

Post-370 Kashmir: Stability, Jobs & Security - HM

Says Terrorism Down | 40,000 Govt Jobs Created Since 2019
By 70% In J&K



Observer News Service

New Delhi: Reiterating that stone-pelting and shutdown calls by separatists in Kashmir are now a thing of the past, Union Home Minister Amit Shah on Friday said the region has undergone a significant transformation since the abrogation of Article 370.

He said terrorism-related incidents in Jammu and Kashmir have dropped by 70% under Prime Minister Narendra Modi's leadership.

During the discussion on the working of the Ministry of Home Affairs (MHA), Shah emphasized that the abrogation of Article 370 in 2019 brought stability, economic progress, and security to Jammu & Kashmir and Ladakh. He stated that by scrapping Article 370, the

Modi-led government fulfilled the vision of the Constitution's framers, removing what he called a "temporary provision."

Speaking in the Rajya Sabha, Shah highlighted key changes in J&K, and said, "For 34 years, cinema halls remained closed, and Muharram processions were not allowed. Today, cinema halls are operational, Muharram processions take place, and people live in peace."

He also pointed to the successful G-20 summit held in Kashmir, stating that it put the region on the global tourism map.

Zero-Tolerance Against Terrorism

The Home Minister asserted that before 2014, terrorists frequently infiltrated Kashmir from across the | More on P6



Thousands gather at Hazratbal Dargah for prayers on the third Friday of Ramadan. KO Photo By Faisal Khan

Ex-MLA Gurez Laid To Rest In Ganderbal

Agencies

Srinagar: Hundreds of people on Friday morning attended the last rites of former MLA and BJP leader Faqeer Mohammad Khan in Central Kashmir's Ganderbal. Khan allegedly died by suicide after he shot himself dead at his official residence in Srinagar's Tulsī Bagh on Thursday.

Hundreds of people, including several leaders, gathered for Khan's last rites in Kangan where he was laid to rest.

The party leaders in J&K saw him as the best chance to make inroads into the Valley. However, his death marked an end of that hope, leaving BJP's future in the region somehow uncertain, according to many political observers.

Hailing from Gurez valley's Tulai area, Khan's political journey saw him shift affiliations but never step away from electoral battles. He won as an Independent from Gurez in 1996, later contested assembly elections unsuccessfully on a Congress ticket in 2008 and 2014, and eventually joined the BJP in 2020.

When Assembly elections were held in J&K last year after a decade, | More on P6

J&K Frames Policy For Private Varsities, Awaits Approval

Observer News Service

Jammu: The Higher Education Department of Jammu and Kashmir has drafted a policy for the establishment of private universities in the region. The policy, once approved by the relevant authorities, will officially allow private universities to be set up in the Union Territory, the department said.

Education Minister Sakina Itoo confirmed this development in the Legislative Assembly on Thursday. "The Higher Education Department has framed a draft policy concerning the setting up of private universities in Jammu & Kashmir," she said. She added that after approval from the competent authority, the policy would pave the way for private universities in the region.

Responding to inquiries about a satellite campus in



THERE IS NO PROPOSAL REGARDING THE establishment of a satellite campus in the Ramban constituency on the pattern of Baba Ghulam Shah Badshah University."

Ramban under the University of Jammu, the minister clarified, "At present, there is no proposal regarding the

establishment of a satellite campus in the Ramban constituency on the pattern of Baba Ghulam Shah Badshah University." However, she mentioned that a committee has been formed to evaluate the feasibility of an offsite campus in Ramban, considering local needs.

Currently, Jammu and Kashmir is home to 11 universities, including nine state universities and two central universities.

Gol Approves 3 New Medical Colleges For J&K, Ladakh

The Union Government has approved three new medical colleges for Jammu & Kashmir and Ladakh under the Centrally Sponsored Scheme (CSS) for expanding medical education in underserved

regions. According to the Ministry of Health & Family Welfare, Jammu & Kashmir will get new medical colleges in Udhampur and Handwara (Kupwara district), while Ladakh will | More on P6

Court Junks Er Rashid's Bail Plea

Press Trust Of India

New Delhi: A Delhi court on Friday dismissed the bail application of Lok Sabha MP from Jammu and Kashmir's Baramulla, Engineer Rashid, in a terror funding case.

Additional sessions judge Chanderjit Singh said, "The bail plea was dismissed."

Rashid has been lodged in Tihar jail since 2019 after he was arrested by the National Investigation Agency (NIA) under the Unlawful Activities (Prevention) Act in the 2017 terror funding case.

The trial court had on September 10 granted interim bail to Sheikh Abdul Rashid, popular as Engineer Rashid, to enable him to campaign for the assembly elections in Jammu and Kashmir.

The judge also previously extended Rashid's interim bail till October 28 on the ground of his father's health, after the NIA said it had verified the documents and it was not opposing the plea.

Elections to the 90-member J&K Assembly were held in three phases from September 18 to October 1. The results were declared on October 8 in which the National Conference-Congress alliance attained | More on P6

Snakebite Cases Double In 3 Yrs

Observer News Service

Srinagar: Jammu and Kashmir has witnessed a significant surge in snakebite cases over the past three years, with reported incidents nearly doubling from 636 in 2022 to 1,243 in 2024, according to data from the Integrated Disease Surveillance Program (IDSP).

The rising trend is accompanied by an increase in fatalities, with 16 snakebite-related deaths recorded in 2024, up from 13 in the previous year.

Interestingly, Ladakh has remained untouched by this issue, with zero reported snakebite cases or fatalities in the past three years. Experts attribute this to the region's high-altitude terrain, which lacks a suitable habitat for venomous snakes.

The sharp 95% rise in snakebite cases across J&K has raised concerns about gaps in public awareness, accessibility to timely treatment, and the availability of anti-snake venom, particularly in rural and remote areas.

In response, the Government of India has rolled out several initiatives under the National Action Plan | More on P6

No Leniency For Narco-Terrorism In Kashmir: DGP

Observer News Service

Srinagar: Director General of Police (DGP) Nalin Prabhat on Friday reaffirmed law enforcement's commitment to combating narco-terrorism in Jammu and Kashmir, warning that those involved would face strict action.

"Criminals involved in narco-terrorism will be dealt with sternly," Prabhat said while addressing a public darbar in South Kashmir's Pulwama district. He emphasized the need for public cooperation in tackling drug abuse and intelligence sharing. "There is no village or



mohalla where people don't know what's happening around them. Providing information is a social responsibility, and we assure confidentiality," he added.

Dismissing concerns over a potential rise in infiltration due to melting | More on P6

MIRAE ASSET Sharekhan

Achieve financial freedom

Set up Systematic Investment Plans in Exchange Traded Funds (Shariah Based ETF)



Contact: M I Securities - 9906518342 / 9906684475

1, 10 Samad Complex, Ma Link Road, Srinagar, Srinagar, Jammu & Kashmir, Srinagar - 190001



Can Daily Nap Do More Harm Than Good? Sleep Researcher Explains

The Conversation

You're in the middle of the afternoon, eyelids heavy, focus slipping. You close your eyes for half an hour and wake up feeling recharged. But later that night, you're tossing and turning in bed, wondering why you can't drift off. That midday snooze which felt so refreshing at the time might be the reason.

Naps have long been praised as a tool for boosting alertness, enhancing mood, strengthening memory, and improving productivity. Yet for some, they can sabotage nighttime sleep. Napping is a double-edged sword. Done right, it's a powerful way to recharge the brain, improve concentration, and support mental and physical health. Done wrong, it can leave you groggy, disoriented, and struggling to fall asleep later. The key lies in understanding how the body regulates sleep and wakefulness.

Most people experience a natural dip in alertness in the early afternoon, typically between 1pm and 4pm. This isn't just due to a heavy lunch - our internal body clock, or circadian rhythm, creates cycles of wakefulness and tiredness

throughout the day. The early afternoon lull is part of this rhythm, which is why so many people feel drowsy at that time. Studies suggest that a short nap during this period - ideally followed by bright light exposure - can help counteract fatigue, boost alertness, and improve cognitive function without interfering with nighttime sleep. These "power naps" allow the brain to rest without slipping into deep sleep, making it easier to wake up feeling refreshed.

But there's a catch: napping too long may result in waking up feeling worse than before. This is due to "sleep inertia" - the grogginess and disorientation that comes from waking up during deeper sleep stages. Once a nap extends beyond 30 minutes, the brain transitions into slow-wave sleep, making it much harder to wake up. Studies show that waking from deep sleep can leave people feeling sluggish for up to an hour. This can have serious implications if they then try to perform safety-critical tasks, make important decisions or operate machinery, for example. And if a nap is taken too late in the day, it can eat away from the "sleep pressure build-up" - the body's natural drive for sleep - making it



harder to fall asleep at night.

When napping is essential

For some, napping is essential. Shift workers often struggle with fragmented sleep due to irregular schedules, and a well-timed nap before a night shift can boost alertness and reduce the risk of errors and accidents. Similarly, people who regularly struggle to get enough sleep at night - whether due to work, parenting or other demands - may benefit from naps to bank extra hours of sleep that compensate for their sleep loss. Nonetheless, relying on naps instead of improving nighttime

sleep is a short-term fix rather than a sustainable solution. People with chronic insomnia are often advised to avoid naps entirely, as daytime sleep can weaken their drive to sleep at night. Certain groups use strategic napping as a performance-enhancing tool. Athletes incorporate napping into their training schedules to speed up muscle recovery and improve sports-related parameters such as reaction times and endurance. Research also suggests that people in high-focus jobs, such as healthcare workers and flight crews, benefit from brief planned naps to maintain concentration and reduce fatigue-related mistakes. Nasa has found that a 26-minute

nap can improve performance of long-haul flight operational staff by 34%, and alertness by 54%.

How to nap well

To nap effectively, timing and environment matter. Keeping naps between ten and 20 minutes prevents grogginess. The ideal time is before 2pm - napping too late can push back the body's natural sleep schedule. The best naps happen in a cool, dark and quiet environment, similar to nighttime sleep conditions. Eye masks and noise-cancelling headphones can help, particularly for those who nap in bright or noisy settings. Despite the benefits, napping isn't for everyone. Age, lifestyle and underlying sleep patterns all influence whether naps help or hinder. A good nap is all about strategy - knowing when, how, and if one should nap at all. For some it's a life hack, improving focus and energy. For others, it's a slippery slope into sleep disruption. The key is to experiment and observe how naps affect your overall sleep quality. Done wisely, naps can be a valuable tool. Done poorly, they might be the reason you're staring at the ceiling at midnight.

Study Reveals Possible New Cause Of Stomach Cancer

ANI

Scientists have carefully examined somatic mutations in stomach lining tissue to uncover mutational mechanisms that can lead to cancer. The scientists also discovered evidence of a possible new cause of stomach cancer, which warrants further investigation. Researchers at the Wellcome Sanger Institute, Broad Institute of MIT and Harvard, the University of Hong Kong, and their collaborators sequenced the whole genomes of normal stomach lining samples from people with and without gastric cancer. The team found that despite regular exposure to the acidic contents of the stomach, the gastric lining is protected from any toxic effects. They discovered that cells with 'driver' mutations in cancer genes occupy almost 10 per cent of the gastric lining by age 60. Plus an unusual discovery that some individuals, but not all, had mutations resulting in three copies of certain chromosomes, hinting towards exposure to an unknown mutagen. The results add to a map of mutations in normal tissue from the gastrointestinal tract. This work enables researchers to explore fundamental mutational processes, compare mutation rates across the body, and further understand the earliest stages of cancer development.



Stomach cancer, also known as gastric cancer, is the fifth most common cancer worldwide, with nearly one million new cases in 2022. It is the third leading cause of cancer-related deaths globally, with the highest number of cases in East Asia and South America. Factors that increase the risk of developing stomach cancer include being overweight, smoking and infection with the bacterium, *Helicobacter pylori*, which can trigger inflammation and stomach ulcers. *H. pylori* infection causes around 40 per cent of stomach cancers in the UK. The stomach contents are acidic, as it acts as a reservoir at the first stage of processing food for digestion. The layer

of cells that line the stomach - the gastric epithelium - form gastric glands, or pits, and these contain the cells that can give rise to stomach cancer. The cells in our body acquire genetic changes, known as somatic mutations, throughout our lifetime. With new DNA sequencing technologies, researchers can now analyse these mutations in normal tissues and trace them back over time, providing insights into ageing and the earliest stages of cancer development. In a new study, Sanger Institute researchers and their collaborators set out to investigate somatic mutations within the gastric epithelium to explore the transition between normal age-related mutations, and those that go on to form stomach cancer.

NORTHERN RAILWAY E-AUCTION NOTICE

The Senior Divisional Commercial Manager/F.S. Northern Railway, Firozpur for and on behalf of President of India, invites E-Auction from eligible and registered bidders for the following works over Firozpur Division:

Catalogue No.	Auction Start	Name of work
EAFZR-SCANNER-15	07.04.25 at 11.00 Hrs.	Allotment of Contract for the work of provision of Parcel Scanner Machine for scanning of all outgoing parcels at Firozpur, Jalandhar City, Pathankot Cantt, Jalandhar Cantt, Amritsar & Pathankot Railway Station.
EAFZR-SLR25-48	09.04.25 at 11.00 Hrs.	Allotment of contract for leasing of parcel space in Train No./SLR compartment: 14662/F1, 11906/R1, 12550/F1, 14662/R1, 14610/F1, 11906/F1, 14662/F2, 14504/R1 & 15015/F1.

For other details and registration, please visit Railway website www.rreps.gov.in

SERVING CUSTOMERS WITH A SMILE 893/2025

PUBLIC NOTICE

The register Birth and deaths (EO Municipal Committee Pattan/ block Development Officer Pattan/ Block Development Officer Lalpora has submitted a case file pertaining to Birth/ Death of Namely Aisha Binte Naseer Daughter of Naseer Ahmad Bhat R/O Palhalan Tehsil Pattan, District Baramulla With verified date of Birth as 15-07-2021 occurred at SDH pattan. In this connection, if anybody having objections to the issuance to the said registration, may contact office of the Naib Tehsildar Pattan within four days, after which no objection shall be entertained.

fko

PUBLIC NOTICE

The name of my son has been wrongly written in his adhaar card as Meesum Raza Malla while his correct name is Measum Reza Malla which needs to be corrected. If anybody has any objection in this regard he/she may file the same in the concerned office within seven days. After that no objection shall be entertained. Mehbooba Begum W/o Zahoor Hussain Malla R/o Sonium Tehsil Kunzer

fko

THE JAMMU & KASHMIR BOARD OF SCHOOL EDUCATION NEW CAMPUS, BEMINA, SRINAGAR

PUBLIC NOTICE

I have passed/appeared in SSE/HSE-I/HSE-II (Class 10th/11th/12th) under Roll No:18162289/239033258/339090010 Session: Annual Regular Year: 2020,2021,2023 through Jammu & Kashmir Board of School Education. The error has been committed by School against my Mother's name as Kowsar Jameel instead of Kowsar Jameela. Now I have applied for correction in The Jammu & Kashmir Board of School Education, New Campus, Bemina, Srinagar. If any person has any objection in this regard may file the same in the office of the Assistant Secretary, Certificates Kashmir Division within seven days from the date of publication of this notice, after the expiry of said period, no objection will be entertained.



This is published for the information of the general public. The correct particulars be recorded as under:
 Name: Mohammad Aleem
 Father's name:- Showkat Ahmad Khan
 Mother's name:- Kowsar Jameela
 D.O.B:- 17/8/2004
 Residence:- Hamza Colony, Ellahi Bagh
 Mobile No:- 7051500159 | 9541803566

Media Line Ads

PRESS RELEASE



Lotus Cultural Group Miskeen Bagh Khanyar Srinagar Kashmir organized a one-month workshop of Folk Dance titled (Kashmiri Rouf Dance) with great success, and the participants were happy to be a part of it. The program was approved by the Ministry of Culture, Government of India, New Delhi, under the Scheme of Cultural Function and Production Grant.

On the final presentation, there were many dignitaries in the program, such as Tabasum Rehman, a Rouf Dance master, and other dignitaries as well. All the guests present appreciated the efforts of Lotus Cultural Group Miskeen Bagh Khanyar Srinagar Kashmir for conducting such a workshop. All the dignitaries have appreciated the support of the Ministry of Culture, Government of India, New Delhi, for their continued support for the revival of Kashmiri culture.

fko

PUBLIC NOTICE

The name of my daughter TAIBA JAN has been wrongly inserted in the Aadhaar Card as TOIBA TARIQ. Whereas the actual name of my daughter is TAIBA JAN. I want correction of it. Anybody having any objection can contact me through the below-given address. TARIQ AH. BHAT F/o TAIBA JAN

inf

PUBLIC NOTICE

I, Babar Gulzar (previously known as Babar Gulzar with No last name, legally written as FNU Babar Gulzar), hereby declare that I have corrected my legal name. My Given Name is now "Babar", and my new Last Name is "Gulzar". All future records and documents shall reflect this change accordingly.

pd

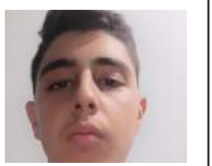
PUBLIC NOTICE

I have changed my name from (Old name) Syed Owais Abbas Kazmi to (New Name) Syed Owais Abbas Kazme in future I will be known as (New Name) Syed Owais Abbas Kazme. If any body has any objection in this regard he/she may file them in the office of the Regional Passport Office Srinagar within seven days. After that no objection shall be entertained.

SS

The Jammu And Kashmir Board Of School Education New Campus Bemina Srinagar

I have passed/appeared in Secondary School Examination (Class- 10th, 11th, 12th) under Roll No. Roll No. 133015009 Session: Ann-Regular 2025 Year: 2025 through The Jammu & Kashmir Board of School Education. The error has been committed by the School against my father's name & mother's name as Mukhtar Ahmad Shah and Shabnam Gull instead of Mukhtar Ahmad Mukhtar and Shabnam Gull.



Now, I have applied for correction/rectification of error in the Jammu and Kashmir Board of School Education, New Campus Bemina, Srinagar, if any person has any objection in this regard, may file the same in the office of the Assistant Secretary, Certificates-KD within seven days from the date of Publication of this notice, after the expiry of said period no objection will be entertained. Name Abdul Mannan shah S/O Mukhtar Ahmad Mukhtar M/O Shabnam Gull D.o B 03.03.2010 9596314329

rko

Published Since 1997 KASHMIR OBSERVER

IS AVAILABLE IN SRIANGAR AT FOLLOWING PLACES

ABDULLAH NEWS AGENCY	AMIRA KADAL	BUDSHAH NEWS AGENCY	AFTAB MARKET
SIKENDER NEWS AGENCY	AMIRAKADAL	RASHEED GAZALA	LAL CHOWK
GUPKARI NEWS AGENCY	LAL CHOWK	RAFIQ NEWS AGENCY	BATMALOO
KHAN NEWS AGENCY	REGAL CHOWK	MEHRAJ NEWS AGENCY	DALGATE
RASHEED NEWS AGENCY	DALGATE	ASHIQ NEWS AGENCY	GAGRIBAL
IMRAN NEWS AGENCY	KOHNKHAN	SAMA NEWS AGENCY	SHALIMAR
KOHINOOR NEWS AGENCY	NISHAT	WANI NEWS AGENCY	HYDERPORA
SHEIKH NEWS AGENCY	HYDERPORA	AL NOOR NEWS AGENCY	NOWGAM
FAIRDEAL NEWS AGENCY	AIRPORT	BISMILLAH NEWS AGENCY	BACH E MEHTAB
AL FALAH NEWS AGENCY	NATIPORA	FIDA NEWS AGENCY	RAJ BAGH
FIRDOUS NEWS AGENCY	PIRBAGH	HARMINDER NEWS AGENCY	GOGJI BAGH

TANTRAY NEWS AGENCY	RAJ BAGH	BASHIR NEW AGENCY	NOWHATTA
ARIF NEWS AGENCY	JAWHAR NAGAR	AGA NEWS AGENCY	ALI KADAL
MUSHTAQ KALASH-PURI	KALASHPORA	HABBAKADAL NEWS AGENCY	HAB-BAKADAL
ALATF NEWS AGENCY	FATEHKADAL	FAROOQ NEWS AGENCY	GOJWARA
JEELANI NEW AGENCY	KHAWAJA BAZAR	DAR NEWS AGENCY	QAMAR-WARI
NAZIR NEWS AGENCY	RAINAWARI	CHANDER NEWS AGENCY	BEMINA
KHALID NEWS AGENCY	HAMDANIYA COLONY	JONSON NEWS AGENCY	SEKIDAFAR
BHAT NEWS AGENCY	JAMALLATTA	SHAFAT NEWS AGENCY	HAWAL
BILAL NEWS AGENCY	KAK SARAI	KHALIQ NEWS AGENCY	NOWSHEH-RA
MUZAFFAR ALI NEWS AGENCY	ALAMGIRI BAZAR	BILAL NEWS AGENCY	NOWSHEH-RA
TARIQ NEWS AGENCY	M.K. CHOWK	MUZAMIL NEWS AGENCY	SOURA
GULZAR NEWS AGENCY	SOURA	SUBHAN NEWS AGENCY	SKIMS SOURA
HASAN NEWS AGENCY	SOURA	NISAR NEWS AGENCY	LAL BAZAR
BASHIR NEWS AGENCY	BUCHPORA	BASHIR NEWS AGENCY	HAZRAT BAL
AIJAZ NEWS AGENCY	HAZRAT BAL	YASIR NEWS AGENCY	ZAKOORA

FOR ANY QUERY, CALL CIRCULATION DEPT. : 0194-2502327

Revolutionizing Urological Cancer Care

GMC Leads With Minimally Invasive Laparoscopic Techniques

Observer News Service

Srinagar: The Department of Urology at Government Medical College (GMC) Srinagar has taken a significant leap forward in urological cancer care by adopting advanced minimally invasive laparoscopic techniques.

Minimally invasive laparoscopic surgery offers several advantages, including reduced pain and scarring, faster recovery, shorter hospital stays, and lower risk of complications.

Under the Patronage of principal/Dean Prof Dr.Iffat Hassan and leadership of Prof (Dr) Syed Sajjad Nazir, the department has successfully performed numerous laparoscopic surgeries for urological malignancies,

including radical nephrectomies, cystectomies, and prostatectomies.

The department's success is a testament to its patient-centered approach to care, expertise of its surgeons, and availability of advanced technology.

The department plans to introduce the latest technology assisted laparoscopy, which offers even greater precision and control during complex procedures, and train young urologists in these advanced techniques.

The adoption of minimally invasive laparoscopic techniques by GMC Srinagar's Department of Urology marks a new era in urological cancer care in Kashmir, offering patients a safer, faster, and more effective treatment option.



Public Outrage Over SMC's Marriage Hall Fee Hike

Citizens Demand Rollback, Say Move Unfair Amid Economic Crisis

Observer News Service

Srinagar: The Srinagar Municipal Corporation's (SMC) decision to increase marriage hall booking fees to 25,000 per day has sparked widespread resentment across the city, with families and business owners calling for an immediate rollback. The steep hike has been deemed an additional burden on the lower and middle-class families, already grappling with economic hardships, unemployment, and inflation.

The economic downturn in Kashmir has intensified in recent years due to political instability, the COVID-19 pandemic, and sluggish business activities. Small business owners, artisans, transporters, shopkeepers, and daily wage workers are among the worst affected. Many are struggling to meet basic expenses, let alone afford the escalating costs of wedding functions.

Traditionally, Kashmiri weddings extend over several days, requiring space for Wazwan preparation, seating arrangements, lighting, and sound systems. Under the new fee structure, families may now have to shell out 75,000 or more just for the venue, a sum deemed unaffordable by most residents.

Business and Trade Leaders Voice Concern

Business community opposed the stating, "Our business community is already on the verge of collapse. Many shopkeepers and vendors are struggling to pay rent. Instead of providing finan-

cial relief, the government is making weddings a privilege for the wealthy." He further added, "Thousands of small businesses are defaulting on bank loans due to declining sales and zero profit margins. Increasing marriage hall charges will only push more families into distress. This decision lacks empathy for the ongoing crisis

a-lifetime events, and now they are becoming a luxury. The government should be reducing our burdens, not adding to them."

A Burden on Space-Constrained Households

Many Srinagar families live in densely populated neighborhoods, with multiple generations under one roof due to rising property costs and land scarcity. The availability of community halls has been crucial for those without private spaces to host events. With gold prices at an all-time high and employment opportunities scarce, this additional financial burden has left many struggling to uphold traditional wedding customs.

Public Appeal for Government Intervention

As frustration grows, residents and trade leaders are urging J&K Chief Minister Omar Abdullah to intervene and revoke the SMC's decision. They argue that during times of economic hardship, the administration should focus on providing relief rather than imposing additional financial strain on citizens.

With public anger mounting, calls for prioritizing welfare over revenue generation are growing louder. Citizens across Srinagar and Kashmir are demanding immediate revision of the fee hike, emphasizing that weddings should remain an accessible social tradition rather than an unaffordable luxury.

Tulip Garden To Open For Public On March 26

Agencies

Srinagar: The famed Tulip Garden in Srinagar is set to welcome visitors from March 26, marking the beginning of the tourism season in Kashmir. Established in 2007 to extend the region's tourist calendar beyond summer and winter, the garden has since become a major attraction.

Formerly known as Siraj Bagh, the garden is currently witnessing the blooming of tulips in a variety of colors. The floriculture department has planted the bulbs in phases to ensure an extended flow-

ering period.

This year, two new tulip varieties have been introduced, bringing the total to 74. Other spring flowers such as hyacinths, daffodils, muscari, and cyclamens will also be on display. Spread across 55 hectares, the garden boasts about 1.7 million tulip bulbs.

Last year, the garden attracted a record 4.65 lakh visitors, surpassing the 3.65 lakh footfall recorded in 2023. Authorities are making final preparations to ensure a smooth opening and an enhanced experience for tourists. (CNS)

Terrorists Escape As Forces Bust Hideout In Dachigam

Observer News Service

Srinagar: Security forces busted a sophisticated underground hideout in the Pehlipora area of Dachigam forests, but the terrorists managed to escape before the raid, triggering an ongoing search operation.

Reliable sources revealed that intelligence inputs hinted at terrorist movement in the

upper reaches of Pehlipora, prompting a joint operation by the Special Operations Group (SOG) Srinagar and the 50 Rashtriya Rifles (RR). During the operation, forces uncovered a bunker-type hideout stocked with logistics. "The terrorists had already vacated the site by the time our team arrived," sources said, adding that efforts are underway to track and apprehend them. (KDC)

Geology Department Observes World Plantation Day

Observer News Service

SRINAGAR: Geology and Mining Department, Kashmir today organised a plantation drive to commemorate World Plantation Day.

The drive was held with an aim to promote environmental conservation and sustainability.

Addressing the gathering, Director Geology and Mining, Suraj Parkash Rukwal commended the efforts of employees in organizing the event and underscored the importance of World Plantation Day in fostering environmental awareness. He reiterated the Department's dedication to sustainable mining practices and preservation of natural resources.

In his welcome address, Senior Drilling Engineer, Kashmir, Er. Ab. Hamid Wani highlighted the significance of tree plantation in combating climate change, preserving biodiversity, and maintaining ecological balance. He emphasized the role of afforestation in mitigating environmental challenges and encouraged all present to contribute towards a green-



er tomorrow.

The plantation drive saw the active participation of officials and staff, who planted saplings at designated locations, symbolizing their collective responsibility toward environmental conservation.

The event also witnessed active participation from students of Government Girls Secondary School Panderthan Srinagar and Delhi Public School, Athawajan, Srinagar, who delivered insightful speeches on the importance of trees in maintaining ecological balance and combating global warming.

The program aimed to instill a sense of environmental responsibility among the younger generations. Students

eloquently highlighted the crucial role of trees in purifying air, conserving water, preventing soil erosion, and supporting biodiversity.

Their speeches reflected a deep understanding of the environmental challenges faced today and the urgent need for afforestation. Every one commended the enthusiasm and awareness displayed by the students.

As a part of the celebrations, students along with Department employees planted saplings at designated sites, reinforcing their pledge to protect nature with a call to continue such initiatives, ensuring a healthier and greener environment for future generations.

RAJA FAMILY BEREAVED

Congregational Fateha Khwani on Sunday

With profound grief and sorrow we announce the passing of our beloved Raja Tasleem Abbas Khan, District and Sessions Judge, who left for his heavenly abode on Mach 19, 2025 (Wednesday). He was not keeping well for some time. Inna Lillahi Wa Inna Ilayhi Rajioon. His congregational Fateha Khwani shall be held at his gravesite in Botraj Mohalla, Kathi Darwaza on Sunday at 8 AM. Condolence will be received throughout the day later at our nearby residence.

BEREAVED FAMILY

Late Alhaj Raja Tasleem Abbas Khan
Raja Mohalla, Khatidarwaza Srinagar

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

AIRPORTS
SHIEK UL ALAM AIRPORT: 01942303311 ✈

RAILWAYS

- SRINAGAR: 0194-2103259
- ANANTNAG: 01932-228243
- BARAMULLA: 0194-102029
- BIJHERA: 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 21 Ramazan 1446	PRAYERS
	FAJR 5:10
	ZUHR 12:40
	ASR 4:58
	Magrib 6:47
	ISHA 8:07

This Day In History

- 1421 - Battle of Baugé - French defeat English
- 1556 - Cardinal Reginald Pole becomes archbishop of Canterbury
- 1565 - Turkish Armada leaves Constantinople bound for the siege of Malta with about 193 ships
- 1680 - Parliament of Breisach accepts French sovereignty over Elzas
- 1692 - Emperor Leopold I names Duke Earnest August of Braunschweig, king
- 1778 - Captain James Cook sights Cape Flattery, now in Washington state
- 1784 - The Emerald Buddha is moved with great ceremony to its current place in Wat Phra Kaew, Thailand
- Thomas Jefferson, 1st Secretary of State
- 1790 - Thomas Jefferson becomes the 1st US Secretary of State under President Washington
- 1794 - Congress bans US vessels from supplying slaves to other countries
- 1832 - British Parliament, led by Charles Grey, passes the Reform Act, introducing wide-ranging changes to electoral system of England and Wales, increasing electorate from about 500,000 voters to 813,000
- 1873 - Slavery is abolished in Puerto Rico, celebrated as Emancipation Day
- 1917 - The USA is the first nation to recognize the new government of Russia
- 1943 - Obligatory work for woman ends in Belgium
- 1945 - Arab League forms with adoption of a charter in Cairo, Egypt
- 1946 - Britain signs treaty granting independence to Jordan
- 1953 - Antonín Zápotocký chosen as President of Czechoslovakia
- 1954 - Closed since 1939, the London bullion market reopens
- 1957 - Republic of India adopts Saka calendar along with Gregorian
- 1958 - Under pressure King Saud appoints Faisal Prime Minister of Saudi Arabia
- 1960 - 1st patent for lasers granted to Arthur Schawlow & Charles Townes
- 1965 - Dudley Senanayake wins his third in general elections in Ceylon (Sri Lanka)
- 1965 - US confirms its troops used chemical warfare against the Vietcong
- 1967 - Muhammad Ali KOs Zora Folley in 7 for heavyweight boxing title
- 1971 - Brian Faulkner becomes the Prime Minister of Northern Ireland
- 1971 - USSR performs nuclear test at Eastern Kazakh/Semipalitinsk USSR
- 1972 - Kareem Abdul-Jabbar named NBA MVP
- 1972 - US Congress approves the Equal Rights Amendment (still not ratified)
- 1977 - Indira Gandhi resigns as PM of India
- 1978 - France performs nuclear test
- 1979 - Israeli parliament approves peace treaty with Egypt
- 1979 - The Provisional Irish Republican Army explode 24 bombs in various locations across Northern Ireland
- 1981 - Soyuz 39 carries 2 cosmonauts (1 Mongolian) to Salyut 6
- 1982 - 3rd Space Shuttle Mission-Columbia 3 launched
- 1982 - Iran offensive against Iraq
- 1983 - Chaim Herzog elected Israeli president
- 1985 - NASA launches Intelsat VA F-10
- 1988 - US Congress overrides President Reagan's veto of sweeping civil rights bill
- 1993 - Intel introduces Pentium-processor (80586) 64 bits-60 MHz-100+ MIPS
- 1994 - Iraqi-British architect Zaha Hadid is the first woman to win architecture's Pritzker Prize [1]
- 1994 - Soyuz TM-21 lands
- 1997 - Comet Hale-Bopp Closest Approach to Earth (1.315 AU)

“ While government intervention is crucial, the responsibility of preserving cultural heritage also lies with the local community. The people of Jammu and Kashmir must take pride in their traditions and actively work to safeguard them

Jammu and Kashmir has been a melting pot of diverse cultures, traditions, and religions, which have collectively shaped its unique identity. The warmth and welcoming nature of the Kashmiri people have played a pivotal role in establishing the region as a global tourist destination. Tourism, in turn, has become the backbone of the local economy, providing livelihoods to a significant portion of the population, either directly or indirectly. However, while tourism has been a boon for economic development, it has also brought with it challenges that threaten to erode the very cultural fabric that makes Jammu and Kashmir so special.

The Economic Significance of Tourism in Jammu and Kashmir

Tourism is one of the most significant contributors to the economy of Jammu and Kashmir. The sector generates an annual turnover of over 8000 crore rupees, providing employment opportunities to thousands of families. In a region where unemployment rates are high, tourism has emerged as a vital alternative to government jobs, especially for the educated youth. The industry supports a wide range of businesses, including hotels, houseboats, handicrafts, transportation, and local markets. During the winter months, destinations like Gulmarg and Pahalgam attract tourists from across the globe for activities such as skiing, snowboarding, and sightseeing. Similarly, the summer months see an influx of visitors to the serene Dal Lake, Mughal Gardens, and the holy shrines of Amarnath and Vaishno Devi. The hospitality of the Kashmiri people is a cornerstone of the tourism industry. Visitors often praise the region for its warm and welcoming atmosphere, which is deeply rooted in the cultural values of the local population. This hospitality has not only enhanced the reputation of Jammu and Kashmir as a tourist destination but has also fostered a sense of pride among its inhabitants.

The Unseen Cost of Tourism

Basit Rasool Thokero



Photo for representational purposes only

The Erosion of Cultural Heritage

Despite the economic benefits, the rapid growth of tourism has had unintended consequences on the cultural heritage of Jammu and Kashmir. Over the years, there has been a noticeable decline in the preservation of local traditions, customs, and values. This erosion is particularly evident in the way certain events and activities have been conducted, often disregarding the religious and cultural sensitivities of the region.

One such incident that sparked widespread outrage was a fashion show held in Gulmarg during the holy month of Ramadan. The event, which featured models dressed inappropriately, was seen as a blatant disregard for the religious sentiments of the predominantly Muslim population. What made the incident even more controversial was the revelation that the hotel hosting the event was owned by a relative of a prominent political figure. This raised questions about the role of the government in safeguarding the cultural and religious values of the region. Instead of promoting Kashmiri culture on a global platform, such events have only served to undermine it. Another incident that drew criticism was a viral video from the vicinity of the revered Hazratbal Shrine. The video showed a group of girls and boys dancing near the shrine, despite strict prohibitions on photography and inappropriate behavior in the area.

This incident highlighted a double standard in the enforcement of rules, where locals are held to strict standards of decency, while tourists often appear to be exempt from such scrutiny. Such actions not only disrespect the sanctity of religious sites but also alienate the local population, who feel that their cultural heritage is being compromised for the sake of tourism.

The Role of Tourists

The behavior of tourists has also been a cause for concern. Instances of public consumption of alcohol and other activities that contravene local norms have become increasingly common. While such behavior may be acceptable in other parts of the world, it stands in stark contrast to the cultural and moral values of Jammu and Kashmir. The lack of administrative action against such violations further exacerbates the problem, sending a message that the rules of decency and morality do not apply equally to everyone. This cultural dilution is not just a matter of social concern but also a threat to the identity of the region. Jammu and Kashmir has a rich history that spans thousands of years, with influences from Buddhism, Hinduism, and Islam. The region's art, music, cuisine, and festivals are a testament to its diverse heritage. However, the unchecked influence of tourism risks overshadowing these traditions, replacing them with a homogenized culture that lacks depth and authenticity.

The Need for Government Intervention

To address these challenges, it is imperative for the government to take proactive measures to protect the cultural heritage of Jammu and Kashmir. This includes the implementation of strict rules and regulations that uphold the moral and ethical standards of the region. Tourists should be made aware of local customs and traditions, and any violation of these norms should be met with appropriate consequences. The government must also ensure that such rules are enforced uniformly, without any bias or favoritism. In addition to regulatory measures, the government should focus on promoting Kashmiri culture on a global scale. This can be achieved through cultural festivals, exhibitions, and collaborations with international organizations. By showcasing the rich heritage of the region, the government can attract tourists who are genuinely interested in experiencing the authentic culture of Jammu and Kashmir, rather than those who seek to exploit it.

The Role of the Local Community

While government intervention is crucial, the responsibility of preserving cultural heritage also lies with the local community. The people of Jammu and Kashmir must take pride in their traditions and actively work to safeguard them. This includes educating tourists about local customs and ensuring that their activities remain within reasonable limits. Community-led initiatives, such as cultural workshops and heritage tours, can play a significant role in promoting awareness and appreciation for Kashmiri culture. Moreover, the local population should hold the government accountable for any lapses in the enforcement of rules. By voicing their concerns and demanding action, they can ensure that their cultural heritage is not sacrificed for short-term economic gains.

Striking a Balance Between Tourism and Cultural Preservation

The tourism industry has undoubtedly been a driving force behind the economic development of Jammu and Kashmir. However, it is essential to recognize that this progress should not come at the cost of compromising the region's cultural heritage. The unique identity of Jammu and Kashmir is rooted in its traditions, values, and history, and it is the collective responsibility of the government, the local community, and tourists to preserve this legacy.

As the region moves forward, it is crucial to strike a balance between promoting tourism and safeguarding cultural heritage. By implementing strict regulations, promoting authentic cultural experiences, and fostering a sense of pride among the local population, Jammu and Kashmir can continue to thrive as a tourist destination while preserving the rich heritage that makes it truly unique. The time to act is now, before the erosion of culture and tradition becomes irreversible. Only by working together can we ensure that the future of Jammu and Kashmir remains as vibrant and diverse as its past.

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

The writer is the student of Ba.LLB at the University of Kashmir and can be reached at Basitrasool765@gmail.com

Trump's Self-Inflicted Trade Disaster

Kaushik Basu

“ Trump has long been frustrated by the fact that the US runs trade deficits with many countries. During his recent meeting with Indian Prime Minister Narendra Modi, he specifically raised concerns about America's \$45.6 billion trade deficit with India. In response, Modi pledged to increase energy imports from the US.

US President Donald Trump's return to the White House has been accompanied by dramatic economic-policy shifts, setting countries around the world on edge. The new administration has imposed sweeping tariffs on Chinese, Mexican, and Canadian imports – pausing, reinstating, and later granting temporary exemptions for goods compliant with the US-Mexico-Canada Agreement (USMCA). In response, both Canada and Mexico have announced retaliatory tariffs on key US industries, while Trump has vowed to impose “reciprocal” tariffs on “everybody across the board.”

Since no other country wields as much influence over the world economy as the United States, these abrupt and unpredictable policy shifts have fueled fears of a global slowdown, triggering a stock-market selloff – starting in the US itself. In fact, Trump's trade policies may inflict even greater damage at home than abroad. While some of his moves – especially his administration's efforts to boost domestic semiconductor manufacturing – could prove beneficial, his erratic policy shifts jeopardize America's economic stability, undermining its competitiveness and long-term growth.

Trump has long been frustrated by the fact that the US runs trade deficits with many countries. During his recent meeting with Indian Prime Minister Narendra Modi, he specifically raised concerns about America's \$45.6 billion trade deficit with India. In response, Modi pledged to increase energy imports from the US.

But not every trade relationship needs to be perfectly balanced. Trade imbalances are a natural part of global commerce, enabling economies of scale that ultimately benefit all countries.

Consider everyday transactions be-



tween individuals. Adam buys groceries from a neighborhood store owned by Eve, who spends that money at various other stores and online platforms. Now imagine that one day, a furious Adam barges into Eve's store and declares, “I keep buying from you, and you buy nothing from me!” He then demands to “balance” their business relationship. If everyone insisted on such terms, commerce would grind to a halt, effectively dragging society back to the barter system.

Although striving for balanced trade with every country is uncalled for, America's overall trade deficit does raise legitimate concerns. At the start of this year, the deficit reached an all-time high of \$131.4 billion. What that means is that other countries are selling goods to the US and retaining a portion of the dollars earned, planning to use them for future purchases.

But it is important to recognize that this is the price of having a currency the world trusts and depends on. No one would willingly sell goods to North Korea and stockpile North Korean won for future use. The US dollar, on the other hand, serves as a global reserve currency precisely because of the world's confidence in its stability. Trump's tariffs

now threaten to undermine the dollar's global role.

Pointing to the high tariffs some countries impose on US goods, Trump has repeatedly threatened to retaliate with “reciprocal tariffs,” that is, matching those countries' tariffs product by product. While such an approach may appeal to him and to rallygoers on the campaign trail, its effectiveness is questionable.

Trade, after all, is fundamentally driven by comparative advantage, which means that the goods a country exports to one trading partner are typically different from those it imports from that partner. For example, one country might export pharmaceuticals while importing airplanes. Thus, matching another country's import tariffs on a specific good would be futile, especially if the US does not import that good in significant quantities to begin with.

But let's set aside these nuances. We already know what will happen if the US were to apply this policy “across the board,” as Trump suggests. Canada and Mexico will raise tariffs on US goods, leading the US to retaliate, creating a vicious cycle.

This dynamic is already playing

out between the US and Canada. In February, Trump announced 25% tariffs on Canadian steel and aluminum. In response, Ontario levied a 25% tax on electricity exports to the US, prompting Trump to declare a national emergency and double his steel and aluminum tariffs to 50%. Within hours, Ontario Premier Doug Ford suspended the surcharge after the US rescinded the tariff hike and agreed to negotiate.

The same retaliatory cycle would likely unfold with the European Union, China, Brazil, and many other trading partners. As a result, the US, which relies heavily on imports, will find itself behind a tariff wall – a strategy once favored by many developing countries, often with disastrous consequences. Trump's tariff wall will drive up domestic inflation and increase US production costs, thereby making American goods less competitive and enabling Europe and China to outpace the US in key markets.

Notably, Trump's tariffs have already sparked intense discussions among other countries about strengthening economic collaboration. India and the EU, for example, are close to finalizing a new trade agreement. There is also talk of deepening business and trade among Mexico, Canada, and China. In the short term, Trump's trade policies will undoubtedly cause economic hardship worldwide. But in the long run, the greatest damage may be inflicted on the US itself. Ironically, by trying to promote his MAGA agenda, Trump could end up driving a global shift that makes other countries great again.

Views expressed in the article are the author's own and do not necessarily represent the editorial stance of Kashmir Observer. The article was originally published by Project Syndicate

Imam Ali

and His Wisdom for the Interreligious Life

ZEYNEB SAYILGAN

Hzrat Ali Ibn Abi Talib is a continuing source of inspiration and guidance for Muslims around the world. Imam Ali is a central figure in both Sunni and Shia traditions and was the fourth caliph of Islam. He is considered the first Shia Imam.

His most famous work – the *Nahj al-Balāgha* (Arabic: “the path of eloquence”) – is acknowledged both by Sunni and Shia communities as a significant contribution to Islamic thought and culture. *Nahj al-Balāgha* is particularly revered in Shia Islam, the text is considered a masterpiece of eloquence and wisdom. The collection contains sermons, letters and sayings on many themes like ethics, justice, spirituality and wisdom. The following provide a taste on the richness of his writings:

1) **On Ethics:** Do, may God look after you, righteous deeds, tread the paths of what is permissible, put what is prohibitive aside and abandon it, listen to the command of God and realize it, keep in touch with your kinsfolk and look after them, disobey your inclinations and curb them, give your daughters by way of marriage to the people of righteousness and piety, and stay away from the folks who sport and who covet, so your marriage ties will produce the most pure of freemen, the

self, your near ones and those of your subjects for whom you have a liking because if you do not do so you will be oppressive, and when a person oppresses the creatures of God then, instead of His creatures, God becomes his opponent, and when God is the opponent of a person He tramples his plea; and he will remain in the position of being at war with God until he gives it up and repents. Nothing is more inducive of the reversal of God's bounty or for the hastening of His retribution than continuance in oppression, because God hears the prayer of the oppressed and is on the look out for the oppressors.

3) **On Spirituality:** I praise the One Whose boon is great, whose blessing overwhelms, whose mercy is faster than His anger, the One whose word is perfect, whose will is affected, whose argument is wise, whose case is just. I praise Him like one recognizing His Godhead, submissive while adoring Him, dissociating himself from his sin, recognizing His Unity, seeking refuge with Him against His warning, hopeful for the mercy of his Lord that saves him on a Day when everyone will be distracted even from his offspring and tribe. We seek His help, guidance



recognized His Unity like a submissive servant.

4) **On Wisdom:** Remember that this world which you covet so ardently and attempt to acquire so earnestly, and which sometimes annoys you and sometimes pleases you so much, is neither your

eternally. If it has enticed you away with its charms, it has also warned and cautioned you of real dangers lurking in its folds. Take account of the warnings it has given you and do not be seduced or deceived by its allurements. Let these warnings frighten you from being too greedy to possess it. Try to advance towards the place where you are invited for eternal bliss and turn your face away from the vicious world.

Interpretations of *Nahj al-Balāgha* can differ significantly between Sunni and Shia scholars. Shia scholars typically view the text as central to understanding Imam Ali's role as a divinely appointed leader, while Sunni interpretations may focus more on its philosophical and ethical teachings rather than its sectarian implications. Famous Sunni scholars

like Muhammad Abduh and Shia scholars like Ibn Abu Al-Hadid offered their own commentary on Imam Ali's magnum opus. Al-Hadid's work is considered the most widely known and best written commentary.

Out of Imam Ali's many reflections on interreligious life, this one in particular has always guided me in my own quest for seeking better understanding among communities:

Remember, people are of two kind: either your siblings in faith or your equals in humanity. Regardless of the many unique and important differences among people, one can always affirm the unity and shared bond within the human family. Imam Ali encourages his fellow human beings to focus on the elements that connect us instead of those that divide us. Faith-based sisterhood and brotherhood opens the door

to countless connections while securing rights for those who are religiously unaffiliated. The clear tone of simple mercy, kindness and equality to all is echoed in these words.

Each human being is unique and special. Yet, we are all fashioned the same way. This sentiment is an echo of the Qur'anic teaching regarding the creation of the human being, which reminds us that our ultimate origin is the same: We created the human being from an essence of clay, then We placed him as a drop of fluid in a safe place, then We made that drop into a clinging form, and We made that form into a lump of flesh, and We made that lump into bones, and We clothed those bones with flesh, and later We made him into other forms—glory be to God, the best of creators! (Qur'an 23:12-14).

We may come from different cultures, speak different languages and be of different complexions and colors, yet, we are in need of the same basic necessities for life and aspire to the same goals of love, freedom, justice and safety for all.

While being authentically rooted in his own Muslim tradition, Imam Ali was open to engagement with others. He exemplified principles of justice and fairness in his interactions with people of diverse backgrounds and remains a paragon of this Qur'anic wisdom, O humanity! Indeed, We created you from a male and a female, and made you into peoples and tribes so that you may know one another. Surely the most noble of you in the sight of God is the most righteous among you. God is truly All-Knowing, All-Aware.

Dr. Zeyneb Sayilgan is the Muslim Scholar at the Institute for Islamic, Christian, and Jewish Studies in Baltimore. Her experience of being born and raised in Germany as the daughter of Muslim immigrants from Türkiye informs her work on Christian-Muslim relations

WHILE BEING AUTHENTICALLY ROOTED IN HIS OWN MUSLIM TRADITION, IMAM ALI WAS OPEN TO ENGAGEMENT WITH OTHERS. He exemplified principles of justice and fairness in his interactions with people of diverse backgrounds

most eminent descent, those who will let you achieve your dreams.

2) **On Justice:** Do justice for God and do justice towards the people, as against your-

and directions. We believe in Him and depend on Him. I have testified to Him as a sincere and convinced servant; I recognize His Uniqueness as a pious believer, and I have

home nor a permanent destination. You have not been created for it, nor invited to it as your resting-place. It shall neither remain with you for ever, nor will you remain in it

Ramazan for Mental Health

Fasting as a Means of Developing Self-control

Wasim Kakroo

Allah says in Qur'an: "Oh you who believe! Fasting is prescribed for you as it was prescribed for those before you, that you may develop self-restraint" (Qur'an 2:183).

The first instruction by Allah to Muslims in Qur'an about fasting conveys the fundamental wisdom behind why we should fast and that is to achieve a sense of self-restraint, which in other terms means self-control.

Self-control is a basic tenet in many faiths, and it's also one of the most important predictors of anybody's long-term success. Most people find it difficult to leave a single meal even occasionally, much less for a month. However, studies show that self-control (e.g., practiced through fasting) has long-term implications. One study has shown that when young children were given an appealing toy or piece of candy and told not to touch it until sometime later, those who showed the most self-control by waiting for the prescribed time were found to have a better set of executive functioning skills 14 years later. Executive functioning is a term used to describe higher order cognitive abilities such as problem solving, good decision-making, and the ability to switch from one task to another. We as psychologists believe that self-control, one facet of emotional intelligence, plays a larger role in long-term life success of an individual than even IQ.

What role does self-control have in achieving success in life?

Self-control necessitates willpower and tenacity, which are essential factors in completing tasks and goals when they get difficult rather than leaving the task midway. Fasting, which by its very nature

challenges people to abstain from eating food for extended periods of time, is one of the most powerful exercises in willpower and steadfastness, which together translate to self-control. And self-control is essential for success.

Weight loss, cell regeneration, slower ageing, and prevention of chronic diseases like diabetes and Alzheimer's are all well-known and investigated physical benefits of fasting. However, common people know less about psychological benefits of fasting, despite research pointing to a variety of beneficial effects on mental health, including:

1. **Improved mood** – people reported feeling more accomplished, rewarded, proud, and in control after fasting for many hours, indicating a boost in self-esteem and sense of success. These effects are caused in part by a raise in specific hormones while fasting, as well as the pleasure felt after completing a difficult activity, which serves as a powerful feel-good agent on the brain.
2. **Lower levels of stress, anxiety, and depression** – fasting leads to production of brain proteins that imitate the actions of anti-depressant drugs, lowering stress, anxiety, and depression levels. Fasting has been suggested by professionals as a treatment for depression and other mood disorders due to the significant improvement in anxiety that was seen in those patients who fasted.
3. **Enhanced vigilance and alertness** – contrary to popular belief, fasting does not promote irritability or tiredness. Instead, people who fast appear to benefit from improved vigilance and alertness. Food is con-



Self-control necessitates willpower and tenacity, which are essential factors in completing tasks and goals when they get difficult rather than leaving the task midway. Fasting, which by its very nature challenges people to abstain from eating food for extended periods of time, is one of the most powerful exercises in willpower and steadfastness, which together translate to self-control. And self-control is essential for success

verted into glucose by our bodies, and too much of it causes sluggishness and tiredness, which most individuals experience shortly after eating. Fasting helps the body regulate glucose levels, which reduces sluggishness and increases alertness.

4. **Improved memory** – the key to a healthier memory is better attention. Remembering where you put your keys is more a function of how well you pay attention in the first place than of how forgetful you are. As a result, fasting may be used to treat inattention. Fasting improves memory by regenerating cells in the hippocampus, the brain's memory centre, and so acts as a "spring cleaning" for the brain, resulting in improved cognitive functioning.
5. **Improved sleep quality** - People who fast notice a considerable improvement in the quality of their sleep, which obviously is linked to improvement in mood. In psychology, sleep is often referred to as a "wonder medicine." Many elements of psychological and physical health improve for people who sleep the optimum number of hours daily.

For many people, fasting is difficult – denying ourselves of food is one of the most difficult things we can do. Fasting, on the other hand, is commanded by Islam with a clear indication of the benefits we may obtain – self-control, which ultimately leads to greater awareness of God and thus we are benefitted both psychologically as well as spiritually.

The author is a licensed clinical psychologist (alumni of Govt. Medical College Srinagar). He can be reached at 8825067196

2-day BBSS-II Kashmiri Authors Workshop culminates

Ganderbal, Mar 21: Bhattiya Bhasha Samvardhana Samiti (BBSS-II) Kashmiri, two-days "Authors Workshop on Academic Writing to Develop Textbooks for Higher Education in the Kashmiri Language" culminated successfully at the Central University of Kashmir (CUKashmir), Tulmulla campus here on Friday.

The event organised under the guidance of University Grants Commission (UGC) was a

crucial step towards strengthening the presence of the Kashmiri language in academia.

Prof. Sandhya Tiwari, Dean School of Languages, the Organising Secretary and the Nodal coordinator of BBSS-II (Kashmiri) in her address, presented the detailed report about the two day-event, highlighting the achievement of the objectives and also the identified areas to be addressed for the sake of successful completion of the book writing

task by authors. She expressed gratitude to all stakeholders and reaffirmed the university's commitment to language preservation through academic contributions.

Cluster University of Srinagar, Vice-Chancellor, Prof. Mohammad Mobin who was the Chief Guest on the occasion, hailed the initiative as a progressive move towards linguistic empowerment. He pointed out that textbooks in regional languages allow students to

access knowledge in their mother tongue, thereby enhancing comprehension and academic performance. He laid stress on the fact that the need of an hour is not only to preserve Kashmiri language but to broaden its horizon to make it more accessible in academic and social spheres. Prof. Mohammad Mobin, also shared insightful experiences regarding the sorry state of affairs with regard to the situation of Kashmiri language. He shared his personal

experience in foreign countries and the success by embracing learning in mother tongue.

Addressing the participants during the valediction ceremony, Vice Chancellor, Prof. A. Ravinder Nath, highlighted and underscored the need for preserving linguistic diversity in academic writing. He emphasized that the inclusion of regional languages in higher education is a step towards a more inclusive and enriched learning environment. "By

fostering a culture of academic writing and textbook development in Kashmiri, this initiative lays the foundation for a more inclusive and knowledge-rich educational landscape in India." Prof. A. Ravinder Nath said the event highlighted the importance of academic writing in regional language development and the steps taken to enhance the quality of Kashmiri-language educational materials.

Vice Chancellors, Prof. A. Ravinder

Nath and Prof. Mohammad Mobin later distributed certificates among the participants.

Dean Academic Affairs, Prof. Shahid Rasool, Kashmiri poet and literary figure, Prof. Shafi Shauq, Deans of Schools, faculty members from CUKashmir and other institutions were also present on the occasion. During the technical session earlier today, an expert session on Lexicography was conducted by Prof. Shafi Shauq.

CONTD. FROM PAGE 1

Post-370 Kashmir:

border, targeting civilians and disrupting festivals. He accused previous governments of maintaining a "flexible" stance on terrorism due to vote-bank politics.

"After PM Modi came to power, we adopted a zero-tolerance policy against terrorism. Even after facing attacks in Uri and Pulwama, we responded within 10 days with surgical and airstrikes inside Pakistan. This policy has continued ever since," he said.

Shah labeled Article 370 as the foundation of separatism in Kashmir, arguing that its abrogation on August 5, 2019, transformed J&K. "Since then, law and order have significantly improved, and the region has witnessed large-scale development," he claimed.

Security Forces' Role & India's Global Standing

Acknowledging the sacrifices of security personnel, Shah expressed gratitude to the state police and central forces for strengthening national security. He claimed that India has now joined nations like Israel and the United States in maintaining a strong defense policy.

"PM Modi has ensured that India's security forces act decisively and with strength," he added.

He also spoke about the broader security challenges that India faces, stating that crime is no longer limited to state boundaries and that the MHA is actively tackling inter-state and multi-state crimes like narcotics, cybercrime, organized crime gangs, and hawala operations.

Employment & Economic Development

On the economic front, Shah said that 40,000 government jobs had been provided in J&K between 2019 and 2024, along with 1.51 lakh self-employment opportunities.

He highlighted that skill development centers are now operational, preparing youth for better careers. "Through our industrial policy, 12,000 crore worth of investments have materialized, and MoUs worth 1.1 lakh crore have been signed, showing strong investor confidence in the region," he added.

Challenges & Reforms in Home Ministry

Discussing the Home Ministry's role, Shah noted that while law and order are state responsibilities, modern crimes such as cyber-crime, narcotics, organized gangs, and hawala operations often transcend state borders. He said that over the past decade, PM Modi's government has introduced long-overdue reforms to the MHA to strengthen national security.

Legacy Issues & Security Threats

Shah stated that when the Modi government came to power in 2014, it inherited major security challenges, including terrorism in J&K, left-wing extremism, and insurgencies in the Northeast.

"These issues claimed around 92,000 lives over four decades, yet no structured efforts were made to eliminate them. PM Modi changed that with a clear and decisive approach," he said.

Emphasizing that national security and development were long compromised due to these conflicts, Shah asserted that the government's proactive policies have now transformed the situation.

No Leniency For

snow, the DGP said, "The temperature is increasing, but infiltration is not increasing. Let's not make predictions like the meteorological department."

He also addressed the issue of misguided youth, stating that those who genuinely reform would be given concessions. "Youth who were on the wrong track and are now facing difficulties—if they have changed, we will definitely consider their cases," he said.

Urging parents to take an active role in their children's upbringing, he cautioned against excessive mobile phone usage. "Mobile phones are powerful tools, but they can also lead to negative consequences. Parents should provide proper education and guidance," he said.

The DGP acknowledged concerns of fruit growers regarding transportation delays and assured action. "We will find a way to ensure that apple-laden trucks reach Azadpur Mandi in Delhi on time," he assured.

Responding to allegations of a police

officer mistreating a Gujjar woman in Qazigund, Prabhat announced an inquiry committee. "An investigation has been ordered, and the committee will submit its report within ten days. I urge people not to communalize the issue," he stated.

During his visit to the remote village of Keller in Shopian, inhabited by Gujjar, Bakarwal, and Chopan communities, Prabhat heard grievances, including requests for Special Police Officers (SPOs) from the area. "We are committed to addressing the concerns of every community without delay," he assured.

He also announced that books would be distributed under the next civic action programme to help students prepare for competitive exams.

Accompanied by IGP Kashmir V K Birdi and DIG South Kashmir Range Javid Iqbal Matoo, the DGP reaffirmed the police's resolve to uphold law and order while strengthening community ties. "The police will continue its battle against drugs and crime, and we hope people will stand with us in this fight," he said.

Ex-MLA Gurez

BJP saw him as the best bet. The party's top brass, including Defence Minister Rajnath Singh, campaigned in Gurez, signaling how crucial the seat was for them. But despite a high-pitched campaign, Khan lost to National Conference's Nazir Khan aka Nazir Gurezi by over 1,100 votes. The BJP's first real chance at a breakthrough in the Valley slipped away.

"He stood where many wouldn't," said a BJP leader who had worked closely with him. "He carried the party's hopes in a place where winning was never easy."

In Tulail, where Khan spent most of his life, people recalled his persistence. "No matter the result, he was always in the fight," said an elder from Dawar.

"He was always among us, whether we voted for him or not," said Mohammad Yusuf, an elder from the region. "He fought battles that most wouldn't dare to."

Khan was always seen as the BJP's bridge in Kashmir," said a senior politician. "When his son Ajaz Raja won the DDC elections from Tulail in 2020, securing one of BJP's only two victories in the Valley, it felt like the party had

finally found a way in. He wasn't just a candidate; he was the entry point BJP had been searching for.

A senior BJP leader confirmed that Khan was seen as the party's only real entry into Kashmir during the 2024 Assembly elections.

He said that the BJP high command was confident that Gurez would be their breakthrough seat, with Khan as their strongest contender. "To bolster his chances, Defence Minister Rajnath Singh personally campaigned for him in Gurez, a rare move that underscored Khan's importance for the party. However, despite the heavy push, he lost by a narrow margin," he said. (KNO)

Gol Approves

have its first-ever medical college in Leh.

The initiative is part of the government's broader plan to strengthen healthcare education by establishing 157 new medical colleges across India, with a focus on aspirational districts and border regions, the ministry said.

It said these new institutions aim to improve access to medical education and address the shortage of healthcare professionals in remote areas.

In addition to the newly approved colleges, Jammu & Kashmir already has five medical colleges in Anantnag, Baramulla, Rajouri, Doda and Kathua, established under earlier phases of the scheme. The government has also approved 196 PG seats and 60 MBBS seats for various medical institutions in the region to enhance medical education opportunities.

The AIIMS project in Awantipora, Kashmir, and AIIMS Vijaypur, Jammu, are progressing steadily, with the government allocating 2,326.23 crore for their construction, the government said.

These two AIIMS facilities are expected to become the primary tertiary healthcare centres for the region, reducing the need for patients to travel outside J&K for specialized medical treatment. (KNO)

Court Junks

a clear majority with 48 seats. The Delhi High Court is also likely to consider on March 25 Rashid's plea to attend the ongoing Parliament session.

Rashid has challenged a March 10 order of

the trial court, refusing him custody parole or interim bail to attend Lok Sabha proceedings till April 4.

In the reply filed to the appeal on March 17, the NIA said Rashid couldn't be allowed to use his status as an MP to "get away from rigours of imprisonment".

The NIA argued that Rashid could neither be granted interim bail nor allowed custody parole as he had no enforceable right to attend the Parliament session while in lawful custody.

Calling Rashid a "highly influential" person who might sway witnesses back home, the NIA said, "Under Section 43D(5) of the UAPA, the accused cannot be granted bail if there are reasonable grounds for believing that the accusations against him are prima facie true."

Rashid's counsel urged the high court to permit him to attend the ongoing Parliament session on custody parole, akin to a previous two-day reprieve granted to him.

Custody parole entails a prisoner being escorted by armed police personnel to the place of visit.

The Baramulla MP, who defeated Omar Abdullah in the 2024 Lok Sabha polls, is facing trial in a terror funding case with allegations that he funded separatists and terror groups in Jammu and Kashmir.

According to the NIA's FIR, Rashid's name cropped up during the interrogation of businessman and co-accused Zahoor Watali.

After being chargesheeted in October 2019, a special NIA court framed charges against Rashid and others in March 2022 under Sections 120B (criminal conspiracy), 121 (waging war against the government), and 124A (sedition) of the Indian Penal Code and for offences relating to terrorist acts and terror funding under UAPA.

Snakebite Cases

for Prevention and Control of Snakebite Envenoming (NAPSE). These measures include specialized training for healthcare workers, improved emergency response systems, ensuring a steady supply of Anti-Snake Venom (ASV) at district and sub-district hospitals, and launching public awareness campaigns through booklets, posters, and regional-language videos to educate communities on snakebite prevention and first-aid response. (inputs from KNO)

28th year OF PUBLICATION



KASHMIR OBSERVER®



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 TV's 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.

VISIT

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

OR SCAN



OUR SPECIAL PROGRAMMES

THE OTHER SIDE

INKISHAF

VOX POP

UNRAVEL KASHMIR

IPL 2025: Drizzle Disrupts KKR, RCB Practice; Rain Threat Looms

Press Trust of India

KOLKATA: A steady drizzle in the evening brought premature end to evening practice sessions of Kolkata Knight Riders and Royal Challengers Bengaluru on the eve of their IPL 2025 opener at Eden Gardens here on Saturday.

Practice began as scheduled at 5pm, but rain set in around 6pm, bringing the ground staff into action while the players had to pack up.

Fortunately, Eden Gardens is one of the few venues with full ground covers, ensuring the playing surface remained protected.

The Indian Meteorological Department's New Alipore office has issued an "orange alert" for Friday and Saturday, warning



of thundersqualls, gusty winds, lightning, hailstorms, and moderate rainfall across several districts, including Kolkata.

"Thundersqualls with gusty winds, lightning, hailstorms, and light to moderate rainfall are likely in Jhargram, Pur-

ba and Paschim Midnapore, Bankura, Purulia, Purba Bardhaman, Hooghly, and Howrah on Friday," the IMD stated.

For Saturday, the forecast includes thunderstorms with gusty winds, lightning, and moderate rainfall in Nadia,

Birbhum, Murshidabad, Purba Bardhaman, and North and South 24 Parganas.

The match has a 7.30pm start, with the toss scheduled for 7pm.

A glittering opening ceremony featuring Shreya Ghoshal and Disha Patani among others is planned at 6pm, but it remains to be seen if the weather plays a spoilsport.

According to IPL regulations, the league-stage matches have a one-hour extension window, meaning the cut-off time for a five-over match is 10:56pm, with play needing to conclude by 12:06am.

Kolkata has already experienced rain disruptions in the lead-up to the season opener, with a KKR intra-squad practice

match being washed out after just one innings.

Teams Eye The 300-Mark

Batters will be salivating at the prospect of breaching the 300-mark when the world's richest Twenty20 league gets under way on Saturday.

But the continuation of the Impact Player rule, which allows teams to play an extra batter substituting a bowler in a match, will ensure it will rain fours and sixes across 13 venues over the next two months.

Royal Challengers Bengaluru's 263-5 against Pune Warriors stood as the league's highest total for a decade but that 2013 mark was bettered four times in last year's IPL - three times by Sunrisers Hyderabad alone.

Short TAKES

KL Rahul Could Miss DC's Opening Two IPL Games

Delhi Capitals' marquee signing KL Rahul is expected to miss the first two matches of the Indian Premier League (IPL) 2025 season as he and wife Athiya Shetty prepare to welcome their first child.

The news comes on the heels of India's victorious ICC Champions Trophy 2025 campaign, where Rahul played a crucial role.

According to Australia women's captain Alyssa Healy - wife of DC pacer Mitchell Starc - Rahul's absence could slightly alter the team's early dynamics. Speaking on the LISTNR Sport YouTube channel while previewing the Capitals' squad, Healy shared, "No Harry Brook, (so) it will be interesting to see who the replacement player will be. They have KL Rahul, who will probably not play the first couple of games I think... they are awaiting the birth of (their) child, but that dynamic, is really cool," Healy said.

3rd T20: Nawaz's Blistering Ton Powers Pakistan To Victory v NZ

A fiery century by Hasan Nawaz and top-class performances from pacers helped Pakistan keep the series alive, beating New Zealand by nine wickets in the third T20I at Auckland on Friday.

Replying to New Zealand's 204 runs, Pakistan achieved the target in 16 overs.

With this win, the five-match series stands at 2-1, with two matches left. Nawaz hit his first T20I ton in 44 balls, fastest by a Pakistan player, overtaking Babar Azam's 49-ball ton against South Africa in 2021.

Kiwis made 204 in 19.5 overs, after Pakistan elected to field first.

Rauf (3/29) and Shaheen (2/36) delivered solid spells, while Abrar Ahmed was expensive in his three-over spell of 2/43. Abbas also got two wickets while Shadab got just one.

Hamilton 'Gobsmacked' By Ferrari Sprint Pole At Chinese GP

Lewis Hamilton said he was "gobsmacked" after a breakthrough sprint pole in China for Ferrari in only his second race weekend with the Italian Formula One team.

The seven-times world champion, who joined from Mercedes with a record 105 wins and 104 poles to his name, also smashed the Shanghai circuit lap record in securing the top slot for Saturday's 100km sprint race.

Friday's sprint qualifying was a moment the fans had hoped for, justifying some of the hype that had dimmed after the 40-year-old qualified eighth and finished 10th in the season-opening Australian race.

"I'm just a bit gobsmacked, I'm a bit taken aback by it," he said after beating Red Bull's Max Verstappen by just 0.018 of a second.

UT Level Tennisball Cricket Championship Begins In Anantnag

Observer News Service

ANANTNAG: The 14th UT Level Tennisball Cricket Championship kicked off on Friday in Anantnag. The championship was inaugurated by Tehsildar Qazigund Khurshid Ahmad Tantaray along with SHO Qazigund Malik Masood at Sports Ground Qazigund.

While speaking on the occasion Tehsildar Qazigund Khurshid Ahmad Tantaray said Tennisball Cricket is the basic level of cricket and all participating cricketers must showcase their crickering skills during the championship, which in turn will help them to reach the higher levels of the sport.

The championship is meant for Mini Sub Junior U-14, Sub Junior U-17, Junior U-19 and Senior Men and Women category. A total of 14 districts of J&K are



participating.

On the first day of the championship, 12 matches were held in senior boys and girls categories. The championship is organised by J&K Tennisball Cricket Association in collaboration with District Anantnag Tennisball Cricket Association. The championship is sponsored by J&K Sports Council.

On the inauguration, all the District Secretaries and other officers bearers of J&K Tennisball Cricket Association were present, which included Farooq

Ahmad Salroo (Gen. Secretary), G.N. Panoo (Treasurer), Nazir Ahmad Lone (Vice President), Mushtaq Ahmad Turkey (Ex-President) and Lal Mohammad Ganie (Media Incharge).

Besides them, some senior officials of YSS Department, Khurshid Ahmad War, Dr. Abid Rather, Dr. Riyaz Veeri, Dr. Mohd Akber Ganie, Imtiyaz Hassan Bhat, Sheraz Ahmad, Ab. Rashid (Budgam) and Wahid Hussain (Shopian), were also present on the occasion.

Real Kashmir Take On Delhi FC In I-League Today

Observer News Service

SRINAGAR: Real Kashmir FC will lock horns with Delhi FC on Saturday in a 2024-25 I-League match at Mahilpur Football Stadium in Mahilpur, Punjab. The game will kick off at 2:00 PM and will air on Sony Sports 2 and SSEN app and website.

The Snow Leopards were in contention for a first I-League title last week, but after suffering a 3-2 loss against a 10-man relegation-threatened SC Bengaluru, they are fighting to finish in the top three. The Srinagar club has 32 points from 19 games, while league leaders Churchill Brothers FC have 37 from their 19 outings. Inter Kashi (35 points, 19 games) are second on the table, while Gokulam Kerala (31 points, 19 games) are hot on the heels of RKFC.

Meanwhile, Delhi FC is bottom of the pile, taking mere 13 points



from their 19 games. Delhi has won just once in its last five matchups, losing four times in the process.

On the other hand, Real Kashmir has two losses and three wins in their previous five games. However, considering their dismal form away from home, anything is possible in today's contest in Punjab.

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.



Donate Now!



UPI ID: JKBMERCO0657582@jkb

- Account Name: **Mother Helpage**
- Ac Number : **0472010100001092**
- IFSC : **JAKA0SAADIQ**
- Branch: **Jammu and Kashmir Bank Ltd, Sadiqabad, Anantnag.**



For queries call

Farooq A Ashai (Coordinator)

Ph: +91 788-9402837

Email : farooq.ashai@motherhelpage.org