedication to the sport earned them the top spot in the tournament. The final match saw Downtown Heroes face off against SFA with the intense match ending in a 2:1 victory for the Heroes.

"We are thrilled to have won this prestigious tournament," said Head

Coach of Downtown Heroes. "Our team has worked tirelessly to perfect their game, and this victory is a testament to their hard work and dedication."

"Downtown Heroes FC has been actively promoting football in the region, providing opportunities for young players to develop their skills and promoting social values through the sport," the club said in a statement.

"The team's victory in the District Police Srinagar Football Tournament 2024-2025 marks a significant milestone in their journey, and they look forward to continued success in the world of football."

### Sudeva, TV9 To Hold U-13/15/17 Trials In Srinagar & Sopore

**T**TV9 Network, in collaboration with Sudeva Delhi FC and J&K Football Association, has launched the groundbreaking "Tigers & Tigresses" initiative. Under this program, talented boys and girls will be selected and awarded a full scholarship at Sudeva FC and an exclusive international training camp in Austria, Europe.

In Srinagar, the trials will take place on February 27 at TRC Ground. Under-13 boys and U-13, U-15, U-17 girls' trial will be held between 9-10 AM. U-15 and U-17 boys' trial will be held between 12 to 1 PM.

In Sopore, the trials will take place on February 28 at MET School. The timings are same as mentioned above.

## Gill Dethrones Babar To Become No. 1 Batter In ODI Rankings

**I**ndia vice-captain Shubman Gill on Wednesday dethroned Babar Azam of Pakistan from the No. 1 spot in the ICC ODI Rankings for batters on the back of his strong show against England in the recent home series.

The ICC issued the latest rankings just ahead of the start of the eight-team Champions Trophy in Karachi with the match between Pakistan and New Zealand.

Gill, who scored two fifties and a century in the recent three-match ODI series against England at home which India won 3-0, jumped one place to the No. 1 spot. He now has 796 rating points compared to Babar's 773.

India skipper Rohit Sharma is placed at the third spot with 761 points followed by South Africa's Henrich Klaasen and New Zealand's Daryl Mitchell at fourth and fifth respectively.

## New Zealand Beat Pakistan By 60 Runs In CT Opener

**N**ew Zealand underlined their title aspirations with a 60-run victory against defending champions Pakistan in a Group A match of the Champions Trophy at the National Stadium on Wednesday.

Will Young struck 107 and Tom Latham smashed an unbeaten 118 to help New Zealand overcome a sluggish start and post a commanding 320-5 after being put into bat.

Glenn Phillips chipped in with a brisk 61 as New Zealand breached the 300-mark, which had looked like a distant dream after their wobbly start.

Pakistan were all out for 260 in 47.2 overs with Babar Azam (64) and Khushdil Shah (69) scoring half-centuries but the hosts never looked in the hunt.

28<sup>th</sup> year OF PUBLICATION

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