

USBRL Inauguration

J&K Gears Up For PM Modi's Visit



File Photo

Observer News Service

Srinagar: With just a week remaining, the Railway Ministry and Jammu and Kashmir administration have been verbally instructed to prepare for Prime Minister Narendra Modi's likely visit to inaugurate the historic Udhampur-Srinagar-Baramulla Rail Link (USBRL) project on Saturday, April 19.

While formal communication from the Prime Minister's Office (PMO) is still awaited, multiple departments have started ground-work at key locations including Katra Railway Station and the iconic Chenab Bridge in Reasi district. "We have been verbally informed to begin preparations. As soon as the official

confirmation comes, we will move to final execution," said a senior railway official.

Jammu and Kashmir Chief Secretary Atal Dulloo recently visited Chenab Bridge and Katra town to assess on-ground readiness. He held detailed discussions with officials from the Railways, police, civil administration, and other departments. "Everything must be in place well in advance," he directed, instructing departments to maintain high alert until the PMO's final nod, media reports said.

Director General of Police (DGP) Nalin Prabhat on Monday chaired a high-level meeting here to review the security scenario in Jammu region. According to [More on P6](#)

6 SECURITY FORCES HAVE BEEN DEPLOYED ACROSS CRITICAL locations, and additional personnel are being stationed at Udhampur, Katra, and Chenab Bridge."

J&K Fire Dept Trains Over 8 Lakh In Fire Safety

Press Trust Of India

Jammu: Jammu and Kashmir Fire and Emergency Services Department (FESD) has given training in fire prevention, protection and first aid firefighting to 8.23 lakh persons under the 'Har Ghar Fire Fighter' programme.

Between August 2022 and March 2025, the department conducted 7,551 public awareness programmes, covering 3,949 educational and 1,057 health institutions and 2,555 other establishments, Alok Kumar, director, J&K Fire and Emergency Services, said on Fire Services Day. "These programmes aim to

educate students, teachers, medical staff, and support personnel on fire prevention, safe evacuation procedures and first aid response actions in case of a fire, to act as first responders in domestic fire incidents," Kumar said.

He called upon people to do a fire service check on their residences and establishments as a part of the proactive measure.

The department observes the day to commemorate the bravery and sacrifice of firefighters who had laid down their lives in the line of duty. A solemn ceremony was also held in Jammu, where officers and jawans paid homage to the [More on P6](#)

Saudi 'Cuts' Indian Pvt Hajj Quota By 80% CM, Mehbooba Urge Centre To Intervene

KO Web Desk

Srinagar: Over 52,000 Indians who had booked for their Hajj pilgrimage through private tour operators are likely to face a major setback. The Ministry of Minority Affairs has issued a fresh circular stating that only 20 percent of the private quota that was booked earlier will be confirmed initially. It means that 80 percent of the people who registered under Combined Hajj Group Organisers (CHGOs) may not be able to perform Hajj 2025. It is important to note that



the decision comes after the Saudi Ministry of Haj and Umrah shut down access to

the Nusuk portal—a mandatory online platform used to finalise contracts and services

for pilgrims. The Saudi authorities cancelled Mina Zones 1 and 2, which had been allotted to CHGOs, due to the delays in payments and non-finalisation of service agreements. The remaining zones (3, 4 and 5) have also been held up, further worsening the situation.

Ruling and Opposition parties in J&K have come together to voice their concern after the reported cancellation and urged the central government to take up the matter with their leadership. "The reported [More on P6](#)

Visa For Children Under 12 Cancelled

As part of introducing new regulations for Umrah, Saudi Arabia has decided not to issue visas to children under 12 for Hajj pilgrims, according to reports. Following this, the Haj Committee of India (HCoI) cancelled applications of as many as 291 children under 12 years who had applied for a visa to

accompany their parents to perform Umrah. The HCoI added that whatever amount the parents had paid for the children would be reimbursed. A statement issued in this regard said parents can proceed for Hajj without their children or cancel in full through the Hajj Committee website. "Parents may proceed [More on P6](#)

J&K Eyes Rs 5,500 Cr Funding For 9 Tourism Spots: CM

Observer News Service

Srinagar: Chief Minister Omar Abdullah on Monday said his government is planning to develop nine new tourism destinations across the Union Territory, expressing hope that the World Bank will put aside its "traditional sort of reluctance" to fund any project in J&K.

Seeking support of tourism players in promoting



the industry back home, Abdullah highlighted the challenges posed by "ridiculous prices" of [More on P6](#)

6 J&K NEEDS TO BE REPOSITIONED, not as a destination for volume tourism, but one for value tourism

NC Blocked Waqf Debate To Please BJP: Lone

Not Surprised By Farooq Supporting Speaker

Observer News Service

Srinagar: Peoples Conference president Sajad Lone on Monday said he was not surprised by National Conference (NC) chief Farooq Abdullah supporting Jammu and Kashmir Assembly Speaker Abdul Rahim Rather's decision to disallow discussion on

the Waqf (Amendment) Act. On the NC's plans to challenge the legislation in the Supreme Court, Lone said while the courts will adjudicate according to legal principles, the emotional appeal that could have been conveyed through the Assembly has been squandered. "They have [More on P6](#)

LG Credits Policies For Investor Optimism

Says J&K's Manufacturing Push Will Create Jobs, Empower Communities

Observer News Service

Jammu: Lieutenant Governor Manoj Sinha on Monday inaugurated a manufacturing unit of a private company in the region and said the manufacturing ecosystem is growing to give momentum to the mission of an "Aatmanirbhar Union Territory".

The LG said the progressive industrial policy and several key interventions in the last



few years have strengthened investors' confidence in J&K. Sinha, who virtually

4 Killed, 30 Injured In Road Accidents

Agencies

Srinagar: At least four people lost their lives while over 30 persons were injured in multiple road accidents across Jammu and Kashmir in the past 24 hours, officials said.

In Ramban, a pre-dawn accident on Monday near Banihal claimed the life of one person and left nine others injured.

The accident occurred when a Tata Mobile vehicle carrying members of two Bakarwal families from Rajouri's Teryath area overturned and crashed into a railway bridge wall.

A baby girl among the passengers, however, was unharmed, the officials said.

The injured were taken to Sub-District Hospital (SDH) Banihal and later referred to Government Medical College (GMC) Anantnag for further treatment.

A minor tourist lost her life after being struck [More on P6](#)

WAQF ACT

SC Won't Enter Legislative Domain: Rijiju

KO Web Desk

New Delhi: Minority Affairs minister Kiren Rijiju, referring to the legal challenge to the amended Waqf law, said that he is "confident" that the Supreme Court would not "venture into legislative matter". He also said Bengal Chief Minister Mamata Banerjee's declaration that the amended law will not be implemented in the state raises questions on whether she has any moral authority or the constitutional right to occupy that position.

The minister's comment comes amid an escalating row over the law, which has been



challenged in the Supreme Court by multiple individuals and organisations, and the staunch assertion of Banerjee in Bengal. The Supreme Court will hear the petitions on Wednesday. [More on P6](#)

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Untimely Heart Attacks: Doctors, Public Health Experts Say 'Preventable, Go For Routine Check-Ups'

Press Trust Of India

Reports of people getting heart attacks while dancing, driving or taking a walk, have increased in recent months raising concerns over the condition's unpredictability. Doctors and public health experts, however, say it is preventable, urging individuals to go for routine health check-ups.

Dr Ajay Kaul, chairman of Cardiac Sciences, Fortis Hospital, Noida, told PTI, "A sudden heart attack is usually a sign of underlying heart disease, such as coronary arteries disease or hypertrophic cardiomyopathy, which can be detected through routine health check-ups." Hypertrophic cardiomyopathy is an inherited heart condition. "Exercise can trigger fatal arrhythmias in these individuals. Undertaking strenuous physical activity -- such as gymming -- without knowing what one's heart is capable of, can increase stress on the walls of ventricles, potentially decreasing blood flow and oxygen supply, and contributing to sudden cardiac death," Dr Kaul said. "Therefore, I strongly advise a medical check-up before embarking on a gym regimen to know which exercises are suitable and which are not," he added. Instances of heart attacks at a gathering or while driving surfaced over the past weeks. This week, in Uttar Pradesh's Bareilly, a 45-year-old man died while dancing with his wife during their

25th wedding anniversary celebrations. Earlier this month, a 35-year-old suffered a heart attack while driving a state-run bus in the Mysuru district of Karnataka, according to a report by The Hindu. Public health researcher Vikash Keshri, a senior lecturer at the University of New South Wales, Australia, said, "Even as risk factors for heart attacks remain the same for both the young and old, the trend of more youths being affected is reflective of an early onset of these risk factors." "However, the urban population pays little attention to public health systems and does not go for regular check-ups," he added. Doctors insist on following healthy lifestyle practices which should include effective de-stressing mechanisms for dealing with everyday pressures. "Some reasons, such as a family history and polluted urban environments, are not preventable. However, what is preventable is resorting to unhealthy behaviours, including a lack of exercise, eating junk food, smoking and consuming alcohol. This is what is driving a high incidence of coronary artery disease," Dr Kaul said. Indians are genetically predisposed to heart disease, compared to the Europeans and those in the US, which is why we tend to get them about 10 years earlier and also at a lower body weight, said Dr Saptarshi Bhattacharya, senior consultant, department of Endocrinology, Indraprastha Apollo Hospitals, Delhi.



“Even as risk factors for heart attacks remain the same for both the young and old, the trend of more youths being affected is reflective of an early onset of these risk factors

"So, while we may not appear obese or overweight, we still have a higher fat percentage, especially in the abdominal area, setting us up for multiple complications, including diabetes," he said. A poor quality of sleep -- the body's natural 'repair' mechanism -- can add to the troubles, said Dr Sanjay Saxena, principal director and head of the Neurology Department at Max Hospitals in Patparganj, New Delhi and Vaishali, Ghaziabad. He added that not being able to sleep beyond six hours or honour one's circadian rhythm (sleep-wake cycle) can result in increased blood pressure and heart rate, inflammation in blood vessels and also cause insulin resistance. Dr Saxena advised one having obstructive sleep apnea -- a common sleep disorder -- should look to get the condition treated, else it too can heighten the risk of heart attacks. The experts called for a stricter

implementation of government programmes. The 'National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke' (NPCDCS) was launched in 2010 with a focus on strengthening healthcare infrastructure and early diagnosis. Keshri pointed out that the urban outreach of the public health programme needs to be improved. "So, even when robust procedures for screening, diagnosis and treatment have been detailed for an individual in the rural community, up to district hospital or medical colleges, where a facility for emergency cardiac care is available, there is no similar primary infrastructure in urban areas," the researcher explained. Further, at an individual's level, one can introduce more movement into their daily routines by de-boarding at an earlier metro station and walking to work, and using stairs instead of elevators, Dr Kaul said. Awareness about being physically active needs to be reinforced in childhood and teenage, the experts added. "It is important we start right in childhood. Lifestyle lessons and healthy behaviours need to be reinforced in schools and colleges because when someone is diagnosed with a condition, there are almost 20-30 years of metabolic problems in the background which have predisposed them to the condition," Dr Bhattacharya said.

'Emissions Could Be Making Rainfall More Acidic Over Past Three Decades'

Press Trust Of India

Air pollution could be making rainfall more acidic in cities such as Vishakhapatnam, Allahabad, Mohanbari (Assam), while dust from the Thar could be making rain more alkaline in Jodhpur, Pune and Srinagar, according to an analysis. The study by the India Meteorological Department (IMD) and the Indian Institute of Tropical Meteorology (IITM), Pune, analysed the pH value -- which measures acidity or basicity -- of rainfall of ten cities in India. The data recorded at GAW stations from 1987 to 2021 were analysed. The findings are published by the IMD as a 'met monograph', a comprehensive analysis of a meteorological topic. The study suggests that atmospheric conditions and local emissions can affect the chemistry or pH of rainfall. Both acidic and alkaline rain can have toxic effects, affecting aquatic and plant life, even as the study's authors said "acid rain does not currently pose a major and immediate threat to our region".



They attributed acidity in rain in Vizag to emissions from the oil refinery, power plant and fertiliser facility, and that in Mohanbari to acidic nature of soil and charged particles coming from vegetation. However, dust from the Thar desert could be countering the acidic nature of rainwater of Jodhpur and Srinagar, thereby raising the pH value of rains in these cities, the team said. Season-to-season changes too could play a role, the authors said, as they

found that rainfall during dry season tends to be slightly more acidic compared to that during wet season. This is because most of the acidic particles in the air would be washed at the first rainfall event, resulting in lower pH values, the team explained. However, rainfall across most of the ten cities was found to become more acidic over time. Further, nitrates were found to be the most dominant charged particles in cities with vehicular and industrial activities, while charged particles of calcium were dominant in Jodhpur, Pune and Srinagar, suggesting an influence of dust and soil. "The analysis of precipitation chemistry across India shows that urbanisation and industrialisation have a significant impact on the composition of rainwater," the authors wrote. "Stations such as Vizag, Mohanbari and Allahabad exhibited more acidic mean pH values, while Jodhpur and Srinagar had more alkaline values. This suggests variability in atmospheric conditions and local sources affecting rainwater chemistry," they wrote.

Public NOTICE
 My name has been wrongly recorded as Jawahara Bano in adhaar card bearing number:- 98084894777 while my correct and actual name is Raja Bano. Now I have applied for the correction of the same if anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
Raja Bano W/o Mohd Shafi Parry
R/o Wailoo Kralpora fko

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Ahsanul Haq S/o Mohammad Sadiq Hajam
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Shayista Mohi Ud Din D/o Gulam Mohi Ud Din Mir
R/o Nihalpora Tehsil Pattan District Baramulla fko

PUBLIC NOTICE
 I have applied for the issuance of DOB certificate in favour of my son DILAWAR ABASS SHEIKH who was born on 10-09-2017. If anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
NAZIR AHMAD SHEIKH
F/o DILAWAR ABASS SHEIKH
 Resident of Mulashulla, Beerwah, Budgam msl

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 My name has been wrongly mentioned in Aadhaar Card as Mohd Iqbal Bhat while my actual name is Mohammed Iqbal Bhat. Now I want to correct the same. If any body have any objection in this regard he/she may file them in the concerned office within seven days. After seven days no objection shall be entertained.
Mohammed Iqbal Bhat
S/o Abdul Rehman Bhat
Gund Tankipora Devsar
 Distt Kulgam inf

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 My name has been wrongly mentioned in Aadhaar Card as Aamina Banoo while my actual name is Aamina Akhter. Now I want to correct the same. If any body have any objection in this regard he/she may file them in the concerned office within seven days. After seven days no objection shall be entertained.
Aamina Akhter
W/o Mohammed Iqbal Bhat
Gund Tankipora Devsar Distt Kulgam inf

Public NOTICE
 I AABID Ahmad Ganie S/O Mohammad Maqbool Ganie R/O Chitragam Tehsil CHITRAGAM District Shopian want to correct my Name and D.O.B in Aadhaar Record which has been wrongly entered as Abid Maqbool instead of AABID Ahmad Ganie and D.O.B wrongly entered as 04-01-2008 instead of 06-04-2007. Now correction required to anybody has any objection may contact Concerned Aadhaar Centre Jammu / Srinagar or Concern Authorities within 7 days.
 fko_r

Public NOTICE
 My name has been wrongly written in my service book as Abdul Hamid Parry S/o Gh Mohd Parry while my correct name as per 9th pass School certificate is Ab Hameed Parry S/o Gh Mohd Parry R/o Bandgam Magam wwhich needs to be corrected. If anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
Ab Hameed Parry
S/o Gh Mohd Parry
R/o Bandgam Magam bmg_r

Public NOTICE
 I zareena Akhter D/o Ab Rashid Awan R/o Dunaroo Pahalipora Shopian want to correct my name and DOB on Aadhaar records which has been wrongly entered as Zareefa instead of Zareena Akhter also My DOB is wrongly entered as 12-08-1998 instead of 05-03-2000. Now Correction required if anybody has any objection may contact concern adhaar centre Jammu/Srinagar or Concerned Authorities within 7 days.
 FKO_R

Public NOTICE
 My DOB has been wrongly writte in my adhaar card bearing NO: 8837 0759 6739 as 05-10-2012 while my correct DOB as per school records is 25-05-2013 which needs to be corrected. If anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
Kamil Bashir
S/o Bashir Ahmad Hajam
R/o Tarhama Kowarhama bmg

NOTICE OF SALE OF VEHICLE
 I, Fayaz Ahmad Zargar, hereby declare that I have sold my vehicle bearing registration number DL12CK0507 to Mudassir Mehraj. As of today, all liabilities and responsibilities associated with this vehicle are transferred to the buyer, and I disclaim any further involvement or liability in case of any unforeseen events or incidents.
 Signed,
 inf Fayaz Ahmad Zargar

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 I have passed in Class 10th, 11th & 12th under Roll No. 321003000 Session: Regular 2025 Year: 2025 through the Jammu & Kashmir Board of School Education. The error has been committed by the GOVT. Higher Secondary School Gund khawaja Qasim in my Name and Mother's name as Aaqib Nisar & Haleema Begum instead of Aaqib Nisar Mir & Haseena Begum. I have now 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 New Campus, Bemina, Srinagar within 7 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:
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CME Held At LD Hospital

Observer News Service
SRINAGAR: The Postgraduate Department of Obstetrics and Gynecology, Government Medical College (GMC) Srinagar, successfully organized a one-day Continuing Medical Education (CME) programme on the theme 'Hope after Loss', focusing on the 'Challenges And Clinical Management of Recurrent Pregnancy Loss (RPL)'. The event was inaugurated by Prof. (Dr) Iffat Hassan Principal/Dean GMC Srinagar, who highlighted the significance of ongoing education in improving patient outcomes and enhancing societal well-being. Prof. (Dr) Syed Masuma Rizvi, Head of the Department, underlined the importance of such academic engagements in empowering young doctors and promoting collaborative strategies to address the emotional and medical complexities of RPL. Renowned faculty members



including Prof. Samiya Mufti, Prof. Arshid Hussain, Prof. Ajaz Hakeem, Dr. Asifa Ali, Dr. Rukhsana Sami, Dr. Aashiq, Dr. Saima Wani, and Dr. Farzana Bashir delivered insightful lectures covering various clinical aspects related to the Etiology, diagnosis, and evidence-based management of recurrent pregnancy loss. The sessions were chaired

Sgr Police Urge Women To Report Harassment

Observer News Service
Srinagar: As a part of a move aimed at ensuring the safety and dignity of women in public spaces, Srinagar Police on Monday appealed to women to report any form of harassment, bullying, eve-teasing, or unsolicited comments. The police also publicized dedicated helpline numbers to encourage swift and accessible grievance redressal. A public awareness post shared by the Srinagar Police said they remain committed to protecting women and girls in the city. "Respected Women: If you face harassment, unsolicited comments, bullying, or feel unsafe in public spaces in Srinagar, don't hesitate to reach out. Srinagar Police is here to help," Also, the dedicated helpline numbers shared, to ensure prompt assistance, the following helpline numbers have been made operational are as: Women Helpdesk (WhatsApp): 9596770601, Women Helpdesk (Call): 9596770602, PCR Helpline: 9596222551 and Women Safety Squad: 7006740755. In the meanwhile, as part of their broader strategy to curb crimes against women, Srinagar

Two Critically Injured In Motorcycle Collision

Observer News Service
Srinagar: Two persons were injured in a road accident involving a motorcycle collision near the Radio Kashmir flyover in Srinagar on Monday. The victims were quickly rushed to SMHS Hospital by the Dial 112 police response

PUBLIC NOTICE
I have Lost my HSRP Number Plate of my Pulsar 150 under Vehicle number JK05G-1681 from Rabbit Farm Ussan to Palhallan Pattan, now I apply for its duplicate, if anyone have any objection he/she can contact concerned department within the period of seven days from this date. Bike Owner: Sharik Showkat S/O: Showkat Ah Mir Second Owner Name: Nayeem Ahmad Lone S/O: Ab Khaliq Lone R/O: Ussan Pattan Vehicle Number: JK05G-1681 fko

by eminent specialists such as Prof. Shahida Mufti, Prof. Syed Masuma Rizvi, Prof. S.M. Saleem Khan, Prof. Shagufta Rather, Prof. Rakesh Koul, Prof. Hina Bashir, Prof. Nighat Firdous, Prof. M. Maqbool Dar, and Prof. Samina Sultana. Highly interactive panel discussion, moderated by Prof. (Dr) Samiya Mufti, Organising Secretary, brought together leading experts to deliberate on practical strategies, interdisciplinary approaches, and case-based scenarios, fostering dynamic exchange of ideas and enhancing learning. Distinguished guests including former Heads of Department Prof. Farhat Jabeen, Prof. Nighat Firdous and Prof. Rizwana Habib, and senior faculty members from GMC Srinagar, SKIMS Medical College, and LD Hospital such as Prof. Ambreen Qureshi, Prof. Shylla Mir, Dr. Anjum Malik, Dr. Syed Naseer and Dr. Muzaffar Jan, Medical Superintendent LD hospital

shared valuable insights into hospital-based and community-oriented management practices. The CME witnessed active participation from postgraduate students, faculty, and medical professionals, making it a significant academic milestone in advancing care for patients experiencing recurrent pregnancy loss.

Police has also set up Women Helpdesks in police stations and deployed a 'Mobile Women Safety Squad' to respond to real-time emergencies or distress calls. Also, a police spokesperson shared, women should feel safe and supported, whether they're commuting, shopping, or working. "We want to create an environment where no woman hesitates to speak up against any misconduct," they said. Meanwhile, locals also appreciated the move, especially women who often feel vulnerable in crowded public spaces like markets, buses, and streets—particularly after dark. A university student said this is a much-needed step. Harassment is often normalized or ignored. "Having a direct helpline where we can report without fear is reassuring," she said. "We hope the police also take quick and visible action once a complaint is made," said another working professional from Srinagar. Similarly, Srinagar Police reiterated its commitment to ensuring that no woman feels isolated or powerless in the face of harassment and urged citizens to work together to build a respectful and secure environment for all.

team, whose timely intervention ensured immediate medical care. The injured have been identified as 25-year-old Abrar Ali, son of Ghulam Ali from Balhama, and 32-year-old Irfan, son of Mushtaq Ahmad from Khrew Shar. Police have registered a case in this regard.



Nearly 20% Of Posts Vacant At Kashmir University

570 Positions, Including Over 200 Key Teaching Posts, Remain Unfilled

Observer News Service
Srinagar: The University of Kashmir is grappling with a significant human resource crisis, with nearly 20 percent of its sanctioned teaching and administrative positions lying vacant—an issue that is reportedly impacting both the academic and administrative functioning of the institution. As per details revealed through a Right to Information (RTI) query filed by Jammu-based activist Raman Kumar Sharma, and accessed by Observer News Service, a total of 570 out of 2,859 sanctioned posts remain unfilled at the varsity as of February 29, 2024. In response to the RTI, the university's Public Information Officer (PIO) disclosed that a staggering number of vacancies exist across crucial categories. Of the 56 sanctioned professor positions, only 9 have been filled, while 47 continue to lie vacant. Similarly, the university has managed to fill just 29 of its 120 associate professor posts, leaving 91 posts unoccupied. Additionally, 80 out of 371 assistant professor positions are yet to be filled. The shortfall is not limited to

Technical and specialist positions including assistant programmers, auditors, Hindi typists, and junior engineers are currently unoccupied—hindering the delivery of essential support services within the institution

faculty alone. The RTI response reveals that only two of the seven sanctioned director-level positions are currently occupied. Moreover, pivotal positions such as the Dean of the College Development Council and the Dean of Students' Welfare remain unappointed. The lack of academic coordinators and research fellows is further affecting academic planning and coordination. The university's non-teaching departments are also under strain. A total of 110 out of 180 sanctioned junior assistant posts are vacant. Technical and specialist positions including assistant programmers, auditors, Hindi typists, and junior engineers are currently unoccupied—hindering the delivery of essential support services within the institution. The Department of Physical Education is operating without two deputy directors and three assistant directors. Likewise, the Directorate of Internal Quality Assurance (DIQA) is running short of one deputy director and three assistant directors, raising concerns about the quality monitoring mechanisms in place. The Institute of Music and Fine Arts (IMFA) is functioning without a principal, and only three out of seven senior instructor positions are currently staffed. The Nursing Department is also facing a faculty crunch, with key posts including a professor-cum-principal, two assistant professors, and three tutors yet to be filled. Additionally, nine assistant librarian posts are vacant, indicating gaps in the university's library and information services. The significant number of unfilled posts—particularly in teaching and leadership roles—is raising serious questions about the university's ability to maintain academic standards and deliver quality education to its students.

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ASR 5: 11
Magrib 7:05
ISHA 8: 30

HIJRI CALENDAR
16 Shawwal
1446

This Day In History
1632 - Battle of Rain; Swedes under Gustavus Adolphus defeat Count Tilly of the Holy Roman Empire during the Thirty Years' War.
1654 - England & Netherlands sign peace treaty
1689 - French King Louis XIV declares war on Spain
1697 - Charles XII succeeds Charles XI as King of Sweden
1788 - Britain, Netherlands & Prussia sign peace treaty
1858 - Battle of Azimghur, Mexicans defeat Spanish loyalists
1865 - Abraham Lincoln dies 9 hours after he is shot attending the play "Our American Cousin" at Ford's Theatre in Washington
1892 - General Electric Company formed by merger of Thomas Edison's General Electric Company with Thomson-Houston Electric Company, arranged by J. P. Morgan and incorporated in NY

Legislative History Created, Entire Opposition Expelled

Observer News Service
Jammu: History of sorts was created here state legislature today, with at least fifteen members including seven legislators sustaining injuries in a clash between watch and ward staff of the Assembly and opposition MIAs in the course of latter's forcible removal as ordered by the Speaker Ali Mohammed Naik. Barring Dilawar Mir (JD), Yusuf Tarigami (CPM) and Bhagat Ram Chand (BSP) entire opposition was expelled for the rest of the current session. The Speaker's order followed unprecedented pandemonium that broke out in the house, soon after today's session started, with Naik announcing the question hour. The agitating members left their seats and assembled in the well of the house demanding suspension of the question hour and asking for a discussion on the situation arising of the agitation of Jammu students against the alleged "injustice" done to the students from that division. The opposition members also demanded that the list of selected candidates for MBBS and BDS courses be scrapped. The trouble started immediately after Speaker resumed his seat when members of the BJP, Congress and Janta Dal got up to raise the issue of "large scale bungling, irregularities and corruption" in the recently released selection list of MBBS and BDS. The speaker Ali Mohd Naik however ignored the shouts of opposition and instead named the member, on top of the list of questions slated for today, to ask his question. But the agitated opposition continued with slogan shouting and amidst unruly noisy scenes in the house, nothing was audible. As the protest continued, CPM member Yusuf Tarigami was heard inviting the attention of the speaker about the "environment of the house" saying "we want to speak about environment of the state but the environment inside the house is not well". When the speaker disallowed all pleas of the opposition, the agitated members walked to well of the house and staged a dharna shouting slogans against ministers and ruling party members. Harsh Dev Singh (NPP) Mohd Yusuf alias Kuka Parrey (AL) Satpal Lakhtira and Jagdish Dubey (JD) also joined the dharna and continued shouting slogans demanding scrap of list. The BJP and Congress members including Mehbooba Mufti, Ashok Sharma, Balbir Singh, Lal Singh, Searing Dorjay, and Tara Chand also joined the BJP legislators headed by Shiv Charn Gupta and demanded suspension of question hour and a reply from the government. At one stage some opposition members were seen rushing towards the Speaker's podium amidst shouts of slogans. At this stage Law minister P L Handoo, who also hold Parliamentary Affairs portfolio, moved a motion seeking expulsion of all the members for rest of the session. The motion was seconded by Finance Minister Mohd Shafi carried by a voice vote and then followed Naik's order expelling all the 17 members, including in "uncalled for behaviour" for remaining period of the current session of the assembly. After the motion was adopted and Speaker gave his ruling, the members were asked to leave the house. However as the members defied the repeated orders of the chair, the Speaker adjourned the house for half an hour. But the opposition members continued their dharna and slogan shouting in the well of the house. As the house re-assembled, after stipulated time, the opposition was there in the well busy in slogan shouting and making it impossible for the Speaker to go ahead with the proceedings. The Speaker at this stage ordered the Marshal of the house to remove the expelled members physically with the help of watch and ward staff, this resulted in violent clashes between the members and the watch and ward staff with the former offering stiff resistance. Chairs and microphones were used in the melee that followed leading to multiple injuries to Ashok Sharma, Ch. Lal Singh, Shiv Charn Gupta, Prithvi Chand, Bali Bhagat, Ch Chuni Lala, Ch Piara Singh and Satpal Lahotra. Seven members of the watch and ward staff also received injuries. The Chief Minister and his ministerial colleagues did not respond to opposition members' demand for scrapping the list or discussion over the issue.

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Kashmir's Other Drug War

Partial anti-narcotic enforcement is blocking access to essential psychiatric drugs, affecting over 45% of adults with mental health disorders.



Mirza Sharafat Hussain Beigh

KO VIEW

Caesareans On Rise

More and more women are giving birth not in the throes of natural labor, but under the bright lights of operating rooms, cut open before their bodies are even allowed to do what they were built to do.

On paper, cesarean section deliveries are meant to save lives - when things go wrong, they can be a blessing. But in recent years, far too many women across Jammu and Kashmir are undergoing C-sections not because they need them, but because they're being nudged, hurried, or frightened into them.

As a report in this newspaper reveals, it often begins with a phrase: "It's safer for the baby." Or, "We don't want to take risks." A doctor might mention a slightly large baby, or not enough "amniotic fluid"—medical terms that sound alarming, even if they're not backed by urgency. And just like that, a pregnant woman who comes in prepared for a normal delivery finds herself on an operating table, robbed of the chance to labor.

These aren't isolated incidents. Health experts now warn of a disturbing trend—a systemic drift toward surgical births, driven less by genuine medical need and more by convenience, control, and, in some cases, profit. For hospitals, C-sections are faster, more predictable, and more lucrative. For women, the cost is their health.

Women from rural or remote areas, ironically, are faring better. With less medical surveillance and more trust in natural processes, many go on to deliver healthy babies naturally. Urban women, on the other hand, despite access to advanced care, are increasingly caught in a spiral of overmedicalization.

This has been proven to have health consequences for the babies born via unnecessary C-section: They miss out on critical exposure to maternal bacteria that kickstart their immune systems. Many of these newborns end up struggling with breathing issues or infections.

For mothers, the emotional toll is no less severe. Recovery from major abdominal surgery is painful and slow. Breastfeeding becomes harder. So women should not be scared into surgery. The growing commercialization of childbirth demands urgent scrutiny. People have a right to know whether cesareans are rightly warranted at the scale they are conducted or just driven by a pursuit of profit by a multitude of nursing homes.

However, the issue is not as simple. The question is how people are supposed to know and who will tell them? Here, we are dealing with the medical profession and the doctors prescribing the C-Section can always claim an expert knowledge, something others can't. At the same time, this doesn't mean that the disproportionate rise in C-Section births is normal. It needs to be scrutinized and the government is in the best position to do so.



The Importance of Early Financial Education

Irshad Mushtaq

Childhood is a crucial time for learning, especially when it comes to financial education. Understanding earnings, savings, and investments from a young age can prevent future generations from falling into financial traps. Traditionally, cultures like the Kashmiri have encouraged saving by using penny boxes, a practice that can be modernized today.

It's essential to educate children about the value of money and the principles of saving and investing. By introducing concepts like savings, earnings, and investments in their formative years, children can grow up with a strong financial foundation.

Today, technology simplifies financial education and investment. With smartphones, people can easily manage investments, even opting for Systematic Investment Plans (SIPs) in mutual funds—affordable and adaptable products. Asset Management Companies provide the tools needed, without the necessity of traditional custodians.

Educating children about the value of patience in investing is crucial. Understanding that investments like equities and markets may fluctuate in the short term helps in developing resilience. Teaching them to focus on long-term goals, such as 10 or 15-year investment plans, will shield them from volatility's short-term impacts.

It's vital to introduce young minds to diversified investment strategies, including equities, global markets, gold, and silver, through asset allocation funds. Understanding different asset classes provides the flexibility to create balanced portfolios.

By nurturing a culture of savings and wise investments from a young age, we can prepare upcoming generations to face financial challenges confidently. Early education about financial management is more critical than ever, and starting the conversation now will ensure a financially savvy generation in the future.

The author is reputed financial advisor based out of Srinagar.

The war on drugs has intensified, with central and state agencies ramping up efforts to protect the youth from addiction and secure a healthier, more promising future. But emerging trends are disturbing, with increased involvement of men and women in the racket.

“A strict balance is required to be maintained by the enforcing agencies in view of ‘the doctrine of proportionality,’ so that the consequences of partial anti-narcotic drives never impede the access of Scheduled H1 medicine.”

On 4 August 2023, a parliamentary standing committee estimated that Jammu and Kashmir has around 1.35 million drug users. The government is primarily responsible for blocking the supply chain of drugs, yet the major stakeholders are those who consume the same without any care for self and society.

On the other hand, J&K Police have made 536 arrests in 415 cases filed under NDPS Act in north Kashmir alone in the year 2024. Srinagar Police also arrested 156 drug peddlers in the previous year. Apart from detentions, dozens of properties worth crores were attached, including residential houses and vehicles acquired through narco-money.

But sadly, psychiatry patients are becoming collaterals in this drug war.

The other side of coin demands attention towards larger population of Kashmir suffering from major anxiety disorders. A research titled "Prevalence of anxiety, depression and post-traumatic stress disorder in the Kashmir Valley" found that 45% of Kashmir's adult population (1.8 million) was suffering from some form of mental distress. There is a high prevalence of depression (41%), anxiety (26%), post-traumatic stress disorder (19%), and 47% had experienced some sort of trauma.

The study was conducted before 2017, and since then mental health cases have been growing drastically across the region. Meanwhile, a recent report of the National Crime Records Bureau (December 2023) clearly indicated that Jammu and Kashmir had the highest number of reported cases of attempted suicide in 2022.

Out of total 1,769 cases recorded by the Bureau across the

country, 497 were reported from the J&K alone. Several patients are regularly seen in unending queues at different private and government administered mental facilities. Many among them are suffering from anxiety disorders, severe insomnia, agitation, and active seizures. They are being prescribed medicines that have calming effect on nerves.

These prescribed medicines are mainly listed in schedule H1 of Drugs and Cosmetics Rules, 2013. And significantly, the supply of a drug specified in Schedule H1 shall be recorded in a separate register at the time of the supply, noting the name and address of the prescriber, the name of the patient, the name of the drug and the quantity supplied. Such records

“Out of total 1,769 cases recorded by the Bureau across the country, 497 were reported from the J&K alone. Several patients are regularly seen in unending queues at different private and government administered mental facilities”

shall be maintained for three years and be open for inspection.

It's privately-probed and publicly-observed that despite producing valid prescriptions for Schedule H1 drugs, about 90% of pharmacists in Srinagar simply evade patients, citing stock unavailability. These methods are used to avoid questioning by drug authorities, as the growing peddling has also increased vigilance on chemist shops selling psychotropic drugs.

Simply, to avoid the methods, as expressed in the Drugs and Cosmetics Rules, chemists have not just adopted a practice of denying medicine, but they're compromising the "access to medicines - a fundamental element of the right to health". Such a practice sabotages the key element of universal health coverage.

There may not be specific laws and rules to hold chemists liable

for denying medicines, yet the practice needs a thorough check, and overhaul at administrative level. The denial of such prescribed medicines by registered druggists is posing a serious challenge to the patients.

This drug denial is bound to escalate Kashmir's mental-health crisis, if left untreated. It may even force many patients to seek alternate routes for getting required supplies of medicines. That means, it's likely to bypass registered chemists and create illicit drug supply chain.

So, while cracking whip on drug peddlers, the state administration should never compromise the rational access of prescribed medicines for neuropsychiatry patients. A strict balance is required

to be maintained by the enforcing agencies in view of 'the doctrine of proportionality,' so that the consequences of partial anti-narcotic drives never impede the access of Scheduled H1 medicine.

The popular government must formulate a policy to prevent the illicit use of drugs while maintaining health care and access of prescribed medicines. Moreover, it's also duty of drug controller to lay down a procedure for all chemists, so that the medicines are dispensed without evasion and circumvention, as per the valid prescription of registered medical practitioners.

The author is Television and Radio News Professional from Srinagar. Views expressed in this article are author's own and don't necessarily reflect KO's editorial policy.



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The Voice of Baramulla Deserves to Speak

Through your esteemed publication, I wish to draw attention to the continued imprisonment of Member of Parliament Sheikh Abdul Rashid, widely known as Engineer Rashid. His captivity is a matter of deep concern for many of us in Kashmir, particularly the people of Baramulla, who recently re-elected him to represent them in the Lok Sabha.

Engineer Rashid, a native of Mawer Handwara, has long exemplified genuine public leadership.

From his early days as a civil engineer to his entry into politics in 2008, he has consistently placed people's welfare at the core of his work. He won the hearts of voters as an independent MLA from Langate twice, later founding the Jammu Kashmir Awami Itehad Party (JKAIIP) in 2013. Even while incarcerated under the Unlawful Activities Prevention Act since 2019, his landslide victory in the 2024 general election speaks volumes about the trust and hope people continue to place in him.

What makes Engineer Rashid stand out is his tireless commitment to public utilities and social justice. He has been a vocal advocate for improving hospitals, roads, courts, and above all, education. His compassion for the downtrodden, especially students, and his dedication to guiding the youth is both inspiring and sorely missing in today's political landscape.

Honest leaders like him are crucial for fostering economic growth, promoting civic engagement, and

upholding the ideals of justice and democracy. Keeping such a voice behind bars not only undermines the democratic mandate of his constituents but also robs society of a leader who could help build a more inclusive and equitable future.

I appeal to the concerned authorities to release Engineer Rashid at the earliest and allow him to fulfill the duties entrusted to him by the people who chose him as their representative.

Basharat Ahad Qureshi,
Handwara

Justice Prevailed Through Wisdom and Words

In a moving tribute, Raja Tasleem Abbas's niece honored her uncle as a man of unwavering integrity and profound influence, whose mentorship and legacy continue to shape her life and the lives of many others.

Sama Zehra

Growing up, my childhood was mostly scarred by turmoil and conflict. The turbulence of those years made it impossible to rely solely on school for an all-around education - I badly needed someone to guide me through.

The guidance finally came from my uncle, Raja Tasleem Abbas. When I was in sixth grade, my uncle started taking regular two-hour classes for my cousins and I, where he helped us brush up on our writing skills and taught us the basics of English Grammar. These teaching duties he placed upon himself beyond his long and exhausting hours at court.

My uncle was deeply passionate about teaching and equally worried about our education. He considered education to be a formative part of one's moral compass and principles. Naturally, the lessons were often centred on ethics and values. Every day at 8:30 at night, he began each class with a 30-minute lecture on moral virtues. Thereafter, we were instructed to write our opinions and takeaways from it. That was when I first began to write.

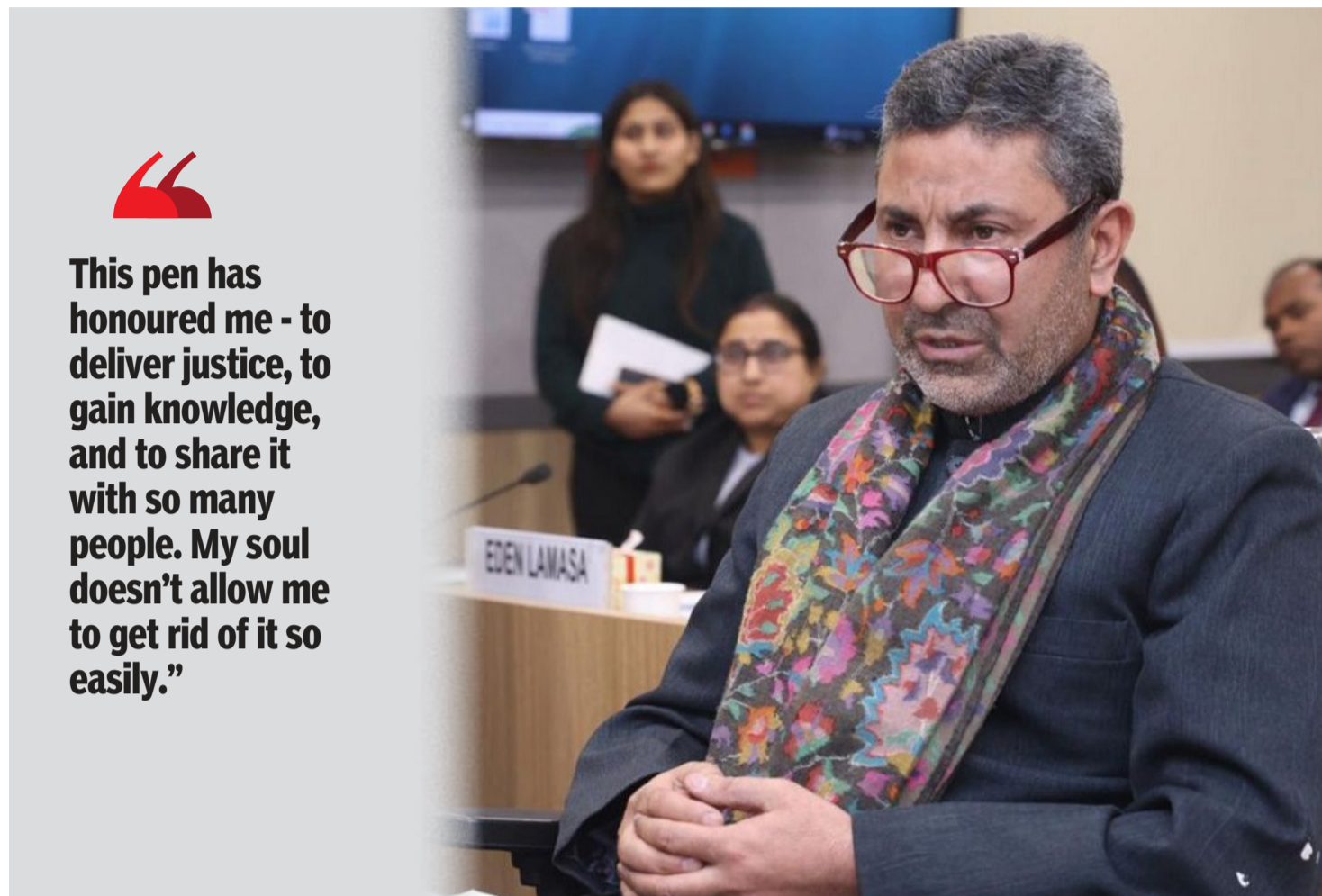
I remember when I was once asked by a school teacher to prepare an essay on 'responsibility'. Instinctively, I rushed to my uncle to take his immediate and "urgent" help (It did feel very urgent then). He started the essay with the sentence, "Sense of responsibility has a paramount role in our lives". From that day on, for an entire year, I devised a shortcut method from that sentence - I used to replace the word "responsibility" with whatever topic my teacher would me to write an essay on. Be it loyalty, sincerity or any other virtue, the shortcut method always worked - it was a little trick up my sleeve that helped me excel in my writing. Did it make any sense? Perhaps not. But did the teachers absolutely adore my essays? Of course! I was so proud of what my uncle taught me once that I kept using it everywhere.

As time passed and my writing evolved, I realised that it was my writing but his words, my ideas but his style, my opinion but his syntax. The greatest appreciation I ever received - and perhaps the greatest anyone could receive from their mentor - was when, after reading something I had written for college, he said, "It feels like I'm reading something written by myself."

While my journey of writing initially began entirely under his shadow, over time, my writing process gradually shifted to a more collaborative effort - where I would write and then wait for his comments and feedback, always in awe of his overarching presence in my writing. Thereafter, ever since I began my journey of becoming an advocate, I had hoped to start legal writing from scratch, again under his continued guidance - I had hoped to rely on him completely to come up with new writing tricks - completing another full circle of mentorship and learning. Little did I know, an unfamiliar storm was quietly waiting at the doorstep of our lives.

Faced with the inescapable grief of losing him and the context of him teaching me the very art of writing, it felt that there would be no other way of honouring him but by bidding him a final goodbye with one of a piece of writing. Today I am writing on my own, already aware that this piece won't be perfect without his comments and feedback, but here's to hoping that this piece somehow captures the depth of his personality. Had he been here today, he would have jokingly accused me of stealing all his favourite words - but here's to using his words to write his own story.

The legal career of my uncle began with his position as a Junior Assistant at the District Court in Bandipora, and he was eventually transferred to Kargil. His career started even before he had graduated. He managed a full-time job while simultaneously pursuing a bachelor's degree in Law at the University of Kashmir. During his final year, end-semester exams were scheduled for December/January. However, reaching Srinagar meant navigating roads buried under 4-5 feet of snow, which was almost an impossible



This pen has honoured me - to deliver justice, to gain knowledge, and to share it with so many people. My soul doesn't allow me to get rid of it so easily."

task. Yet missing the exams would delay his education - something he simply couldn't afford. So, he decided to figure something out.

At that point, two thoughts weighed heavily on his mind: firstly, how disheartened his mother would be if his education were delayed; and secondly, that his sister had asked him to bring back a Tibetan tea-saucer set. Putting all his faith in God, covering his head with his arms and clutching the porcelain tea set he had just bought, he jumped off the snow-covered Zojila Pass - risking everything for a better life and a brighter future. Surprisingly, he made it to Srinagar - bruised here and there, but well enough to sit the exam and pass it with flying colours. Thinking about it today, one might find it hard to believe such determination exists. But that was Raja Tasleem Abbas for you - a man full of determination and faith.

My grandfather, too, was part of the legal fraternity - a well-known figure, admired for his honesty and work ethic. It was he who passed on the legal legacy to my uncle. After completing his bachelor's degree, my uncle initially joined the Bar and practised with the law firm of Hakim Ishtiyaq Hussain - a man he would praise and speak of fondly, even years after his sad demise. On one occasion, both he and Hakim Ishtiyaq Sahab had gone to court for a case, only to return disheartened by the judge's conduct. At that moment - a mix of despair and hope - Hakim Sahab earnestly encouraged my uncle to consider sitting the judicial services examination. Though initially hesitant and lacking confidence, my uncle eventually agreed. Together, they went to collect the application form and filled it out then and there. That precise moment marked the beginning of his journey to the bench. The bench he always deserved. The bench he never left.

According to the stories I've been told by my grandparents and by my uncle himself, he studied relentlessly for six months - day and night, without a single break. The only pauses he allowed himself were for the five daily prayers. He had devised a personalised study routine. Each morning, he would wake up at Fajr, offer his prayers, and begin his day by placing five books on one side of the table. His daily goal was simple: read and understand all five, then move them to the other side. Every single day, without fail, he met this goal. At the time, he didn't have much guidance. His language skills were not particularly strong either, so whenever he encountered a difficulty, he had no choice but to sit with it until he figured it out himself.

I remember one story in particular - while studying the Law of Torts, he came across the case of Rylands v. Fletcher. At first, he couldn't quite grasp the reasoning and legal analysis behind it. Confused, he read and re-read the case until he understood every detail. That was his way - no room

for confusion, not even an inch of doubt. He loved the law in its entirety: the intricacies, the differing opinions, and the elegance.

On the day of the KCS examination, the exam hall was filled with anxiety and silent, sincere prayers. It was then that my uncle looked down at his clothes and realised, "I'm wearing my torn night T-shirt - and I didn't even notice." After writing each paper, he would self-assess all his answers and give himself a score. Surprisingly, when the results came out, his self-assessment almost perfectly matched his official marks.

Being the polymath that he was, during the brief time between completing the exam and officially joining the legal fraternity, he served in the J&K Police as a Prosecuting Officer. He was appointed alongside his close friend, Khurshid-Ul-Islam Sir (now a Sessions Judge), and the two of them trained at a base camp in Udhampur. He once told me that while waiting for the results at the training camp, he would often imagine hypothetical cases, write judgments based on his legal reasoning, and sign them off with "Raja Tasleem Abbas, Sub-Judge."

The wait didn't last long. One day, someone at the camp shouted, "Raja judge ban gaya!" Both he and his friend had passed the examination successfully and were set to join the legal fraternity. He had cleared what once felt like an impossible exam and made a quiet promise to himself - to use this opportunity to help as many people as he could, to spread the message of peace and justice, to become a beacon of hope for the poor, and to deliver justice to every corner of Kashmir. And that is exactly what he did. He became the candle that lit the dark paths of so many.

During the 23 years he served as a judge, beyond his remarkable judgments, he was known for his integrity, honesty, and fearlessness. He never bowed to higher authorities and always stood firmly by his decisions, without hesitation or fear. He distanced himself from any sense of entitlement - avoided entourage, disapproved of flaunting authority, and was firmly against the use of workplace services for personal matters. His principles ran so deep that they extended to the smallest of things - the kind most people would simply overlook.

Recently, I was surprised to know that for even the simplest of tasks - like writing an essay for us, drafting a letter to his children's school administration or simply jotting down a phone number - he would never use the pen provided by the Court. He had two sets of pen holders, one holding all the office pens which he used strictly for writing court orders or for official purposes and another set, which was bought by him solely for personal use. He was a firm believer in the sanctity of a pen. He would never throw away his empty pens, often saying, "This pen has honoured me - to deliver

justice, to gain knowledge, and to share it with so many people. My soul doesn't allow me to get rid of it so easily."

It was this same reverence for purpose that helped shape my own journey. Our mentor-mentee bond began in my childhood, but it grew even stronger in 2019, when he advised me to sit the All India Law Entrance Examination. He had just returned from a two-week training programme at the Delhi Judicial Academy, hosted at NLU Delhi. At the time, I had no idea what a National Law University was or what it could mean for my future. We discussed it at length, and the very next day, he bought me the Manorama Yearbook, 2019 edition, and instructed me to start covering current affairs as soon as possible. I was confused, a little lost - but under his guidance, I began to explore a completely new path for my career. Studying for an entrance exam at home, especially without proper resources, was incredibly challenging. But he supported me every step of the way. From clearing my countless doubts to explaining complex legal concepts in simple, everyday language - he became the pillar of support I never realised I needed.

I remember being completely

ONCE COLLEGE STARTED, HE BECAME AN INTEGRAL PART OF MY LIFE, MORE THAN HE WAS BEFORE. I used to study cases and assigned readings with him. Honestly, back then I had no idea how to read cases but his sentence by sentence (what he'd call "spoon feeding" approach) helped me go through my initial semesters in law school.

perplexed about the difference between murder and culpable homicide. I couldn't quite grasp the nuances between the two. Despite his demanding schedule, he would call me on his way home, walk me through examples,

break down the distinctions, and clear every iota of doubt I had. The more questions I asked, the more excited he became to answer them. I was thrilled to finally understand, and I even shared a voice recording of our call with my friends. I vividly remember him, sipping tea and laughing as he said, "This ideally should be a privacy breach. But the law hasn't reached there yet."

Sometime in August 2020, on the night before my entrance exam for NLU Delhi, he told me something that I carry with me to this day. He said, "You've tried your level best, there is nothing more that you could have done, from now onwards leave everything to God. If this works out, then it was meant for you; however, if it doesn't God surely has bigger plans for you." These words have stayed with me ever since and have guided me every time I have faced a difficulty.

Once college started, he became an integral part of my life, more than he was before. I used to study cases and assigned readings with him. Honestly, back then I had no idea how to read cases but his sentence by sentence (what he'd call "spoon feeding" approach) helped me go through my initial semesters in law school.

I remember that I had a course on where we read the entire Spencean Explorers case together - sentence by sentence, partly agreeing and disagreeing, arguing throughout the 10/15 pages of the course. Our disagreements would reach another level while reading the Constitutional Law. For instance, I used to be a staunch J. Iyer fan and he would critique him for not writing to the point judgements and diverting in poetry and lengths of legal jargon. I would give an opinion, he'd question its originality (and rightly so) and say, "This idea is the impact of westernisation and colonisation." I did not understand anything when he mentioned "Critical Legal Studies" - but nothing stopped the difference in opinions.

We would go back and forth, until everyone would stare at us out of boredom, and I would agree to his point tangentially somewhere. Then I would say, "But you agree that my opinion is at least 50% right" and he'd say, "That's the sign of weakness, you are not confident in your argument anymore." Finally, in public interest we would stop, and everyone would divert to some other topic.

For as long as I can remember, visiting him every day, random conversations and life advice had become part of my life. I wouldn't even call it part of my routine - it was my life. Going back home, sitting in the garden on Sundays, sipping tea, laughing and chatting were our ideal afternoon. Every weekend I would confirm at dinner, "Would you be home tomorrow?" He would nod, and then we'd sit together for as long as we could.

Though office hours were technically Monday to Saturday, I have always seen him working. And

even more surprising, I have seen him happy and satisfied while working. I would be so pissed when on weekends he would have people coming home, I would ask "Don't you have court for this?" He'd smile and say, "No, they need my help and advice and they are not very comfortable coming to the court."

When I say he was a self-made man, I mean every ounce of it. He wasn't a man of inherited privilege. He was the embodiment of hard work and self-made success. He truly earned his authority and his seat. Wherever he was posted, he left the fraternity in awe with his disposal rates. He truly invested himself in people's cases. He would often say, "Do Justice considering it to be a part of worship."

On 15th Feb, when he was admitted in emergency, the first thing he told me was, "Today I completed writing an order and was about to release someone who was in jail for the last 15 years, but due to my ailing health, I had to leave early." He regretted terribly that he had to leave court before passing that order. This is the first conversation we had at the critical care unit, how does one reach this level of determination?

I often think that (aware of the backstory of how he became a judge) normally a person would be swimming in a pool of hubris. But I never once saw him act superior or as better than the rest. Ego had no space in his world. He would always advise us, never to bow down before money or power. He was the pillar of optimism and would always encourage and motivate everyone to follow their interests and use their potential to the fullest. Nothing was as important to him as self-respect, he would repeatedly say, "Don't ever let anyone scratch your self-respect, honour it and treasure it." He wanted to deeply instill in us the principles he always clung to - the principles of fearlessness, self-respect and honesty.

I thought I knew the person he was, but after his passing, I am now discovering, "Who he really was?" I am so proud of the person he was. I am so rejoiced at the fact that he actually "lived" his life and followed the path that he promised to himself at the inception of his legal career.

Though this story is his and not mine - I doubt my story would even exist without him in it. Had he not been my mentor and guiding angel since the very start, I would be in the middle of nowhere. He practically raised me and made me the person that I am today, guided me towards Law then towards better opportunities, and then finally served my future to me on a silver platter. I would not be a fraction of the person that I am today, had he not been by my side calling me, "Jaana" and being the solid rock of support that he was.

Though, fate decided to cut short our mentorship cycle and he may not be there with me physically, he will always live in my writing. His presence will echo in my writing. His words - that I continue to steal - and my writing style (which is inherently his) will carry him forward with me, always. However, he doesn't need anyone to keep him alive. A personality like his is immortalised in the hearts of thousands of people he has helped, in the hearts of numerous students he has mentored, in the hearts of the accused who found light through his work and everyone who ever had the privilege of knowing him.

I have always been fond of Agha Shahid Ali and his book "Veiled Suite". However, I never understood his poetry as deeply as I can today. He says, "It rains as I write this. Mad Heart Be Brave." Today I completely understand it and I hate that I understand it. Agha, it does rain as I am writing this, but I don't know if my mad heart has enough strength to be brave.

My mad heart is just constantly reminded of these lines from my uncle's favourite song:

*Gham aur khushi mai faraq na mehsoos ho jahaan
Mai khud ko uss maqam pe laata chalogaya
Mai zindagi ka sath nibhata chalogaya.*

- The author is student of final year at NLU Delhi

IPL 2025: Pitch Dilemma For Under-Pressure PBKS v Upbeat KKR

Press Trust of India

MULLANPUR: A beleaguered Punjab Kings need to pick up pieces after being blown away by 'tornado' Abhishek Sharma as they face yet another challenging opposition in Kolkata Knight Riders, here Tuesday.

It is a rarity that a team loses after putting on board a mammoth score like 245 but Punjab Kings had to endure a hard-to-digest defeat due to Abhishek Sharma's whirlwind knock of 141 off just 55 balls in their previous match against Sunrisers Hyderabad.

A helpless Shreyas Iyer, who himself smashed a 36-ball 82, could only laugh at the end of the match after watching his bowlers torn to shreds by Ab-



hishek's blazing blade.

The carnage unfolded in Hyderabad, where the flat Up-pal track resembles a 'national highway' where no total is safe.

On Tuesday, though, Punjab will play at their home in Mul-

lanpur where the pitch is also conducive for batters and the team management needs to decide what kind of conditions it would prefer going forward.

In the two matches at Mullanpur, 200-plus scores were man-

aged by team batting first. The bowling unit's confidence must have been shaken, especially of the two spinners Yuzvendra Chahal and Glenn Maxwell, who gave away 96 runs in seven overs between them.

And herein lies the dilemma. If Punjab goes for a flat deck, there is no guarantee that the bowling unit can defend anything in the 220 range, especially when KKR have the likes of Sunil Narine, Rinku Singh, and Venkatesh Iyer in their rank.

One piece of statistics that head coach Ricky Ponting wouldn't like to look at, is Punjab bowling unit's economy rate. None of the bowlers has gone below nine runs an over. In the KKR corner is the coun-

try's most improved T20 spinner Varun Chakravarthy, who loves to bowl on these kind of surfaces and Sunil Narine, who despite being past his prime, can be more than a handful in slower conditions.

KKR is a unit which can be equally dangerous on both flatter decks and the slow spin-friendly tracks since they have all their bases covered.

Also the severe thrashing they handed the Chennai Super King at Chepauk would have done a world of good to their confidence.

The Punjab Kings batting is heavily dependent on skipper Iyer (250 runs), who has scored three fifties in five games so far. Match starts: 7.30pm.

Short TAKES

IPL Umpires Carry Out Bat Checks To Prevent Unfair Advantage

In a departure from the norm, on-field umpires have started making random checks on the dimensions of the bats during the ongoing season of the Indian Premier League (IPL) to prevent players from gaining an unfair advantage.

Checking the bat dimensions is a prevalent protocol but till the last edition, the process was followed inside the confines of the dressing room.

However, the BCCI, in its bid to stay more vigilant in times of brutal power-hitting, has allowed the match officials to check any piece of willow if they deem required, even during a live game.

As per specified dimensions, the width of bat face should not exceed 4.25 inches (10.79 cm). The thickness of the middle of the bat (bulged part) can't exceed 2.64 inches (6.7 cm).

The maximum width of the edge can't surpass 1.56 inch (4 cm). The height of the bat can't be more than 38 inches (96.4 cm) from top of handle to the base.

ICC Creates Fund For Afghanistan's Displaced Women Cricketers

Afghanistan's exiled women cricketers received a major boost on Sunday with the game's governing body announcing a fund and task force to support them.

Afghanistan had 25 contracted women cricketers in 2020, most of whom have resettled in Australia with humanitarian visas due to restrictions at home under the hardline Taliban government.

The International Cricket Council said after its board meeting in Harare that it had joined with the cricket boards of India, England and Australia to sustain their careers.

Australia and England have ruled out bilateral cricket with Afghanistan over the women's rights issue and play them only in ICC events like World Cups and Champions Trophy.

Real Madrid Needs Epic Champions League Comeback v Arsenal

Record 15-time winner and defending champion Real Madrid will have to produce another of its famous comebacks to overturn a 3-0 first leg loss to Arsenal.

If anyone can, Madrid can - but it goes into Wednesday's game at the Bernabeu after a run of unconvincing results. Carlo Ancelotti's team has only won one of its last four games in all competitions - Sunday's 1-0 victory against Alaves.

The defeat to Arsenal could have been even heavier after being dominated at the Emirates Stadium and came after Madrid needed a penalty shootout to overcome Atletico Madrid in the round of 16.

But Madrid's history is built on producing special performances in Europe. Its run to the title in 2022 was filled with dramatic comebacks - none more so than the semifinals win against Manchester City when trailing 5-3 on aggregate going into the 90th minute of the second leg.

Madrid simply never knows when it is beaten.

J&K Wins 3 Medals In Thangta; Emerges Runners-Up At 68th NSG



brilliant achievement.

"J&K is leaving no stone unturned in carving a space on the country's sports map, is all set to win a record haul of medals in the National School Games this season, as a total of 52 medals have already been clinched by our athletes in various sports disciplines," said Tara.

He further said that 1800 athletes drawn from various districts have already taken part in the NSG in this season, while 400 more are expected to participate in various disciplines.

J&K has so far won 16 medals in Fencing with 3 Gold, 5 Silver and 8 Bronze; 15 medals in Wushu with 5 Gold, 6 Silver and 4 Bronze; 7 medals in Judo with 4 Silver and 3 Bronze; 4 medals in Taekwondo with 1 Gold, 1 Silver and 2 Bronze; 3 medals in Soft Tennis with 1 Silver and 2 Bronze; 3 medals in Thangta with 1 Gold and 2 Bronze; 2 medals in Gymnastics with 2 Bronze; and 2 medals in Weightlifting with 1 Gold and 1 Bronze medal.

Observer News Service

SRINAGAR: J&K's Thangta athletes bagged three medals, including a gold, at the 68th National School Games in the discipline of Thangta Under-19 boys and girls at Imphal, Manipur.

Hammad Bashir of Pulwama bagged Gold, while

Ajaz Ahmad Sofi of Kupwara and Murieza Iqbal Lone of Pulwama claimed Bronze medals.

Commissioner/Secretary Youth Services & Sports, Sarmad Hafeez, and Director General Youth Services & Sports, Rajinder Singh Tara, congratulated the winners and support staff for this

Inter Zonal National Softball Championship Begins In Srinagar

Observer News Service

SRINAGAR: The 10th Inter Zonal National Softball Championship (Men & Women) kicked off on Monday at Bakshi Stadium here. MLA Gurez Nazir Ahmad Khan declared the tournament open.

In all, athletes from across the country are taking part in the championship. All the arrangements for the visiting players and officials have been made by the J&K Sports Council and J&K Softball Association.

The championship is being organised by J&K Softball Association in collaboration with J&K Sports Council under the aegis of Softball Association of India. The championship will continue

for three days and will witness tremendous competition. The championship will conclude on April 16.

The MLA welcomed the participating teams and expressed hope that all the players will exhibit their sports skills to the fullest.

J&K, being considered as one of the favourite venues for the national camps and championships for different sports, will definitely give a unique experience to the visiting players, said the MLA.

Prominent personalities present on the inaugural ceremony were Dr. Praveen Anaokar, Secretary General Softball Association of India, and other office bearers and member units of the SBAI. The championship is being sponsored by J&K Sports Council.



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USBRL Inauguration

J&K Gears Up For PM Modi's Visit



File Photo

Observer News Service

Srinagar: With just a week remaining, the Railway Ministry and Jammu and Kashmir administration have been verbally instructed to prepare for Prime Minister Narendra Modi's likely visit to inaugurate the historic Udhampur-Srinagar-Baramulla Rail Link (USBRL) project on Saturday, April 19.

While formal communication from the Prime Minister's Office (PMO) is still awaited, multiple departments have started ground-work at key locations including Katra Railway Station and the iconic Chenab Bridge in Reasi district. "We have been verbally informed to begin preparations. As soon as the official

confirmation comes, we will move to final execution," said a senior railway official.

Jammu and Kashmir Chief Secretary Atal Dulloo recently visited Chenab Bridge and Katra town to assess on-ground readiness. He held detailed discussions with officials from the Railways, police, civil administration, and other departments. "Everything must be in place well in advance," he directed, instructing departments to maintain high alert until the PMO's final nod, media reports said.

Director General of Police (DGP) Nalin Prabhat on Monday chaired a high-level meeting here to review the security scenario in Jammu region. According to [More on P6](#)

6 SECURITY FORCES HAVE BEEN DEPLOYED ACROSS CRITICAL locations, and additional personnel are being stationed at Udhampur, Katra, and Chenab Bridge."

J&K Fire Dept Trains Over 8 Lakh In Fire Safety

Press Trust Of India

Jammu: Jammu and Kashmir Fire and Emergency Services Department (FESD) has given training in fire prevention, protection and first aid firefighting to 8.23 lakh persons under the 'Har Ghar Fire Fighter' programme.

Between August 2022 and March 2025, the department conducted 7,551 public awareness programmes, covering 3,949 educational and 1,057 health institutions and 2,555 other establishments, Alok Kumar, director, J&K Fire and Emergency Services, said on Fire Services Day. "These programmes aim to

educate students, teachers, medical staff, and support personnel on fire prevention, safe evacuation procedures and first aid response actions in case of a fire, to act as first responders in domestic fire incidents," Kumar said.

He called upon people to do a fire service check on their residences and establishments as a part of the proactive measure.

The department observes the day to commemorate the bravery and sacrifice of firefighters who had laid down their lives in the line of duty. A solemn ceremony was also held in Jammu, where officers and jawans paid homage to the [More on P6](#)

Saudi 'Cuts' Indian Pvt Hajj Quota By 80% CM, Mehbooba Urge Centre To Intervene

KO Web Desk

Srinagar: Over 52,000 Indians who had booked for their Hajj pilgrimage through private tour operators are likely to face a major setback. The Ministry of Minority Affairs has issued a fresh circular stating that only 20 percent of the private quota that was booked earlier will be confirmed initially. It means that 80 percent of the people who registered under Combined Hajj Group Organisers (CHGOs) may not be able to perform Hajj 2025. It is important to note that



the decision comes after the Saudi Ministry of Haj and Umrah shut down access to

the Nusuk portal—a mandatory online platform used to finalise contracts and services

for pilgrims. The Saudi authorities cancelled Mina Zones 1 and 2, which had been allotted to CHGOs, due to the delays in payments and non-finalisation of service agreements. The remaining zones (3, 4 and 5) have also been held up, further worsening the situation.

Ruling and Opposition parties in J&K have come together to voice their concern after the reported cancellation and urged the central government to take up the matter with their leadership. "The reported [More on P6](#)

Visa For Children Under 12 Cancelled

As part of introducing new regulations for Umrah, Saudi Arabia has decided not to issue visas to children under 12 for Hajj pilgrims, according to reports. Following this, the Haj Committee of India (HCoI) cancelled applications of as many as 291 children under 12 years who had applied for a visa to

accompany their parents to perform Umrah. The HCoI added that whatever amount the parents had paid for the children would be reimbursed. A statement issued in this regard said parents can proceed for Hajj without their children or cancel in full through the Hajj Committee website. "Parents may proceed [More on P6](#)

J&K Eyes Rs 5,500 Cr Funding For 9 Tourism Spots: CM

Observer News Service

Srinagar: Chief Minister Omar Abdullah on Monday said his government is planning to develop nine new tourism destinations across the Union Territory, expressing hope that the World Bank will put aside its "traditional sort of reluctance" to fund any project in J&K.

Seeking support of tourism players in promoting



the industry back home, Abdullah highlighted the challenges posed by "ridiculous prices" of [More on P6](#)

6 J&K NEEDS TO BE REPOSITIONED, not as a destination for volume tourism, but one for value tourism

NC Blocked Waqf Debate To Please BJP: Lone

Not Surprised By Farooq Supporting Speaker

Observer News Service

Srinagar: Peoples Conference president Sajad Lone on Monday said he was not surprised by National Conference (NC) chief Farooq Abdullah supporting Jammu and Kashmir Assembly Speaker Abdul Rahim Rather's decision to disallow discussion on

the Waqf (Amendment) Act. On the NC's plans to challenge the legislation in the Supreme Court, Lone said while the courts will adjudicate according to legal principles, the emotional appeal that could have been conveyed through the Assembly has been squandered. "They have [More on P6](#)

LG Credits Policies For Investor Optimism

Says J&K's Manufacturing Push Will Create Jobs, Empower Communities

Observer News Service

Jammu: Lieutenant Governor Manoj Sinha on Monday inaugurated a manufacturing unit of a private company in the region and said the manufacturing ecosystem is growing to give momentum to the mission of an "Aatmanirbhar Union Territory".

The LG said the progressive industrial policy and several key interventions in the last



few years have strengthened investors' confidence in J&K. Sinha, who virtually

4 Killed, 30 Injured In Road Accidents

Agencies

Srinagar: At least four people lost their lives while over 30 persons were injured in multiple road accidents across Jammu and Kashmir in the past 24 hours, officials said.

In Ramban, a pre-dawn accident on Monday near Banihal claimed the life of one person and left nine others injured.

The accident occurred when a Tata Mobile vehicle carrying members of two Bakarwal families from Rajouri's Teryath area overturned and crashed into a railway bridge wall.

A baby girl among the passengers, however, was unharmed, the officials said.

The injured were taken to Sub-District Hospital (SDH) Banihal and later referred to Government Medical College (GMC) Anantnag for further treatment.

A minor tourist lost her life after being struck [More on P6](#)

WAQF ACT

SC Won't Enter Legislative Domain: Rijiju

KO Web Desk

New Delhi: Minority Affairs minister Kiren Rijiju, referring to the legal challenge to the amended Waqf law, said that he is "confident" that the Supreme Court would not "venture into legislative matter". He also said Bengal Chief Minister Mamata Banerjee's declaration that the amended law will not be implemented in the state raises questions on whether she has any moral authority or the constitutional right to occupy that position.

The minister's comment comes amid an escalating row over the law, which has been



challenged in the Supreme Court by multiple individuals and organisations, and the staunch assertion of Banerjee in Bengal. The Supreme Court will hear the petitions on Wednesday. [More on P6](#)

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Untimely Heart Attacks: Doctors, Public Health Experts Say 'Preventable, Go For Routine Check-Ups'

Press Trust Of India

Reports of people getting heart attacks while dancing, driving or taking a walk, have increased in recent months raising concerns over the condition's unpredictability. Doctors and public health experts, however, say it is preventable, urging individuals to go for routine health check-ups. Dr Ajay Kaul, chairman of Cardiac Sciences, Fortis Hospital, Noida, told PTI, "A sudden heart attack is usually a sign of underlying heart disease, such as coronary arteries disease or hypertrophic cardiomyopathy, which can be detected through routine health check-ups." Hypertrophic cardiomyopathy is an inherited heart condition. "Exercise can trigger fatal arrhythmias in these individuals. Undertaking strenuous physical activity -- such as gymming -- without knowing what one's heart is capable of, can increase stress on the walls of ventricles, potentially decreasing blood flow and oxygen supply, and contributing to sudden cardiac death," Dr Kaul said. "Therefore, I strongly advise a medical check-up before embarking on a gym regimen to know which exercises are suitable and which are not," he added. Instances of heart attacks at a gathering or while driving surfaced over the past weeks. This week, in Uttar Pradesh's Bareilly, a 45-year-old man died while dancing with his wife during their

25th wedding anniversary celebrations. Earlier this month, a 35-year-old suffered a heart attack while driving a state-run bus in the Mysuru district of Karnataka, according to a report by The Hindu. Public health researcher Vikash Keshri, a senior lecturer at the University of New South Wales, Australia, said, "Even as risk factors for heart attacks remain the same for both the young and old, the trend of more youths being affected is reflective of an early onset of these risk factors." "However, the urban population pays little attention to public health systems and does not go for regular check-ups," he added. Doctors insist on following healthy lifestyle practices which should include effective de-stressing mechanisms for dealing with everyday pressures. "Some reasons, such as a family history and polluted urban environments, are not preventable. However, what is preventable is resorting to unhealthy behaviours, including a lack of exercise, eating junk food, smoking and consuming alcohol. This is what is driving a high incidence of coronary artery disease," Dr Kaul said. Indians are genetically predisposed to heart disease, compared to the Europeans and those in the US, which is why we tend to get them about 10 years earlier and also at a lower body weight, said Dr Saptarshi Bhattacharya, senior consultant, department of Endocrinology, Indraprastha Apollo Hospitals, Delhi.



“Even as risk factors for heart attacks remain the same for both the young and old, the trend of more youths being affected is reflective of an early onset of these risk factors”

"So, while we may not appear obese or overweight, we still have a higher fat percentage, especially in the abdominal area, setting us up for multiple complications, including diabetes," he said. A poor quality of sleep -- the body's natural 'repair' mechanism -- can add to the troubles, said Dr Sanjay Saxena, principal director and head of the Neurology Department at Max Hospitals in Patparganj, New Delhi and Vaishali, Ghaziabad.

He added that not being able to sleep beyond six hours or honour one's circadian rhythm (sleep-wake cycle) can result in increased blood pressure and heart rate, inflammation in blood vessels and also cause insulin resistance. Dr Saxena advised one having obstructive sleep apnea -- a common sleep disorder -- should look to get the condition treated, else it too can heighten the risk of heart attacks. The experts called for a stricter

implementation of government programmes. The 'National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke' (NPCDCS) was launched in 2010 with a focus on strengthening healthcare infrastructure and early diagnosis. Keshri pointed out that the urban outreach of the public health programme needs to be improved. "So, even when robust procedures for screening, diagnosis and treatment have been detailed for an individual in the rural community, up to district hospital or medical colleges, where a facility for emergency cardiac care is available, there is no similar primary infrastructure in urban areas," the researcher explained. Further, at an individual's level, one can introduce more movement into their daily routines by de-boarding at an earlier metro station and walking to work, and using stairs instead of elevators, Dr Kaul said. Awareness about being physically active needs to be reinforced in childhood and teenage, the experts added. "It is important we start right in childhood. Lifestyle lessons and healthy behaviours need to be reinforced in schools and colleges because when someone is diagnosed with a condition, there are almost 20-30 years of metabolic problems in the background which have predisposed them to the condition," Dr Bhattacharya said.

PUBLIC NOTICE

I have applied for the issuance of DOB certificate in favour of my son DILAWAR ABASS SHEIKH who was born on 10-09-2017. If anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
NAZIR AHMAD SHEIKH
F/o DILAWAR ABASS SHEIKH
Resident of Mulashulla, Beerwah, Budgam msl

PUBLIC NOTICE

My name has been wrongly mentioned in Aadhaar Card as Mohd Iqbal Bhat while my actual name is Mohammed Iqbal Bhat. Now I want to correct the same. If any body has any objection in this regard he/she may file them in the concerned office within seven days. After seven days no objection shall be entertained.
Mohammed Iqbal Bhat
S/o Abdul Rehman Bhat
Gund Tankipora Devsar
Distt Kulgam inf

Public NOTICE

My name has been wrongly mentioned in Aadhaar Card as Aamina Banoo while my actual name is Aamina Akhter. Now I want to correct the same. If any body has any objection in this regard he/she may file them in the concerned office within seven days. After seven days no objection shall be entertained.
Aamina Akhter
W/o Mohammed Iqbal Bhat
Gund Tankipora Devsar Distt Kulgam inf

Public NOTICE

I AABID Ahmad Ganie S/O Mohammad Maqbool Ganie R/O Chitragam Tehsil CHITRAGAM District Shopian want to correct my Name and D.O.B in Aadhar Record which has been wrongly entered as Abid Maqbool instead of AABID Ahmad Ganie and D.O.B wrongly entered as 04-01-2008 instead of 06-04-2007. Now correction required to anybody has any objection may contact Concerned Aadhaar Centre Jammu / Srinagar or Concern Authorities within 7 days. fko_r

'Emissions Could Be Making Rainfall More Acidic Over Past Three Decades'

Press Trust Of India

Air pollution could be making rainfall more acidic in cities such as Vishakhapatnam, Allahabad, Mohanbari (Assam), while dust from the Thar could be making rain more alkaline in Jodhpur, Pune and Srinagar, according to an analysis. The study by the India Meteorological Department (IMD) and the Indian Institute of Tropical Meteorology (IITM), Pune, analysed the pH value -- which measures acidity or basicity -- of rainfall of ten cities in India. The data recorded at GAW stations from 1987 to 2021 were analysed. The findings are published by the IMD as a 'met monograph', a comprehensive analysis of a meteorological topic. The study suggests that atmospheric conditions and local emissions can affect the chemistry or pH of rainfall. Both acidic and alkaline rain can have toxic effects, affecting aquatic and plant life, even as the study's authors said "acid rain does not currently pose a major and immediate threat to our region".



found that rainfall during dry season tends to be slightly more acidic compared to that during wet season. This is because most of the acidic particles in the air would be washed at the first rainfall event, resulting in lower pH values, the team explained. However, rainfall across most of the ten cities was found to become more acidic over time. Further, nitrates were found to be the most dominant charged particles in cities with vehicular and industrial activities, while charged particles of calcium were dominant in Jodhpur, Pune and Srinagar, suggesting an influence of dust and soil. "The analysis of precipitation chemistry across India shows that urbanisation and industrialisation have a significant impact on the composition of rainwater," the authors wrote. "Stations such as Vizag, Mohanbari and Allahabad exhibited more acidic mean pH values, while Jodhpur and Srinagar had more alkaline values. This suggests variability in atmospheric conditions and local sources affecting rainwater chemistry," they wrote.

They attributed acidity in rain in Vizag to emissions from the oil refinery, power plant and fertiliser facility, and that in Mohanbari to acidic nature of soil and charged particles coming from vegetation. However, dust from the Thar desert could be countering the acidic nature of rainwater of Jodhpur and Srinagar, thereby raising the pH value of rains in these cities, the team said. Season-to-season changes too could play a role, the authors said, as they

Public NOTICE

My name has been wrongly recorded as Jawahara Bano in adhaar card bearing number:- 98084894777 while my correct and actual name is Raja Bano. Now I have applied for the correction of the same if anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
Raja Bano W/o Mohd Shafi Parry
R/o Wailoo Kralpora fko

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My name has been wrongly recorded as Aisan Sadiq in adhaar card bearing number 8346-7541-8262 while my correct and actual name is Ahsanul Haq. Now I have applied for the correction of the same if anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
Ahsanul Haq S/o Mohammad Sadiq Hajam
R/o Khawaja Bagh Tehsil Baramulla fko

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Shayista Mohi Ud Din D/o Gulam Mohi Ud Din Mir
R/o Nihalpora Tehsil Pattan District Baramulla fko

Public NOTICE

My name has been wrongly written in my service book as Abdul Hamid Parray S/o Gh Mohd Parray while my correct name as per 9th pass School certificate is Ab Hameed Paray S/o Gh Mohd Paray R/o Bandgam Magam which needs to be corrected. If anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
Ab Hameed Paray
S/o Gh Mohd Paray
R/o Bandgam Magam bmg_r

Public NOTICE

I zareena Akhter D/o Ab Rashid Awan R/o Dunaroo Pahalipora Shopian want to correct my name and DOB on Aadhaar records which has been wrongly entered as Zareefa instead of Zareena Akhter also My DOB is wrongly entered as 12-08-1998 instead of 05-03-2000. Now Correction required if anybody has any objection may contact concern adhaar centre Jammu/Srinagar or Concerned Authorities within 7 days. FKO_R

Public NOTICE

My DOB has been wrongly written in my adhaar card bearing NO: 8837 0759 6739 as 05-10-2012 while my correct DOB as per school records is 25-05-2013 which needs to be corrected. If anybody has any objection in this regard he/she may file them in the concerned office within seven days. After that no objection shall be entertained.
Kamil Bashir
S/o Bashir Ahmad Hajam
R/o Tarhama Kawarhama bmg

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I, Fayaz Ahmad Zargar, hereby declare that I have sold my vehicle bearing registration number DL12CK0507 to Mudasar Mehraj. As of today, all liabilities and responsibilities associated with this vehicle are transferred to the buyer, and I disclaim any further involvement or liability in case of any unforeseen events or incidents.
Signed,
inf Fayaz Ahmad Zargar

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I have passed in Class 10th, 11th & 12th under Roll No. 321003000 Session: Regular 2025 Year: 2025 through the Jammu & Kashmir Board of School Education. The error has been committed by the GOVT. Higher Secondary School Gund khawaja Qasim in my Name and Mother's name as Aaqib Nisar & Haleema Begum instead of Aaqib Nisar Mir & Haseena Begum. I have now 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 New Campus, Bemina, Srinagar within 7 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: Aaqib Nisar Mir
Father's Name: Nisar Ahmad Mir
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Kashmir's Other Drug War

Partial anti-narcotic enforcement is blocking access to essential psychiatric drugs, affecting over 45% of adults with mental health disorders.



Mirza Sharafat Hussain Beigh

KO VIEW

Caesareans On Rise

More and more women are giving birth not in the throes of natural labor, but under the bright lights of operating rooms, cut open before their bodies are even allowed to do what they were built to do.

On paper, cesarean section deliveries are meant to save lives - when things go wrong, they can be a blessing. But in recent years, far too many women across Jammu and Kashmir are undergoing C-sections not because they need them, but because they're being nudged, hurried, or frightened into them.

As a report in this newspaper reveals, it often begins with a phrase: "It's safer for the baby." Or, "We don't want to take risks." A doctor might mention a slightly large baby, or not enough "amniotic fluid"—medical terms that sound alarming, even if they're not backed by urgency. And just like that, a pregnant woman who comes in prepared for a normal delivery finds herself on an operating table, robbed of the chance to labor.

These aren't isolated incidents. Health experts now warn of a disturbing trend—a systemic drift toward surgical births, driven less by genuine medical need and more by convenience, control, and, in some cases, profit. For hospitals, C-sections are faster, more predictable, and more lucrative. For women, the cost is their health.

Women from rural or remote areas, ironically, are faring better. With less medical surveillance and more trust in natural processes, many go on to deliver healthy babies naturally. Urban women, on the other hand, despite access to advanced care, are increasingly caught in a spiral of overmedicalization.

This has been proven to have health consequences for the babies born via unnecessary C-section: They miss out on critical exposure to maternal bacteria that kickstart their immune systems. Many of these newborns end up struggling with breathing issues or infections.

For mothers, the emotional toll is no less severe. Recovery from major abdominal surgery is painful and slow. Breastfeeding becomes harder. So women should not be scared into surgery. The growing commercialization of child-birth demands urgent scrutiny. People have a right to know whether cesareans are rightly warranted at the scale they are conducted or just driven by a pursuit of profit by a multitude of nursing homes.

However, the issue is not as simple. The question is how people are supposed to know and who will tell them? Here, we are dealing with the medical profession and the doctors prescribing the C-Section can always claim an expert knowledge, something others can't. At the same time, this doesn't mean that the disproportionate rise in C-Section births is normal. It needs to be scrutinized and the government is in the best position to do so.



The Importance of Early Financial Education

Irshad Mushtaq

Childhood is a crucial time for learning, especially when it comes to financial education. Understanding earnings, savings, and investments from a young age can prevent future generations from falling into financial traps. Traditionally, cultures like the Kashmiri have encouraged saving by using penny boxes, a practice that can be modernized today.

It's essential to educate children about the value of money and the principles of saving and investing. By introducing concepts like savings, earnings, and investments in their formative years, children can grow up with a strong financial foundation.

Today, technology simplifies financial education and investment. With smartphones, people can easily manage investments, even opting for Systematic Investment Plans (SIPs) in mutual funds—affordable and adaptable products. Asset Management Companies provide the tools needed, without the necessity of traditional custodians.

Educating children about the value of patience in investing is crucial. Understanding that investments like equities and markets may fluctuate in the short term helps in developing resilience. Teaching them to focus on long-term goals, such as 10 or 15-year investment plans, will shield them from volatility's short-term impacts.

It's vital to introduce young minds to diversified investment strategies, including equities, global markets, gold, and silver, through asset allocation funds. Understanding different asset classes provides the flexibility to create balanced portfolios.

By nurturing a culture of savings and wise investments from a young age, we can prepare upcoming generations to face financial challenges confidently. Early education about financial management is more critical than ever, and starting the conversation now will ensure a financially savvy generation in the future.

The author is reputed financial advisor based out of Srinagar.

The war on drugs has intensified, with central and state agencies ramping up efforts to protect the youth from addiction and secure a healthier, more promising future. But emerging trends are disturbing, with increased involvement of men and women in the racket.

“A strict balance is required to be maintained by the enforcing agencies in view of ‘the doctrine of proportionality,’ so that the consequences of partial anti-narcotic drives never impede the access of Scheduled H1 medicine.”

On 4 August 2023, a parliamentary standing committee estimated that Jammu and Kashmir has around 1.35 million drug users. The government is primarily responsible for blocking the supply chain of drugs, yet the major stakeholders are those who consume the same without any care for self and society.

On the other hand, J&K Police have made 536 arrests in 415 cases filed under NDPS Act in north Kashmir alone in the year 2024. Srinagar Police also arrested 156 drug peddlers in the previous year. Apart from detentions, dozens of properties worth crores were attached, including residential houses and vehicles acquired through narco-money.

But sadly, psychiatry patients are becoming collaterals in this drug war.

The other side of coin demands attention towards larger population of Kashmir suffering from major anxiety disorders. A research titled "Prevalence of anxiety, depression and post-traumatic stress disorder in the Kashmir Valley" found that 45% of Kashmir's adult population (1.8 million) was suffering from some form of mental distress. There is a high prevalence of depression (41%), anxiety (26%), post-traumatic stress disorder (19%), and 47% had experienced some sort of trauma.

The study was conducted before 2017, and since then mental health cases have been growing drastically across the region. Meanwhile, a recent report of the National Crime Records Bureau (December 2023) clearly indicated that Jammu and Kashmir had the highest number of reported cases of attempted suicide in 2022.

Out of total 1,769 cases recorded by the Bureau across the

country, 497 were reported from the J&K alone. Several patients are regularly seen in unending queues at different private and government administered mental facilities. Many among them are suffering from anxiety disorders, severe insomnia, agitation, and active seizures. They are being prescribed medicines that have calming effect on nerves.

These prescribed medicines are mainly listed in schedule H1 of Drugs and Cosmetics Rules, 2013. And significantly, the supply of a drug specified in Schedule H1 shall be recorded in a separate register at the time of the supply, noting the name and address of the prescriber, the name of the patient, the name of the drug and the quantity supplied. Such records

“Out of total 1,769 cases recorded by the Bureau across the country, 497 were reported from the J&K alone. Several patients are regularly seen in unending queues at different private and government administered mental facilities”

shall be maintained for three years and be open for inspection.

It's privately-probed and publicly-observed that despite producing valid prescriptions for Schedule H1 drugs, about 90% of pharmacists in Srinagar simply evade patients, citing stock unavailability. These methods are used to avoid questioning by drug authorities, as the growing peddling has also increased vigilance on chemist shops selling psychotropic drugs.

Simply, to avoid the methods, as expressed in the Drugs and Cosmetics Rules, chemists have not just adopted a practice of denying medicine, but they're compromising the "access to medicines - a fundamental element of the right to health". Such a practice sabotages the key element of universal health coverage.

There may not be specific laws and rules to hold chemists liable

for denying medicines, yet the practice needs a thorough check, and overhaul at administrative level. The denial of such prescribed medicines by registered druggists is posing a serious challenge to the patients.

This drug denial is bound to escalate Kashmir's mental-health crisis, if left untreated. It may even force many patients to seek alternate routes for getting required supplies of medicines. That means, it's likely to bypass registered chemists and create illicit drug supply chain.

So, while cracking whip on drug peddlers, the state administration should never compromise the rational access of prescribed medicines for neuropsychiatry patients. A strict balance is required

to be maintained by the enforcing agencies in view of 'the doctrine of proportionality,' so that the consequences of partial anti-narcotic drives never impede the access of Scheduled H1 medicine.

The popular government must formulate a policy to prevent the illicit use of drugs while maintaining health care and access of prescribed medicines. Moreover, it's also duty of drug controller to lay down a procedure for all chemists, so that the medicines are dispensed without evasion and circumvention, as per the valid prescription of registered medical practitioners.

The author is Television and Radio News Professional from Srinagar. Views expressed in this article are author's own and don't necessarily reflect KO's editorial policy.



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The Voice of Baramulla Deserves to Speak

Through your esteemed publication, I wish to draw attention to the continued imprisonment of Member of Parliament Sheikh Abdul Rashid, widely known as Engineer Rashid. His captivity is a matter of deep concern for many of us in Kashmir, particularly the people of Baramulla, who recently re-elected him to represent them in the Lok Sabha.

Engineer Rashid, a native of Mawer Handwara, has long exemplified genuine public leadership.

From his early days as a civil engineer to his entry into politics in 2008, he has consistently placed people's welfare at the core of his work. He won the hearts of voters as an independent MLA from Langate twice, later founding the Jammu Kashmir Awami Itehad Party (JKAIIP) in 2013. Even while incarcerated under the Unlawful Activities Prevention Act since 2019, his landslide victory in the 2024 general election speaks volumes about the trust and hope people continue to place in him.

What makes Engineer Rashid stand out is his tireless commitment to public utilities and social justice. He has been a vocal advocate for improving hospitals, roads, courts, and above all, education. His compassion for the downtrodden, especially students, and his dedication to guiding the youth is both inspiring and sorely missing in today's political landscape.

Honest leaders like him are crucial for fostering economic growth, promoting civic engagement, and

upholding the ideals of justice and democracy. Keeping such a voice behind bars not only undermines the democratic mandate of his constituents but also robs society of a leader who could help build a more inclusive and equitable future.

I appeal to the concerned authorities to release Engineer Rashid at the earliest and allow him to fulfill the duties entrusted to him by the people who chose him as their representative.

Basharat Ahad Qureshi,
Handwara

Justice Prevailed Through Wisdom and Words

In a moving tribute, Raja Tasleem Abbas's niece honored her uncle as a man of unwavering integrity and profound influence, whose mentorship and legacy continue to shape her life and the lives of many others.

Sama Zehra

Growing up, my childhood was mostly scarred by turmoil and conflict. The turbulence of those years made it impossible to rely solely on school for an all-around education - I badly needed someone to guide me through.

The guidance finally came from my uncle, Raja Tasleem Abbas. When I was in sixth grade, my uncle started taking regular two-hour classes for my cousins and I, where he helped us brush up on our writing skills and taught us the basics of English Grammar. These teaching duties he placed upon himself beyond his long and exhausting hours at court.

My uncle was deeply passionate about teaching and equally worried about our education. He considered education to be a formative part of one's moral compass and principles. Naturally, the lessons were often centred on ethics and values. Every day at 8:30 at night, he began each class with a 30-minute lecture on moral virtues. Thereafter, we were instructed to write our opinions and takeaways from it. That was when I first began to write.

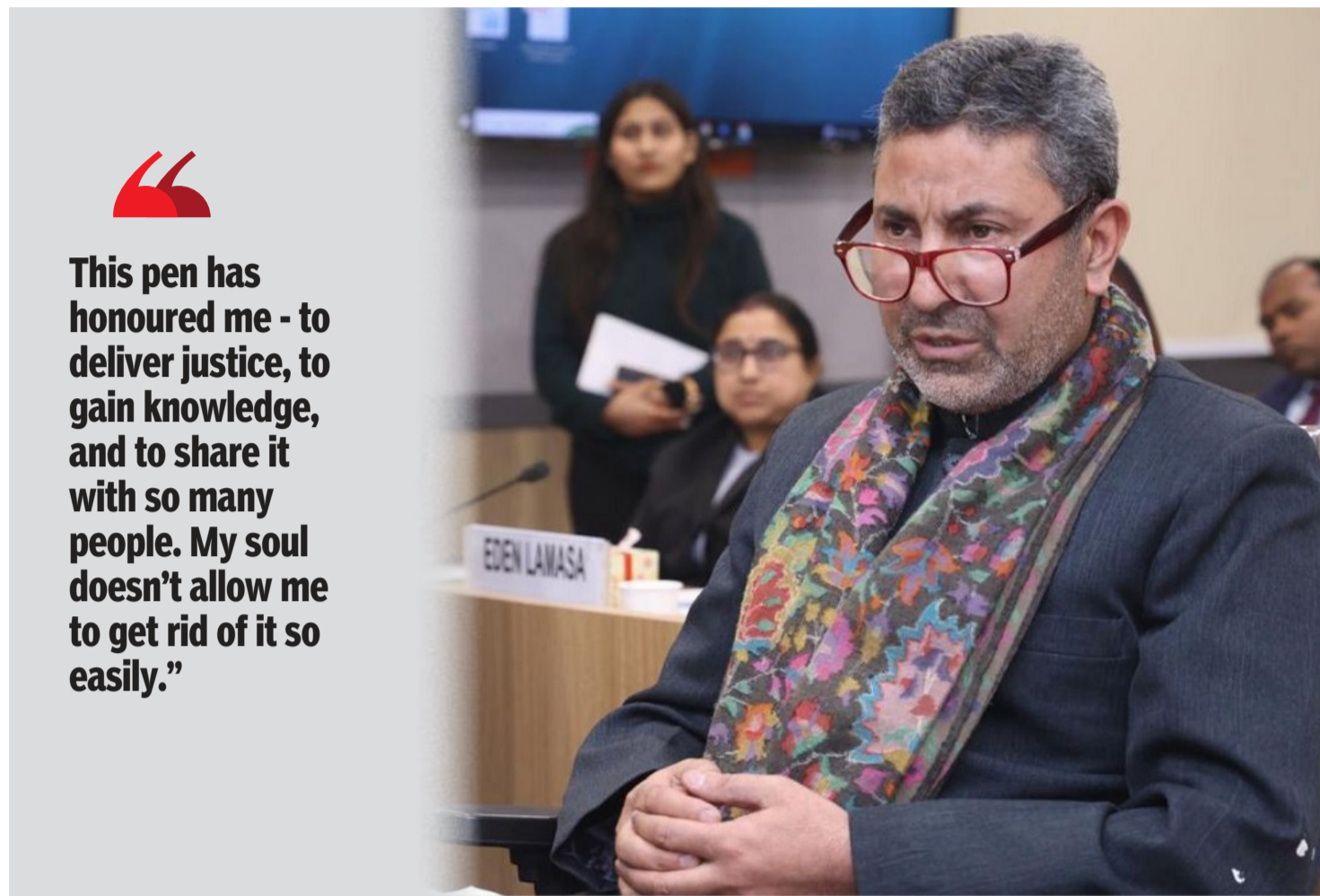
I remember when I was once asked by a school teacher to prepare an essay on 'responsibility'. Instinctively, I rushed to my uncle to take his immediate and "urgent" help (It did feel very urgent then). He started the essay with the sentence, "Sense of responsibility has a paramount role in our lives". From that day on, for an entire year, I devised a shortcut method from that sentence - I used to replace the word "responsibility" with whatever topic my teacher would me to write an essay on. Be it loyalty, sincerity or any other virtue, the shortcut method always worked - it was a little trick up my sleeve that helped me excel in my writing. Did it make any sense? Perhaps not. But did the teachers absolutely adore my essays? Of course! I was so proud of what my uncle taught me once that I kept using it everywhere.

As time passed and my writing evolved, I realised that it was my writing but his words, my ideas but his style, my opinion but his syntax. The greatest appreciation I ever received - and perhaps the greatest anyone could receive from their mentor - was when, after reading something I had written for college, he said, "It feels like I'm reading something written by myself."

While my journey of writing initially began entirely under his shadow, over time, my writing process gradually shifted to a more collaborative effort - where I would write and then wait for his comments and feedback, always in awe of his overarching presence in my writing. Thereafter, ever since I began my journey of becoming an advocate, I had hoped to start legal writing from scratch, again under his continued guidance - I had hoped to rely on him completely to come up with new writing tricks - completing another full circle of mentorship and learning. Little did I know, an unfamiliar storm was quietly waiting at the doorstep of our lives.

Faced with the inescapable grief of losing him and the context of him teaching me the very art of writing, it felt that there would be no other way of honouring him but by bidding him a final goodbye with one of a piece of writing. Today I am writing on my own, already aware that this piece won't be perfect without his comments and feedback, but here's to hoping that this piece somehow captures the depth of his personality. Had he been here today, he would have jokingly accused me of stealing all his favourite words - but here's to using his words to write his own story.

The legal career of my uncle began with his position as a Junior Assistant at the District Court in Bandipora, and he was eventually transferred to Kargil. His career started even before he had graduated. He managed a full-time job while simultaneously pursuing a bachelor's degree in Law at the University of Kashmir. During his final year, end-semester exams were scheduled for December/January. However, reaching Srinagar meant navigating roads buried under 4-5 feet of snow, which was almost an impossible



This pen has honoured me - to deliver justice, to gain knowledge, and to share it with so many people. My soul doesn't allow me to get rid of it so easily."

task. Yet missing the exams would delay his education - something he simply couldn't afford. So, he decided to figure something out.

At that point, two thoughts weighed heavily on his mind: firstly, how disheartened his mother would be if his education were delayed; and secondly, that his sister had asked him to bring back a Tibetan tea-saucer set. Putting all his faith in God, covering his head with his arms and clutching the porcelain tea set he had just bought, he jumped off the snow-covered Zojila Pass - risking everything for a better life and a brighter future. Surprisingly, he made it to Srinagar - bruised here and there, but well enough to sit the exam and pass it with flying colours. Thinking about it today, one might find it hard to believe such determination exists. But that was Raja Tasleem Abbas for you - a man full of determination and faith.

My grandfather, too, was part of the legal fraternity - a well-known figure, admired for his honesty and work ethic. It was he who passed on the legal legacy to my uncle. After completing his bachelor's degree, my uncle initially joined the Bar and practised with the law firm of Hakim Ishtiyaq Hussain - a man he would praise and speak of fondly, even years after his sad demise. On one occasion, both he and Hakim Ishtiyaq Sahab had gone to court for a case, only to return disheartened by the judge's conduct. At that moment - a mix of despair and hope - Hakim Sahab earnestly encouraged my uncle to consider sitting the judicial services examination. Though initially hesitant and lacking confidence, my uncle eventually agreed. Together, they went to collect the application form and filled it out then and there. That precise moment marked the beginning of his journey to the bench. The bench he always deserved. The bench he never left.

According to the stories I've been told by my grandparents and by my uncle himself, he studied relentlessly for six months - day and night, without a single break. The only pauses he allowed himself were for the five daily prayers. He had devised a personalised study routine. Each morning, he would wake up at Fajr, offer his prayers, and begin his day by placing five books on one side of the table. His daily goal was simple: read and understand all five, then move them to the other side. Every single day, without fail, he met this goal. At the time, he didn't have much guidance. His language skills were not particularly strong either, so whenever he encountered a difficulty, he had no choice but to sit with it until he figured it out himself.

I remember one story in particular - while studying the Law of Torts, he came across the case of Rylands v. Fletcher. At first, he couldn't quite grasp the reasoning and legal analysis behind it. Confused, he read and re-read the case until he understood every detail. That was his way - no room

for confusion, not even an inch of doubt. He loved the law in its entirety: the intricacies, the differing opinions, and the elegance.

On the day of the KCS examination, the exam hall was filled with anxiety and silent, sincere prayers. It was then that my uncle looked down at his clothes and realised, "I'm wearing my torn night T-shirt - and I didn't even notice." After writing each paper, he would self-assess all his answers and give himself a score. Surprisingly, when the results came out, his self-assessment almost perfectly matched his official marks.

Being the polymath that he was, during the brief time between completing the exam and officially joining the legal fraternity, he served in the J&K Police as a Prosecuting Officer. He was appointed alongside his close friend, Khurshid-Ul-Islam Sir (now a Sessions Judge), and the two of them trained at a base camp in Udhampur. He once told me that while waiting for the results at the training camp, he would often imagine hypothetical cases, write judgments based on his legal reasoning, and sign them off with "Raja Tasleem Abbas, Sub-Judge."

The wait didn't last long. One day, someone at the camp shouted, "Raja judge ban gaya!" Both he and his friend had passed the examination successfully and were set to join the legal fraternity. He had cleared what once felt like an impossible exam and made a quiet promise to himself - to use this opportunity to help as many people as he could, to spread the message of peace and justice, to become a beacon of hope for the poor, and to deliver justice to every corner of Kashmir. And that is exactly what he did. He became the candle that lit the dark paths of so many.

During the 23 years he served as a judge, beyond his remarkable judgments, he was known for his integrity, honesty, and fearlessness. He never bowed to higher authorities and always stood firmly by his decisions, without hesitation or fear. He distanced himself from any sense of entitlement - avoided entourage, disapproved of flaunting authority, and was firmly against the use of workplace services for personal matters. His principles ran so deep that they extended to the smallest of things - the kind most people would simply overlook.

Recently, I was surprised to know that for even the simplest of tasks - like writing an essay for us, drafting a letter to his children's school administration or simply jotting down a phone number - he would never use the pen provided by the Court. He had two sets of pen holders, one holding all the office pens which he used strictly for writing court orders or for official purposes and another set, which was bought by him solely for personal use. He was a firm believer in the sanctity of a pen. He would never throw away his empty pens, often saying, "This pen has honoured me - to deliver

justice, to gain knowledge, and to share it with so many people. My soul doesn't allow me to get rid of it so easily."

It was this same reverence for purpose that helped shape my own journey. Our mentor-mentee bond began in my childhood, but it grew even stronger in 2019, when he advised me to sit the All India Law Entrance Examination. He had just returned from a two-week training programme at the Delhi Judicial Academy, hosted at NLU Delhi. At the time, I had no idea what a National Law University was or what it could mean for my future. We discussed it at length, and the very next day, he bought me the Manorama Yearbook, 2019 edition, and instructed me to start covering current affairs as soon as possible. I was confused, a little lost - but under his guidance, I began to explore a completely new path for my career. Studying for an entrance exam at home, especially without proper resources, was incredibly challenging. But he supported me every step of the way. From clearing my countless doubts to explaining complex legal concepts in simple, everyday language - he became the pillar of support I never realised I needed.

I remember being completely

ONCE COLLEGE STARTED, HE BECAME AN INTEGRAL PART OF MY LIFE, MORE THAN HE WAS BEFORE. I used to study cases and assigned readings with him. Honestly, back then I had no idea how to read cases but his sentence by sentence (what he'd call "spoon feeding" approach) helped me go through my initial semesters in law school.

perplexed about the difference between murder and culpable homicide. I couldn't quite grasp the nuances between the two. Despite his demanding schedule, he would call me on his way home, walk me through examples,

break down the distinctions, and clear every iota of doubt I had. The more questions I asked, the more excited he became to answer them. I was thrilled to finally understand, and I even shared a voice recording of our call with my friends. I vividly remember him, sipping tea and laughing as he said, "This ideally should be a privacy breach. But the law hasn't reached there yet."

Sometime in August 2020, on the night before my entrance exam for NLU Delhi, he told me something that I carry with me to this day. He said, "You've tried your level best, there is nothing more that you could have done, from now onwards leave everything to God. If this works out, then it was meant for you; however, if it doesn't God surely has bigger plans for you." These words have stayed with me ever since and have guided me every time I have faced a difficulty.

Once college started, he became an integral part of my life, more than he was before. I used to study cases and assigned readings with him. Honestly, back then I had no idea how to read cases but his sentence by sentence (what he'd call "spoon feeding" approach) helped me go through my initial semesters in law school.

I remember that I had a course on where we read the entire Spencean Explorers case together - sentence by sentence, partly agreeing and disagreeing, arguing throughout the 10/15 pages of the course. Our disagreements would reach another level while reading the Constitutional Law. For instance, I used to be a staunch J. Iyer fan and he would critique him for not writing to the point judgements and diverting in poetry and lengths of legal jargon. I would give an opinion, he'd question its originality (and rightly so) and say, "This idea is the impact of westernisation and colonisation." I did not understand anything when he mentioned "Critical Legal Studies" - but nothing stopped the difference in opinions.

We would go back and forth, until everyone would stare at us out of boredom, and I would agree to his point tangentially somewhere. Then I would say, "But you agree that my opinion is at least 50% right" and he'd say, "That's the sign of weakness, you are not confident in your argument anymore." Finally, in public interest we would stop, and everyone would divert to some other topic.

For as long as I can remember, visiting him every day, random conversations and life advice had become part of my life. I wouldn't even call it part of my routine - it was my life. Going back home, sitting in the garden on Sundays, sipping tea, laughing and chatting were our ideal afternoon. Every weekend I would confirm at dinner, "Would you be home tomorrow?" He would nod, and then we'd sit together for as long as we could.

Though office hours were technically Monday to Saturday, I have always seen him working. And

even more surprising, I have seen him happy and satisfied while working. I would be so pissed when on weekends he would have people coming home, I would ask "Don't you have court for this?" He'd smile and say, "No, they need my help and advice and they are not very comfortable coming to the court."

When I say he was a self-made man, I mean every ounce of it. He wasn't a man of inherited privilege. He was the embodiment of hard work and self-made success. He truly earned his authority and his seat. Wherever he was posted, he left the fraternity in awe with his disposal rates. He truly invested himself in people's cases. He would often say, "Do Justice considering it to be a part of worship."

On 15th Feb, when he was admitted in emergency, the first thing he told me was, "Today I completed writing an order and was about to release someone who was in jail for the last 15 years, but due to my ailing health, I had to leave early." He regretted terribly that he had to leave court before passing that order. This is the first conversation we had at the critical care unit, how does one reach this level of determination?

I often think that (aware of the backstory of how he became a judge) normally a person would be swimming in a pool of hubris. But I never once saw him act superior or as better than the rest. Ego had no space in his world. He would always advise us, never to bow down before money or power. He was the pillar of optimism and would always encourage and motivate everyone to follow their interests and use their potential to the fullest. Nothing was as important to him as self-respect, he would repeatedly say, "Don't ever let anyone scratch your self-respect, honour it and treasure it." He wanted to deeply instill in us the principles he always clung to - the principles of fearlessness, self-respect and honesty.

I thought I knew the person he was, but after his passing, I am now discovering, "Who he really was?" I am so proud of the person he was. I am so rejoiced at the fact that he actually "lived" his life and followed the path that he promised to himself at the inception of his legal career.

Though this story is his and not mine - I doubt my story would even exist without him in it. Had he not been my mentor and guiding angel since the very start, I would be in the middle of nowhere. He practically raised me and made me the person that I am today, guided me towards Law then towards better opportunities, and then finally served my future to me on a silver platter. I would not be a fraction of the person that I am today, had he not been by my side calling me, "Jaana" and being the solid rock of support that he was.

Though, fate decided to cut short our mentorship cycle and he may not be there with me physically, he will always live in my writing. His presence will echo in my writing. His words - that I continue to steal - and my writing style (which is inherently his) will carry him forward with me, always. However, he doesn't need anyone to keep him alive. A personality like his is immortalised in the hearts of thousands of people he has helped, in the hearts of numerous students he has mentored, in the hearts of the accused who found light through his work and everyone who ever had the privilege of knowing him.

I have always been fond of Agha Shahid Ali and his book "Veiled Suite". However, I never understood his poetry as deeply as I can today. He says, "It rains as I write this. Mad Heart Be Brave." Today I completely understand it and I hate that I understand it. Agha, it does rain as I am writing this, but I don't know if my mad heart has enough strength to be brave.

My mad heart is just constantly reminded of these lines from my uncle's favourite song:

*Gham aur khushi mai faraq na mehsoos ho jahaan
Mai khud ko uss maqam pe laata chalogaya
Mai zindagi ka sath nibhata chalogaya.*

- The author is student of final year at NLU Delhi

IPL 2025: Pitch Dilemma For Under-Pressure PBKS v Upbeat KKR

Press Trust of India

MULLANPUR: A beleaguered Punjab Kings need to pick up pieces after being blown away by 'tornado' Abhishek Sharma as they face yet another challenging opposition in Kolkata Knight Riders, here Tuesday.

It is a rarity that a team loses after putting on board a mammoth score like 245 but Punjab Kings had to endure a hard-to-digest defeat due to Abhishek Sharma's whirlwind knock of 141 off just 55 balls in their previous match against Sunrisers Hyderabad.

A helpless Shreyas Iyer, who himself smashed a 36-ball 82, could only laugh at the end of the match after watching his bowlers torn to shreds by Ab-



hishek's blazing blade.

The carnage unfolded in Hyderabad, where the flat Up-pal track resembles a 'national highway' where no total is safe.

On Tuesday, though, Punjab will play at their home in Mul-

lanpur where the pitch is also conducive for batters and the team management needs to decide what kind of conditions it would prefer going forward.

In the two matches at Mullanpur, 200-plus scores were man-

aged by team batting first. The bowling unit's confidence must have been shaken, especially of the two spinners Yuzvendra Chahal and Glenn Maxwell, who gave away 96 runs in seven overs between them.

And herein lies the dilemma. If Punjab goes for a flat deck, there is no guarantee that the bowling unit can defend anything in the 220 range, especially when KKR have the likes of Sunil Narine, Rinku Singh, and Venkatesh Iyer in their rank.

One piece of statistics that head coach Ricky Ponting wouldn't like to look at, is Punjab bowling unit's economy rate. None of the bowlers has gone below nine runs an over. In the KKR corner is the coun-

try's most improved T20 spinner Varun Chakravarthy, who loves to bowl on these kind of surfaces and Sunil Narine, who despite being past his prime, can be more than a handful in slower conditions.

KKR is a unit which can be equally dangerous on both flatter decks and the slow spin-friendly tracks since they have all their bases covered.

Also the severe thrashing they handed the Chennai Super King at Chepauk would have done a world of good to their confidence.

The Punjab Kings batting is heavily dependent on skipper Iyer (250 runs), who has scored three fifties in five games so far. Match starts: 7.30pm.

Short TAKES

IPL Umpires Carry Out Bat Checks To Prevent Unfair Advantage

In a departure from the norm, on-field umpires have started making random checks on the dimensions of the bats during the ongoing season of the Indian Premier League (IPL) to prevent players from gaining an unfair advantage.

Checking the bat dimensions is a prevalent protocol but till the last edition, the process was followed inside the confines of the dressing room.

However, the BCCI, in its bid to stay more vigilant in times of brutal power-hitting, has allowed the match officials to check any piece of willow if they deem required, even during a live game.

As per specified dimensions, the width of bat face should not exceed 4.25 inches (10.79 cm). The thickness of the middle of the bat (bulged part) can't exceed 2.64 inches (6.7 cm).

The maximum width of the edge can't surpass 1.56 inch (4 cm). The height of the bat can't be more than 38 inches (96.4 cm) from top of handle to the base.

ICC Creates Fund For Afghanistan's Displaced Women Cricketers

Afghanistan's exiled women cricketers received a major boost on Sunday with the game's governing body announcing a fund and task force to support them.

Afghanistan had 25 contracted women cricketers in 2020, most of whom have resettled in Australia with humanitarian visas due to restrictions at home under the hardline Taliban government.

The International Cricket Council said after its board meeting in Harare that it had joined with the cricket boards of India, England and Australia to sustain their careers.

Australia and England have ruled out bilateral cricket with Afghanistan over the women's rights issue and play them only in ICC events like World Cups and Champions Trophy.

Real Madrid Needs Epic Champions League Comeback v Arsenal

Record 15-time winner and defending champion Real Madrid will have to produce another of its famous comebacks to overturn a 3-0 first leg loss to Arsenal.

If anyone can, Madrid can - but it goes into Wednesday's game at the Bernabeu after a run of unconvincing results. Carlo Ancelotti's team has only won one of its last four games in all competitions - Sunday's 1-0 victory against Alaves.

The defeat to Arsenal could have been even heavier after being dominated at the Emirates Stadium and came after Madrid needed a penalty shootout to overcome Atletico Madrid in the round of 16.

But Madrid's history is built on producing special performances in Europe. Its run to the title in 2022 was filled with dramatic comebacks - none more so than the semifinals win against Manchester City when trailing 5-3 on aggregate going into the 90th minute of the second leg.

Madrid simply never knows when it is beaten.

J&K Wins 3 Medals In Thangta; Emerges Runners-Up At 68th NSG



brilliant achievement.

"J&K is leaving no stone unturned in carving a space on the country's sports map, is all set to win a record haul of medals in the National School Games this season, as a total of 52 medals have already been clinched by our athletes in various sports disciplines," said Tara.

He further said that 1800 athletes drawn from various districts have already taken part in the NSG in this season, while 400 more are expected to participate in various disciplines.

J&K has so far won 16 medals in Fencing with 3 Gold, 5 Silver and 8 Bronze; 15 medals in Wushu with 5 Gold, 6 Silver and 4 Bronze; 7 medals in Judo with 4 Silver and 3 Bronze; 4 medals in Taekwondo with 1 Gold, 1 Silver and 2 Bronze; 3 medals in Soft Tennis with 1 Silver and 2 Bronze; 3 medals in Thangta with 1 Gold and 2 Bronze; 2 medals in Gymnastics with 2 Bronze; and 2 medals in Weightlifting with 1 Gold and 1 Bronze medal.

Observer News Service

SRINAGAR: J&K's Thangta athletes bagged three medals, including a gold, at the 68th National School Games in the discipline of Thangta Under-19 boys and girls at Imphal, Manipur.

Hammad Bashir of Pulwama bagged Gold, while

Ajaz Ahmad Sofi of Kupwara and Murieza Iqbal Lone of Pulwama claimed Bronze medals.

Commissioner/Secretary Youth Services & Sports, Sarmad Hafeez, and Director General Youth Services & Sports, Rajinder Singh Tara, congratulated the winners and support staff for this

Inter Zonal National Softball Championship Begins In Srinagar

Observer News Service

SRINAGAR: The 10th Inter Zonal National Softball Championship (Men & Women) kicked off on Monday at Bakshi Stadium here. MLA Gurez Nazir Ahmad Khan declared the tournament open.

In all, athletes from across the country are taking part in the championship. All the arrangements for the visiting players and officials have been made by the J&K Sports Council and J&K Softball Association.

The championship is being organised by J&K Softball Association in collaboration with J&K Sports Council under the aegis of Softball Association of India. The championship will continue

for three days and will witness tremendous competition. The championship will conclude on April 16.

The MLA welcomed the participating teams and expressed hope that all the players will exhibit their sports skills to the fullest.

J&K, being considered as one of the favourite venues for the national camps and championships for different sports, will definitely give a unique experience to the visiting players, said the MLA.

Prominent personalities present on the inaugural ceremony were Dr. Praveen Anaokar, Secretary General Softball Association of India, and other office bearers and member units of the SBAI. The championship is being sponsored by J&K Sports Council.



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