



www.elitepluscentre.com

ElitePlus

DENTAL & DERMA CENTRE

+91-9797703533 | Vintage Mall, 2nd floor Jawahar Nagar, Srinagar

This cutting-edge technology effectively reduces dark spots, melasma, and sun damage, revealing a radiant complexion with minimal downtime



BOOK APPOINTMENT

Kashmir's Fire Hazard: Are Our Homes Safe Enough?

Hirra Azmat

Srinagar: 'Luxurious House for Sale!' 'Sapnon Ka Ghar!' 'The Wait Is Over—Your Dream Home Awaits!' Every other reel on your Instagram feed is flooded with property ads. The sleek interiors and stunning aesthetics might keep you watching till the end—even tempting you to check the price. But how often do we stop to think about fire

safety and the role of architecture in it.

According to the official data, nearly 600 fire incidents were reported in Srinagar in 2024, and in the same year Budgam district witnessed 276 incidents. In just January of this year, Kashmir saw 41 fire incidents, including 9 in Srinagar. These alarming figures highlight a critical issue—the growing fire load and the lack of proper fire



safety measures in our homes. Speaking to Kashmir Observer, Hakim Danish, an assistant professor at the Department of Architecture, Planning & Geomatics, Islamic

6 MOST OF HOUSES IN KASHMIR ARE CONSTRUCTED/ DESIGNED WITHOUT ARCHITECTURAL consultation and often go unsupervised for fire safety which leads to poor adherence to fire codes in new buildings."

University of Science and Technology (IUST) explained that Kashmir faces several

critical fire safety issues that are often overlooked during construction and home design.

"One major concern is the lack of compliance with fire safety codes. Many buildings do not follow essential fire gap guidelines. Additionally, Mechanical, Electrical, and Plumbing (MEP) design is frequently neglected, even though it plays a crucial role in preventing fire hazards. Poor electrical | [More on P6](#)

J&K Govt Gears Up For Budget Session

Agencies

Srinagar: In preparation for the upcoming budget session of the Jammu and Kashmir Legislative Assembly scheduled for March 3, 2025, the administration has issued directives to all departments to appoint nodal officers and establish question cells at the departmental level.

According to an official order, the heads of departments have been instructed to nominate nodal officers and set-up question cells to provide timely and accurate responses during the session. The order also mandates that all government employees remain stationed at their respective offices throughout the session to ensure smooth proceedings.

"No officer or official shall leave their station without prior approval during the session to ensure the smooth conduct of proceedings," reads the order. It further stated that administrative secretaries and heads of departments must ensure compliance with these directives.

Reports indicate that 82 out of 90 Members of the Legislative Assembly (MLAs) have submitted nearly 800 questions and 80 private members' bills. | [More on P6](#)

CM Concludes Pre-budget Consultations

Chief Minister Omar Abdullah on Thursday held separate meetings with elected representatives from Kishtwar and Doda districts here as he concluded his pre-budget consultations. Abdullah said the series of consultations with public representatives from all 20 districts of Jammu and Kashmir had provided valuable insights into the | [More on P6](#)

HC Transfers 34 Judicial Officers

KO Correspondent

Srinagar: Twenty-five district judges were among 34 judicial officers transferred by High Court of J&K and Ladakh on Thursday.

According to an order issued by Registrar General, Shahzad Azeem, Jaffer Hussain Beg, Principal District and Sessions Judge (PDSJ), Srinagar has been transferred and posted as District Judge, Leave Reserve, Jammu.

Tasleem Arief, Registrar Vigilance, High Court of J&K and Ladakh has been transferred and posted as PDSJ, Srinagar.

Shazia Tabassum, PDSJ, Kupwara, has been transferred and posted as Member Secretary, J&K Legal Services Authority.

Rajinder Sapru, Registrar Rules, High Court of J&K and Ladakh, has been transferred and posted as PDSJ, Rajouri.

Naseer Ahmad Dar, PDSJ, Pulwama, has been transferred and posted as Additional District and Sessions Judge (ADJS), Baramulla. Rajiv Gupta, PDSJ, Rajouri, has been transferred and his services have been placed at the disposal of the Chief Justice for his appointment as Registrar Vigilance, High Court of J&K and Ladakh.

Kamlesh Pandit, Additional District Judge (Bank Cases), Jammu, has been transferred and posted as ADJS, Udhampur.

Sudhir Kumar, Presiding Officer, | [More on P6](#)

Is Kashmir Running Out of Water? After Achabal & Tral, Bulbul Nag Runs Dry



Zubair Lone

Srinagar: Kashmir is facing a severe water crisis as several of its renowned natural springs have dried up due to a prolonged dry spell. The most recent casualty is the Bulbul Nag spring in Nawa, Pulwama, which formerly sustained nearly 40 villages. This spring, a lifeline for generations, once yielded approximately six lakh gallons of water daily, but its flow has dwindled to less than

one lakh gallons, leaving thousands struggling.

This alarming situation mirrors the fate of other vital springs: the Achabal spring in Anantnag, a historic Mughal-era site, has ceased flowing entirely, and the Dilnag spring in Tral, another crucial water source, has been reduced to a lifeless pit due to dwindling water levels and pollution.

The main reason behind this crisis is the 79% rainfall deficit in Jammu | [More on P6](#)

Worst Rainfall Deficit In 8 Years

From December 1, 2024 to February, 20, 2025, Kashmir has recorded the worst-ever rainfall deficit in the past eight years. The data reveals that the Valley has witnessed 70% deficit rainfall between December 2024 to February 2025. The data states that 2019 was | [More on P6](#)

What Lies Ahead?

Zubair Lone

Kashmir's water crisis is no longer a looming threat—it is happening now. With the region facing prolonged dry spells and experts warning of increasingly erratic weather patterns, the | [More on P6](#)

Fresh Snowfall, Rains Bring Respite

Observer News Service

Srinagar: After an unprecedented dry spell, several higher reaches of Kashmir, including popular tourist destinations, received fresh snowfall on Thursday, while intermittent rains lashed the plains, offering a glimmer of hope in the face of a severe precipitation deficit.

As per the details, Sonamarg and Doodhpathri in central Kashmir received nearly 10 inches of snowfall in the last 2 hours while several other areas in South Kashmir also experienced

light snowfall.

The plains of Jammu and Kashmir were however lashed by the rains with the details revealing that a rainfall of 8.0 mm was recorded at Sangam station while 6.0 mm rain-

fall was recorded in Srinagar's Ram Munshi Bagh. Khudwani and

Batkoot also recorded a rainfall of 11.0 mm each during the period.

These stations have been witnessing a reduction in the water level for the last some time in wake of the prolonged dry spell and low precipitation for the last three months.

However, | [More on P6](#)

CM Stresses On Climate Change Awareness

Reiterating that Jammu and Kashmir is facing a severe threat from climate change, particularly in the form of a water crisis, Chief Minister Omar Abdullah on Thursday stressed the need for greater awareness and action. "We are not doing enough to educate our people

about what is happening with climate change and the dangers it poses. A lot of that responsibility lies with us as political leaders," Abdullah said. Addressing the inaugural session of a three-day workshop on 'capacity building in innovation pedagogy for the implementation of National

Education Policy' at University of Jammu, the Chief Minister highlighted the alarming precipitation deficit in the Union Territory. "Until this morning, when the rains finally came, we were facing an 80-85 percent precipitation deficit this winter, signaling a major | [More on P6](#)

Bashing 'Peace-Loving Citizens' Will Cost Us Peace: HC

Says Stale Grounds Can't Be Made Basis For Detention Order

M Ahmad

Srinagar: While quashing journalist Majid Hyderi's detention order under Public Safety, the High Court of J&K and Ladakh has observed that if "peace loving citizens" like him are treated in such a harsh way, by bashing and thrashing them, and placing them under preventive detention, then we will lose "peace" and "peace loving citizens."

"It is very unfortunate that respondents (authorities), in their Reply Affidavit, have labelled the detenu (Hyderi) as "not a peaceful citizen of India," a bench of Justice Vinod Chatterji Koul said.

"If we treat detenu, like peace loving citizens, in such a harsh way, by bashing and thrashing them, and placing them under preventive detention, then we will lose "peace" and "peace loving citizens," the court said, adding, "Instead of appreciating

the detenu (Hyderi), he has been placed under preventive detention. Instead of rewarding mother of detenu, she has been forced to see her son detained in preventive detention for none of his faults."

Hyderi in his petition had detail out a certificate issued by Radio Kashmir, Srinagar, on 10th December 2017, wherein Director

(PH) Radio Kashmir, Srinagar, on behalf of All India Radio, has expressed gratitude to his mother and her family, for extending her unequivocal services to the country at a critical time in national broadcasting history.

Hyderi had also annexed with his petition news reports "beamed" by him, stating that how J&K Police took care of and kept the militancy at bay and nipped it.

"There are even various news reported by the detenu, by which he praised the Prime Minister of India, the Home Minister, | [More on P6](#)




NATIONAL STARTUP FESTIVAL

22-23 February 2025, JAMMU



Sh. Narendra Modi
Hon'ble Prime Minister

Inauguration by

Dr. Jitendra Singh

Hon'ble Union Minister of State (I/C) for Science and Technology and Earth Sciences,
Minister of State in the PMO, Ministry of Personnel,
Public Grievances & Pensions, DoAE, Department of Space
and Vice President, CSIR



Dr. Jitendra Singh
Hon'ble Union Minister of State
and Vice President, CSIR

Venue: Government College for Women, Gandhi Nagar, Jammu



Subject: Grant of registration of the proposed Homestay unit under the name & style of M/s. GULF STAY INN HOMESTAY " situated at MEHJOOR NAGAR, SRINAGAR

PUBLIC NOTICE

Whereas I Mr./Ms Shazia Bashir W/o Asif Majid Khan R/o Zero Bridge Raj Bagh, Srinagar intends to apply in the Department of tourism for registration of my proposed Homestay unit under the name and style " M/s. GULF STAY INN HOMESTAY " situated at MEHJOOR NAGAR, SRINAGAR KASHMIR under Tourist Trade Act 1978/82/2011-12.

Whereas, I will submit state subject/Domicile certificate, Qualification Certificate, Pan card, Experience certificate (minimum 05 years), Character certificate (Police department), Bank statement (minimum balance 1000), site plan, Affidavit, Rent Deed duly attested sub-registrar, printing Material (Letter Head/Visiting), Photograph of the unit (indoor and Outdoor) and Two Passport size photograph to the department of tourism as prescribed checklist prior to registration of my unit as an Excursion Agency/Adventure tour operation.

Now as per J&K Registration of Tourist Trade Act 1978/82/2011-12, before my case is processed for registration by the competent Authority the matter is hereby notified for information of general public/financial institutions/Ban/ Organisation, etc for objection, if any and the same should reach to the deputy director tourism Registration (e-mail ID: ddtreg123@gmail.com) within a period of 7 days from the publication of this notice in leading local newspaper/newspaper of the valley. No objection beyond a period of 7 days shall be entertained fko

PUBLIC NOTICE

I intend to rectify the name of my Daughter Arooj Farooz, studying in Grade: 9th Session 2025-2026, in Banat institute Gopalpra, wathoora, Chadoora from Arooj Farooz to Arooj Farooz which is inadvertently recorded in the school record. Should there be any objection in this regard, from any person or quarter, the same may be reported to Principal of the Institute within seven days from the date of publication of this notice, failing which it will be deemed that there is no objection from any quarter.

Feroz Ahmad Bhat
 F/o:- Arooj Farooz
 R/o:- Hanjura, Chadoora

PUBLIC NOTICE

I am holding Adhar Card under No 460146165645 my name but in the said Card my name has been wrongly written as Makey Jan instead of Mehakey Jahangir as per my 10th pass School certificate/DOB and also my DOB has been wrongly written as 01/07/2006 instead of 06/05/2007. Also my residence has been wrongly written as near river vishu Noorpora, Nawapora Kulgam instead of Nowpora, Devsar, Kulgam same needs rectification in my Adhar Card. In case any person/s having any objection in this regard he/she shall file objection before the competent authority within stipulated time.

Mehakey Jahangir
 D/o Jahangir Ahmad Khan
 R/o Nowpora Devsar Kulgam

Public Notice

This is information for the general public that I am applying for the registration of my Kani Shawl group for Handloom Kanishawl Unit under the name and style of SABZAR SHAWLS at Warapora Budgam. In this regard if anybody having any objection may contact Handloom Department Budgam within a period of seven days. No objection shall be entertained after that.

Nisar Ahmad Malik S/O Ghulam Nabi Malik
 R/o Warapora Budgam CELL. 7006307832

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 Sadoos Tariq s/o Tariq Ahmad Ganie R/o Andergam Tehsil Pattan distt baramulla with verified date of birth 20/01/2023 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

Office of the Naib Tehsildar Pattan

Sub... issuance of registration order in respect of delayed birth...

Public Notice..

The registrar birth BDO pattan has submitted a case file pertaining to birth of Tabasum Altaf D/o Altaf Ahmad Mir R/o Nehalpora Tehsil Pattan distt baramulla with verified date of birth 05/04/2015 occurred at home 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

Public Notice

I, Mohd Iqbal Khan, S/o Ghulam Qadir Khan, R/o Pinjoraah Shopian, want to correct the name and parentage of my ward on the Aadhaar card bearing Aadhaar No. 524134578554, which has been wrongly entered as Join Iqbal Khan instead of Mozin Iqbal Khan, and the parentage has been wrongly entered as Ishrat instead of Mohd Iqbal Khan.

A correction is now required. If anyone has any objections, they may contact the concerned Aadhaar Centre or the relevant authorities within 7 days.

FKO

Researchers Identify New Type Of Blood Test To Identify Children At Risk Of Diabetes

ANI

King's College London researchers have discovered a novel link between lipids and disorders affecting children's metabolism. This finding may provide an early warning system for ailments, including liver disease.

Scientists have developed a novel blood test that uses lipids to identify children who are more susceptible to obesity-related problems, such as type 2 diabetes, liver, and heart disease. The study was published in Nature Medicine.

Lipids have traditionally been thought to be fatty acids in the body, either good or bad types of cholesterol or triglycerides, fats found in the bloodstream that are the most common in the human body.

Recent studies from the same group of scientists have suggested that the picture is more complex. The researchers propose that blood plasma testing machines already in use in hospitals could assist

medical professionals in identifying early disease indicators in children more quickly and facilitate their access to appropriate treatment. The findings also contest the common idea that cholesterol is a leading cause of complications related to obesity in children. They identify new lipid molecules that contribute to health risks like blood pressure but are not only correlated with a child's weight.

Current evidence, using a technique associated with chemistry called mass spectrometry, estimates the thousands of different lipids present in the body, each with a separate function.

The team took a control sample of 1,300 children with obesity and assessed their blood lipids. Afterwards, 200 of them were put on the HOLBAEK model for a year, a lifestyle intervention popular in Denmark for people with obesity. Subsequent readings showed that among the intervention group, lipid counts tied to diabetes risk, insulin resistance, and blood pressure decreased despite limited improve-

ments in some children's BMI.

Dr. Cristina Legido-Quigley, a group leader in Systems Medicine at King's College London, Head of Systems Medicine at the Steno Diabetes Centre Copenhagen (SDCC) and principal author, said: "For decades, scientists have relied on a classification system for lipids that have split them into good and bad cholesterol, but now with a simple blood test we can assess a much broader range of lipid molecules that could serve as vital early warning signs for illness."

OFFICE OF THE NAIB TEHSILDAR KREERI

Subject: Application Seyam Imtiyaz, Aksa Imtiyaz S/o, D/o, W/o Imtiyaz Ahmad Chopan R/O Saloosa Tehsil Kreeri for the Issuance of OBC (Other Backward Classes) in his/her/their favor.

PUBLIC NOTICE

Regarding the subject cited above, the applicant has submitted the file in the office of the undersigned for the issuance of OBC. In this connection, a report of the patwari halqa concerned has been sought, which reveals that the applicant is currently residing in the village Saloosa of Tehsil Kreeri and belongs to the OBC community, having an annual income of Rs. 1,00,000. The details of the family of the applicant are as follows:

S. No	Name of the Family Member	Relation-ship with Applicant	Age	Occupation	Annual Income
01	Imtiyaz Ah Chopan	D/o	43	Labour	-
02	Shameema Begum	M/o	43	House-wife	-
03	Seyam Imtiyaz	Self	13	Student	-
04	Aksa Imtiyaz	Self	12	Student	-
05	Madiha Imtiyaz	D/o	05	-	-

Therefore, through this Public Notice, objections are being sought from the public. If any person has any objection, he/she can submit their objections in the office of the undersigned within 07 days (seven days) positively from the date the notice has been published. No objection shall be entertained after the stipulated time period.

fko Naib Tehsildar Kreeri

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 Ateeba shabir D/o Shabir Ahmad Lone R/O Rasraypora pattan with verified date of birth 29/12/2020 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

Public Notice

It is informed to the General public that my Son's name in his Aadhar Card Vide Aadhar No:- 7472 2202 7321. has been wrongly mentioned as AFNAN instead of Mohammad Afnan Sheikh. Now I am applying for its Correction. If anybody having any objection in this regard he/she may contact the same in the office of the General Manager Ranbir Govt Press Jammu within a period of seven days from the publication of this notice. No objection will be entertained after expiry of stipulated period.



Sonaullah Sheikh
 F/O. Mohammad Afnan Sheikh
 R/O :- Spahan Yaroo, Tehsil, Langate
 Distt :- Kupwara. Pin Code 193302

fko

Public Notice

I, Nazir Ahmad Paswal, S/o Ghulam Hassan Paswal, R/o Devpora, Shopian, want to correct the name and date of birth of my daughter on Aadhaar Card bearing Aadhaar No. 721986737232, in which:

- The name of my daughter has been wrongly entered as Zafreen Nazir instead of Zafreen Jan.
- The date of birth has been wrongly entered as 06-02-2017 instead of 08-01-2018.

The correction is now required. If anyone has any objection, they may contact the concerned office within seven days. After that, no objection shall be entertained.

fko

Public Notice

I have lost my Class 12th discharge certificate vide Admission No. 5430, Session 2014, Roll No. 2605219 somewhere. Now, I want to apply for its duplicate.

In this regard, anybody having any objections may contact the Principal, Government M.L. Higher Secondary School, Hajin, within 7 days from the date of publication of this notice. After that, no objection shall be entertained at all.

Sikandar Nabi
 S/O Gh. Nabi Dar
 R/O Shahgund, Sonawari, Bpr.

FKO

Public Notice

This is to inform the general public that my name has been wrongly mentioned in Aadhaar bearing Aadhaar no 2163 0571 9272 as RABIYA YOUSUF, while my actual name as per school records is PARRAY RABIYA YOUSUF. Now, I want to apply for the correction of the same in Aadhaar.

Name - Parray Rabiya Yousuf
 D/O - Mohammad Yousuf Parray
 R/O - Chairhara, Magam, Budgam, J&K 193401

BMG

Government of Jammu & Kashmir
OFFICE OF THE EXECUTIVE ENGINEER PWD(R&B) DIVISION ANANTNAG

NIT NO 111 OF R&B/Anantnag/2024-25/E-TENDERING/12165-74 DATED 18-02-2025

For and on behalf of the Lt. Governor, Union Territory of J&K e-tenders are invited on %age basis from approved and eligible Contractors registered with J&K Govt. CPWD, Railways and other State/Central Governments for each of the following works:-

S. No	Name of Work	Estimated Cost (Rs in Lacs)	Cost of T/Doc. (in Rs)	Earnest Money(InRs)	Time of Completion
1.	Repair/Renovation of store Quarter at Khanabal Anantnag.	2.00 Lacs	Contract Price exclusive of GST: 1.69 + (18% GST Amount 0.31)	200	4000/- 15 Days

Major Head of Account Class of Contractor
 MH 2216 DEE Class& MSME's Only

Project Authority: R&B Department South Kashmir Anantnag.
 Position of Authorization: Accorded Vide Order No. ARD/CESK/2024-25/47, Dated 10.02.2025.
 Position of TS: Accorded Vide Order No. EE/TS/2216-M&R/O2 of 2024-25, Dated 18.02.2025.

1. The NIT Consisting of qualifying information, eligibility criteria, specifications, Bill of quantities (B.O.Q). Set of terms-and-conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:

S. No.	Particulars	Dated
1	Date of Issue of Tender Notice	18-02-2025
2	Period of Downloading of bidder documents	From 18-02-2025 (03:00PM) To 24-02-2025 (04:30PM)
3	Bid submission Start Date	From 18-02-2025 (03:00PM)
4	Bid Submission End Date	To 24-02-2025 (04:30PM)
5	Date and time of opening of bid(online)	25-02-2025 (11:00AM)

In the office of Executive Engineer PWD(R&B)Division Anantnag.

- Bids must be accompanied with cost of tender document in shape of Treasury Challan / receipt (Under MH- 0059 PWD) in favour of Executive Engineer R&B Division Anantnag [Tender Inviting Authority] (NIT No. Name of Work/Item No. to be mentioned on the Treasury Challan / Receipt) (Refer Govt. order No. O.M No. A/24 (2017)-651 Dt 07-06-2018 (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) and EMD (2% of advertised Cost) in the shape of CDR/FDR/BG pledged to Executive Engineer PWD(R&B) Division Anantnag (Tender receiving Authority). (The Date of EMD{CDR/FDR/BG} should be between the date of Start of Bid and Bid Submission End Date and validity of EMD at the time of opening of Bids shall be a period of 45 Days beyond Bid Validity of 120 Days). The same EMD should not be used in more than one Tender/Bid.
 - All the Bidders have to submit Earnest Money/Bid Security (EMD@2% of Advertised Cost) in the shape of CDR/FDR/BG. Non submission of Earnest Money/Bid Security shall render the bidder as No-responsive.
 - Note: a. MSME's are required to pay only 50% of Tender Document Cost Rs 500/- whichever is lower.
 - b. MSME's are required to pay only 50% of the amount of EMD/ Bid Security or Rs 5000/- whichever is lower.
 - The 1st lowest responsive (Successful) Bidder has to produce an amount equal to 5% of contract as Performance Security in the shape of CDR/FDR/BG in favour of Executive Engineer R&B Division Anantnag (Tender receiving authority) within 03 Days before fixation of Contract and shall be released 60 days after successful completion of Defect Liability Period (DLP) of the work. The date of Performance Security (CDR/FDR/BG) should be after the date of issuance of letter/LOI to deposit the performance security. Failure to produce Performance Security shall render the LI as non-responsive and case for debarring of the Contractor be forwarded to Higher Authorities for a period of 01 Year.
 - The Earnest Money Deposit (EMD@2% of Advertised Cost) in the shape of CDR/FDR/BG of the successful Bidder shall be released after receiving Performance security @5% of the allotted cost in the shape of CDR/FDR/BG and same shall be released 60 Days after successful completion of Defect Liability Period (DLP) of the work.
 - The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B Division Anantnag
 - The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical Bid
 - Instruction to bidders regarding e-tendering process.
 - a. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.
 - b. To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors.
 - c. The bidders have to submit their bids online in electronic format with digital Signature. No Financial bid will be accepted in physical form.
 - d. Bids will be opened online as per time schedule mentioned in Para-1.
 - e. Bidders must ensure to upload scanned copy of all necessary documents with bid.
 - f. Bidders must ensure to upload scanned copy of all necessary documents including tender document fee in terms of soft copies with technical bid.
 - Note: - Scan all the documents on 100 dpi with black and white option.
 - The department will not be responsible for delay in online submission due to any reasons.
 - Scanned copy of cost of tender document in the shape of Treasury Challan / Receipt in favour of Executive Engineer PWD(R&B) Division Anantnag (The Date of Treasury Challan should be between the date of Start of Bid and Bid Submission End Date) and EMD in the shape of CDR/FDR/BG pledged to Executive Engineer PWD(R&B) Division Anantnag must be uploaded with the documents of the bid. The Original Treasury Challan (Cost of Tender Document), EMD and other relevant bid documents shall be obtained from the lowest bidder before the fixation of the Contract.
 - Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually.
 - Price escalation and taxes: The %age quoted by the bidder entirely in Indian Rupees, shall be deemed to include price escalation upto completion of the work. Deduction on account of taxes shall be made from the bills of the contractor on gross amount of the bill as per the rates prevailing at the time of recovery.
 - Bidders are advised to use "My Documents" area in their user on R&B e-Tendering portal to store such documents as are required.
 - All other terms and conditions are as same as laid in PWD Form 25.
- (Er Syed Ishfaq Ahmad)
 Executive Engineer,
 R&B Division Anantnag
- DIPK-12214/24
 DATED: 20-02-2025

Government of Jammu & Kashmir
Directorate of Tourism, Kashmir

Tel: 0194-2315378, Fax 0194-2479548, e-mail: ddtreg123@gmail.com

Subject: - Application for change in location of the excursion agency under the name and style "Book My Kashmir Trip" located at Soura, Srinagar.

PUBLIC NOTICE.

Whereas, proprietor of the excursion agency under the name and style "Book My Kashmir Trip" has approached this office for change in location of his Excursion Agency from Soura Srinagar to Habbak, Srinagar Near J&K Cooperative Bank as per Section 39 of the J&K Registration of Tourist Trade Act 1978/2011;

Whereas, the said excursion agency is registered with this department under the name and style "Book My Kashmir Trip" in the name of Ms. Insha Qayoom D/o Mr. Abdul Qayoom Khan R/o Gilla Kadal, Srinagar bearing registration No. JKEA00001623 dated 13.01.2023 which is valid upto 31.12.2024;

Whereas, the applicant has submitted Rent deed (Notarized) dated: 01.02.2025 alongwith supportive affidavit dated 17.02.2025 duly authenticated by 1st Class Judicial Magistrate, NOC from HDFC Bank issued vide No. HDFC/2024-25/156 dated 04.02.2025, photocopy of Registration Certificate and affidavit dated 04.02.2025 for change in location duly authenticated by 1st Class Judicial Magistrate;

Now therefore, in exercise of powers conferred on me under section 39 of J&K Registration of Tourist Trade Act 1978/82/2011/2012, before the request of the applicant for change in location of his Excursion Agency "Book My Kashmir Trip" from Soura Srinagar to Habbak, Srinagar Near J&K Cooperative Bank is considered, the matter is hereby notified for information of General Public/Financial Institutions/ Banks/ Development Authorities/ PHE Department/ Electric Department that in case of any objection, the same should reach the office of undersigned within a period of 07 days from the date of publication of this notice. No objections beyond a period of 07 days will be entertained and the request of the applicant will be considered under rules, after submission of requisite documents.

SD/-
 Assistant Director Tourism,
 Registration

No: Reg/T/287/DTK/162
 DIPK-12246/24 Dated: 20.02.2025

NIT Faculty, Ex-Director Co-Author Book on Sustainable Pavements

Observer News Service

Srinagar Two faculty members from the Civil Engineering Department at NIT Srinagar, Dr. Vivek and Dr. Sandeep Samantary, along with former NIT Srinagar Director Prof. Rakesh Sehgal, has co-authored a technical book titled Materials for Sustainable Pavement Construction, published by Taylor & Francis.

The first edition of the book will soon hit the markets, while the eBook is scheduled for release on March 31, 2025.

Speaking about their achievement, Dr. Vivek and Dr. Sandeep expressed their pride in completing the book under the guidance of Prof. Sehgal.

Dr. Vivek shared that after two years of rigorous efforts and multiple revisions, he has successfully published his first technical book with Taylor & Francis.

He said the book provides a comprehensive overview of utilizing various waste materials in pavement construction, highlighting their potential to contribute to sustainable infrastructure development.

It explores alternative materials such as recycled plastics, rubber, glass, and

industrial by-products as substitutes for conventional materials like asphalt and concrete.

The book also discusses the properties and performance of different waste materials and their role in enhancing pavement durability, while also shedding light on the economic and environmental benefits, including lower construction costs and reduced greenhouse gas emissions.

Meanwhile, Prof. Rakesh Sehgal, who served as Director of NIT Srinagar from November 2017 to May 2023, played a key role in the institute's growth, including a significant improvement in its NIRF ranking from 239th in 2019 to 66th in 2022.

Dr. Sandeep also said that Materials for Sustainable Pavement Construction serves as a valuable resource for researchers and graduate students in pavement and civil engineering.

He stated that this book provides detailed guidance on the selection, design, and implementation of waste materials in pavement construction, with a focus on practical applications. The book also features case studies showcasing successful real-world projects.



A farmer engages in vegetable farming on a floating garden in the interiors of Dal Lake. KO Photo Abid Bhat

Portion Of Pathway Caves In At Boulevard Road

Agencies

Srinagar: After a fresh light rainfall, a portion of the pathway, located along the famous Boulevard Road along Dal Lake in Srinagar, caved on Thursday morning, raising concerns among the locals.

Officials said the incident happened because the portion of the footpath was decades old, and only repairs made under the Smart City project involved tiling, with no other renovation work done by the SSCL.

Notably, in November 2023, the Lieutenant Governor inaugurated four Dal Lakefront projects of Srinagar Smart City Limited, which authorities said was a testimony to their commitment to reviving the historical social relationship of Srinagar city with its lakes and rivers.

Eyewitnesses and pedestrians said that the pathway of the famous Boulevard Road, near Ghat No. 17, caved in this morning. They expressed concern over the collapse of the pathway portion, stating that it could pose risks to pedestrians and vehicles commuting on the road.

"Today in the morning, we were walking near the Boulevard Road when we saw a portion of the footpath caving in. Luckily, no one was walking there at that time," said Zubair, a local.

We suddenly heard a sound and the portion of the footpath caved in. The authorities must take immediate steps to prevent further damage and ensure the safety of people using this road," said Numan, another local.

Notably, this footpath was repaired under the Srinagar Smart City project.

A top official from Srinagar Smart

'Smart City Project A Failure', Says MLA Tanvir Sadiq

Agencies

Srinagar: The Smart City project is still in its early stages, yet such infrastructural failures are already occurring, and this should not be happening, said National Conference (JKNC) Chief Spokesperson and MLA Zadibal, Tanvir Sadiq, on Thursday while reacting to the Boulevard Road erosion that occurred this morning.

Sadiq termed this erosion a "Smart City Failure," questioning whether proper groundwork had been done before the project's implementation.

Speaking to reporters on the sidelines of his visit to Boulevard, MLA Zadibal, Tanvir Sadiq, said the erosion was a failure of planning and execution, raising

concerns over whether proper groundwork had been done before the project's implementation.

Expressing concern over the issue, he said the Smart City project is still in its early stages, yet such infrastructural failures are already occurring. "This should not be happening," he added, stating that he would take up the matter with the Chief Minister's office and senior officials for immediate action.

Sadiq also questioned whether proper soil testing had been conducted before the project's execution. "It is not just about beautification; the base needs to be solidified," he said adding Boulevard Road is a major tourist attraction and a vital pathway for locals, and any negligence in the project will be identified and addressed—(KNO)

City said that they had issued a tender for the repair of this Boulevard portion that caved in. However, the construction was carried out by the R&B department, and they had not undertaken the necessary strengthening work.

Additionally, a senior official from the Roads and Buildings (R&B) department said they had worked on the Boulevard Road and the footpath portion

that caved in.

However, he added that the footpath collapsed because it was decades old. "We only carried out beautification and changed the tiles on the footpath. Since the footpath was already weakened due to its age, it eventually caved in," he said, adding that repairs on the affected portion will begin tomorrow—(KNO)

DLSA Observes World Social Justice Day

Observer News Service

Srinagar: District Legal Services Authority (DLSA) Srinagar observed World Social Justice Day at District Court Complex, Srinagar.

The programme was held under the chairmanship of Jaffer Hussain Beg, Chairman DLSA Srinagar and Principal District & Sessions Judge, Srinagar, and supervision of Nusrat Ali Hakak Secretary DLSA Srinagar.

The event aimed to raise awareness about the significance of social justice and promote equitable opportunities for all members of society. It was attended by staff members, panel lawyers, Legal Aid Defence Counsels, and para-legal volunteers from DLSA Srinagar, creating a platform for dialogue on achieving social fairness and inclusivity.

Nusrat Ali Hakak emphasized the importance of the day in her address and highlighted that social justice forms the foundation of a just society, where everyone regardless of gender, caste, religion, or socioeconomic background is treated with dignity and equality

before the law. She also encouraged participants to extend their efforts beyond courtrooms and become champions for social justice within their respective communities.

Advocate Naveed Gul and Advocate Mahira Bhat, both panel lawyers of DLSA Srinagar, shared their perspectives on the observance. Advocate Naveed Gul underscored the role of legal practitioners in ensuring that justice is accessible and affordable to all, stressing the need for consistent efforts in building an inclusive legal framework. Advocate Mahira Bhat elaborated on the day's theme, emphasizing that every individual's right to fair treatment should be upheld with vigor and dedication.

Both advocates called upon the attendees to collaborate in creating a more just and compassionate society.

The event concluded with an open discussion, where participants shared insights and experiences, fostering a renewed commitment to the cause of social justice. DLSA Srinagar remains dedicated to raising awareness and promoting the values of equity and justice across the district.

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


AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311

RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJBERA: 01932-228243
- PAMPOR: 01933-294132
- PATTAN: 01954-293507
- QAZIGUND: 01951-296153

HIGHWAY STATUS

- Sgr-Jammu highway - (Closed)
- Mughal Road - (Closed)
- Srinagar- Leh- (Closed)



HIJRI CALENDAR

22 Shaban
1446

PRAYERS	
FAJR	5: 55
ZUHR	12:45
ASR	4: 40
Magrib	6:24
ISHA	7: 44

This Day In History

- 362- Athanasius returns to Alexandria 1173- Pope Alexander III canonizes Thomas Becket, Archbishop of Canterbury 1245- Thomas, the first known Bishop of Finland, is granted resignation after having confessed to torture and forgery 1431- Joan of Arc's first day of interrogation during her trial for heresy 1440- The Prussian Confederation is formed 1564- King Philip II advises Cardinal Antoine Perrenot de Granvelle to retire from the Netherlands to Franche-Comté in France 1574- Spanish garrison of Middelburg, Netherlands, surrenders 1583- Groningen, Netherlands, begins using Gregorian calendar 1598- Boris Godunov crowned Tsar of Russia
- 1613 - Michael Romanov, son of Patriarch of Moscow, elected first Russian Tsar of the house of Romanov.
- 1675 - Prince Willem III appointed viceroy of Gelderland
- 1746 - Jacobite Rising 1745: British forces surrender Inverness Castle to Bonnie Prince Charlie and the Jacobite forces
- 1777 - British ambassador Joseph Yorke demands dismissal of Governor John de Graaff for saluting US flag
- 1782 - US Congress resolves establishment of a US mint
- 1848 - Karl Marx and Friedrich Engels publish "The Communist Manifesto" in London
- 1874 - Benjamin Disraeli succeeds William Gladstone as British Prime Minister
- 1901 - In Cuba, the constitutional delegates adopt a constitution much like that of the USA
- 1915 - Russian 20th Army corps surrenders to the German 10th Army after being surrounded
- 1916 - World War I: Battle of Verdun begins, leads to an estimated 1 million casualties
- 1917 - British troopship SS Mendi sinks off Isle of Wight, 646 die
- 1922 - Britain declares Egypt a sovereign state
- 1932 - Andre Tardieu becomes Premier of France
- 1937 - The League of Nations bans foreign national "volunteers" in the Spanish Civil War.
- 1947 - 1st instant developing camera demonstrated by Edwin Land in NYC
- 1969 - 1st launching of heavy N-1 rocket at Baikonur Kazakhstan (explodes)
- 1972 - Richard Nixon becomes 1st US president to visit China
- 1973 - Israeli fighters shoot Libyan aircraft down, killing 108
- 1974 - Israeli forces leave western Suez
- 1979 - Japan launches Hakucho X-ray satellite & Corsa-B (550/580 km).
- 1981 - Japan launches Hinotori satellite to study solar flares (580/640 k)
- 1981 - NASA launches Comstar D-4
- 1987 - Syrian army marches into Beirut
- 1991 - USSR announces Iraq agrees to a proposal to end Persian Gulf War US calls the plan unacceptable
- 1996 - Soyuz TM-23, launched into orbit
- 2012 - Yemeni voters go to the polls for a presidential election where the only candidate on the ballot paper is vice-president Abd Rabbuh Mansur al-Hadi
- 2013 - 83 people are killed and 250 are injured in a series of bombing attacks in Damascus, Syria
- 2013 - 21 people are killed and 54 are injured in a bombing in Hyderabad, India.
- 2014 - 11 people are killed after a Libyan Air Force plane crashes in Tunisia.
- 2014 - Police in Kiev open fire on protesters: 27 killed and around 570 injured
- 2016 - Bombings in the Syrian cities of Homs and Damascus kill 140 people, Islamic State claims responsibility
- 2017 - Bodies of 87 African migrants wash ashore at Zawiya, Libya 2017 -Plane crashes into shopping centre in Essendon, Melbourne, Australia killing the five people on board 2018- Indian film star Kamal Haasan launches a new political party - Makkal Needhi Mayyam in Tamil Nadu state 2018- Laykyun Sekky, the world's third tallest statue at 116 meters (381 ft) depicting Gautama Buddha completed in Khatakan Taung, Myanmar 2019- Japanese spacecraft Hayabusa-2 touches down on asteroid Ryugu on mission to collect rock samples

Police Arrests Extortionist In City

Observer News Service

SRINAGAR: Police on Thursday said they have arrested an extortionist with thirty criminal cases in Srinagar.

The police stated that they arrested the accused following a detailed investigation. The accused had a history of over 30 criminal cases and had previously been booked under the PSA twice.

A written complaint was received

by Police Post Bagyas on 10 January 2025. The applicant, Tufail Ahmad Badar, son of Mohammad Akbar and resident of Badarpora Qomoh Kulgam, reported that he was at Shireen Bagh Super Speciality Hospital with a patient. During the night, he went outside to buy medicines from a nearby shop, where he was forcibly taken into a vehicle by an unknown person who extorted 8,000 from him.

A case vide FIR No. 02/2025 under Section 308(2) BNS was registered in Police Station Sakakadal, and an investigation was launched.

During the investigation, the team analysed CCTV footage and other technical evidence, identifying the accused as Imtiyaz Ahmad Shah (alias 99), son of Ghulam Qadir Shah and resident of Aikal Mir Khanyar. He was subsequently arrested.

e-mail: adfbpr@gmail.com Fax/Ph.No: 01957225662

OFFICE OF THE ASSISTANT DIRECTOR FISHERIES DISTRICT BANDIPORA

ADVERTISEMENT NOTICE

Applications are invited from unemployed youth/interested persons of District Bandipora of the UT of Jammu & Kashmir, who intend to avail incentives on the below mentioned activities/Components under Pradhan Mantri Matsya Sampada Yojana (PMMSY) Fisheries Sector under action plan 2021-22, 2022-23, 2023-24 and 2024-25 during 2024-2025 having a funding pattern of 40 : 60 (40% beneficiary share & 60% Government Share).

S.N	Component of the Scheme	Unit cost (IN LACS)	Total units	Category	Subsidy ceiling (Rs in lacs)
01	Construction of Raceways of minimum 50 cubic meter with inputs for Trout Rearing units	5.50	01	General	2.20
02	Construction of Carp Fish pond (water area 2kanal)	1.86	01	General	0.74
03	Construction of Biofloc ponds for Freshwater areas including inputs.	14.00	01	General	5.60

Terms and Conditions:

- The applicant should be a Domicile of Jammu and Kashmir (UT).
- The applicant will have to provide documentary evidence of availability of requisite land (either own/registered lease document) free from encroachments and encumbrances, sources of finance like banks consent to provide loan towards the Non-subsidy portion of the project cost or declaration by the beneficiary for own investing, necessary clearance permission etc.
- The shortlisting of the sites with respect to feasibility shall be carried out by the District Level Committee keeping in view the topography, climatic conditions and other parameters of the area amenable for establishment of intended units.
- The Final selection of the intended sites shall be the domain of District Level Committee.
- The applicant will submit detailed project report (DPR) with full justification and techno economical details including capital cost and recurring cost, specific timelines for implementation of the project.
- The last date for submitting of the application is 25th of February 2025 up to 04.00 PM.

Further details can be had from the Office of the Assistant Director Fisheries, Bandipora, Mini Secretariat Complex Block No. "C" during the office hours or visit to pmmsy.gov.in.

No:-ADF/Bpr/24/320-25
DIPK-12234/24 Dated:- 20/02/2025

Sd/
(Mohammad Aslam Bhat)
Assistant Director Fisheries
District Bandipora

NORTHERN RAILWAY
E-TENDER NOTICE

Tender Notice No:- 770-W/169/WA-1/FZR-318-2024-25-ADEN-JAT & 319-2024-ADEN-JAT (to be opened on date 13.03.2025) acting for and on behalf of The President of India invites open tenders (E-Tenders) against below titled tenders and available on www.ireps.gov.in with closing date 13.03.2025 up to 15:00 Hrs. Bidders will be able to submit their original/revised bids up to the closing date and time only. Manual offers are not allowed against these tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through payment modes available on the IREPS portal like net banking, debit card, credit card etc. Manual payments through Demand draft, Banker cheques, Deposit receipts, FDR etc. are not allowed.

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
17.02.2025	27.02.2025	13.03.2025

S. No.	Tender No.	Details of Tender
1	318-2024-25-ADEN-JAT	Replacement of Steel Girder of span less than 12.20 mts of Bridge nos. 183 DN(3x9.14m), 190 DN(1x9.15m), 202 UP(3x9.14m), 208 UP(1x9.15m), 213 UP(3x9.15m) and 225 UP(2x9.15m) with RCC/PSC Girders in section of SSE/W/JAT on BHRL-JAT section under ADEN/JAT Advertised Value (Rs.) 2,27,24,388.88 Validity of Offer 60 Days Period of Completion 06 Months
2	319-2024-25-ADEN-JAT	Replacement of existing girder 9.15 M DN line Br. No. 35 (3X9.15m), 141(3X9.15m) & UP line Br. No. 159 (3X9.15m) and 124 (1X9.15m) on MDPB-SMBX in the section of SSE/WKTHU in the jurisdiction of ADEN/JAT Advertised Value (Rs.) 1,67,75,438.23 Validity of Offer 60 Days Period of Completion 06 Months

NOTE:- Contractors are advised to check the IREPS website for any corrigendum issued against this tender before submitting the bids. 574/2025

SERVING CUSTOMERS WITH A SMILE

KASHMIR OBSERVER®

Printed & Published by Sajjad Haider on behalf of Kashmir Observer LLP
Printed at: K.T Press Pvt. Ltd 120-Electronic Complex, Industrial Estate, Rangreth-Budgam
Published from: 5-Boulevard Srinagar J&K
Editor-in-Chief: Sajjad Haider
News Editor: Farzana Nisar
Opinion Editor: Tooba Towfiq
Online Editor: Syed Hamid
Head Layout & Design: Muntazir Yaseen,
Digital Media Head: Amir Ali Shah
Business & Sales Head: Namisha Raj
Distribution & Advertising: Firdos Ali
RNI Registration No: 69503/98
Postal Registration No-L/159/KO/SK/2014-16
Legal Counsel: Tasaduq Khwaja
Switchboard: (0194) 2502327 | +91 1947969705
Editorial: (0194) 2502327
Email: editor@kashmirobservers.net

KO VIEW

Gaza's Fragile Truce

As the first phase of the ceasefire between Israel and Hamas is due to come to an end, the chances of the peace holding in Gaza are growing increasingly slim. The reason is that Israel doesn't seem to be intent on ending the war and keeps threatening to resume war every now and then. Israeli president Benjamin Netanyahu's sole motivation to halt the war seems to be the release of Israeli hostages by Hamas. And once all hostages are released, the situation could go back to square one, with nothing to hold back Israel. Should that happen, it would be a catastrophe. Fifteen month relentless invasion has already flattened the place and killed around 61,000 people, according to a new estimate. Many dead people are still presumed to be buried under the rubble which will take several years to clear.

Making matters worse, the US president Donald Trump's latest proposal has sought takeover of Gaza by the US and the permanent displacement of Palestinians to Egypt and Jordan. The proposal has been criticized as tantamount to ethnic cleansing of Palestinians and thus an egregious violation of international law. Should the US attempt to do that, it is likely to trigger a fresh cycle of violence. Israel has been quick to back Trump's plan. Netanyahu has even volunteered to execute the plan for Trump. And this may be one of the reasons that he seems raring to abandon the ceasefire and resume hostilities with a goal to displace Palestinians. But this can be a recipe for a perpetual conflict.

The current hawkish government in Israel believes that continued military operations will bring security, despite the reality that after more than a year of relentless bombardment, Hamas remains intact. The real issue is that both sides are locked in a battle where neither can claim victory. For Israel, military supremacy has not translated into control. For Hamas, resistance has come at the cost of civilian lives and unprecedented devastation. Meanwhile, the people of Gaza are enduring one of the worst humanitarian crises of this century. Their homes are gone, hospitals are overwhelmed, and basic necessities—food, water, medicine—are being blocked at border crossings. Rebuilding the enclave is projected to cost \$53 billion, but what good is reconstruction if another war looms just around the corner?

The world has seen this before. We have witnessed truces that last only until the next provocation. We have watched diplomatic efforts stall in the face of political intransigence. This calls for a renewed effort to achieve a long term peace, and this cannot happen without a permanent settlement. And far from settling anything, Trump's plan is laying the foundation for a fresh cycle of violence.



Did You Know?

How Professional Thugs Exploit Kashmiris Through Fake Investment and Consultancy Schemes

Irshad Mushtaq

In recent times, digital technology and social media have been both a boon and a bane for Kashmiris. On one hand, they offer connectivity and access to unparalleled resources, but on the other, they provide a platform for professional scammers to exploit innocent people. These scammers often present themselves as reputed investment firms or consultancies offering lucrative opportunities, but their sole aim is to swindle unsuspecting victims. These fraudsters are particularly active on social media platforms like Facebook, posting deceptive advertisements that promise incredible returns on investments or consultancy services for immigration. They rarely provide personal contact numbers. Instead, they prefer to communicate via WhatsApp, using numbers that are hard to trace back to them. Often, they have elaborate websites showcasing their 'services,' but typically, these do not include any genuine contact information like phone numbers, office addresses, or verifiable credentials. Kashmiri residents are especially targeted because of their eagerness to find new opportunities for investment and growth. Many are lured by the prospects of high returns or the promise of moving abroad. The scammers seem trustworthy, with their polished websites and convincing communication skills. They might even claim to be linked to prestigious international companies or agencies. However, once they've gained a victim's trust and extracted initial deposits or 'consultation' fees, these scammers disappear. Calls go unanswered, and WhatsApp numbers become inactive. To safeguard yourself from such fraudulent schemes, it's essential to exercise caution. Never trust online advertisements blindly. Always verify the credibility of the company or individual before engaging in any financial transactions. Ensure that contact details, including landline numbers, are legitimate. It is wise to consult local professionals you trust or seek recommendations from people who have previously engaged with reputable services. Remember, if something sounds too good to be true, it probably is. Stay informed, be cautious, and always trust your instincts in these matters. Protect yourself and your hard-earned money by staying one step ahead of the scammers. Sharing this information can help your community stay vigilant against such malicious activities.

Excited to learn from the insights of @Irshad Mushtaq, Writer, Investor, Entrepreneur & Founder of MI Securities. Connect at [misecurities.com](https://www.misecurities.com) or [sharekhan.com](https://www.sharekhan.com).

Disclaimer: This article is for information only and doesn't offer investment advice. It's not an endorsement or an offer to buy or sell any financial products. If you decide to act on the information here, you do so at your own risk.

When Vulgarity Becomes Entertainment



Ikkz Ikkal



This generation is not beyond saving. There are still young people who create meaningful content, comedians who rely on intellect rather than obscenity, and influencers who use their platform responsibly. But they are getting overshadowed by those who chase controversy for

There was a time when humor had wit, depth, and a sense of responsibility. Comedy was about making people laugh while also making them think. But today, the boundaries have blurred. In the name of modern entertainment, vulgarity is being paraded as comedy, and what's worse—people are cheering for it.

The recent controversy surrounding India's Got Latent, a YouTube show that gained attention for all the wrong reasons, is a reflection of this disturbing trend. The show, featuring popular social media influencers, crossed every line of decency with explicit conversations, crude jokes, and offensive remarks. In a latest episode, one of the panellists, Ranveer Allahbadia (BeerBiceps), asked a contestant a question so vulgar that it left audiences stunned. Instead of wit or humor, the show delivered cheap sensationalism, wrapped in the excuse of "dark comedy."

When did we reach a point where public indecency is called entertainment? More importantly, why are so many young people supporting it?

In today's digital era, content creators are in a race to grab attention. The more controversial, shocking, or outrageous the content, the higher the views. Many influencers have figured this out and have started pushing boundaries, knowing that shock value sells. They justify it under the labels of "free speech" and "modern humor," but the truth is, it's just a desperate attempt to stay relevant.

What's even more troubling is that many young people seem to admire this kind of content. They don't just watch it—they celebrate it. They repost clips, defend the creators, and dismiss criticism as "overreaction." In their eyes,

anyone who speaks against such content is either too old-fashioned or unable to "take a joke."

Shockingly, the problem is not just with the content creators or the audience but also with the families of these influencers. Instead of guiding their children towards responsible content, many parents today proudly watch as their sons and daughters make headlines for all the wrong reasons.

A generation ago, parents would be horrified if their child became famous for vulgarity. Today, they are cheering them on, boasting about their "viral fame." Have we become so blind in our obsession with social media validation that we no longer care about the values we pass on?

One of the most common arguments in defense of such content is freedom of speech. Of course, people should have the right to express themselves. But should there be no limits? If someone walks into a crowded marketplace and starts yelling obscenities, would we call it free speech or public indecency?

Comedy is supposed to challenge ideas, not destroy moral fabric. There's a vast difference between using humor to highlight social issues and using it as an excuse to spew filth. Dark comedy is not about being obscene—it's about using wit to reveal uncomfortable truths. Sadly, many so-called comedians today don't understand this difference.

What happened with India's Got Latent is not just about one show. It's a mirror reflecting the mindset of an entire generation. The fact that such content can thrive and gain millions of views speaks volumes about our current culture.

This is not a call for censorship. It's a call for responsibility. Content creators need to understand that with influence comes accountability. They shape the

thoughts, opinions, and behavior of their audience, whether they accept it or not.

At the same time, viewers need to be more mindful of what they consume. Not everything that trends is worth watching. Not every joke is harmless. We need to start rejecting content that degrades humor and promotes indecency.

Most importantly, parents need to step up. Applauding their children for producing vulgar content only fuels the problem. Instead of celebrating them for going viral, they should be teaching them about the difference between real talent and cheap publicity.

Final Thoughts

This generation is not beyond saving. There are still young people who create meaningful content, comedians who rely on intellect rather than obscenity, and influencers who use their platform responsibly. But they are getting overshadowed by those who chase controversy for clout.

It's time to rethink what we call entertainment. If we continue to allow filth to thrive under the disguise of humor, we shouldn't be surprised when it becomes the norm. Instead of asking, "Why are people so sensitive these days?" maybe we should ask, "Why have people lost all sense of decency?"

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

The writer has a PG in Biotechnology and is Administrator at Maryam Memorial Institute Pandithpora Qaziabad. He X's @IkkzIkkal



OBSERVER MAIL

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

MAIL YOUR LETTERS

P.O. Box # 337, GPO, Srinagar-190 001
email: editpage.ko@gmail.com

No Jobs For Electrical Engineers In J&K

In the Union Territory of Jammu and Kashmir, the situation of electrical engineers has worsened, casting doubts on this once-promising career due to a severe lack of job opportunities. Despite high demand in various sectors, graduates have struggled to find jobs, especially since the Power Development Department (PDD) last hired in 2015. Since then, no new vacancies have been advertised, creating a sense of disarray among aspiring engineers who have spent years honing their skills. In 2019, a glimmer of hope appeared when the government announced 30 posts for Junior Engineers (JE) and 68 for Assistant Engineers (AE), but these were abruptly withdrawn, exacerbating the frustration of hundreds of graduates enter-

ing the job market each year.

The various engineering institutions in J&K continue to produce qualified professionals, the absence of opportunities has pushed many to seek jobs outside the Union Territory or in unrelated fields. This crisis is further compounded by the continuous retirement of experienced engineers without adequate replacements, leaving the power sector vulnerable and worsening job prospects for newcomers. The Jammu and Kashmir Electrical Engineering Graduates Association (JKEEGA) has actively raised concerns, holding emergency meetings and petitioning government officials to expedite recruitment processes and fill vacant posts, yet their appeals have seen little response.

Statistically, the Jammu and Kashmir Power Development Department (JKPDD) alone faces a critical shortage, with 436 Junior Engineer (JE) and 161 Assistant Engineer (AE) electrical positions unfilled since 2016. The delay in finalising recruitment rules under SO 381 and the failure to forward these guidelines to the Jammu and Kashmir Services Selection Board (JKSSB) and Public Service Commission (JKPSC) have left more than 40,000 qualified electrical and electronics engineers stranded, their careers put on hold for almost a decade. This prolonged stagnation has led to financial hardships and a growing sense of hopelessness among young professionals, who now see their hard-earned degrees losing value.

We, the aspirants, earnestly request the higher-ups in PDD, the J&K government, JKSSB, and JKPSC to pay immediate attention to this pressing issue and provide necessary recruitment opportunities for engineers. The government and private sector must urgently address this issue by implementing recruitment rules, expediting hiring processes, and encouraging industrial investments to create new job opportunities. Without swift action, the operational efficiency of the power sector will continue to decline, and the aspirations of thousands of skilled engineers will remain unfulfilled, casting a long shadow over the future of electrical engineering in J&K.

Aausyf Ibn Farooq

Mindful Fridays

When “Psychotherapy Is anything” but not Really Psychotherapy

Syed Nasir Ahmed Gilani

A recent discussion among professionals within social media groups when a doctor shared a study claiming psychotherapy has harmful side effects on LinkedIn. I also took part in that discussion and it made me to think about importance of telling people what is psychotherapy or what is not psychotherapy or any other type of therapy for clear distinction. **While doctors’ intentions may have been pure, the study exposes a major misunderstanding and premature conclusions—was the study talking about real psychotherapy, or was it referring to unqualified, non-professional interventions?**

This distinction is critical because psychotherapy stops being psychotherapy when practiced by untrained person. To call such interventions “therapy” is an **oxymoron**—just as you wouldn’t call unlicensed surgery “**medicine**,” you can’t call non-professional counselling “psychotherapy.”

What is (and Isn’t) Psychotherapy?

Psychotherapy is not just a conversation about feelings or giving a listening ear to sufferer—it is a structured, scientific process conducted by licensed mental health professionals like clinical psychologists, licensed counsellors or therapists where not only what you say but what you don’t say because of strong human instinct is more important. It is learning not only about learning or developing skills but also unlearning some normal habits.

As Lewis R. Wolberg defined in 1967:

“Psychotherapy is the treatment, by psychological means, of problems of an emotional nature in which a trained person deliberately establishes a professional relationship with the patient with the object of removing, modifying, or retarding existing symptoms, of mediating disturbed patterns of behavior, and of promoting positive personality growth and development.”

This definition is decisive because it makes one thing clear—

psychotherapy requires professional training, ethical practice, and scientific methods. Deprived of these, it is not psychotherapy at all.

When “Therapy” in the Wrong Hands Becomes Dangerous

The biggest danger comes from non-professionals who claim to offer therapy without the qualifications to diagnose or treat mental health conditions.

For example, A trained psychotherapist understands the difference between say Clinical depression vs. temporary sadness, PTSD vs. general stress, bipolar disorder vs. mood swings. A non-professional might mistake one for the other, leading to misdiagnosis, missed diagnosis and ineffective treatment, and even harm.

In some cases, well-meaning but untrained “counsellors” have encouraged trauma survivors to talk about distressing experiences without proper coping strategies, further worsening their symptoms rather than helping. Numerous Studies have shown that improper trauma

debriefing can increase PTSD symptoms instead of reducing them.

Psychotherapy is More Than Just Talking

Today, many people confuse life coaching, motivational advice, and informal counselling with therapy which are everywhere in social media, even some sources provide therapy through chatting

. For example, statements in these programs like:

“Just think positive, and everything will be fine.”

“Try to be grateful, and your anxiety will disappear.”

“You just need to be stronger and stop overthinking.”

While these statements might sound encouraging, they are not



“The real issue is not whether psychotherapy has “side effects”—it’s that harm comes when non-professionals practice something they do not fully understand. When a trained professional conducts psychotherapy, it is life-changing. When an untrained person gives advice, it is just talking—not therapy

therapy.

Real psychotherapy is: strictly

1. Science-based or evidence based – Psychotherapy Uses proven techniques from years of research and clinical trials for example, Cognitive Behavioral Therapy (CBT), Psychodynamic Therapy, and Acceptance and Commitment Therapy (ACT). There are thousands of studies which have proven the effectiveness of these approaches in alleviating different types of psychological problems.

2. Personalized – A therapist tailors each session based on the client’s specific psychological needs, values, goals and their unique environment. Since understanding a person from psychological, social, biological perspectives needs training, experience, deep knowledge of these factors, untrained therapists, who are mostly employed by hospitals, can fail to understand these things and in turn harm the client unknowingly.

3. Ethical and structured – Therapists follow strict confidentiality and professional boundaries. It is based of all therapy to have a good working alliance or simply a therapy relationship which is based on respecting the patients therapy rights of privacy, confidentiality and informed consent. Trained therapists make sure that these rights are communicated and understood by the client or patient.

4. Based on firm working alliance or therapeutic relationship: All techniques of therapy fail when you don’t first have a strong trusting relationship with client which is based on Authenticity, genuineness, and unconditional acceptance. If a person who is given the task of therapy is not trained, he can mess up with these important elements of therapy by natural human instinct of Advice giving, righting reflex – to make things right immediately.

Beyond the focus of Symptom Relief: The Power of Real Therapy

A trained psychotherapist does not just focus on temporary symptom relief—they help clients achieve long-term emotional and psychological well-being. For example:

- CBT helps people reframe negative thoughts and develop healthier thinking patterns.
- Psychoanalytic therapy uncovers unconscious emotional conflicts that affect behavior.
- ACT teaches people to accept difficult emotions and focus on what truly matters.

When done correctly, therapy is not just about feeling better—it’s about transforming how you handle life itself.

The Bottom Line that we should understand is: Therapy in the Wrong Hands is Not Therapy

The real issue is not whether psychotherapy has “side effects”—it’s that harm comes when non-professionals practice something they do not fully understand. When a trained professional conducts psychotherapy, it is life-changing. When an untrained person gives advice, it is just talking—not therapy.

So, the next time you or someone you know seeks therapy, ask this simple question: **Is this person trained, licensed, and qualified?**

Because in mental health, just like in medicine, choosing the right professional can make all the difference. The licensed or qualified clinical psychologists should also actively spread information and guidelines for therapy and enlighten people who conduct such studies or propagate as it is using a blanket label which is basically contradictory. Masses should know what psychotherapy is so that they will be empowered to choose it accurately and wisely.

The author is a Consulting clinical psychologist and can be reached at nasir.geelani@gmail.com

In Praise of Guilt

Forrest Talley

Everyone has had the experience of guilt. That nagging sensation that weighs you down. It lies next to you at night creating a sense of unease. An uninvited companion that stubbornly remains nearby.

At first glance, it’s difficult to imagine that there is much good to say about guilt. I want to encourage you to hold off on that conclusion. Keep an open mind. The perspective I’m about to share may surprise you—and change your life for the better.

A Different Way to Look at Guilt

If we allow it to, guilt can be the spark that fires the engines of personal growth. Consider, for example, what might happen if we embraced guilt as an opportunity to be transformed into a stronger, better version of ourselves.

From this perspective, guilt is a double-edged sword. It is a condemnation that we have fallen short, but also a reminder that life’s trials are the furnaces where integrity is shaped and tempered. Guilt can be, if you let it, an invitation to enter the “blacksmith’s forge” where, like iron in the smith’s hands, character is hammered, shaped, and tempered into something finer.

Those painful feelings can be seen as a nudge from deep within to engage in a time of reflection, making amends, repairing relationships, and fostering changes that make us stronger.



Guilt: A Call for Reflection

At its core, guilt is a feeling that arises when we believe we’ve done something wrong—when our actions fall short of our values or hurt someone else. According to psychologist David Haaga (2000), guilt is an emotional signal pulling our attention to the fact that we’ve violated our moral standards.

It’s a call to reflect on our behavior and take responsibility. Only by doing so can we learn from it and then make important changes.

An example will clarify. Imagine that in a moment of frustration or anger, you lash out and hurt a friend deeply by saying something cruel. The guilt you feel afterward rivets your attention on the fact that you behaved in a mean-spirited way, one that is inconsistent

with the sort of person you wish to be.

A choice arises. Ignore the guilt by justifying your behavior, or accept responsibility and make changes so that you are less likely to betray your friend and your own conscience in the future.

Guilt encourages us to pause and consider our actions more carefully.

Making Amends: Healing Through Action

One of the most powerful ways to turn guilt into something positive is by using it as an opportunity to make amends. When guilt surfaces, it often signals that there’s a relationship that needs healing. Psychologist June Price Tangney (2002) argues that guilt

is an emotion that can inspire prosocial behavior—behavior that benefits others—such as offering a sincere apology or working to repair a damaged relationship.

Making amends does not require fixing everything perfectly. It is about taking responsibility, showing genuine remorse, and making a sincere effort to change.

Guilt and Personal Growth

Guilt is also a powerful tool for transformation. By acknowledging and learning from our mistakes, we begin to grow and become more mindful of our actions (Tangney, 2002).

To genuinely grow, however, we need to change how we behave. This is not complicated. Having recognized where we fell short, we resolve to behave differently in the future. Changes in how we behave will, in turn, gradually reinforce changes in our character.

Conversely, if we brush away guilt like a piece of lint from a coat, we’ve failed to take responsibility. While we may have gained momentary peace of mind, it was at the price of remaining stagnated and stunted.

A Spark, Not a Perpetual Bonfire

It’s important to note that guilt is not helpful when it becomes a constant state of mind. Guilt is an invitation to change, not a permanent deed of sale indicating your new place of residence.

Whatever failures led to feelings of guilt need not define us forever.

Allowing these feelings to do so is, most often, unwarranted and counterproductive.

Chronic guilt changes nothing for the good but instead leads to feelings of shame, self-criticism, and even depression (Haaga, 2000).

Moving Beyond Guilt

Moving beyond guilt’s embrace requires taking action where possible and allowing at least a modicum of self-compassion. Research by Kristin Neff (2003) has shown that self-compassion helps us face our shortcomings without being overly harsh on ourselves.

Self-compassion does not mean minimizing the impact of what we have done but instead puts whatever wrongdoing we committed into perspective. This becomes easier if we apologize to those we hurt, express genuine regret, and sincerely attempt to make things right.

Conclusion

We all make mistakes, and those who have a conscience will feel guilty as a result. This need not be seen as a jury’s final verdict on your ultimate worth, but instead as a signal that changes are needed, an invitation for transformation. Don’t let fear hold you back from entering the blacksmith’s forge, where your character will be refined and the weight of guilt lessened, or perhaps lifted altogether.

The article was originally published by Psychology Today



AT FIRST GLANCE, IT’S DIFFICULT TO IMAGINE THAT THERE IS MUCH GOOD TO SAY ABOUT GUILT. I want to encourage you to hold off on that conclusion. Keep an open mind. The perspective I’m about to share may surprise you—and change your life for the better

DOODHGANGA POLLUTION CRISIS

JKPCC Moves Against 4 Senior SMC Officials

Observer News Service

SRINAGAR: The Jammu and Kashmir Pollution Control Committee (JKPCC) has filed legal complaints against four senior officials of the Srinagar Municipal Corporation (SMC) for their alleged failure to curb pollution in River Doodhganga. In a compliance report submitted to the National Green Tribunal (NGT), the JKPCC highlighted ongoing violations of environmental laws, such as

continue entering the river.

The report also emphasized violations of the Solid Waste Management Rules, 2016. Despite prior warnings, untreated sewage continues to flow into Doodhganga, while solid waste dumping along the riverbanks remains a persistent problem, further degrading water quality.

In response to these ongoing failures, the JKPCC has initiated legal action against key officials.



The JKPCC sought updates from the Urban Environmental Engineering Department (UEED) and SMC on the progress of sewage treatment plants (STPs), which are key to addressing these concerns.



the discharge of untreated sewage and improper solid waste disposal, which continue to threaten the river's health and surrounding ecosystem.

The report, submitted in response to the NGT's October 2024 directives, reveals that despite efforts to tackle pollution, untreated sewage discharge and mismanagement of solid waste remain critical issues.

The JKPCC sought updates from the Urban Environmental Engineering Department (UEED) and SMC on the progress of sewage treatment plants (STPs), which are key to addressing these concerns.

According to the findings, although UEED has issued a tender for the construction of STPs, delays have hindered progress. These plants are essential for preventing untreated wastewater from flowing into the river, especially in seven wards under the SMC's jurisdiction.

A significant development noted in the report is the transfer of sewage treatment responsibilities from SMC to UEED. SMC officials clarified that their focus is on stormwater management, leading to the transfer. However, delays in the execution of the project have allowed untreated sewage to

Former SMC Commissioner Athar Aamir Khan is facing action for not establishing necessary sewage treatment infrastructure, while former UEED Chief Engineer Iftikhar Ahmad Kakroo is being held responsible for inadequate waste treatment mechanisms.

Additionally, former Executive Officers of the Budgam and Chadoora Municipal Committees, Mohammad Iqbal Bhat and Syed Nayeem Rizvi, are being accused of negligence in managing solid waste and sewage disposal.

The report also noted that, while UEED has initiated a tender for the STP construction, delays due to funding and execution challenges persist. It further highlighted that the four senior municipal officials are being held accountable for their failure to implement effective pollution control measures.

The tribunal has been urged to closely monitor the situation and ensure timely action to address the pollution crisis and hold the responsible officials accountable.



SMART CITY OR COSMETIC FIX? Rainfall triggers a footpath collapse on Boulevard Road, raising safety concerns among locals..
KO PHOTO, FAISAL KHAN

EC Owes Clarification On USAID's 'Voter Turnout' Fund For India: CM Omar

Press Trust Of India

SRINAGAR: Jammu and Kashmir Chief Minister Omar Abdullah on Thursday said the Election Commission should clarify its stand on reports that the US spent USD 21 million for "voter turnout in India".

Talking to reporters on the sidelines of a function here, he vehemently opposed foreign interference in the country's democratic exercise.

"It (foreign interference) should not happen. So far, there is no proof of foreign interference... The Election Commission has to clarify whether foreign interference had taken place in our elections because to date we are of the belief that our elections were conducted in a free and fair manner," Abdullah said.

He was responding to a query about US President Donald Trump's questioning



the need to spend money on voter turnout in India. Trump also speculated that the previous Biden administration was attempting to "get somebody else elected" in the country.

"It is up to America and it is their aid whom they want to give or not. Where is that decision ours?" the chief minister said.

The US Department of Government Efficiency (DOGE) led by billionaire Elon Musk recently announced a series of expenditure cuts, including USD 21 million allocated for "voter turnout in India."

"IT IS UP TO AMERICA AND IT IS THEIR AID whom they want to give or not. Where is that decision ours?"

Need To Keep Mother Languages Alive: Dr Farooq

Agencies

SRINAGAR: Stressing on the need to keep mother languages alive, National Conference President Dr Farooq Abdullah on Thursday said that "living nations keep their civilization and culture alive."

On the eve of Mother Language Day celebrated every year on February 21, Dr Farooq said, "To protect our identity, we must sustain our existence, which can only be achieved by keeping our mother languages alive."

He said that history bears witness to the fact that nations that forgot their language, culture, and traditions eventually faded into history.

Dr Farooq stressed that safeguarding all languages spoken in J&K is essential for preserving the region's unique identity and Kashmiriyat.

Expressing concern, he said it is unfortunate that adversarial elements were trying to harm Urdu and Kashmiri by labelling them as regional or religious languages. He urged people to resist such efforts and ensure that these languages are passed onto future generations so that they, too, can protect and uphold them.

He stated that every individual must take personal responsibility for preserving all languages spoken across Jammu, Kashmir, and Ladakh, including Urdu—(KNO)



Property Worth Lakhs Attached Under NDPS ACT In Shopian

Observer News Service

SHOPIAN: In a major breakthrough against the drug menace, Shopian Police on Thursday said to have attached a double-storey residential house worth Rs 22,17,827 lacs and cash 14,52,100 lacs belonging to a notorious drug peddler namely Mudasir Ahmad Malik, Yawer Ahmad Malik & Shahid Ul Islam Malik sons of Gh Mohd Malik, resident of Melhura Zainapora.

A police spokesman said in a statement that the action was taken under section 68-E read with 68-F(1) of Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1985, as part of the ongoing anti-narcotics drive in the district.

"The property attachment is linked to FIR No.54/ 2021 & 87/ 2023 of Police Station Zainapora and was executed in the presence of duly constituted Police team and the Executive Magistrate, ensuring full compliance with



legal protocols. The property was identified as illegally acquired property during the course of investigation/enquiry conducted by Shopian police," police said.

The property was prima facie acquired from illicit trafficking in narcotic drug and psychotropic substances by the owner. This action reaffirms the commitment of Shopian Police to combat the drug menace. Local people of the area have hailed the initiative of Police with regard to the attachment of immovable property, which has been raised/used from illicit trafficking of narcotics by the drug peddlers in the Shopian district, police added.

'JK Relies 85% On Coal, Solar Power'

Agencies

SRINAGAR: Amid acute deficit of hydro power generation, Jammu and Kashmir is currently relying on more than 85 percent of coal and solar power.

Officials of Power Development claim that local hydro power generation from the local power plants have reduced by nearly 90 percent.

A top official of PDD said that, "At present Jammu and Kashmir is 85-90 percent dependent on coal and solar energy that is being procured from the other states because as of now we don't have a local power generation."

"In winters the local hydro power generation of Jammu and Kashmir power plants has reduced by almost 90 percent and in order to cater the requisite power demand, we need to have a base power availability that we procure from outside states. The energy is coal based energy," the official said.

The official further said that the department is already in different Power Purchase Agreement (PPAs) with other states.

"Last year we entered a PPA of coal based power of over



"However, the power generation has further decreased with the officials saying that the department was able to generate only 190 MWs of power in the ongoing month"

390 MWs under Shakti Policy. In future more coal based power and more PPA has to be entered to meet the demand of electricity in Jammu and Kashmir," the official said.

It also said, "In 2024 and the ongoing year there is a huge deficit in local hydro power

generation. Situation is not good for local power generation in winters."

Overall, the hydro power generation from the local plants in Jammu and Kashmir has reduced by 84.17 percent.

In the month of January, the Power Development Department (PDD) was generating nearly 250 Megawatts of power from the local hydel projects that amounts to 20 percent of the total generation capacity. However, in the ongoing month, the power generation has further reduced by five percent.

"However, the power generation has further decreased with the officials saying that the department was able to generate only 190 MWs of power in the ongoing month," the official said.

Besides, the authorities have said that Jammu and Kashmir may face 29 percent of "forced load shedding" of annual power in the year 2034-35.

Besides, it has 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—(KNO)

JKB Financial Services Limited Launches Mobile Trading App

Observer News Service

SRINAGAR: JKB Financial Services Limited (JKB FSL), the wholly owned subsidiary of J&K Bank, today launched JKB mTrade – an all-in-one digital platform designed to provide a seamless and advanced trading experience for investors.

J&K Bank's MD & CEO Amitava Chatterjee formally launched the app in the presence of Executive Director Sudhir Gupta, General Managers,

direction to provide end-to-end financial services, ensuring that our customers have access to a wide range of investment opportunities, from traditional banking products to modern investment instruments."

While expressing his pleasure on the occasion, he congratulated the entire team of JKB FSL along with the officials from the Bank for the successful initiative. He urged the JKB FSL management to promote the app as one of the best initiatives in the in-



MD JKB FSL Syed Adil Andrabi, DGMs, and other senior officials of the Bank and its subsidiary.

Speaking at the launch, MD & CEO Amitava Chatterjee said, "The launch of JKB mTrade is part of our policy to equip customers with cutting-edge digital solutions that simplify trading and investment decisions. At a time when public awareness about deploying savings into short and long-term investments is growing rapidly, this user-friendly app will empower our customers with secure, efficient, and convenient access to the capital markets."

He further added, "As a financial institution, our vision goes beyond banking. We are committed to offering comprehensive financial solutions that cater to our customers' evolving wealth management needs. JKB mTrade is a key step in the right

dustry while targeting the Bank's clientele across the country.

In his remarks, ED Sudhir Gupta commended the performance of the Bank's subsidiary, saying, "In its journey, JKB mTrade is one of the best milestones achieved by JKB FSL. And I know that with such hard-work and dedication, you will continue to set new benchmarks of excellence."

They are already doing good work in terms of growth in revenue and profitability, which has been appreciated by the Bank's board also, he further said.

Notably, the JKB mTrade app is now available for download on both Android and iOS platforms. Offering a comprehensive suite of features, the JKB mTrade app caters to diverse investment needs across multiple asset classes, including stocks, mutual funds, IPOs, and derivatives.

'Obesity Gateway To Chronic Diseases'



Agencies

SRINAGAR: In today's fast-paced world, a sedentary lifestyle has become a major health concern, making an active way of life more crucial than ever, doctors say.

Health experts highlighted how increasing dependence on technology, desk jobs and modern conveniences has led to a decline in physical activity, which is impacting public health.

Dr Muzaffar, a general physician at the Directorate of Health Services (DHSK), said that a lack of exercise contributes to serious health conditions such as heart disease, hypertension and stroke. "Poor circulation and high cholesterol levels due to inactivity increase cardiovascular risks," he said.

He warned that excess calorie storage due to inactivity leads to obesity, which in turn lays the foundation for multiple chronic diseases, including diabetes, joint pain and metabolic disorders.

"Physical inactivity causes insulin resistance, a major risk

factor for diabetes," Dr Muzaffar said, adding that a lack of weight-bearing exercises weakens bones, increasing susceptibility to fractures and osteoporosis.

Similarly, Dr Muzamil Abdullah said a sedentary lifestyle not only affects physical health but also takes a toll on mental well-being. "Research shows that prolonged inactivity is linked to anxiety, depression and cognitive decline," he said, adding that an inactive lifestyle has been associated with an increased risk of certain cancers, including breast and colon cancer.

Doctors recommend at least 30 minutes of moderate exercise daily, such as brisk walking, cycling or swimming. They said strength training exercises twice a week can help maintain muscle strength and bone density while stretching exercises improve flexibility and reduce the risk of injuries.

Experts also called for breaking long sitting periods by taking short movement breaks, opting for stairs instead of elevators, and incorporating more walking into daily routines.—(KNO)

Every Step Being Taken To Improve Health Care Facilities: Itoo

Agencies

SRINAGAR: The Government Medical College (GMC) Anantnag has become the first among the newly set up Medical Colleges to have its own Cath Lab. The lab was inaugurated by Health and Education Minister Sakina Itoo on Thursday.

Speaking with the reporters after inaugurating the lab, Sakina said that whenever they held any meeting in Anantnag, demand for Cath Lab was every time being raised and today it has been dedicated to the people of South Kashmir.

She said that people are expecting a better treatment from the doctors, but it can be possible only when the adequate infrastructure is available with them. Sakina said that doctors have



been doing a commendable job but they further need to remain soft with patients and make every effort to save precious lives. She said that the Omar Abdullah led government is committed to upgrading the health infrastructure wherever required and every step is being taken for providing better health care facilities to the public. She said that health care

must be the first priority to all. She added that doctors and other health care workers must uphold the trust of people and asked them to work selflessly for the patient care 24x7.

Itoo acknowledged that there is a shortage of manpower but assured that the government led by the Chief Minister Omar Abdullah will remove all the shortcomings in the near future.

She further said that it was her dream to become a doctor and offer her share to relieve the pain and sufferings of the patients. She added that she could not realise her dream of becoming a doctor because of a tragedy but God has given her the opportunity to play a bigger role and to realise her dream of relieving the sufferings of the people.

She thanked the engineering department for completing the works at Block A that made its inauguration possible today.

According to the Centres for Disease Control and Prevention (CDC), nearly 47% of deaths occur due to sudden cardiac arrests before an individual reaches the hospital.

"If a patient who has suffered a heart attack reaches the hospital within the golden hour, cardi-

ologists and trained emergency physicians are in a better position to run the appropriate tests and scans to confirm the occurrence of a heart attack and take the patient to the catheterization laboratory (simply called 'cath lab'), where an interventional cardiac procedure called a primary angioplasty is performed to clear the cause of most heart attacks — plaque build-up that blocks the artery/arteries," she said.

However, in the absence of the cath lab, patients from South Kashmir most of the time lose their golden time in reaching SKIMS or SMHS hospital.

Doctors said that the establishment of the cath lab at GMC Anantnag can help in saving lives of dozens of patients who lose their golden period in travelling to Srinagar.

Rohit Sharma Second Fastest To 11,000 Runs In ODI Cricket

Press Trust of India

DUBAI: India captain Rohit Sharma on Thursday became the second fastest batter after compatriot Virat Kohli to complete 11,000 runs in One-day Internationals during their Champions Trophy clash against Bangladesh here.

Rohit is only the fourth Indian and 10th batter overall to reach the mark in the 50-over format.

The skipper achieved the feat in the fourth over of India's chase of 229 in their Group A match when he hit Mustafizur Rahman over mid-on for a boundary.

The seasoned opener reached the mark in his 270th game,



and is the second fastest behind Kohli to cross 11,000 runs in terms of innings.

Kohli had crossed the 11,000-run mark in 222 innings while Rohit has brought up that many

runs in 261 innings. In this list, they are followed by the legendary Sachin Tendulkar (276 innings), Ricky Ponting (286) and Sourav Ganguly (288).

Rohit is now placed behind former India captain Ganguly (11,363 runs) in the list of overall highest run-scorers in ODI cricket, with Tendulkar cemented firmly at the top position with 18,246 runs in 463 matches.

Kohli, who has 13,963 runs in his 299 ODIs, entered this game only 37 short of becoming only the third player in the history to make 14,000 runs in 50-overs cricket.

In terms of most ODI runs, former Sri Lanka captain Ku-

mar Sangakkara is placed second with 14,234 runs in 404 matches.

One of the most successful batters in the format at the top of the order, Rohit is also second in the list of hitting most sixes with 338 hits over the fence behind Pakistan's Shahid Afridi (351).

Rohit averages nearly 50 in the format with 32 centuries and 52 half-centuries.

In the list of highest run-scorers, Rohit is followed by former captains Rahul Dravid (10,889 runs) and MS Dhoni (10,773), with India having as many as six batters in an overall list of 15 batters to have crossed the coveted 10,000-run mark in ODI cricket.

Short TAKES

Shami Fastest Indian Bowler To Reach 200 ODI Wickets

Star pacer Mohammed Shami became the fastest Indian bowler and second quickest overall to reach 200 ODI wickets during the Champions Trophy match against Bangladesh here on Thursday, marking his return to an ICC tournament with an excellent five-for.

Shami grabbed three wickets to reach the milestone in his 104th match and better former India pacer Ajit Agarkar's record of getting to the mark in 133 matches.

He then added two more wickets to his tally to end the day with figures of 5/53, strengthening his position as one of the most successful bowler in ICC tournaments.

With 60 wickets, Shami is now India's leading wicket-taker in the two 50-overs ICC events — the ODI World Cup and Champions Trophy — followed by Zaheer Khan (59), Javagal Srinath (47) and Ravindra Jadeja (43).

Jaker Ali, who made 68 and was involved in a 154-run sixth wicket partnership with Towhid Hridoy (100), was Shami's wicket No 200 in the 50-overs format.

Overall, the 34-year-old fast bowler is the second fastest to the mark behind Australian left-arm pacer Mitchell Starc, who needed 102 games.

CT: Imam-ul-Haq Replaces Injured Fakhar In Pak Squad

The Pakistan cricket team suffered a setback ahead of its Champions Trophy clash against India after opener Fakhar Zaman was ruled out owing to a recurring knee injury, prompting the inclusion of Imam-ul-Haq in the squad that left for Dubai on Thursday.

The Pakistan Cricket Board made the change after getting the approval from the International Cricket Council's Event Technical Committee. The match against India is to be held on Sunday at the Dubai International Cricket Stadium. Zaman had suffered an injury during the opening Champions Trophy match against New Zealand here on February 19.

The 34-year-old, who has played 86 ODIs and averages a little over 46, had suffered a muscle strain while fielding in the New Zealand innings and remained away from the field for most part of the innings.

Mbappé Hat Trick For Real Dumps Man City Out Of CL

Kylian Mbappé scored a hat trick, Erling Haaland stayed on the bench injured and Real Madrid dumped Manchester City out of the Champions League on Wednesday.

Mbappé's stellar trio of goals in the fourth, 33rd and 61st minutes in a 3-1 win gave Madrid a 6-3 victory on aggregate over the 2023 champion in their two-leg knockout playoff. "This has been the complete performance — attack, defense, with the ball and without the ball, we showed such high levels of quality," Madrid coach Carlo Ancelotti said. "Almost the perfect night."

One superstar striker was watched by another from the sidelines. Haaland was not fit to start for an ultimately overmatched Man City because of a knee injury sustained late in a Premier League game Saturday.

Paris Saint-Germain beat French rival Brest 7-0, to run up a 10-0 aggregate score, and will play either Liverpool or Barcelona in the round of 16.

J&K Softball Team For Senior National Championship Announced



Observer News Service

SRINAGAR: The J&K Senior Softball Team has been finalised after screening by the J&K Sports Council at the New Indoor Sports Complex, M.A. Stadium in Jammu.

To ensure optimal preparation, the JKSC organized a 21-day Residential Coaching Camp from January 30 to February 19 at the Football Ground, Government Gandhi Memorial Science College, Jammu. The camp provided athletes with intensive training to refine their skills and enhance team coordination.

The team will compete in the 46th Senior National Softball Championship, scheduled to be held in Amravati, Maharashtra, from February 22 to 26. The event is being organised by the Maharashtra Softball Association under the aegis of the Softball Association of India. The J&K Senior Team is participating under the banner of the JKSC and J&K Softball Association, with full sponsorship from the JKSC.

Nuzhat Gul, Secretary JKSC, extended her best wishes to all the players for their participation in the championship.

Men's Team:

Ajay Singh, Jasbir Singh, Ayush Jamwal, Anmol Singh, Sagar Chib, Pardeep Singh, Jaskaran Singh, Parshant Singh, Usman Bilal, Faizan Bashir, Ansh Goswami, Azan Ul Haq, Fazil Ahmad, Mohd Hussain, Sarbjeet Singh & Nadeem Hussain.

Women's Team:

Shaista Ali, Harleen Kour, Safura Altaf, Lavanya Jamwal, Muneera Hassan, Muskan Devi, Rahee Hilal, Rashi, Areesa, Afnan Fayaz, Shaheena, Shaista Nabi, Nussaiba, Misbah, Farhana & Nidhi.

CT: Afghanistan Men's Cricketers Brush Off Boycott Calls



Agencies

KARACHI: Captain Hashmatullah Shahidi has dismissed political calls to boycott Afghanistan's cricket games on the eve of their first Champions Trophy match against South Africa.

Politicians in England and South Africa urged their cricket authorities to forfeit the Champions Trophy group games against Afghanistan because of the Taliban's ban on women's sport and erosion of women's rights.

South Africa Sports Minister Gayton McKenzie said that if the ultimate decision was his then the South Africa-Afghanistan match "certainly would not happen." But it's scheduled to go ahead on Friday in Karachi, as is the Afghanistan-England game next Wednesday in Lahore.

"As a sportsman, our job is to play cricket and we don't care what's going on outside of the cricket," Shahidi said

on Thursday.

"We only control things inside the ground, so that's our job and other things cannot put us under pressure."

Afghanistan's last group game is against Australia on Feb. 28 in Lahore, and its record in recent major tournaments gives it hope of an upset or two.

It beat England and Pakistan at the 50-over World Cup in India in 2023, and beat Australia and New Zealand to reach the 20-over World Cup semifinals in 2024. Afghanistan has also won its last four one-day international series, including against South Africa last September.

"We are definitely 100% looking to win this event because we've played a lot of quality cricket for the last two years," Shahidi said. "It's a good chance for us because the boys are very experienced and these conditions also suits us ... hopefully we start with a win and we go with the same momentum throughout the tournament."

28th year OF PUBLICATION

KASHMIR OBSERVER®

YouTube

VISIT

<https://www.youtube.com/c/kobserver>

OR SCAN

The methods used to consume news have changed over time from newspapers, to television, to the Internet on our computers to carrying the news around with us 24/7 on smartphones in our pockets.

Kashmir Observer, with 28 years of experience in news gathering is now available 24x7 on all digital platforms like laptops, cell phones or via Bluetooth on your smart TVs across the world.

Kashmir Observer is a one stop information bank for you. Watch live debates, talk shows and documentaries on critical issues facing Kashmir on KO youtube channel.

OUR SPECIAL PROGRAMMES

THE OTHER SIDE
INKISHAF
VOX POP
UNRAVEL KASHMIR