

J&K Draws ₹10,516 Crore Investment, Jammu Leads!



Observer News Service

Jammu: The Jammu & Kashmir Government on Monday disclosed that an investment of Rs 10516 crore has been made in the Union Territory since 2019.

crore has been made in the Union Territory since 2019-20. In a written reply to a question of MLA Budhal Javed Iqbal Choudhary, the minister said that an investment of Rs 3407.63 crore has been made in Kashmir and Rs 7108 crore in Jammu. As per break-up, an investment of Rs 164.37 crore has been made in Kashmir | [More on PIO](#)

'3.7 Lakh Youth Registered As Unemployed'

The Jammu and Kashmir government on Monday said over 3.70 lakh unemployed youth have registered on the employment portal as of January 2025. The registered youth include 1.13 lakh graduates and post-graduates. Replying to a written question of BJP MLA Sham Lal Sharma in the Assembly, Deputy Chief Minister Surinder Choudhary, who is also the Minister for Labour and Employment, outlined plans to formulate | [More on PIO](#)

AN INVESTMENT OF RS 3407.63 CRORE HAS BEEN made in Kashmir and Rs 7108 crore in Jammu.

Kathua Killings, Gulmarg Fashion Row Spark Uproar In J&K Asembly

Observer News Service

Jammu: The Jammu and Kashmir Assembly witnessed heated exchanges between opposition and treasury benches on Monday as members raised various issues, including the killing of civilians in Kathua and the Gulmarg fashion show controversy.

As the House assembled for the day, members of the National Conference, People's Democratic Party, and two Independents stood up and raised the issue of the fashion show, terming it "obscene" and alleging that it hurt sentiments. The MLAs demanded a probe into the facilitation of such a

show during Ramadan. PDP MLA Mir Mohammad Fayaz raised the demand, and NC MLA Tanvir Sadiq also raised the issue.

The fashion show held in the winter tourist resort of Gulmarg during the fasting month of Ramadan has evoked widespread criticism, with Kashmir's chief priest Mirwaiz Umar Farooq, saying that "obscenity" in the name of tourism promotion will not be tolerated. Chief Minister Omar Abdullah has ordered an inquiry into the matter.

BJP members raised the issue of killings in Kathua but strongly advocated for the continuation of the | [More on PIO](#)



Omar Questions Selective Police Restrictions

Chief Minister Omar Abdullah on Monday derided the "attempts" to give "political colour" to the recent mysterious deaths in Kathua, and questioned the Jammu and Kashmir Police for stopping his deputy from visiting the bereaved families, but allowing the Leader of the Opposition to meet them. Abdullah's statement came in response to

the tragic incident involving three civilians -- Varun Singh (15), his uncles Yogesh Singh (32) and Darshan Singh (40) -- whose bodies were recovered from a waterfall in the remote Malhar area of Kathua on Saturday, three days after they went missing from a wedding celebration. Last month, the bodies of two other people -- Shamsher (37) | [More on PIO](#)

Designers Apologise, CM Says Govt Had No Role

Outrage over a fashion show in Gulmarg found wide echo in the Jammu and Kashmir assembly on Monday with Chief Minister Omar Abdullah saying his government had no role in the event organised at a private hotel and would not have given its permission even if it was not Ramadan.

He said his government would have never given permission for such an event in any month of the year. "We have already ordered an inquiry into it but preliminary facts revealed that it



was a private four-day event organised by a private party in a private hotel. The fashion show was held on March 7 and certain things have come to the fore, which hurt the sentiments of the people who are not wrong," the chief minister informed the assembly. | [More on PIO](#)

NOT ONLY RAMZAN, GOVT WOULD not have permitted it in any month"

MeT Predicts Rain, Snow Till March 16

Observer News Service

Srinagar: The week-long wet spell started in Kashmir on Monday as rains lashed various parts of the valley including Srinagar. Rains lashed the plains including Srinagar which led to the temperatures plummeting across the Valley.

The Meteorological Centre Srinagar Monday said wet weather is likely to affect Jammu and Kashmir till the weekend.

It predicted intermittent light to moderate rain and snow over Jammu and Kashmir during the next 24 hours.

There is a possibility of light rain or snow at isolated to scattered places on March 11 while another spell of light to moderate rain and snow at many places during March 12 and 14. Intermittent light to moderate rains and snow are predicted at many places during March 15 and 16.

The weather is likely to remain dry from March 17 to 21, the MeT office said.

The MeT office has also issued an advisory for travellers, tourists and transporters to follow admin/traffic advisory before planning their trip during the period.

The farmers have also been advised to suspend farm operations from March 10 onwards till March 18, besides people living on the higher reaches have been asked to avoid sloppy and avalanche prone areas during the period.

Meanwhile, the night temperature recorded 4 to 5°C above the average at many weather stations of Kashmir during the past 24 hours, while the day temperature on Saturday remained 3.5°C above normal in many parts of the valley. Srinagar recorded the highest day | [More on PIO](#)

Grand Mufti Sets Rs 75 as Sadaqat-ul-Fitr

Agencies

Srinagar: The Grand Mufti of Jammu and Kashmir, Mufti Nasir-ul-Islam, on Monday announced that the mandatory Sadaqat-ul-Fitr (Zakat al-Fitr) for 2025 has been set at Rs 75 per person.

Mufti Nasir-ul-Islam said that it is obligatory for every Muslim, including men, women, and infants, to pay Sadaqat-ul-Fitr before Eid-ul-Fitr prayers.

He stressed that the contribution should be made in advance so that the less fortunate can also partake in the Eid celebrations.

According to Mufti Nasir, the prescribed amount is equivalent to 1.75 kg of wheat per person, and after consultation with Islamic scholars, it has been valued at Rs: 75 this year. He added that individuals should pay this amount for themselves and their minor children, while adult, financially independent children should contribute on their own.

"Sadaqat-ul-Fitr purifies one's fasting from any shortcomings and directly benefits the needy," he said, clarifying that the donation should be given to deserving individuals such | [More on PIO](#)

'3 Youths Missing In Devsar' 2 Protesting NC MLA's Evicted From LA

Press Trust Of India

Jammu: Two leaders of the National Conference were on Monday marshalled out of the Jammu and Kashmir Assembly following their protest seeking to raise the issue of three youths missing Devsar constituency in Kulgam district.

NC leader and MLA from Devsar constituency Peerzada Feroze Ahmad Shah raised the issue of the missing youths from his constituency. The youths disappeared after attending a marriage party.

However, he was not allowed to raise the issue in the house, which led to a protest. This prompted the watch and ward staff to marshal him out along with NC MLA Kangan Mian Mehar Ali, who supported him in raising the issue.

"I was trying to raise very important issues regarding the three youths who have been missing from the Devsar area for a month. They had gone to a marriage party,



but their mobile phones were switched off in the Mir Bazar area. Since then, their whereabouts are unknown," Shah told reporters outside the House.

He said that families have filed missing complaints and that the police are working hard to locate the trio.

"I attempted to raise the issue, but I was not allowed to do so and was subsequently removed from the House," he added.

Earlier, after a | [More on PIO](#)

Custody Parole Plea Of Er Rashid Rejected

Press Trust Of India

New Delhi: A Delhi court on Monday rejected the plea of jailed Jammu and Kashmir MP Engineer Rashid seeking custody parole to attend the upcoming Parliament session.

Additional sessions judge Chander Jit Singh dismissed the plea and posted the order on Rashid's regular bail plea on March 19.

A detailed order is awaited. On March 3, the court asked the NIA to respond to the plea, following which it reserved its verdict after hearing the arguments.

The application, filed by advocate Vikhyat Oberoi for Rashid on February 27, sought the relief on the grounds that Rashid was a parliamentarian and needed to attend the upcoming session to fulfil his public duty.

Sheikh Abdul Rashid, popularly known as Engineer Rashid, defeated Chief Minister Omar Abdullah in the 2024 Lok Sabha polls in Baramulla.

Rashid's regular bail application is currently pending before the court. The second part | [More on PIO](#)

Regularisation Benefits SC Pulls Up J&K Officials For Non-compliance Of HC Order

Press Trust Of India

New Delhi: The Supreme Court has censured Jammu and Kashmir officials for not complying with a high court order over the regularisation of daily wagers and called it as a "glaring and textbook example of obstination".

A bench of Justices Surya Kant and N Kotiswar Singh said instead of complying with the 2007 order of the high court for regularisation of daily wagers, who worked between 14-19 years in the


rural development department, the state authorities kept on passing "cryptic orders" to harass them.

"We are constrained to observe that the present case is a glaring and textbook example of obstination exhibited by the state officials/authorities, who consider themselves to be above and beyond the reach of law," the bench said in an order on March 7.

The court said the "inaction" of the officials, who took about 16 years to comply with a "simpliciter high court order" dated May 3, 2007, was "shocking" | [More on PIO](#)

HC Rejects Circular On Reservation In Promotions

The Jammu and Kashmir High Court has strongly criticized a circular issued by the General Administration Department, which directed all Administrative Secretaries to keep vacant the slots reserved for employees from reserved categories. | [More on PIO](#)



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Daily Wagers Protest, Threaten Indefinite Strike After Eid

Agencies
SRINAGAR: Casual and daily wage workers under the banner of Jammu and Kashmir Casual/Daily Wagers Forum (JKCDF) staged a protest at Lal Chowk, demanding regularization of their services and a salary hike. The protesting workers announced that they would go on an indefinite strike after Eid if their demands were not met. They warned that if the government failed to address their grievances, Public Health Engineering (PHE) employees would cut water supply across Kashmir as part of their agitation. The daily wagers accused the government of ignoring their long-pending demands, stating that despite assurances, no concrete steps had been taken for their regu-

larization or wage revision. They urged the authorities to resolve their issues at the earliest to prevent further disruptions. Earlier, PDP MLA Waheedur-Rehman Parra raised the issue of daily wagers in the Jammu and Kashmir Assembly, advocating for a bill to ensure their rights and job security. It is important to note that the National Conference has included the regularization of temporary employees in its election manifesto, promising a time-bound policy for the regularization of various categories, including paramedical staff in GMC-associated hospitals, casual laborers, daily wagers, CIC operators, contractual employees, Home Guards, and Rehbar-e-Khel employees. (JKNS)

Presence Of Stray Dogs In Women's College Irks Students



Agencies
SRINAGAR: The students at Srinagar Women's College are living under the constant fear of stray dog attacks within the campus. An aggrieved parent said his daughter lives with the daily fear of being attacked by dogs within the college premises. There are so many dogs inside college campuses and this is a reflection of the daily risk students' face," the parent said. Similarly, a student from the college also confirmed the lived experience, saying the presence of packs of stray dogs roaming freely within the campus creates a constant feeling of danger. "There are packs of dogs roaming inside college and

nobody is doing anything," the student said, adding there is a dumping site on the backside of the college and all the dogs gather there and later come inside college campuses and even close to classrooms and the ground. She added that last year many videos from the college went viral on social media where dogs were seen chasing students. "The principal of the college got changed recently this year, and we don't know how the new one will do anything in this regard," she said. Meanwhile, the reporter also tried to contact the Principal of the Women's College Srinagar for comment. However, repeated calls and text messages went unanswered—(KNO)

GCW Nawa Kadal Organizes Commemorative Programme

Observer News Service
SRINAGAR: To celebrate International Women's Day, Government College for Women NawaKadal has organized a week-long program within the college premises, here. The Women's Development Cell of the college organized an event on the theme 'Accelerate Action for Gender Equality' on 8th March in the College auditorium to impart awareness to the participants on gender equality and discuss ways and means to address gender issues in our spheres of activity. Principal of the college, Dr. Huda Galzai delivered the special address, emphasizing the importance of gender equality, gender issues and contributions of women in shaping the society and the world at large. She also stressed on removing gender biases, stereotypes and fostering an equitable society. On this occasion, Sleet Shah, Deputy Superintendent of Police Headquarters Srinagar, invited as the guest of honour, delivered an inspiring address on new criminal laws, sharing examples and experiences from her own career, which was well received by the au-

dience. Earlier, the programme commenced with a warm welcome by the WDC Coordinator Prof. Pihu Andrabi. She gave a brief background of the International Women's Day and stressed the need for ensuring gender equality. Dr. Riffat Aman, Head, Department of Education discussed the history of gender sensitive movements, the evolution of thought and literature in this field and the contemporary status and challenges faced by females and other genders in our society. Dr. Asmat Ara, Head, Department of Music shared insights on Women empowerment, gender sensitivity and workplace inclusivity in religious perspective. Students also shared the stage and expressed their beliefs and thoughts on Gender equality. They shared personal experiences and challenges faced by them in their lives. The event concluded with a pledge of gender equality where students, faculty members and guests took an oath to respect genders, work against discrimination and advocate equality in all spheres of life.

PUBLIC NOTICE
This is for the information to the general public that I intend to correct the details on my license bearing no JK0120150102617 from Aijaz Ahmad Dar S/o Ali Mohammad Dar DOB 03-02-1994 to Ajaz Ahmed dar S/o Ali Mohammad Dar DOB 01/06/1993 as per my aadhar card. Now in this regard if anybody have any kind of objection he/she may approach the RTO Srinagar within a period of 7 days from the date of publication of this notice. No objection will be entertained afterwards.
+91-7006034174
Azko

Traffic Woes Mount In City



Agencies
SRINAGAR: Amidst the ongoing holy month of Ramadan, the traffic congestion in Srinagar has worsened, making commuting a daily ordeal for residents. Key routes across the city, particularly during peak morning and evening hours, remain clogged with vehicles, leaving commuters frustrated and urging authorities to find a solution. Locals from different parts of Srinagar city informed that major stretches, including Batmaloo to MA Road and MA Road to Dalgate, witness severe gridlocks between 3 PM and 6 PM, making it difficult for people to navigate through the city. They said that similar congestion is reported during the morning rush hours between 9 AM and 10 AM, particularly from Pantha Chowk to Dalgate, Karan Nagar, and other major arteries. "The situation is getting worse, especially in the evenings when everyone is rushing home to break their fast. The roads are jam-packed, and it takes twice the usual time to reach our destinations," said Adil Ahmad, a commuter. Another local, Faisal Hussain, said Srinagar's growing traffic problems demand immediate intervention. "Authorities must come up with a proper traffic management plan. The increasing number of vehicles and poor regulation are making it unbearable for daily commuters," he said. Notably, residents are urging traffic department to take urgent steps to ease congestion, such as better traffic regulation, alternative routes, and stricter enforcement of parking rules—(KNO)

6 THE SITUATION IS GETTING WORSE, ESPECIALLY IN THE EVENINGS when everyone is rushing home to break their fast. The roads are jam-packed, and it takes twice the usual time to reach our destinations,"

VC LCMA Takes Tour Of Dal, Nigeen Lakes

Observer News Service
SRINAGAR: Mohammad Shahid Saleem Dar after assuming the charge as Vice Chairman J&K LCMA along with all officers of the Authority took an extensive tour of the Dal & Nigeen Lake to assess the measures being undertaken by the LCMA for the conservation and management of these lakes. As per a statement issued to Kashmir Observer, he also visited various interior areas/back water channels and passed instructions to the officers on the spot for solid waste collection and also directed to organize a massive de-weeding drive for important inflow/outflow channels. Moreover civil society was also requested to extend cooperation and monitor solid waste collection/de-weeding by forming Mohalla committees which will also ensure that



no solid waste is dumped into the Channells/Lake. He also undertook inspection of various Mechanical equipment including lake cleaning Machinery and directed the concerned division to keep the machines functional and in a state of readiness to carry out De-weeding operations in a well-planned manner under proper supervision before the onset of de-weeding season. He stressed that my priority would be to make sincere efforts for restoration and conservation of Dal and Nigeen Lake. He also emphasized the need of stopping the menace of illegal constructions and encroachment, if any, in the jurisdiction of LCMA—(KNO)

Youm-E-Wisal Hazrat Khadija-Tul-Kubra (SA) Mirwaiz To Deliver Sermon At Dastgeer Sahib



Observer News Service
SRINAGAR: Anjuman Auqaf Jama Masjid Srinagar, has informed that in connection with the Youm-e-Wisal of Umm ul Momineen Hazrat Khadijah Al Kubra (SA), Mirwaiz Muhammad Umar Farooq, will address the faithful at Aastan e Aaliya Dastgeer Sahib Khanyar on Tuesday, 10th of Ramazan, from 3:30 pm till Asr prayer. The Anjuman has requested the people to participate in the gathering. According to a statement by the Jamia Auqaf Association, Mirwaiz Muhammad Umar Farooq will address a spiritual sermon and preaching session on the occasion of the death anniversary of Umm al-Momineen Hazrat Khadijat al-Kubra (SA) on Tuesday. The association has requested the general public to sincerely participate in the ceremony, sermon, and preaching on this matter.

Government of Jammu and Kashmir
OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION CHADOORA
Email Id. xenrbchd@gmail.com
E-NIT No. 69 of R&B/Chadoora/6660-69 dated 10/03/2025

For & on behalf of the Lt. Governor UT of J&K, e-quotations are invited in Single Cover System from the registered Local Tour & Travels Agencies/ Taxi Stand Unions/transport firms for hiring of one no. of following type of vehicle along with an experienced driver on monthly rental basis for official use of Executive Engineer (R&B) Division Chadoora for the financial year i.e. 2025-26.

SN	Type of vehicle	Cost of tender document (E-challan)	For the year	Earnest Money (Rs)	Class of contractor
1	Hiring of the Vehicle of the Type Toyota Innova/ Mahindra Scorpio/ Mahindra Bolero for the financial year 2025-26 for office use by the Executive Engineer (R&B) Division Chadoora inclusive of all maintenance costs of vehicle & Road taxes including hiring of an expert licensed Driver excluding the cost of fuel.	Rs 300/-	2025-26	Rs 5000/-	Regd. Local Tour & Travel Agencies/ Taxi Stand Unions

- Critical Dates:**
- 1 Date of Issue of Quotation** 10/03/2025
 - 2 Period of downloading of bidding documents** 10/03/2025
 - 3 Bid submission Start Date** 10/03/2025
 - 4 Bid Submission End Date** 18/03/2025 upto 4.00 PM.
 - 5 Date & time of opening of Bids (Online)** 18/03/2025 at 4.10 PM in the office of Executive Engineer R&B Division Chadoora.
- The vehicle should be only registered with RTO Kashmir and shall fulfill the conditions laid in the Public Notice issued by Regional Transport Officer Kashmir vide No. RTOK/ Estt/ 2023/ 11270-73 dated: 24/03/2023.
 - The Bidding documents 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:-
 - a. Note :-The Bidders are advised to read all conditions laid down in the E-tenders carefully before uploaded soft copy any short fall found in the soft copy the tender shall be rejected .
 - b. Note: As per Circular issued by the Government of Jammu and Kashmir Civil Secretariat Finance department vide No.OM No.A/24(2017)-651 dtd.07-06-2018 which reads as under :-
 - i. Furnishing of Hard Copies of bids immediately after submission is dispensed with .The same should be obtained only from the Bidder who's declared Ist Lowest (L-1) after opening of financial bids.
 - ii. The Cost of tenders should be collected by introducing Treasury Challan (Receipt).
 - iii. Bids must be accompanied with cost of Tender document in shape of Valid Treasury Receipt/ e-Challan under Major Head 0059 Revenue in favour of Executive Engineer R&B Division Chadoora (tender inviting authority) and Earnest money /Bid security in shape of CDR/ FDR/ BG pledged to Executive Engineer R&B Division Chadoora (tender receiving authority).
 - iv. 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 Construction Division Chadoora (tender receiving authority).
 - v. All other terms and conditions of the said NIT shall remain same as are in vogue for the similar nature of work.

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- PCR: 0194-2452092, 2455883
- PDD: 0194-2450213
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 - BIJBERA: 01932-228243
 - PAMPORE: 01933-294132
 - PATTAN: 01954-293507
 - QAZIGUND: 01951-296153

HIGHWAY STATUS

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

HIJRI CALENDAR
10 Ramazan
1446

PRAYERS

FAJR	5: 25
ZUHR	12: 43
ASR	4:53
Magrib	6:38
ISHA	7:57

This Day In History

- 502 - Ismail I crowned Shah of Persia (rules till 1524), founder of the Safavid dynasty
- 843 - Icon veneration officially re-instated in Hagia Sophia Cathedral in Constantinople
- 1669 - Volcano Etna in Italy erupts killing 15,000
- 1795 - Battle at Kurda India: Mahratten beat Mogols.
- 1845 - The Flagstaff War: In New Zealand, Chiefs Hone Heke and Kawiti lead 700 M oris to chop down the British flagpole and drive settlers out of the British colonial settlement of Kororaraka because of breaches of the 1840 Treaty of Waitangi.
- 1848 - Louis-Hippolyte Lafontaine and Robert Baldwin become the first Prime Ministers of the Province of Canada to be democratically elected under a system of responsible government.
- 1864 -The Great Sheffield Flood: the largest man-made disaster ever to befall England kills over 250 people in Sheffield.
- 1897 - A meteorite enters the earth's atmosphere and explodes over New Martinsville, West Virginia. The debris causes damage but no human injuries are reported.
- 1900 - British Prime Minister Lord Salisbury rejects peace overtures from the Boer leader Paul Kruger (on 5 March) as demanding too-favourable terms
- 1915 - The British declare a blockade of all German ports
- 1917 -British forces occupy Baghdad, the capital of Mesopotamia, after Turkish forces evacuated
- 1918 -Moscow becomes capital of revolutionary Russia
- 1920 -Syria proclaims Emir Feisal king after the country has fought off French domination
- 1931 - Ready for Labour and Defence of the USSR, abbreviated as GTO, is introduced in the Soviet Union.
- 1938 -Artur Seyss-Inquart replaces Kurt von Schuschnigg as Chancellor of Austria; German troops also entered the country
- 1941 - FDR signs Lend-Lease Bill (lend money to Britain)
- 1942 - Japanese troop land on North Sumatra
- 1945 - 1,000 allied bombers harass Essen, 4,662 ton bombs
- 1953 -1st woman army doctor commissioned (FM Adams)
- 1958 -American B-47 accidentally drops nuclear bomb 15,000 ft on a family home in Mars Bluff, South Carolina; creates crater 75 ft across, bomb without its nuclear capsule
- 1960 - Pioneer 5 launched into solar orbit between Earth & Venus
- 1965 -Indonesia President Sukarno accepts qualifications of Suharto
- 1966 - Military coup led by Indonesian Gen Suharto breaks out
- 1970 - Iraq Ba'th Party recognizes Kurd nation
- 1972 - OPEC threatens "appropriate sanctions" against companies that "fail to comply with . . . any action taken by a Member Country in accordance with [OPEC] decisions."
- 1974 - Mount Etna in Sicily erupted
- 1982 - US boycotts Libyan crude oil
- 1985 - Mikhail Gorbachev replaces Konstantin Chernenko as Soviet leader
- 1986 - 1 million days since the foundation of Rome on April 21st, 753 BC
- 1986 - 187.27 million shares traded in NY Stock Exchange
- 1986 - Japanese probe Sakigake flies by Halley's Comet at 6.8 million km
- 1990 - Lithuania declares its Independence
- 1996 - The EU Database Directive is passed.
- 1999 - Infosys becomes the first Indian company listed on the NASDAQ stock exchange.
- 2003 - The International Criminal Court holds its inaugural session in The Hague.
- 2004 - Terrorists explode simultaneous bombs on Madrid's rail network ripping through a commuter train and rocking three stations, killing 190
- 2006 -Michelle Bachelet is inaugurated as the first female president of Chile.
- 2010- Sebastián Piñera become chilean president.
- 2011- 9.0 magnitude earthquake strikes 130 km (80 miles) east of Sendai, Japan, triggering a tsunami killing thousands of people and causing the second worst nuclear accident in history at Fukushima nuclear plant
- 2018- China's National People's Congress approves removal of term limits for a leader, allowing Xi Jinping to be president for life

'Chaos Sweeps Coastal Syria, Many Flee In Fear'

Agencies

A report by the New York Times on Monday shed light on the recent mass killings happening on the coast of Syria. The violence broke out on Thursday after fierce clashes erupted between government security forces and fighters aligned with ousted President Bashar al-Assad's regime, a war monitor reported on Friday. The Syrian Observatory for Human Rights described the confrontations as some of the deadliest since al-Assad's fall in December

The violence broke out on Thursday after fierce clashes erupted between government security forces and fighters aligned with ousted President Bashar al-Assad's regime



The UK-based Syrian Observatory for Human Rights reported on Sunday that over 1,000 people, including about 700 civilians, have died, most at the hands of government forces. The Syrian Network for Human Rights also claimed government forces killed around 125 civilians. Despite these accusations, the new government denied its

forces committed atrocities but promised to investigate and hold wrongdoers accountable. The violence has sparked fears of a larger sectarian conflict, particularly in the Alawite-majority coastal provinces of Latakia and Tartus. The Syrian Observatory said on Saturday that at least 60 civilians, including five children, were killed in the violence in Banyias.

New York-Bound Air India Flight Faces Bomb Threat; Returns To Mumbai

Press Trust Of India

Mumbai: An Air India flight from Mumbai to New York returned to Mumbai following a bomb threat

threat and a note was found in one of the lavatories of the plane. There were 322 people, including 19 crew members in the Boeing 777-300 ER aircraft, one of the



on Monday morning, according to sources. The aircraft, carrying more than 320 people, landed safely at Mumbai and is undergoing mandatory checks by the security agencies. "A potential security threat was detected mid-flight on AI119 operating Mumbai-New York (JFK) today, 10 March 2025. After following the necessary protocols, the flight air-returned to Mumbai, in the interest of the safety and security of all on board," Air India said in a statement. The sources said there was a bomb

sources said. According to the airline, the flight landed safely back in Mumbai at 1025 am (local time). "The aircraft is undergoing mandatory checks by security agencies, and Air India is extending its full cooperation to the authorities," it said. The flight has been rescheduled to operate at 5 am on March 11. All passengers have been offered hotel accommodation, meals, and other assistance until then, the airline said.



Iran Says Won't Negotiate Under 'Intimidation' As Trump Ramps Up Pressure

Agencies

TEHRAN: Iran said Monday it would not negotiate under "intimidation", after US President Donald Trump sought to ratchet up pressure on Tehran by ending a sanctions waiver that had allowed Iraq to buy electricity from its Shiite neighbour.

Iran's mission to the United Nations had indicated Sunday that Tehran might be open to talks aimed at addressing US concerns about the potential militarisation of its nuclear programme - though not to ending the program completely. But on Monday, Iran's top diplomat seemed to slam the door on such discussions, saying Tehran's nuclear programme was and always will be entirely peaceful and so there was "no such thing as its 'potential militarization'". "We will NOT negotiate under pressure and intimidation. We will NOT even consider it, no matter what the subject may be," foreign minister Abbas Araghchi said on social media platform X. Since returning to the White House in January, Trump has reinstated his policy of exerting

"maximum pressure" against Iran, reimposing sweeping sanctions aimed at crushing its oil industry in particular. The US State Department said Sunday the decision not to renew Iraq's sanctions waiver was made to "ensure we do not allow Iran any degree of economic or financial relief."

Iran supplies a third of Iraq's gas and electricity, providing Tehran with substantial income. On Sunday, the Iranian mission to the United Nations had sounded a more conciliatory note, suggesting Tehran might be willing to discuss certain issues. "If the objective of negotiations is to address concerns vis-a-vis any potential militarization of Iran's nuclear program, such discussions may be subject to consideration," said a statement from the mission. "However, should the aim be the dismantlement of Iran's peaceful nuclear program to claim that what (President Barack) Obama failed to achieve has now been accomplished, such negotiations will never take place," it said. The waiver for Iraq was introduced in 2018, when Washington reimposed sanctions on Tehran after

Trump abandoned a nuclear deal with Iran negotiated under Obama. A spokesman for the US embassy in Baghdad on Sunday urged Baghdad "to eliminate its dependence on Iranian sources of energy as soon as possible." "The President's maximum pressure campaign is designed to end Iran's nuclear threat, curtail its ballistic missile program, and stop it from supporting terrorist groups," the spokesman said. The landmark 2015 deal that Obama helped negotiate between Tehran and major powers promised sanctions relief in return for Iran curbing its nuclear programme. Tehran, which denies seeking nuclear weapons, initially adhered to the nuclear deal after Trump pulled out of it, but then rolled back commitments. US officials estimate Iran would now need mere weeks to build a nuclear bomb if it chose to.

'All scenarios' Trump pulled out of the agreement over the objections of European allies, instead imposing US sanctions on any other country buying Iran's oil. The waiver was extended to Iraq as a "key partner"

Russia, China Begin Joint Military Drills With Iranian Navy

Agencies

Moscow: Russian Rezkiv and Geroy Rossiyskoy Federatsii Aldar Tsydenzhapov corvettes as well as Pechenga fleet oiler of the Pacific Fleet, alongside Chinese Baotou destroyer and Gaoyouhu replenishment ship docked at Iran's southeastern Chabahar Port on Monday.

They were received by commanders and officials of the Islamic Republic of Iran Navy and the Islamic Revolution Guards Corps (IRGC) Navy upon arrival. Representatives of several other countries, like Azerbaijan, Iraq, Kazakhstan, Oman, Pakistan, Qatar, South Africa, Sri

Lanka and the United Arab Emirates, also landed at Iran's only oceanic port city to take part in the military drills as observers.

The main stage of the Security Belt-2025 naval military drills will kick off on Tuesday. Jamaran and Alvand frigates, Bayandar corvette, Neyzeh fast attack craft in addition to Ganaveh, Nayband and Bahregan auxiliary ships of the Iran Navy will take part in the exercise. The IRGC Navy's Shahid Sayyad Shirazi missile corvette, Shahid Rouhi fast attack craft, and Shahid Mahmoudi offshore supply vessel will also be in attendance. "Security Belt-2025 drills to boost security in northern Indian Ocean"

Iranian Navy's deputy head of operations, Rear Admiral Mostafa Tajeddini, says the main goal of Security Belt-2025 drills is to enhance maritime security in the northern tip of the Indian Ocean, and increase tripartite maritime interactions among Iran, Russia and China in order to elevate the level of cooperation, skills training, and transfer of experience.

He noted that the joint maritime drills will start on Tuesday, and will feature various scenarios like a mock rescue operation, VBSS (visit, board, search, and seizure), a fire drill, a heliborne operation and many other exercises.

2019 Jamia Violence

Delhi Court Orders Framing Charges Against Sharjeel Imam

Press Trust Of India

NEW DELHI: A Delhi court has said activist Sharjeel Imam was not only an instigator but also one of the "kingpins of a larger conspiracy to incite violence" and ordered framing of charges against in the 2019 Jamia violence case. Additional sessions judge Vishal Singh observed that Imam's speech of December 13 near Jamia University was a "venomous", "pitted one religion against another" and was "indeed a hate speech".

The court was hearing the case against Imam and others against whom the New Friends Colony Police had registered an FIR under various provisions of the IPC, Prevention of Damage to Public Property Act (PDPP) and Arms Act. Delhi Police's Crime Branch is investigating the matter. In an order dated March 7, the court said, "Evidently, the assembling of a huge mob and the mass scale rioting committed by it was not a random or spontaneous happening and could not have been committed except in pursuance of a larger conspiracy entered into between the self-proclaimed leaders and initiators of the mob activity, whereas, other members of the mob/unlawful assembly kept joining in." It noted the prosecution's argument that Imam gave a speech on December 13, 2019, provoking his audience by saying that despite having significant Muslim population in different states of northern India, why were they allowing the cities to function normally and why were they not causing chakka jam (stoppage of public movement)? The court said Imam being a senior PhD (doctor of philosophy) student "craftily clothed his speech" in which he avoided the mention of communities other than the Muslim community but the intended



victims of the chakka jam were members of other communities. "Why, otherwise, accused Sharjeel Imam incited only the members of the Muslim religion to disrupt the normal functioning of the society?" the court asked. It went on, "His speech was calculated to evoke anger and hatred, the natural consequence of which was commission of widespread violence by members of unlawful assembly on public roads. His speech was venomous and pitted one religion against another. It was, indeed, a hate speech." The court said that there could be nothing peaceful about a chakka jam. Criminalising dissent, sabotaging Muslim reservation: How Jamia Millia Islamia is being disciplined "In a populous city like Delhi, at any given time scores of critically ill medical patients requiring urgent treatment are in a rush to reach hospitals. Chakka jam can potentially lead to deterioration of their condition or even death if they do not receive medical care in time, which would be nothing short of culpable homicide," the court added. Chakka jam, the order said, essentially resulted in a violation of fundamental right to life and health of public and even if the mob did not indulge in violence and arson while enforcing the jam, it would still be a violent act by one section of society against the other.

Everyone In Favour Of 'Removing' Aurangzeb's Tomb: CM

Press Trust of India

Mumbai: Maharashtra Chief Minister Devendra Fadnavis has said everyone feels Mughal king Aurangzeb's tomb in Chhatrapati Sambhajnagar should be removed, but it has to be done under the purview of law as the previous Congress regime put the site under ASI's protection. Fadnavis was speaking at an event here on Saturday night. BJP's Satara MP Udayanraje Bhosale, a descendant of Maratha king Chhatrapati Shivaji Maharaj, had sought the removal of Aurangzeb's tomb located in Chhatrapati Sambhajnagar district. Asked about Bhosale's demand, Fadnavis said, "We all also want the same thing, but you need to do it within the framework of the law, because it is



a protected site. The site was put under ASI's (Archaeological Survey of India) protection during the Congress regime some years back." Notably, Samajwadi Party's Maharashtra MLA Abu Asim Azmi's remarks eulogising Mughal emperor Aurangzeb recently kicked up a row. Azmi was last week suspended from the Maharashtra legislative assembly till the end of the budget session on March 26 over his remarks praising Aurangzeb.

We all also want the same thing, but you need to do it within the framework of the law, because it is a protected site. The site was put under ASI's (Archaeological Survey of India) protection during the Congress regime some years back

'Cow if boy, Rs 50,000 if girl'

TDP MP on every 3rd child in Vizianagaram constituency

A TDP Lok Sabha member from Andhra Pradesh has pledged to dole out Rs 50,000 for every third child who turns out to be a baby girl in his constituency here. Vizianagaram MP K Appala Naidu said he will deposit the money in favour of the newly born girl child in the form of a fixed deposit, which could compound up to Rs 10 lakh by her marriage age. "If the third child is a boy, we will give a cow and a calf. Will make a fixed deposit of Rs 50,000 if the third child is a baby girl. The Indian population has to rise," Appala Naidu told PTI on Sunday. The parliamentarian said he was inspired by the calls given by Chief Minister N Chandrababu Naidu to raise India's population. Promising to extend this offer to every woman in his constituency, Appala Naidu recalled that he was encouraged

by several women in politics and life, who included his mother, wife, sisters and daughter.



Further, he observed that encouraging women is also the need of the hour as they go through discrimination. According to the MP, he announced this offer during the International Women's Day celebrations in his constituency.

Man Kills 5-Year-Old Girl, Offers Blood On Temple Steps In Gujarat; Arrested: Police

In a suspected case of human sacrifice, a man murdered a five-year-old girl by slitting her throat and offered her blood on the steps of a temple in Chhotaudepur district of Gujarat on Monday, police said. The accused, Lala Tadvi, abducted the victim from her house at Panej village in the tribal-dominated district in the presence of her mother in the morning, Assistant Superintendent of Police (ASP) Gaurav Agrawal said. Tadvi, who was later arrested, took the girl to his house and inflicted fatal injuries on her neck using an axe, Agrawal said. "He then collected the blood



The accused, Lala Tadvi, abducted the victim from her house at Panej village in the tribal-dominated district in the presence of her mother in the morning,

gushing out of the girl's neck and offered some of it onto the steps of a small temple located in his house even as her mother and a few other villagers looked in shock, but could do anything as he was wielding an axe," the police officer said. The accused does not appear to be an occult practitioner, and the exact motive behind the murder was not yet clear, Agrawal said. "The accused appears to be mentally unstable," he said. On a complaint of the girl's family, an FIR is being registered against Tadvi under sections of the Bharatiya Nyaya Sanhita pertaining to murder and abduction, Agrawal informed.

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KO VIEW

A Question of Sensitivity

The fashion show held in Gulmarg during the holy month of Ramzan has rightly sparked widespread outrage across the union territory, and for good reason. The event, featuring models walking a snow-covered ramp in revealing outfits, has offended religious sensitivities in the Valley. Ramzan is a month of prayer, reflection, and fasting for Muslims, so hosting a fashion show, particularly one that openly disregards cultural modesty, was bound to trigger strong reactions.

Hurriyat chairman Mirwaiz Umar Farooq was among the first to express his anger, calling the event "outrageous" and "obscene." He rightly questioned how such an event could be allowed during Ramzan. However, Chief Minister Omar Abdullah, whose government has come under fire over the issue, was quick to clarify that the administration had no role in organizing the event. Responding to the outrage, the CM said the shock and anger are totally understandable. "Some people said it should not have happened in the holy month of Ramzan, but I feel that what I saw there, leave Ramzan, it should not happen in any month of the year," the CM said in a statement in the Assembly. He ordered an inquiry and vowed that action would be taken if any laws had been violated.

National Conference senior leader and Member Parliament Aga Syed Ruhullah Mehdi also expressed shock over reports of indecent fashion show amid Ramazan, saying the event showed an utter disregard for Kashmiri sentiments. So did Jammu and Kashmir People's Conference leader Sajad Lone who termed the event "eminently avoidable".

At the heart of the issue is not just the inappropriateness of the event's timing but also the larger debate about what constitutes responsible tourism and cultural promotion. Fashion shows are not inherently problematic, but their execution must be mindful of where and when they are held. This controversy should be a lesson in cultural sensitivity. It is nobody's case to rail against fashion or artistic expression but about basic respect for public sentiment. It's important for those who organized the event to acknowledge the misstep and ensure that future initiatives align better with the region's values.

That said, the probe into the event should be held expeditiously and people should be held to account. Incidentally, the organizers seem to have operated independently without deeming it worth their while to seek permission from the government of the day. On the face of it, the organizers didn't even care about the government, let alone the sensitivities of the people of the UT. There should be consequences for this.



Did You Know?

Navigating Mutual Fund Investment Strategies

SIP, STP, SWP, and Lump Sum for New Investors

Irshad Mushtaq

Investing in mutual funds is an appealing and dynamic way to grow wealth, suitable for different financial goals and levels of risk tolerance. If you're just starting, grasping the fundamental investment methods—Systematic Investment Plans (SIP), Systematic Transfer Plans (STP), Systematic Withdrawal Plans (SWP), and Lump Sum Investments—can significantly improve your investment approach.

Systematic Investment Plan (SIP): Consistent Contributions for Growth

A Systematic Investment Plan or SIP allows investors to contribute a fixed sum regularly—monthly, weekly, or quarterly—into mutual funds. This method encourages disciplined investing, capitalizing on rupee cost averaging. By investing consistently over time, SIPs help cushion against market volatility and leverage the power of compounding, making them ideal for those with a long-term horizon.

Systematic Transfer Plan (STP): Strategic Portfolio Management

Through a Systematic Transfer Plan, investors can schedule regular transfers of a predetermined amount from one mutual fund to another. Often used to gradually shift money from a debt fund to an equity fund, STPs help manage risk by rebalancing the portfolio in line with market conditions. They offer a tactical approach to enhancing returns while managing exposure to different asset classes.

Systematic Withdrawal Plan (SWP): Generating Consistent Income

Systematic Withdrawal Plans are designed for those needing regular income from their investments. By withdrawing a set amount at chosen intervals—monthly, quarterly, or annually—investors can ensure a steady cash flow from their mutual funds. Retirees particularly benefit from SWPs, as they provide a predictable income stream while maintaining investment in growth-oriented assets.

Read the full article on our website: <https://kashmiroserver.net>

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Disaster Under The Garb Of Development?

Will the Deputy CM hold an inquiry against M/S NKC Projects Pvt Ltd for looting our resources and causing a heavy loss to the state exchequer?



Dr. Raja Muzaffar Bhat

The Deputy Chief Minister of Jammu & Kashmir, Mr. Surinder Chowdhary, who also holds the portfolio of the Mining Department, informed the Legislative Assembly on Saturday that a penalty of Rs 80 lakh had been imposed on the private construction company M/S NKC Projects Pvt Ltd for unauthorized riverbed mining in Budgam district.

This issue came into focus when the Member of the Legislative Assembly (MLA) from Khansahib, Budgam, Mr. Saifudin Bhat, sought the attention of the House and asked the Deputy CM to respond. While highlighting the illegal riverbed mining taking place in the Shali Ganga stream in Basantwadder village of the Khansahib Assembly segment, the MLA stated that heavy machinery had been brought into the stream around ten days ago by the construction company (NKC) without any clearance from the Mining Department, Revenue Department, or Forest authorities. He informed the House that villagers from Basantwadder, Lanilabb, Draggar, and adjoining areas were protesting, yet no action had been taken against the company.

In response to Mr. Saifudin Bhat's speech, the Deputy Chief Minister stated that the District Mineral Officer (DMO) Budgam had taken strict action against M/S NKC Projects Private Limited for unauthorized mining of boulders, gravel, and sand at the Shali Ganga stream around Lanilab-Basantwadder in the Khansahib area of Budgam. He further added that action was taken after a video went viral on social media on March 2, 2025, which was later confirmed to be true by field officials when DMO Budgam deputed a team to the site to verify the claims.

"Upon investigation, it was confirmed that the company had engaged men and machinery for the unauthorized extraction of approximately 300 metric tons of Nallah Mukh without obtaining the necessary permits," the Mining Minister/Deputy CM informed the House.

Misleading Information

The Deputy CM further told the Assembly that a formal notice had been issued to the Project Manager of M/S NKC Projects Pvt Ltd on March 3, 2025, directing the immediate cessation of all illegal mining activities and demanding the submission of relevant documentation. He also stated that the machinery used in the mining operation had

been seized. A detailed news report on this matter was published by PTI and was subsequently carried by all the leading newspapers in J&K, including Kashmir Observer.

As someone who has been closely following illegal riverbed mining cases and has already filed cases regarding them before the National Green Tribunal (NGT) for the protection of the Shali Ganga, Doodh Ganga, Sukhnag, Romshi, Sasra, and Badyari streams in Budgam, Pulwama, and Baramulla districts, I disagree with the information provided by the Geology and Mining Department to the Deputy CM. The Range Officer of the Raitan Forest Range, SDPO Khansahib, and the DMO had made written communications on this issue. However, as per my personal investigation, this seems to have been mere paperwork as the loot seems to have continued on the ground. The discrepancies and information provided by sources approached by me on the issue, necessitates a fair investigation to gauge the involvement of government officials in it.

I've also been provided GPS data dated March 6, 2025 to substantiate my claims.



“The Deputy CM, Mr. Surinder Chowdhary, stated that an Rs 80 lakh penalty had been imposed on NKC. However, considering the massive environmental and financial damage caused by this company over the past four years, this penalty is negligible. The actual loss to the state exchequer is estimated at Rs 3,000 crores or more, and only a fraction of that amount has been recovered”

This requires urgent investigation, and the Deputy CM must take action.

Illegal Mining by NKC?

NKC Projects Pvt Ltd, a Haryana-based construction company, has been allotted the construction of the Srinagar Semi Ring Road project, with an estimated cost of Rs 3,000 crores. This 62-km-long highway starts at Pampore Galandar and ends at Ganderbal via Narbal. The Detailed Project Report (DPR) for this project has not been made public, and people remain unaware of the designated locations from which the company was supposed to source riverbed materials such

as sand, boulders, gravel, Nallah muck, and clay for earth-filling.

Initially, the company mined the Shali Ganga in the Panzan-Lalgam area of Budgam, violating the environmental clearance granted to it. After extracting the material from Shali Ganga, NKC's dumpers and trucks unloaded it at a nearby location in Gudsathoo village, just one kilometer from Panzan. The company had even set up a makeshift office and warehouse in Gudsathoo for material processing.

The NGT, in a 212-page judgment on my petition, directed the company to stop work in September 2022. Prior to this, an interim order had already been issued to halt the mining activities.

After being ordered to stop mining in the Panzan area of Shali Ganga, M/S NKC Projects Pvt Ltd moved to loot the Sukhnag stream in the Beerwah area, about 30 km away. The Geology and Mining Department never leased out mining in Sukhnag, nor was any e-auction conducted, as required by law. Sukhnag, a trout fish stream, is ecologically fragile. Without consulting the State Environmental Impact Assessment Authority



“The government must take strict action against this company, blacklist it in J&K, and order an independent investigation—either by the CBI or a commission of two retired High Court judges—to be completed within six months”

on December 26, 2024, when a high-level team, acting on National Green Tribunal orders, visited the site. This team included senior officers from the Ministry of Environment, Forest, and Climate Change (MoEFCC), the Central Pollution Control Board, J&K Fisheries, and the J&K Pollution Control Committee.

Subsequently, NGT passed a formal order on January 15, 2025, instructing that all mining work be stopped. The Deputy Commissioner of Budgam has also been summoned by NGT for the next hearing in April.

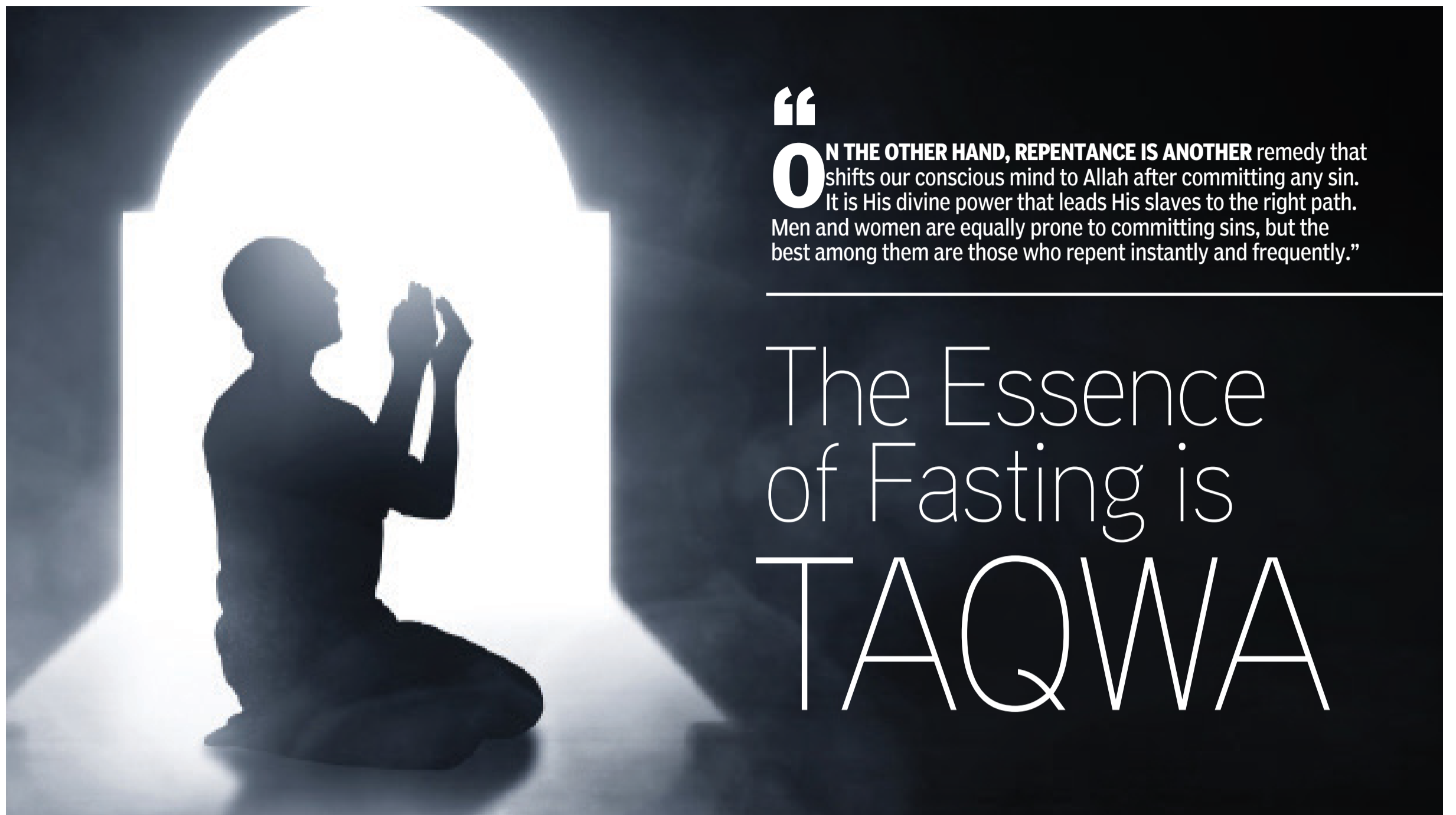
Conclusion

The Deputy CM, Mr. Surinder Chowdhary, stated that an Rs 80 lakh penalty had been imposed on NKC. However, considering the massive environmental and financial damage caused by this company over the past four years, this penalty is negligible. The actual loss to the state exchequer is estimated at Rs 3,000 crores or more, and only a fraction of that amount has been recovered.

The government must take strict action against this company, blacklist it in J&K, and order an independent investigation—either by the CBI or a commission of two retired High Court judges—to be completed within six months.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. Information provided in the article is based on news reports as well as the author's own investigation as a petitioner in the case.

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ON THE OTHER HAND, REPENTANCE IS ANOTHER remedy that shifts our conscious mind to Allah after committing any sin. It is His divine power that leads His slaves to the right path. Men and women are equally prone to committing sins, but the best among them are those who repent instantly and frequently.”

The Essence of Fasting is TAQWA

Mudasir Ali

Allah says in the Holy Quran, “O my slaves, come back to Me; I am your Lord. Don’t turn away from Me, as you have no other way to succeed in life. Worship Me and achieve Taqwa (God-consciousness) that I desire from you.” Taqwa cleanses you internally when you emerge from ignorance by abandoning foul practices and adopting a just and kind life. Islam frequently urges us, in the Holy Quran, to resist harmful practices that damage our Emaan (faith). These practices become hindrances, stopping us from seeking the divine path and enlightening our inner souls. Evil deeds turn our hearts into stones—worthless, insignificant objects that allow no light inside. Ramazan is the month to cleanse our hearts and minds,

prepare ourselves to receive the great mercy of Allah, which has been promised, especially during this month, and regain spiritual shine by washing away sins.

To refresh our devotion to the Almighty and strengthen our belief in the Creator, we must forsake all ill practices and seek refuge in the mercy of the Almighty. What better time than Ramazan, when Allah promises us great rewards of forgiveness? Even if we have committed infinite sins, Allah promises that no sin is greater than His mercy. His mercy and forgiveness are immeasurable, as they are limitless. Allah has kept the doors of repentance open, especially during this blessed month, and one must not miss this opportunity and the untold blessings.

Fasting in the Holy Month of Ramazan is a way to draw very close to Allah. There is a verse in Surat al-Baqarah that relates

to this month of fasting, wherein Allah addresses us: “O you who believe, fasting is prescribed for you as it was prescribed for those before you so that you may become righteous.” We perform this practice physically by forsaking all things that could break our fast, and in doing so, we are, undoubtedly, enlightening our spirits and souls. Allah simply wants Taqwa from us, and the month of Ramazan itself is a reward for Muslims to attain a certain degree of closeness to Him. It constantly helps relieve our bodies from different diseases such as hyperglycemia, stomach aches, diabetes, and so on. Muslims firmly believe that whatever has been prescribed for them contains countless benefits in all aspects.

Thus, it is essential to reconnect our souls with the divine enlightenment, which is deemed to be sustenance for internal pu-

rification. No other connection would satisfy our souls with such immense power and inspiration. On the other hand, repentance is another remedy that shifts our conscious mind to Allah after committing any sin. It is His divine power that leads His slaves to the right path. Men and women are equally prone to committing sins, but the best among them are those who repent instantly and frequently. Therefore, it is essential for everyone to introspect on their bad deeds. Allah loves those who cry throughout the night and repent for their sins, and He promises in the Holy Quran that He will resolve all their problems.

The month of Ramazan particularly conveys the same message to the entire Muslim Ummah and guides them to achieve Taqwa by discovering the righteous path. This blessed month of Ramazan can truly

change us when we worship and perform good deeds purely for the sake of Allah. Indeed, our hearts have been tainted by foul deeds, and the scars constantly grow, further darkening our souls. The entire Muslim Ummah is in distress, pain, and facing other adversities, but they are strongly hopeful that their Lord will free them from the clutches of pain and misfortune. May Allah grant us strong willpower for worship and open our hearts to help the destitute by giving alms. The more we extend our helping hands in this month, the more we will be rewarded by Allah. Let us shun the bad and the filthy and adopt good practices that will purify our hearts.

The writer is a columnist and can be reached for feedback at: Email Id: ahangermudasir911@gmail.com

RAMAZAN

A Dietitian Offers Tips For Healthy Fasting

Nazeeya Sayed

Ramazan is the month in the Islamic calendar when the Qur’an was revealed to the prophet Muhammad (PBUH). During the month, Muslims abstain from all sensory pleasures (like food and drink, sex, TV and music) from dawn to dusk. The time is centred on prayer, the Qur’an, deep mindfulness and spiritual reflection. The duration of fasting varies from 13 to 18 hours a day, depending on the daylight times in a country. Muslims believe that fasting helps to develop their submission to God, empathy with the poor and repentance for past sins. Registered dietitian, Dr Nazeeya Sayed, spoke to Faaizah Laher, also a registered dietitian and a spokesperson for the Association for Dietetics in South Africa, about the healthiest approach to the fast.

What does fasting do to your body?

During fasting, meal schedules, fluid intake, and sleep and wake times are altered. This causes physiological, biochemical and metabolic changes in the body. The adaptability to these changes depends on the types and quantity of foods and drinks that are consumed during the month.

Initially individuals may experience headaches, dizziness and nausea because they are sleeping less and taking in less caffeine. In the second week the body is used to the changes and the digestive system is able to rest. The size of the stomach changes and the amount of food a person is able to eat at each meal also decreases.

During Ramazan, as at any other time, a person should eat a balanced diet. A balanced meal approach consisting of lean proteins, whole grain starches, vegetables, fruits, and heart healthy fats will allow individuals to experience a reduction in body weight, body fat, blood pressure and anxiety levels. A reduction in inflammation and blood lipid levels is good for heart health. A balanced diet is



a healthy, non-pharmacological way of minimising risk factors such as indigestion, dehydration and constipation but still improving health.

Why is it important to consider what foods and drinks you start and break your fast with?

The Ramazan cornerstone is to practise mindfulness, discipline and control. It is a great time to reset and learn better nutrition habits. The eating and drinking window in the day is fairly small. Eating slowly, and reading hunger and fullness cues, are important to prevent discomfort. Meals can also be broken up into two smaller evening meals instead of one big meal.

Huge meals that are high in fat and sugar can lead to health issues such as high blood pressure, indigestion, nausea and constipation or aggravate

existing problems. Focus on healthier cooking methods such as grilling, baking, air frying or stewing instead of deep fat frying and oily meals. Oily meals cause indigestion, sluggishness, fatigue and weight gain.

Hydrating well will prevent headaches, urinary tract infections and dizziness. Focus on fluids that are low in sugar, avoid fizzy drinks and caffeine, and opt for water or smaller portions of fruit juices.

Healthy eating is important, as a strong, healthy body can help an individual stand longer for prayers, fast with better strength and feel less of an energy drain.

What are the best foods and drinks to begin and end the daily fast?

The suhoor meal (before the fast begins at

dawn) needs to give a person strength, vitality and sustainability. Foods should be wholesome and filling. This meal is the primary source of fuel for the day. A filling, wholesome meal will help to prevent craving during the day.

Instead of sugary cereals, it’s best to eat a meal that is high in fibre and protein. Some examples include:

- An oats smoothie with fruit, milk and yoghurt, oats, seeds and honey
- Wholewheat toast with mushrooms and scrambled eggs
- Granola, yoghurt, honey and fruit; add a boiled egg for extra protein
- Cooked oats with apple, cinnamon, milk and honey
- Talbina (barley) with nuts, milk and fruit
- Tuna on toast with a glass of milk.

The iftar meal at the end of the day needs to give balance and help to recharge the body after many hours of fasting. It is important to eat mindfully and slowly. Dates are an ideal food to break the fast with as they are easily digested, contain soluble fibre and enable a slower start to the iftar meal than starting with food.

Avoid fizzy and sugary drinks at iftar. Salty and sweet foods can cause indigestion, fatigue and thirst. The meal should include the different food groups.

- **Proteins:** lean meat, yoghurt, milk, beans, lentils, fish.
- **Carbohydrates:** wholewheat or unrefined options are better – brown rice, wholewheat roti or pita, starchy vegetables like potato, sweet potato, butternut or pumpkin, wholewheat pasta or crushed wheat and oats added to soups.
- **Fats:** avocado or olive oil-based dressing, olives
- **Vegetables:** a colourful mix of vegetables, cooked or raw
- **Fruits:** whole, with the skin on and no sugar added is the best option.

CHAMPIONS TROPHY

Kohli Among 6 Indians In ICC's 'Team Of The Tournament'

Press Trust of India

DUBAI: The talismanic Virat Kohli was the biggest name among six Indian players picked in the 12-member 'Team of the Tournament' for the Champions Trophy.

India beat New Zealand by four wickets in the final here on Sunday to win the tournament for the third time after 2002 (joint winners) and 2013. India have been runners-up twice in 2000 and 2017.

Besides Kohli, Shreyas Iyer, wicket-keeper-batter KL Rahul, mystery spinner Varun Chakravarthy and pacer Mohammed Shami featured in the playing XI, while all-rounder Axar Patel was named the 12th man.

The Black Caps have four members of their squad making the team, including Player of the Tournament Rachin Ravindra, with Mitchell Santner being named captain.

Two players from Afghanistan also made the cut after the Asian nation won their first-ever ICC Men's Champions Trophy match in their debut appearance.

At the top of the order, Ravindra was an expected selection after he scored



two centuries and topped the run-scoring charts with 263.

His knock of 112 against Bangladesh was instrumental in seeing New Zealand over the line and his 108 in the semi-final against South Africa showed he is dangerous wherever he bats.

Ravindra was joined by Ibrahim Zadran at the top of the order. The 23-year-old Afghan more than left his mark on the tournament, playing a brilliant knock of 177 -- the highest-ever Champions Trophy score -- against England in the group stage.

India's Kohli slots in at number three after he finished fifth in the run-scoring charts with 218 at an average of 54.50.

Kohli made a memorable unbeaten century in his side's group-stage win over Pakistan and a crucial 84 in the semi-final win over world champions Australia.

Teammates Shreyas and Rahul join him in the middle-order after impressive tournaments.

Iyer was India's top run-scorer in the tournament, with two half-centuries helping him to 243 runs in total, while Rahul finished with an average of 140 thanks to unbeaten knocks of 42 and 34 in the semi-final and final respectively.

New Zealand's Glenn Phillips is selected at number six after a brilliant performance with the bat and in the field. Azmatullah Omarzai is the second Afghan named in the team. The fast-bowling all-rounder finished with seven wickets at 20 and 126 runs at 42.00.

Santner is named as team captain after finishing the tournament with nine wickets -- the joint second -- but more importantly picked them at crucial times.

Short TAKES

PCB To Protest With ICC For Ignoring Rep In CT Ceremony

The Pakistan Cricket Board is set to register its protest with the ICC for ignoring its CEO and Champions Trophy tournament director Sumair Ahmed Syed during the event's closing ceremony in Dubai.

A source in the PCB said on Monday that chairman Mohsin Naqvi was not satisfied with the explanation given by the ICC for not having Ahmed on stage at the presentation ceremony on Sunday.

The PCB has rejected this explanation and noted that the ICC had made a number of errors during the tournament regarding Pakistan's status as host nation. This included changing the CT2025 logo in the live broadcasts feed of the India versus Bangladesh game and then playing the Indian national anthem in the Australia versus England match in Lahore.

BCCI president Roger Binny presented the white jackets to India players and the medals to match officials, while ICC chairman Jay Shah handed the trophy to skipper Rohit Sharma and gave the medals to the winners.

Government Asks IPL To Ban Tobacco, Alcohol Advertising

The Union Health Ministry has urged the Indian Premier League to ban all tobacco and alcohol advertising, including surrogate promotions, within stadium premises during matches as well as telecast sessions on national television, saying it has a moral obligation to promote public health.

The government's request came ahead of the IPL season starting March 22.

In a letter to IPL chairman Arun Singh Dhimal, Director General of Health Services (DGHS) also urged him to prohibit the sale of tobacco/alcohol products in all affiliated events and sports facilities.

The letter also stressed discouraging promotion of sportspersons, including commentators, who directly or indirectly endorse products linked to alcohol or tobacco.

The letter, which was also marked to the Board of Control for Cricket in India, stated that India is experiencing a significant burden of non-communicable diseases- cardiovascular diseases, cancer, chronic lung disease, diabetes, hypertension etc. which account for more than 70 per cent deaths annually.

Harry Brook Pulls Out Of IPL Deal With DC, Faces Ban

England batter Harry Brook faces a two-year ban from the IPL after pulling out of his deal with Delhi Capitals ahead of the tournament beginning March 22. Brook, who has made himself unavailable for the second straight season, apologised "unreservedly" to the franchise and its supporters.

"I have made the very difficult decision to pull out of the upcoming IPL. I apologize unreservedly to the Delhi Capitals and their supporters," Brook wrote on social media. "It is a really important time for England cricket and I want to fully commit to preparing for the upcoming series."

England will play India in a home Test series in June, which will be followed by the much-anticipated Ashes from November to January.

The 26-year-old Brook had earlier withdrawn from the 2024 edition of IPL following the death of his grandmother.

Leverkusen's Florian Wirtz To Miss Several Weeks With Injury

Bayer Leverkusen's star attacking midfielder Florian Wirtz is set to be out for several weeks with an ankle ligament injury in a further blow to the team's already-difficult German title defense.

The 21-year-old Wirtz limped off injured Saturday in a 2-0 loss to Werder Bremen and will now miss Leverkusen's second-leg game against Bayern Munich in the Champions League round of 16 on Tuesday. Bayern leads 3-0 from the first leg.

Sporting director Simon Rolfes said the injury to Wirtz's right ankle "obviously affects us" but added he expects Wirtz to return before the end of the season.

The injury comes amid uncertainty over Wirtz's long-term future at the club. Long-running talks over an extension to Wirtz's current contract, which runs through 2027, have yet to produce an agreement.

Snow, Drizzle Mark 2025 Khelo India Winter Games Day 2 In Gulmarg

Observer News Service

GULMARG: The 2025 Khelo India Winter Games at Gulmarg witnessed a change in climate after a sunny inaugural day. Even after the destination witnessed snowfall from the wee hours on Monday, all the scheduled games were officiated according to the fixture.

Hundreds of players from across the country battled in different domains of snow sports, including Vertical Ski Mountaineering, Snowboard Gaint Slalom and Sprint.

Manoeuvring in the Winter Games at Kangdoori, Sidhartha Gadekar from Pune Maharashtra was crowned with Gold Medal in Vertical Ski Mountaineering event for men on Monday, adding to his medal kitty from Sunday.

Shardul Thapiyal and Himanshu Singh both from Himachal Pradesh clinched Silver and Bronze in the same

event respectively.

Tenzin Dolma from Himachal Pradesh secured Gold in Vertical Ski Mountaineering of women's category, the first medal for her in KIWs. Natasha Mahar from Himachal Pradesh improved from Sunday's performance to win silver, while Manek Gunjyal of Uttarakhand, who had won Gold in Women's Snowboarding Slalom on Sunday, had to settle for bronze.

In the Nordic Ski Sprint, ITBP sent all other participants to cleaners while wrestling all three medals in the event. The ITBP players Kulsom Rana, Selma Soreng and Anjana Devi obtained Gold, Silver & Bronze respectively.

The Nordic Ski Sprint for men saw medals raining for the Army as the athletes including Manjeet, Shubam Parihar and Sunny Singh took away Gold, Silver and Bronze medals, respectively.

Competing against thirty

other participants in Snowboard gaint Slalom event, Zubair Ahmad Lone from J&K, glided the slopes fiercely to clinch Gold Medal, while Kulvinder Sharma and Karan Sing of Army settled with Silver and Bronze.

Similarly, in Alpine Gaint Slalom Category Women, Himachal Pradesh had triple whammy to celebrate all three medals with Anchal Thakur, Tanuja Thakur and Suhani Thakur taking home Gold, Silver and Bronze.

In the Men's Category of Alpine Gaint Slalom, Sunil Kumar from Army, Atul Bhat from ITBP and Yogesh Kumar from Himachal Pradesh achieved Gold, Silver and Bronze.

Similarly, in Alpine Gaint Slalom Category Women, Himachal Pradesh won all three medals with Anchal Thakur, Tanuja Thakur and Suhani Thakur taking home Gold, Silver and Bronze.

Real Kashmir Secures Hard-Fought Win Over Aizawl FC



Observer News Service

SRINAGAR: Real Kashmir FC secured a crucial 2-1 victory over Aizawl FC in a thrilling I-League encounter at the TRC Turf Ground on Sunday.

The win, witnessed by over 5,000 spectators propelled the Snow Leopards to third place in the standings with 32 points from 18 matches.

J&K Sports Minister Satish Sharma attended the match and interacted with the home team, reiterating the government's commitment to sports development in J&K.

This was Real Kashmir's fifth consecutive home win and their fourth victory in the last five games. They now trail league leaders Churchill Brothers and Inter Kashi by just two points, with four matches remaining in the season.

Meanwhile, Aizawl FC missed a golden opportunity to climb out of the relegation zone and remain in 11th place with 16 points, one behind SC Bengaluru.

The match began at a frantic pace, with both goalkeepers tested early on. The breakthrough for the home team came in the 31st minute due to a defensive lapse by Aizawl. Senegalese striker Karim Samb pounced on

the error, charged into the box, and calmly slotted the ball past goalkeeper Md Rafique Ali Sardar, scoring his fifth goal of the season.

Aizawl responded strongly in the second half and found an equalizer in the 58th minute. Lalanzova's shot from the left flank was mishandled by Real Kashmir's goalkeeper Mohd Arbaz, allowing Lalrinzuala to tap in from close range. The goal was Lalrinzuala's ninth of the season, making him the top-scoring Indian in the I-League.

Both sides had chances to take the lead but failed to capitalize. Real Kashmir eventually grabbed the winner in the 77th minute. Basit delivered a low cross into the six-yard box, and Brazilian substitute Paulo Cezar evaded his marker to score from close range, making it 2-1.

Aizawl nearly salvaged a point in the 82nd minute when they were awarded a penalty after Mohd Aqib handled the ball inside the box. Lalrinzuala stepped up but was denied by Arbaz, who saved the spot-kick with his trailing foot, ensuring all three points for the hosts.

With just four matches left, Real Kashmir remains firmly in the title race, while Aizawl faces an uphill battle to avoid relegation.



Liverpool, Madrid & Barcelona Look To Complete CL Job With Slim Leads

Agencies

MILAN: Defending champion Real Madrid, Liverpool and Barcelona all have one-goal leads to protect going into the second leg of the Champions League round of 16 this week.

For Madrid there is also city bragging rights at stake as it visits Atletico Madrid on Wednesday with a 2-1 advantage from the first leg, while Liverpool hosts Paris Saint-Germain on Tuesday knowing it was fortunate to snatch a 1-0 win in France.

Barcelona also only has a 1-0 advantage over Benfica, while some other teams are feeling a lot more comfortable -- with Bayern Munich having beaten Bayer Leverkusen 3-0 and Arsenal crushing PSV Eindhoven 7-1.

SMASH AND GRAB

Liverpool's players don't really care how they're winning -- as long as they continue to do so.

Arne Slot's team had to withstand a barrage of attacks at Parc des Princes before a late goal from Harvey Elliott, who had only just come off the

bench, saw it stun PSG.

That was only Liverpool's second attempt on target compared to a whopping 28 for PSG.

The runaway Premier League leader had another poor performance on Saturday but still managed to come away with a victory over Southampton.

"It's just about winning, not how we win. Sometimes you have to win dirty and today was one of them days," Elliott said after that match. "I think we know that's what winners do really: when times are hard, what do you do? How can you come up with something to win the game? Luckily this squad is full of them players."

This week will be decisive for Liverpool's treble bid as it plays Newcastle in the English League Cup final on Sunday.

"I think the best possible way to describe it is four finals, really," Elliott said. "PSG away, really, really tough game, today was a really tough game, then again on Tuesday another tough game and then the final on the weekend."

"So, we just need to make sure that energy-wise we're still



there. We're still fighting, we're still hungry to achieve things this season, although it's a very tough period."

The loss to Liverpool was PSG's first defeat since November and halted a run of 10 straight wins for the French team.

MADRID DERBY

This was supposed to be the year Atletico finally got the best of Real Madrid in the Cham-

pions League after losing two finals to its city rival and being eliminated the other two times they faced off in the knockout rounds.

Going into the first leg, Atletico was ahead of Madrid in the Spanish league and was also undefeated in the past four Madrid derbies.

But it is now on the verge of going out yet again to its neighbor.

Atletico has also slipped behind in La Liga after two late goals saw it lose 2-1 at Getafe at the weekend, while Madrid managed to grind out a 2-1 victory over Rayo Vallecano.

Madrid coach Carlo Ancelotti was also able to rotate his squad and was further boosted by the return of Jude Bellingham. The England midfielder had missed three of his team's last four games through suspension -- including the first leg against Atletico.

TREBLE CHANCES

It's not just Liverpool which has its eye on lifting a trio of trophies this season.

Atletico, Real and Barcelona

are also in the semifinals of the Spanish Cup and fighting it out at the top of the league table.

Leverkusen is also still involved in two trophies domestically. Although it would need something of a miracle to make up the eight-point deficit it has to Bayern in the Bundesliga as well as overturn a three-goal disadvantage in the Champions League on Tuesday.

Inter Milan, which won the treble in 2010 under Jose Mourinho, is in better shape. It leads Serie A, will face AC Milan in the Italian Cup semifinals and has a 2-0 advantage over Feyenoord going into Tuesday's second leg.

Barcelona's matchup against Benfica also takes place on Tuesday.

Arsenal is not the only English club that should feel confident going into Wednesday. Fellow Premier League side Aston Villa is also at home then and has a 3-1 advantage over Club Brugge.

The matchup between Lille and Borussia Dortmund in France is the only one that is level after they drew 1-1 in the first leg. (AP)

Dignified Farewell

Transforming Kashmir's Final Rides

In Kashmir, it is a painful irony that the departed, who leave behind a lifetime of earnings, are often transported to their final resting place in load carriers – vehicles they would never have used for commuting while alive. This stark contrast raises a profound question: shouldn't every soul be granted a dignified farewell, just as they lived with dignity? It is time to ensure that the last journey of our loved ones reflects the respect and honor they deserve. Since launching a dedicated funeral service in Islamabad in 2014, Mother Helpage now invites you to donate generously to provide these services for Srinagar, Budgam, and Baramulla.



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