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Indian Navy to hold 'Operation Demonstrations' to mark its role in 1971 Pak war

NEW DELHI: As part of Navy Day celebrations, the Indian Navy will demonstrate India's combat prowess and capability through an 'Operational Demonstration' at Visakhapatnam later Sunday.

Navy Day celebration acknowledges the role of the Indian Navy and commemorates its achievements in 'Operation Trident' during the 1971 Indo-Pak War.

President of India and the Supreme Commander of the Armed Forces, Droupadi Murmu would witness the event as the guest of honour.

Several dignitaries from the central and state governments are expected to attend the event, which will be hosted by Admiral R Hari Kumar, Chief of the Naval Staff.

Traditionally, the Navy Day celebrations are conducted at New Delhi in the presence of the President and other dignitaries.

This year, for the first time, Navy Day Celebrations are being conducted outside the National Capital. Indian Naval ships, submarines, aircraft and Special Forces from Eastern, Western and Southern Naval Command



would showcase the capability and versatility of the Indian Navy.

The event will culminate with a sunset ceremony and illumination by ships at anchorage.

The Navy Day celebrations are aimed at fostering greater outreach, renewing maritime consciousness amongst our citizens and highlights the Navy's contributions towards national security.

Meanwhile, Prime Minister Narendra Modi greeted all navy personnel and their families on the occasion.

In a tweet, PM Modi said: "Best wishes on Navy Day to all navy personnel and their families. We in India are proud of our rich maritime history. The Indian Navy has steadfastly protected our nation and has distinguished itself with its humanitarian spirit during challenging times."

Defence Minister Rajnath Singh lauded the Indian Navy by tweeting: "Greetings to all @IndianNavy personnel on #NavyDay. The Indian Navy is at the forefront of keeping our country safe by ensuring impeccable maritime security. The nation is proud of Indian Navy's valour, courage, commitment and professionalism."

The Indian Navy spokesperson said, "We reaffirm our unwavering commitment to preserve, protect & promote our National Interests & to remain a #CombatReady #Credible #Cohesive & #FutureProof Force. We pay homage to supreme sacrifices of our bravehearts & gratitude to our veterans"

As part of Operation 'Trident' launched by the Indian Navy during the 1971 War, three Indian missile boats attacked the Pakistani port of Karachi in response to a Pakistani offensive on Indian airbases at the western frontier.

The Indian naval offensive led to the sinking of four Pakistani vessels and killings of dozens of Pakistani sailors.

India's involvement in the war was triggered by the influx of millions of East Pakistani (modern day Bangladesh) refugees escaping persecution from Pakistani forces who were cracking down on an independence movement.

Eventually, India's then prime minister Indira Gandhi ordered a military intervention.

Kashmir valley reels under cold, MeT predicts snow on Dec 9

SRINAGAR: Meteorological Department predicts light snow over plains and lower reaches while light to moderate snow over middle and higher reaches of Jammu and Kashmir on December 9-10, even as Kashmir valley continued to shiver in unabated cold coupled with fog and haze on Sunday.

A fresh Western Disturbance is likely to affect J&K and adjoining areas from December 9 evening, the MeT office said and added under the influence of this system Possibility of Light snow over plains and lower reaches, light to moderate snow over middle & higher reaches till December 10 evening.

The WD is likely to affect particularly over North, Northwest, central parts of Kashmir & South Kashmir and light rain at isolated to scattered places of Jammu Division. The weather will remain dry till December 8, MeT said.

Srinagar, the summer capital of Jammu and Kashmir, recorded coldest night again on Sunday so far and it tied with the lowest of -2.2 degrees Celsius recorded on December 29. It was minus 1.3 degree Celsius over normal against minus 0.9 degree Celsius during this period of the season.

Major parts of Kashmir valley including Srinagar's fashionable Boulevard road, Dal Lake, Nishat, Shalimar, Foreshore road and other parts were engulfed with thick fog coupled with haze. The motor vehicles had to put on headlights in the morning while playing on the several roads.

Tourist hotspot of Pahalgam in south Kashmir remained the coldest place with the minimum temperature dipped to minus 4.6 degree Celsius on Sunday against the minus 2.8 degree Celsius recorded the previous night.

The frontier Kashmir district of Kupwara witnessed a low of minus 2.4 degree Celsius on Sunday against the minus 1.9 degree Celsius recorded the previous night which was minus 1.0 degree Celsius below normal during this period of the season, the MeT office said.



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4 houses gutted, fireman among 2 injured in Sgr fire

SRINAGAR: Leading fireman and a woman were injured during a fire incident that damaged four residential houses at Chattabal area in Srinagar on Sunday, officials said.

A Fire and Emergency official said that fire broke out at Pathipora locality around 10.33 am in an attic of a house and engulfed other nearby houses causing damage to at least four residential houses.

Six fire tenders were rushed from the nearby Safakadal and S H Pora to the spot to douse the leaping flames, the official said and added that it took over half an hour to control the fire before it could have engulfed other residential houses

Dr Jitendra to lead Indian delegation to UAE

NEW DELHI: Union Space Minister Dr Jitendra Singh will lead the official Indian delegation to United Arab Emirates (UAE) at the Abu Dhabi Space Debate, a 2-day international meet beginning Monday.

Dr Singh will address the opening ceremony on India's behalf along with the Israeli President Isaac Herzog.

He will also attend the Ministerial Plenary on the Role of Foreign Policy in Enabling Space Diplomacy and International Cooperation' along with the MoS Foreign Affairs of the UAE, Foreign Minister of Bahrain and Minister of Advanced Technology of Israel.

The Minister is also scheduled to hold delegation level talks with Sarah Al Amiri, UAE Minister of State for Advanced Technology and Chairperson of UAE Space Agency to discuss ways and means for further strengthening bilateral space cooperation.

In a statement issued before



departure to Abu Dhabi, Dr Singh said, India and UAE joint space cooperation is on the verge of taking a big leap in the Arabian Peninsula, as the two sides have prioritised increased bilateral space cooperation.

The UAE is an emerging space power in the region and has

made rapid strides in the last 25 years of its space journey.

In July 2020, UAE launched its Mars mission named Hope Probe which entered into Mars orbit in Feb 2021. This made the UAE the first Arab country and the sixth in the world to achieve this feat.

The UAE is planning to launch Rashid Rover or the Emirates Lunar Mission shortly.

In Sep 2019, Hanzala Al Mansoori became the first Emirati to go to space when he went to the International Space Station (ISS) for eight days through a Russian space vehicle from Kazakhstan.

This year, another UAE astronaut was selected to travel to the ISS on NASA's crew rotation flight, SpaceX Crew-6 for six-months period.

Dr Singh said, Space Reforms of Prime Minister Narendra Modi have opened many new vistas and only last month, India made a new beginning in India's space journey by launching India's first-ever private rocket.

District Jammu gears up for ambitious "My Town My Pride 2.0"



JAMMU: Multifarious activities were held across all the Municipal areas of Jammu district on the concluding day of the ongoing "Jan Abhiyan Shehri" - a prelude to ambitious My Town My Pride Programme 2.0.

On the last day of the 'Shehri Jan Abhiyan' awareness cum training programmes, plantation drives, special sanitation drives and other activities were conducted by the line departments across all Municipal areas of the district.

Several development works were started and on the site inspection was conducted at various locations in Akhnour Township. The MTMP will be held in Akhnour at Community Hall Kameshwar Temple.

Sanitation drive, distribution of property cards, awareness camps were held in MC Rs Pura, where the MTMP will be held in the Govt. Higher Secondary School.

The MC Khour conducted sports activities, sanitation drive, awareness on home composting etc and its going to organise MTMP near its office.

At MC Arnia, the day witnessed activities ranging from an anti littering awareness drive besides departmental awareness drive in different locations of the area.

At MC Gho Manhasa campaigns against anti-littering, inspection of ongoing works and modalities for formulating MTMP 2.0 plan were held during the Jan Abhiyan Shehri. The MTMP will be held at Middle School Gho Manhasan.

At MC Jaurian, mega camp was organized wherein stalls of health, social welfare, tourism, Ayush etc were installed where awareness was imparted among the general public about the schemes and programmes of the departments. The MTMP will be held in the Govt High School Jaurian.

At MC Bishnah, an awareness camp where Health, Social Welfare, Revenue, other departments installed their stalls to educate people about welfare schemes and programmes offered by the departments. The MTMP will be held at Kabir Temple Bishnah. Pertinent to mention that MTMP 2.0 has

J&K Police solves hit-and-run case, 3 arrested

SRINAGAR: Jammu and Kashmir Police on Sunday claimed to have resolved a hit-and-run case by arresting three people accused in the death of a scooter rider in Budgam district.

Police said on December 1, Police Station Chadoora received information that at Hardpora Chadoora one vehicle tipper coming from Chadoora towards Chadoora hit a scooter coming from the opposite side resulting in injuries to the rider and pillion rider.

Both the injured, identified as rider Ubaid Shafi of Nambal Pampore and pillion Zubair Ahmad Ytoo of Nagam Chadoora, were shifted to the Shri Maharaja Hari Singh (SMHS) hospital for treatment where the pillion rider succumbed to his injuries on December 2, police

BJP nominates new Prabharis and Seh-Prabharis

JAMMU: After consultation with BJP National General Secretary & Prabhari J&K Tarun Chugh, Seh-Prabhari J&K Ashish Sood and J&K General Secretary (Org.) Ashok Koul, J&K BJP President Ravinder Raina nominated new Prabharis and Seh-Prabharis for various Divisions and districts in Jammu & Kashmir.

Sunil Sharma, BJP General Secretary is hereby nominated as BJP Incharge for Kashmir Division Constituency.

Vibodh Gupta, BJP General Secretary is hereby nominated as BJP Incharge for Jammu Poonch Parliamentary Constituency.

Dr. Devinder Manyal, BJP General Secretary is hereby nominated as BJP Incharge for Kathua-Udhampur-Doda Parliamentary Constituency.

Jagdish Bhagat, is hereby nominated as Prabhari BJP, SC Morcha J&K-UT.

Ajay Gupta (Pargal) is hereby nominated as Incharge President's Office, Tour & Programme.

Soft Yousof, is hereby nominated as BJP Seh-Prabhari Kashmir



Division.

Munish Sharma is nominated as Prabhari and Amar Singh as Seh-Prabhari of District Kathua.

Jangvir Singh is nominated as Prabhari and Inderjeet Sambyal as Seh-Prabhari of District Pahari Zila (Bashol).

Th. Narayan Singh is nominated as Prabhari and Munish Khajuria as Seh-Prabhari of District Samba.

Rajeev Charak is nominated as Prabhari and Vikas Choudhary as Seh-Prabhari of District Jammu.

Shri. Anil Sharma is nominated as Prabhari and Vinay Gupta as Seh-Prabhari of District Jammu North.

Ayodhya Gupta is nominated as Prabhari and Adv. Dev Raj Sharma as Seh-Prabhari of District Jammu South.

Rajinder Chib is nominated as Prabhari and Sardar H.S.Pumny as Seh-Prabhari of District Jammu Border Brajeshwar Rana is nominated as Prabhari and Manmohan Singh as Seh-Prabhari of District Jammu South.

J&K ahead among States, UTs in implementing Prime Minister's GEP

SRINAGAR: Surpassing all states and UTs 21,640 units have been established under flagship scheme PMEGP during 2021-2022 which created highest number of employment i.e. 1.73 lakh.

An official said that these units have been established with a total capital of Rs. 2101 crore and a total margin money of Rs. 467 crore has been disbursed which is the highest among all other states and UTs.

Notably, Union Ministry of

MSME has launched an initiative of distributing PMEGP awards to promote and award innovation and excellence of successful entrepreneurs of the scheme. In this regard, nominations have been invited online from successful entrepreneurs.

An official attributed this employment spree to the Prime Minister's vision for all-round development and self-sustainability of Jammu & Kashmir. Such large-scale self-employment

in J&K is a contribution of KVIC towards making the state self-sustainable and bringing it at par with other states in terms of development.

The record number of PMEGP units in J&K is also a testimony of how people of J&K, after abrogation of Article 370 are participating in government schemes to strengthen the local economy and pave the way for overall development of the state, he added.

Progressing JK

It is noteworthy that in 2021-22, a majority of the PMEGP units in J&K have been set up in districts like Baramulla, Budgam, Pulwama, Anantnag, Ganderbal, Kupwara, Bandipora and Doda that are largely prone to militancy.

As many as 16,807 (78%) of the 21,640 PMEGP units in J&K belong to the service sector. i.e. units like beauty parlour, boutiques, embroidery, mobile computer repair shops, food

outlets, etc. This is followed by 1933 units (9%) under rural engineering and bio-technology like steel fabrication and steel furniture, artificial jewellery making, vermi-compost and bio-fertilizers units. Also, 1770 units (8%) pertain to the agro and food processing industry.

Prime Minister's Employment Generation Programme Scheme helped Nardeep Singh become a successful entrepreneur. Speaking about his success, a proud

Nardeep Singh said he strived hard for a job but failed to get success.

"I approached the Jammu and Kashmir Khadi and Village Industries Board, Udhampur, wherein the district officer (8%) pertain to the agro and food processing industry.

Prime Minister's Employment Generation Programme Scheme helped Nardeep Singh become a successful entrepreneur. Speaking about his success, a proud

The case was eventually approved by the DLTFE (District Level Task Force Committee). Despite the failures in life, he took a risk and it eventually paid off. Today, he gives employment to 25 youth of his locality.

Ministry of MSME is implementing Prime Minister's Employment Generation Programme (PMEGP) since 2008-09 through Khadi and Village Industries Commission.

DDC Re-poll: DC Kupwara finalises preparations

Inspects deployment of Polling parties, material despatch



While reviewing the detailed arrangements of transport, security and material management, he instructed that fool-proof arrangements be kept in place for ensuring hassle free movement of men and material.

Emphasizing on efficient tackling of poll related grievances, he said that control Room will function round the clock for grievance redressal. The DC was apprised by concerned Nodal Officers about the finalization of proper and adequate arrangements especially on allotment of polling staff and their training, installation and provision of Assured Minimum Facilities (AMF). The meeting was attended by Nodal Officers, Sectoral and Zonal Magistrates/Officers.

Later, the Deputy Commissioner along with SSP Kupwara inspected the deployment of polling parties and material at ACD Office Kupwara.

The Deputy Commissioner was informed that the polling staff and polling material has been dispatched for all 42 polling stations.

Dy. DEO, Returning Officer, ARO, Nodal Officers and election staff were present at the occasion.

JI NEWS SERVICE

KUPWARA, DECEMBER 04: The Deputy Commissioner (DC) Kupwara, Doifode Sagar Dattatray, who is also District Panchayat Election Officer, Kupwara on Sunday convened a meeting of concerned officers to finalize the preparation for re-poll of DDC constituency Drugmulla, scheduled on 5th of this month.

SP Kupwara, Yougal Manhas and Dy. DEO Kupwara, Mehraj-ud-din was present in the meeting.

The DC took stock of preparedness,

by deliberating on actions & plans of concerned departments in respect of deployment of Zonal, Sectoral Magistrates/Officers, deployment and randomization of polling staff, training of staff, distribution of election material, Control Room for grievance redressal, transport and security arrangements.

The DC gave directions to all concerned to put up their best efforts for smooth conduct of the election and asked Nodal Officer to enforce the Model Code of Conduct strictly.

Series of activities organised under Jan Abhiyan Shehri across 3 MCs of District Udhampur

JI NEWS SERVICE

UDHAMPUR, DECEMBER 04: As part of Jan Abhiyan Shehri launched ahead of My Town My Pride 2.0 program, an awareness programme was conducted in Udhampur Township by Labour, Social Welfare, District Urban Development Agency, NULM, JKEDI, District Employment and Counselling Centre, JKWDC, Agriculture, KVIB, Tourism, Floriculture, Municipal Council and Housing departments.

Officers and officials of concerned departments made the people aware about the different government schemes. At Chennai, a series of sports activities were organised by the local MC in the Government Higher Secondary School.

The President MC Chenani motivated the youth to work hard to achieve their career goals and also be part of the clean and green J&K campaign. They were also informed about the

Self employment schemes. A mega sanitation drive was conducted by the Municipal Committee Ramnagar to mobilize the civil society and students to keep the city clean and green. Under the Save Water campaign, the MC Ramnagar conducted a cleanliness drive around the water bodies of the town. A plantation drive was also conducted with the help of social forestry in the vicinity of Ramnagar town.

DC Srinagar XI won T20 friendly Cricket match against Eidgah Tehsil XI



JI NEWS SERVICE

SRINAGAR, DECEMBER 04: A friendly T20 Cricket match was played between the Cricket teams of Deputy Commissioner, Srinagar XI and Eidgah Tehsil XI at SK Stadium, Sonwar here on Sunday.

In the match, the DC XI beat Eidgah Tehsil XI by 10 runs with 7 over left.

Earlier, DC Srinagar XI under the Captainship of Maean Azhar Kakroo

won the toss and elected to bat and scored a total of 78 runs.

While chasing the target of 79 runs, the Eidgah Tehsil XI were all out on only 69 runs with 42 balls left.

The DC XI exhibited very good team spirit while defending the low score.

During the match Junaid Ahmad and Abid Ahmad of DC XI took 3 wickets each, while 2 wickets were

also taken by Abrar Ahmad.

The team of DC XI comprised of the players include Maean Azhar Kakroo, Mohammad Irshad Bhat, Mehraj-ud-din Bhat, Shahanzawaz Ahmad Dar, Mudasar Nazir, Aijaz Ahmad Gilkar, Abrar Ahmad, Junaid Ahmad, Manzoor Ahmed, Abid Hussain and Umer.

While, Umpire of the match was Abid Hussain Bhat.

Jan Abhiyan Shehri: 7 day Outreach activities witness overwhelming public response across all MCs in Kathua

3533 Land Passbooks, 1201 Golden Cards provided during weeklong campaign

JI NEWS SERVICE

KATHUA, DECEMBER 04: The Jan Abhiyan Shehri activities ended on a spirited note in Kathua as Stakeholder Departments made all out efforts to achieve their targets during the 7 day campaign which was a preparatory phase before the launch of second edition of 'My Town My Pride'.

The Jan Abhiyan Shehri was an action-packed programme which involved the majority of the departments of the government that have identified development deliverables to saturate in this week-long campaign having critical importance to the public. The campaign was aimed at focusing on youth, skills, self-employment, good governance, and ULBs along with 'Nasha Mukht and Rozgar Yukt J&K'.

The District Administration Kathua had



made a well knit plan to achieve maximum numbers of deliverables by involving the key stakeholders ensuring the active participation of ULBs and engaging them in identifying the eligible and deserving beneficiaries.

During the Seven day outreach campaign a total of 156 awareness camps were held for saturation of all schemes viz PMAY-U, DAY-NUPM, SVANidhi, AMRIT2.0 and SBM-U

Under Door to Door awareness campaign under Single Use Plastic a total of 1956 household, commercial units covered across 6 Municipalities in the district. Besides 155 CSC camps were also organised to provide services to the urban populace in Kathua district. Under one of the key deliverable identified for Jan Abhiyan Shehri, a total of 134 people were provided Self Employment during the

campaigns with the active participation of Departments and Banks. During the five days of the campaign a total of 3533 Land Passbooks were also issued to the land owners besides 1201 Golden Cards were also given to the beneficiaries. The campaign witnessed overwhelming response from the people who turned up in large numbers in Awareness camps and other activities.

Jan Abhiyan-Shehri culminates in Kishtwar

Series of awareness camps organised on last day

JI NEWS SERVICE

KISHTWAR, DECEMBER 04: Jan Abhiyan Shehri-a prelude to My Town My Pride edition Second, culminated today in District Kishtwar amid holding of a series of activities by line departments including awareness camps and sanitation and plantation drives.

The camps witnessed distribution of digital Land pass books, awareness sessions regarding government schemes, employment mela, sports activities etc organised by social welfare, health, Labour and employment, education, agriculture, handicraft, sports and youth affairs, animal husbandry and Bankers in all municipal wards of the Municipal limits of



Kishtwar Town.

Stalls and registration counters were set up by the departments at the designated venues where people were apprised about the Government schemes and beneficiaries were also registered.

Land Passbooks, trade licenses and other certifi-

ates were also distributed among the land owners and traders.

Additional District Development Commissioner, Sham Lal participated in the Jan Abhiyan programme in Kishtwar Town and inspected awareness and registration stalls besides interacting

with the beneficiaries and ULB members.

Later he visited various wards and govt offices and institutions like, Anganwadi centres, Children park, CSCs, DIET library and took stock of preparedness for MIMP 2.0 to be held on 5th and 6th of December 2022.

Bhaderwah: DDC Chairman lays foundation stone of flood protection work along Guptganga temple

JI NEWS SERVICE

BHADERWAH, DECEMBER 04: District Development Council Chairman Doda, Dhannantar Singh Kotwal, today laid the foundation stone of flood protection work along Guptganga temple. DDC Vice

Chairperson, Sangeeta Bhagat; DDC West, Yudvir Singh; BDC Chairman, Omi Chand; Superintending Engineer, Anil Gupta; Executive Engineer Jal Shakti and Executive Engineer flood control, besides religious leaders headed by the local Mahant were also pres-

ent. The work will be executed by Irrigation and Flood Control department with an estimated cost of Rs 0.52 cr. The DDC Chairman directed the executing authorities to complete the work within the stipulated time period without compromising the quality of work.

NAAC Peer Team visits GDC Udhampur

JI NEWS SERVICE

UDHAMPUR, DECEMBER 04: For the third cycle of assessment and re-accreditation of Govt. Degree College Udhampur, the Peer Team from National Assessment and Accreditation Council (NAAC), visited the College for the Qualitative Assessment.

The NAAC peer team comprised of Prof. (Dr) Abdul Khader MK, Former Vice Chancellor, Kannur and Calicut (Additional Charge) Universities Kerala, as the Chairperson, Member Coordinator Dr. Buddhin Gogoi, Director International Center for Academic and Cultural Exchange, Meghalaya and the Member Peer Team, Dr. Kiran Reddy, CEO, and Founder AIMS Institute, Principal AIMS, Bangalore.

The two-day visit to GDC Udhampur began with the receiving of the Peer Team Members by the Principal, IQAC Coordinator, and other staff in the college. They were presented the Guard of Honour and a gratifying salute by the 2nd J&K Boys and Girls Battalions of the College followed by a Warm Welcome by the train of NSS volunteers to the Office of the



Principal.

After the formal felicitation of the guests in the Principal Chamber, A detailed Criterion-wise illustrative powerpoint presentation was made by the Principal Prof. (Dr.) Romesh Kumar Gupta in front of NAAC Peer Team followed by a question-answer session regarding observations noted by the NAAC peer team. The Peer-team highly appreciated the presentation of the Principal.

Post this, a detailed powerpoint presentation on quality ini-

tiatives of IQAC in the college was made by the Coordinator, Dr. Romesh Chander Sharma, in which he apprised the Peer team about all the aspects covered in the seven criteria as per the SSR and also showed the peer team the action taken on the Previous NAAC Cycle's recommendations. In the presentation, he highlighted all major initiatives taken by the IQAC and the progress thereof made by the college.

The members visited almost all the departments, staff room,

PG departments of English, Hindi, and Chemistry, and randomly interacted with students present in the departments, classes, canteen facilities, botanical garden, college hostel, playgrounds, Girls common room, etc. They appreciated the facilities provided to the students and also suggested the upgradation of the same to cater to the future demands with the growing number of courses and students thereof.

The NAAC peer team was quite appreciative of the college

for having been able to build state-of-the-art infrastructure in all its departments and facilities (viz. ICT, Sports, Science Laboratories, Innovation Incubation Hub, Library, Hub-Centre for Agriculture technology, Evaluation Centre, IT and Electronics HUB, Language Lab, Virtual Class Room, Advanced ICT, and Computer Labs, Innovative E-Content Centre, PG Departments, etc.). They were very much impressed by the facilities like the Browsing Centre, Automated and Digital Library, which was observed by the Peer-team during their visit to these facilities.

The Peer Team recognized and liked the Social Initiatives of the Students of the college. Viz. YUVA Soch Yuva Bharat and their mentorship by the College.

The Peer team members had a detailed interaction with the members of the governing bodies comprising the representative from Jammu University, Dr. Pankaj Shrivastava, Professor Department of Geology, Jammu University, Additional Secretary J&K Higher Education, Sh. Sushel Khajuria.

Post the lunch session, the NAAC Peer team members had a series of interactions with other stakeholders (The Alumni, The

Student Council, The Parent Body, and The Teaching and non-teaching faculty) of the college. The Peer team remarked that the best feature of the institution was the coordination and its democratic atmosphere.

The first day culminated with the Cultural Evening for the Peer Team, by attending which the chairperson and the members were mesmerized and highly appreciated all the performances of the students, be it Kudd, Dogri Geetru, Sufi-Qawwali, Creative Dance, Dogri Kaarak, Dogri, Punjabi, Malayali, Classical and Hindustani Dances portraying the diversity and cultural harmony of the region and the country. In his address to the students, the Chairperson appreciated the performances and motivated the students to take part in all such activities for holistic development and harmonious evolution.

On the second day, The Peer Team visited the residual facilities and the departments, Office, and MI Room, after which they had a threadbare interaction with the coordinator and members of the IQAC, wherein they verified and scrutinized the documents for all kinds of records. They expressed overall satisfaction with the working of the IQAC and congratulated the

Coordinator Dr. Romesh Sharma and all the members for the meticulous filing of the record of the different criteria.

After that, the NAAC Peer also witnessed the best practices deployed by the institution and was appreciative of the efforts made by the institution in enriching the outlook of its students and building skills and professional understanding among them.

The exit meeting of the visit was held in the college conference hall in which Dr. Manisha Kohli formally welcomed the Members, it was followed by presidential remarks of the Principal. The Chairperson of the NAAC Peer team, Abdul Khader MK shared the report of the visit with the Principal of the college and appreciated his leadership qualities to take the college in the right direction.

The other members of the NAAC Peer team shared their observations, recommendations, and suggestions which would help the institution excel and reach new heights of excellence in the coming years. IQAC Coordinator Dr. Romesh Chander Sharma tendered the Vote of thanks. Dr. Pankaj Sharma conducted the formal proceedings of the Exit Meet.

Samba Admin retrieves 216 kanal govt land amid massive anti-encroachment drive

JI NEWS SERVICE
SAMBHA, DECEMBER 04: On the direction of Deputy Commissioner, (DC) Samba, Anuradha Gupta, the District Administration Samba launched a massive anti-encroachment operation in district and evicted about 219 kanal State/Roshni land in different villages of the Border district. A team of Revenue and Police Officers/Officials headed by Sub Divisional Magistrate Vinay Sharma conducted an anti-encroachment in village Pali, Kanda Madana, Rukh Barotia, Gurgaon Salahia and retrieved about 93 Kanal 13 Marla of Government land under Kharsa No. 261, 1142, 931/840. After the anti encroachment operation, the signage boards were also erected on the evicted land.

Similarly, anti-encroachment drives were also launched in the Samba division in village Pangwal, Nehari during which



around 4 Kanal 01 Marla of State land was retrieved from the land grabbers by the team headed by ACR, Manu Hansa.

A Revenue team headed by SDM Ramesh Sharma retrieved over 78 kanal 06

Marla land under kharsa No. 5, 7, 945/23, 946/23 from the encroachers at village Jatwal. Speaking about the anti-encroachment drive undertaken to preserve Government land, the DC Samba said anti-encroachment drives will continue in all the parts of the district to retrieve entire State and Roshni land encroached by the land grabbers. She said involvement in land encroachments will be dealt sternly as per the law.

MTMP: DG E&S visits Bandipora towns, inspects works, reviews developmental Activities

JI NEWS SERVICE
BANDIPORA, DECEMBER 04: Director General E&S Athar Qadri visited Bandipora towns as part of the ongoing 'Jan Abhiyaan My Town My Pride' programme and reviewed ongoing developmental projects to ensure the saturation of the deliverables under Jan Abhiyan.

Qadri conducted physical verification of the work on construction of Children Park with Open Air Gym at Sonabam and formally inaugurated it after verification.

Later the Director General visited Bandipora Town and visited the stalls put up by different line departments showcasing their performance in various sectors.

He interacted with the people to get the feedback about the performance of these departments. The Director General distributed Land Holding passbooks to various land holders.

Later Qadri chaired a meeting of officers to review the saturation of deliverables under various sectors. On the occasion officers gave a detailed presentation about the progress and performances of various departments. It was given out that under Jan Abhiyan 20 works were targeted to be completed in Bandipora town including construction of lanes, drains and tiled paths at the cost of Rs 27 lac.

Officers informed the meeting that 126 persons were self-employed in three towns of the district besides issuing 646 PMJAY Golden Cards and 172 land passbooks.

Officers informed 63 cases were sanctioned under different subsidy schemes amounting to Rs 1.11 Crore. Officers informed that 76 water tests at different locations have been conducted to ensure purity of water being provided to the public.

On the occasion Qadri urged the



officers to ensure the benefit of schemes is passed on to the public in letter and spirit. While highlighting the importance of holding My Town My Pride Programme, Qadri said that the programme is envisaged for disseminating general awareness about government schemes.

He advised the officers to strive for full saturation of all the deliverables prescribed by the Government and called for reaching out to maximum people and educating them about the job oriented schemes.

The Director General also interacted with the general public and appealed them to take benefit of the initiative of 'Jan Abhiyan Sheroi' wherein departments are coming at their doorsteps to aware and educate people about opportunities being given by the government departments through schemes and programmes for upliftment of socio economic conditions of the people.

Later Director General along with Joint Director Planning Imtiaz

Ahmad (District Statistics & Evaluation Officer) Bandipora, President MC Bandipora, CEO MC Bandipora, Executive Engineer R&B Bandipora and other officers also conducted the physical verification of developmental works/projects executed by PWD (R&B) under UT sector/District Sector in Municipal Council limits Bandipora.

Later at S.K Stadium Bandipora the Director General distributed the prizes among the players who participated in the events viz cricket, Volley Ball and Tug of War.

Officials said all the Departments are playing their vital role in conducting various activities both in Rural as well as in urban areas which after saturated fully will improve and uplift the socio economic condition of the general masses.

The Joint Director Imtiaz Ahmad stated that Bandipora towns are witnessing huge transformation as big development projects are being executed in towns.

Jiger, Dogra Sawa Sambhal Trust celebrates World Disability Day 2022

JI NEWS SERVICE
JAMMU, DEC 04: Jiger, Dogra Sawa Sambhal Trust and Humanity Welfare Organization Helpline Gangyal under its Patron Sandhya Dhar today celebrated World Disability Day 2022 at Ram Leela Ground Gangyal. On this occasion, Commissioner Disabilities Iqbal Lone, Commissioner Relief and Rehabilitation MK Sidha, Dy Mayor Baldev Singh Billoria, BJP Mahila Morcha J&K Spokesperson Ritika Trehan Social Activist Raman Gupta were invited as special guests. Earlier special guests were felicitated with bouquet and also lit traditional lamp to begin the programme. On the occasion, folk dance and modern dance items were presented by children. A colourful cultural programmes and a drawing competition were presented by the specially-abled children.

Commissioner Disabilities Iqbal Lone speaking on the occasion said that there was a need to introduce latest prosthetic, orthotic equipments to help people with disabilities (PwDs). He said that to create a vibrant society it was important to ensure every member is well taken care of. He reiterated the government's commitment to support the persons with disabilities so that these people with special needs can feel inclusive in the society. He appreciated all those present to celebrate the 'Divyang Diwas' in honour of this significant section of the society. He specially lauded the Trust management for organizing the pro-

gramme on the day specially dedicated to the disabled persons besides providing basic facilities to the differently-abled people.

Speaking on the occasion, Ritika Trehan said that as a society there are certain responsibilities of people towards such persons who need support more than anything else. She said International Day of Persons with Disabilities is an occasion to promote consciousness among general public about disability and at the same time celebrating achievements and contributions of persons with disability. She stressed for creating a conducive environment to make life of persons with disabilities easy so that they could feel comfortable in the society. I am feeling proud to be part of such an event where I can give my time to the specially-abled people for whom we all need to do a lot of things," said Ritika, who donated Rs 20000 for welfare of disabled persons.

She further added that "Government has taken up various actions and initiatives to help specially-abled persons and provide them facilities for overcoming the challenges of their day to day life". While referring to the keenness of government to ease up lives of persons with disabilities, she particularly pointed out department of social welfare for their support to differently-abled by providing them with wheelchairs, prosthetic limbs and other incentives.

Noting that disabled people were neglected again and again by the

successive governments in the past, she said that the present dispensation under Prime Minister Narendra Modi is committed to resolve all the grievances of disabled people. She assured that the special rights given to disabled people including their special rights for education, their rights for concession in fare and seat in passenger vehicles etc will be implemented in letter and spirit for which she will take up these issues with UT and District Administration. The present government is committed to address all the grievances of disabled people and with each passing day we are fulfilling the genuine demands of disabled people," she added.

Sandhya Dhar in her address said that a large number of disabilities are preventable, including those arising from medical issues during birth, maternal conditions, malnutrition as well as accidents and injuries. But due to lack of proper health-care, aids and appliances, poorly trained health workers in rehabilitation centres has failed to react proactively to disabilities. Another important issue is that the education system is not inclusive. Further to add it is non-availability of special schools, access to schools, trained teachers and availability of educational material for the disabled. Also reservation for the disabled in higher educational institutions has not been fulfilled in many instances, she added.

She further said that employment is another concern.

MD Dairy Development JK visits Handwara, reviews implementation of various CSS

JI NEWS SERVICE
KUPWARA, DECEMBER 04: Mission Director, Dairy Development J&K, Er Narinder Singh Bali today visited Handwara Subdivision of Kupwara district.

He convened a review meeting regarding implementation of various Centrally sponsored schemes at Handwara and took stock of various works/ schemes undertaken by the Animal Husbandry Department.

He directed officers to work with dedication so that people can get maximum benefit of Centrally sponsored



schemes especially Dairy Development in the district, so that rural people, especially educated youth in particular set up their income generating

units, Dairy units/farms milk cooperative societies etc. The meeting was attended by Chief Animal Husbandry Officer Kupwara, Dr M Ashraf, Officer incharge ABS DR. Intisar Amin Makhdoomi, Dr. Firdous Ah Baba VAS Handwara and other officers/ officials.

BJP nominates new Prabharis and Seh-Prabharis

JI NEWS SERVICE
JAMMU, DEC 04: After consultation with BJP National General Secretary & Prabhari J&K Tarun Chugh, Seh-Prabhari J&K Ashish Sood and J&K General Secretary (Org.) Ashok Koul, J&K BJP President Ravinder Raina nominated new Prabharis and Seh-Prabharis for various Divisions and districts in Jammu & Kashmir.

Sunil Sharma, BJP General Secretary is hereby nominated as BJP Incharge for Kashmir Division, Vibodh Gupta, BJP General Secretary is hereby nominated as BJP Incharge for Jammu Poonch Parliamentary Constituency, Dr. Devinder Manyal, BJP General Secretary is hereby nominated as BJP Incharge for Kathua-Udhampur-Doda Parliamentary Constituency, Jagdish Bhagat is hereby nominated as Prabhari J&K, SC Morcha J&K-UT, Ajay Gupta (Pargal) is hereby nominated as Incharge President's Office, Tour & Programme, Sofi Yousof, is hereby nominated as BJP Seh-Prabhari Kashmir Division, Munish Sharma is nominated as Prabhari and Amar Singh as Seh-Prabhari of District Kathua, Jangvir Singh is nominated as Prabhari and Inderjeet

Sambyal as Seh-Prabhari of District Pahari Zila (Basholi), Th. Narayan Singh is nominated as Prabhari and Munish Khajuria as Seh-Prabhari of District Samba, Rajeev Charak is nominated as Prabhari and Vikas Choudhary as Seh-Prabhari of District Jammu, Sham Lal Sharma is nominated as Prabhari and Vinay Gupta as Seh-Prabhari of District Jammu North, Ayodhya Gupta is nominated as Prabhari and Adv. Dev Raj Sharma as Seh-Prabhari of District Jammu South, Rajinder Chib is nominated as Prabhari and Sardar H.S.Punmy as Seh-Prabhari of District Jammu Border Brajeshwar Rana is nominated as Prabhari and Mannohar Singh as Seh-Prabhari of District Akhnor, Sanjay Baru is nominated as Prabhari and Mohinder Pal Sudan as Seh-Prabhari of District Nowshera, Jugal Doda is nominated as Prabhari and Capt. Bal Krishan as Seh-Prabhari of District Rajouri, Rajinder Gupta is nominated as Prabhari and Gurdeep Singh Khalsa as Seh-Prabhari of District Poonch, Arvind Gupta is nominated as Prabhari and Sardar Pardeep Singh as Seh-Prabhari of District Reasi, Chander Mohan Gupta is

nominated as Prabhari and Sheel Magotra as Seh-Prabhari of District Udhampur, Puran Chand is nominated as Prabhari and Pardeep Parihar as Seh-Prabhari of District Ramban, Pawan Sharma is nominated as Prabhari and Rakesh Thakur as Seh-Prabhari of District Doda, Gaje Singh Rana is nominated as Prabhari and Swami Raj as Seh-Prabhari of District Kishtwar, Ajay Bharti (former MLC) is nominated as Prabhari and Hira Lal Bhat as Seh-Prabhari of District Kashmir Displaced, Javid Qadri is nominated as Prabhari of District Anantnag, Adv. Wajahat Hussain is nominated as Prabhari of District Kulgam, Sajad Raina is nominated as Prabhari of District Shopian, Altaf Thakur is nominated as Prabhari of District Pulwama, Dr. Ali Mohd Mir is nominated as Prabhari of District Budgam.

Dr. Farida Khan is nominated as Prabhari of District Srinagar, Mushtaq Noorabadi is nominated as Prabhari of District Ganderbal, M.M.War is nominated as Prabhari of District Baramulla, Anwar Khan is nominated as Prabhari of District Kupwara, Arif Raja is nominated as Prabhari of District Bandipora.

JI NEWS SERVICE
JAMMU, DEC 04: Under the chairmanship of Shiv Sena Hindustan J&K President Pandit Rajesh Kesri, a unit of Shiv Sena Hindustan was formed at village Chak Murar of Block Bishnah, in which Ajay Kumar made President, Jagdish Kumar Vice-President, Rohit Kumar Chairman, Sham Lal Secretary and Manjit Kumar appointed treasurer. Addressing the Media persons, Kesri said that today the unit of Shiv Sena Hindustan was formed in this village because of rise in bovine smuggling here, we give the status of our mother to the mother cow, the Hindus give milk to the child of mother cow after their mother and that is why she has been given the status of mother in Hinduism, but some mischievous people who belong to other communities involved in bovine smuggling which is strictly prohibited. Kesri alleged that they steal the cows from the village here, load them in trucks and sale them in Srinagar Muslim areas, where the mother cow is killed. To stop this and also to address drugs menace in the village spoiling younger generation by making them drugs addicted, Shiv Sena Hindustan has framed a unit here to keep an eagle eye on those who are spreading drugs among youth in the area. He said Shiv Sena Hindustan is



committed to save younger generation from drugs and in this regard will organize awareness and counseling sessions with addicted youth and their parents. Expressing serious concern over the reports of drug cartels active in different parts of State especially in Jammu region and supplying drugs among youth thereby ruining their lives, Kesri strongly demanded plugging of all routes of smuggling from across the border, to save younger generation from epidemic of drug abuse. We appreciate the record number of FIRs and seizures of drugs worth millions from different parts of J&K but a million dollar question still remains unanswered that why all channels through which large contraband of drugs are pouring in from the

neighbouring Pakistan have not been properly plugged, despite all intelligence inputs," highlighted Kesri. He further questioned the Government that what concrete steps have been taken so far to put a proper check in several parts of South Kashmir, where narcotics are being cultivated regularly. How many FIRs have been registered so far against all those persons who are cultivating drug crops? He however appreciated SHO Bishnah Vikram Sharma for playing an active role in curbing menace of drugs in the area. We want the Police to do more so that the enemies of the erstwhile Princely State of Jammu and Kashmir who are doing sin of destroying younger generation should be given exemplary punishment.

Shiv Sena Hindustan frames Chak Murar Unit

Baru reviews development works, starts deepdrain's slab at Hazuribag



JI NEWS SERVICE
JAMMU, DEC 04: BJP Senior Leader and JMC Councillor Sanjay Kumar Baru along with BJP Mandal President Keshav Chopra and local party leaders today, toured the Ward to review the ongoing development works.

Baru, on the occasion, started the slab work of deep drain at main road Hazuribag, Bohri from Dewan Breweries Bohri Chowk via Hazuri Bagh upto Santra Morh Nallah in Ward-41.

While addressing, Sanjay Baru said that the development on the micro level has always been on the agenda of BJP.

He said that going by the mission of "Sabka Sath, Sabka Vikas" as advocated by Prime Minister Narendra Modi, the BJP activists are dedicatedly taking the developmental tasks to the doorsteps of masses.

While giving information about the present work, Baru said that the construction work of deep drain with an estimated cost of 4.5 Crores from Dewan Breweries Bohri Chowk via Hazuri Bagh upto Santra Morh Nallah in Ward-41 has been started to meet the needs of common masses.

He said that the total length of the project will be 1365 meters and the project will cover nearly about half of the Ward 41. The main areas to be covered are Bohri, Colonel Colony, Surya Vihar, old and new Hazuri Bagh.

UEED officials, BJP Ward-41 President Ashok Wazir, Jaideep Singh Samyal, Jatin Sethi, Rakesh Sharma, Bubesh Thappa, S.Jangjeet Singh, Naresh Gupta local BJP Leaders and permanent citizens were present on the occasion.

Mahant Rohit Shastri call on MP Home Minister Dr. Narottam Mishra in Bhopal

JI NEWS SERVICE
JAMMU/BHOPAL: Mahant Rohit Shastri, President of Shri Kailakh jyotish avim Vedic Sanathan Trust, presented a courtesy call to Madhya Pradesh Home Minister Dr. Narottam Mishra at his residence in Bhopal, Madhya Pradesh and presented Shrimata Vaishno Devi to Madhya Pradesh Home Minister Dr. Narottam Mishra. Honored by presenting the statue.

On this occasion, Mahant Rohit Shastri told him that the trust is continuously working for the promotion of Devvani Sanskrit in the state. It should be noted that Kashmir is the only state in India, where

Sanskrit has been used not only as a language of instruction but also as a communication language for the longest time in the past.

Here Abhinavagupta, commentator of Raghuvansh Vallabhdev, mathematician Utpal, Kshemendra Kshemraj, Bilhan, Rajataranginikar Kalhan, Gnostic Muktavaliakar Jalhan, great musicologist Sharangdev, Vedanti Keshav Bhattacharya, poetry publisher Mammata, Kait, Lollat, Kaihat, Jaihat, Ralhan, Shilhan, Malhan and many ancient Sanskrit The sages have arisen.

These Acharyas had paved the way to unite not only India, but the

whole world in the thread of unity with their penance.

Whereas Purnyasaalia Jammu-Kashmir Vasundhara is becoming extinct from Sanskrit today. Trusts are working in the promotion of the same.

On this occasion, Dr. Narottam Mishra said that Devvani Sanskrit is the only language which ennoble us. Study and teaching of Sanskrit is very necessary to bring this land back to its ancient historical glory.

At the same time, he praised the works of the trust.

Dignitaries like Dr. Kapil Bhargava, Pawan Khajuria etc. were present on this occasion.

Ritika felicitates Rekha on being appointed as President of Jammu South District



JI NEWS SERVICE
JAMMU, DEC 04: BJP Mahila Morcha J&K Spokesperson Ritika Trehan today along with other women wing members felicitated Rekha Mahajan on being appointed as President of Jammu

South District. Appreciating the party's decision and congratulating Rekha Mahajan for her new assignment, Ritika said the status of women in India has undergone a gradual yet dramatic change. No longer women

are confined only to their homes. According to the Indian constitution, women are equal to men in all respects. At present, women in India are also walking shoulder to shoulder with men. On many such occasions, women have proved themselves, in occupations, careers and influential positions which were not so very long ago closed to them. But what seems perhaps as important as the opportunities now open to women in work and service to humanity is the manner in which women approach everything they do.

The solution to the equality of men and women is not that women should become like men, but that in whatever they do, they must manifest their unique qualities of spirit so that the masculine and feminine elements of civilization, the wings of the bird of humanity, will be more properly balanced added Ritika Trehan.

JAMMU AND KASHMIR FOREST DEPARTMENT OFFICE OF THE DIVISIONAL FOREST OFFICER, MARWAH FOREST DIVISION.

E-TENDERING

SHORT TERM TENDER NOTICE:

E-NIT NO.:43 OF 2022-23

DATED: 01-12-2022

For and on behalf of the Lt. Governor, J&K Union Territory, e-tenders are invited from approved and eligible contractors registered with J&K Govt./Central Govt. Organizations for the following works:-

S. No.	Name of work	Adv. Cost (Rs. in lac)	Earnest Money (Rs. in Rs.)	Class of Contractor	Cost of Tender Document	Time of completion	Receiving/Opening Authority
1	Construction of Guard Hut at Co:-26/D Kiyar of Forest Block Janakpur Dachhan Range in Marwah Forest in Division Under Biodiversity Management Plan 2021-22 executed during the year 2022-23.	4.00	12000	A,B,C & D	600	30 days	Tender Opening Committee

Note:The timber item to be used for the construction of Guard Hut shall be obtained/procured by the Tenderer/Contractor from the genuine source authorized by the competent authority. The Tenderer/Contractor shall produce the documents in support of timber after completion of work at the time of payment. A proper Measurement Book of the work has to be prepared against which work done payment is to be made to the contractor. The material viz tiles, paint, cement and allied items of good quality as well as of standard specification with its mechanical/head carriage including loading, unloading and stacking charges will be managed/procured himself by the contractor. A proper testing certificate with regard to the material has to be produced by the contractor before the execution of work. A proper Measurement Book has to be prepared of the work against which work done payment is to be made to the contractor.

The e-NIT consisting of qualifying information, eligibility criteria, specifications, bill of quantities, (B.O.Q), Set of Terms & Conditions of contract and other details can be seen/downloaded from the departmental Website:- [www.jktenders.gov.in](http://jktenders.gov.in)

Position of funds: Available

Position of AA/TS: Work approved.

Publishing Date	01-12-2022
Download Start Date	01-12-2022
Bid Submission Start Date	02-12-2022 at 10:00 AM
Bid submission End Date	08-12-2022 upto 6:00 PM
Date of opening of Technical Bid (online)	09-12-2022 at 11:30 AM in the Office of CFC, Doda
Date of opening of Financial Bid (online)	09-12-2022 at 2:00 PM in the Office of CFC, Doda

- The Bids shall be deposited in electronic format on the Departmental Website: - <https://jktenders.gov.in>.
- The price bids uploaded on the website in time will be opened on 09-12-2022 in the office of CFC, Doda. In case of public holiday on the date of opening of the bid, the same will be opened on the next working day at the same time and venue.
- Bids must accompany cost of tender document as shown against work in the shape of demand draft or Treasury Challan (Remittance Head-0406-Forest) in favour of Divisional Forest Officer, Marwah and earnest money in shape of CDR/FDR pledge to Divisional Forest Officer, Marwah. The bids for the work shall remain valid for a period of 90 days from the date of opening of bids.

SD/
 DIP/J-12486/22

SD/
 (VIJAY KUMAR) SFS
 DIVISIONAL FOREST OFFICER,
 MARWAH FOREST DIVISION.

JAMMU MUNICIPAL CORPORATION PROJECTS DIVISION

Fresh e-NIT No 77(P) of 2022-23 (2nd Call)

For and on behalf of The Commissioner, Municipal Corporation, Jammu, the Executive Engineer, Projects Division, Jammu Municipal Corporation (JMC) invites online tenders on item rate basis from registered class of Contractors/Firms as per the prescribed format for the works shown here under:-

S. No	Name of Work	Advertised Cost (Rs. in Lacs)	Cost of document (in Rs.)	Earnest Money (in Rs.)	Time Allowed for complete-on	Class of Contract
1	2	3	4	5	6	7
1	Construction of Multipurpose Hall at Circular Road Panjirthi, Jammu	862.50	10000/-	2% of advertised cost	30 Months	"A"/ Super class

Position of AAA :- Accorded
 Major Head of Account :- Capex Budget

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://jktenders.gov.in> as per below schedule :

1	Date of Issue of Tender Notice	30-11-2022
2	Period of downloading of bidding documents	From 30-11-2022 to 19-12-2022 upto 1400 Hrs
3	Date, Time and place of pre-bid meeting	07-12-2022 at 1300 Hrs. in the Office of Executive Engineer, Projects Div, JMC
4	Bid submission Start Date	30-11-2022
5	Bid Submission End Date	19-12-2022 upto 1400 Hrs
6	Date & time of opening of Technical Bids (Online)	20-12-2022 on or after 1200 Hrs in the Office of Jt. Commissioner (Works), JMC
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

No.:- JMC/PD/22-23/Tech/1710-17
 Dt:- 30-11-2022
 DIP/J-4163-P/22

SD/
 EXECUTIVE ENGINEER,
 PROJECTS DIVISION
 JAMMU MUNICIPAL CORPORATION

THOUGHT OF THE DAY

“Don't Dream to be something but Rather dream to do Something great” - PM Narendra Modi

JINDRAH IMAGES

Ensure no laxity in biometric attendance

Jammu and Kashmir government has finally decided to put its foot down to ensure accountability in the day-to-day functioning of the administration. For this, Chief Secretary Arun Kumar Mehta has issued fresh directions for strict compliance to the orders on biometric attendance of employees particularly in field offices. The directions have come following the low record of employees' biometric attendance across Jammu and Kashmir. It is quite unfortunate that employees working in various government offices seldom maintain discipline and reach their respective offices in time. It hampers the public delivery system badly, besides it gives a wrong notion that authorities at the helm of affairs are inefficient to bring accountability in the system. If media reports are to be believed, there is a cumulative achievement of 42 percent of employees' biometric attendance mainly attributed to the field offices. This is notwithstanding the fact that authorities have issued strict warnings to the employees for taking biometric attendance casually. Moreover, warnings have been issued for those employees who are carelessly taking directives regarding Employees Performance Monitoring portal carelessly. In June this year, instructions were issued to all government offices, PSUs, institutions and corporations across Jammu and Kashmir to switch over to biometric system with immediate effect and all employees were directed to necessarily mark their attendance both at arrival and departure as per the notified office hours of various offices. All administrative secretaries, heads and managing directors of PSUs, corporations and institutions were also directed to ensure installation of biometric attendance systems and equipment in all offices and institutions under their administrative control. All DDOs were also directed to draw salaries of employees only on the basis of satisfactory biometric attendance. It is an open fact that the people take government jobs casually with a commonly prevalent perception that they are not to be penalized. What is the need of the hour is to explore and work out a way out to have attendance of all employees in the field recorded biometrically without any laxity. To some extent, the government has achieved the strict compliance to the biometric attendance system in urban areas to great extent but it has remained a major challenge for authorities to ensure accountability in rural pockets where it has been observed that those employees who stay in the nearby vicinity leave the office premises either with the consent of controlling officers or without their knowledge in the middle of working hours and due to this office work suffers immensely. Authorities should evolve a suitable mechanism to check this tendency. The government should intensify surprise checks in the field offices to have on-spot assessment over the compliance of the directives regarding eight hours duty in the government offices. All measures need to be put in place to regulate attendance of employees to ensure an effective public delivery system.

I am not the one for TV appearances or seminars, but the invitation for a panel discussion pulled at my heart strings and aroused some deep feelings because I had done most of my schooling in Pune in the late 1940s and early 1950s. Childhood beckoned me, as did the eminent personalities involved in the discussions. And what a trip down memory lane it turned out to be

GURBACHAN JAGAT

THE invitation to participate in a panel discussion on 'Impact of internal dimensions on security of India' came informally from a friend who had retired from the Intelligence Bureau. It was followed by a formal invitation from Dr Mashelkar and Dr Kelkar, president and vice-president, respectively, of the Pune International Centre, and the coordinator, Lt Gen Patankar (retd). The General had been a Division Commander when I was the DGP of J&K and is one of the finest officers I have come across — a thorough professional and gentleman. After my retirement, I had almost taken a vow not to take part in any TV channel discussion or seminars. However, this invitation pulled at my heart strings and aroused some deep feelings because I had done most of my schooling in Pune in the late 1940s and early 1950s — childhood beckoned me, as did the eminent personalities involved in the discussions.

However, the travel time involved, with long stopovers at Delhi, almost dissuaded me — I am four score and a little more. Finally, I took the plunge, accepted the invitation and took off on the appointed date, along with my wife. We got down at Pune airport and drove to the hotel. Kiran (my wife) started cribbing about the roads and traffic and high-rise buildings — these were facts, but to me, every breath I drew — invigorated me, as did every word of Marathi. I could find nothing wrong anywhere because I saw everything with the rose-tinted glasses of childhood — things as they used to be, changed and unseen now except through the inward eye.

The interactions were a whole-day affair but kept you riveted most of the time. The participants were from different fields — Intelligence, police, Army, Air Force, foreign service, private sector and NGOs. It was a well-chosen galaxy of participants and the presentations were purposeful, both critical of certain practices and also offering thoughtful suggestions for the future. The question-and-answer sessions were sharp and incisive. I shall not go into the details of these discussions as today, Pune (or Poona, as I remember) is the subject matter of this piece.

Almost the entire last day was free and we made a beeline for St Vincent's High School where I had completed my ninth standard (I had done a few years of primary classes at Hutchings Girls School). As the car wound its way, with the help of the GPS, I tried to locate the landmarks along the roads I used to cycle through. It was with great difficulty that I located a couple of turns and twists but the mushroom growth of cement and steel structures made everything look unfamiliar — the Hindustan Book Shop where we bought our stationery and textbooks, the Bohra shops, were not to be seen. The small cottages with tiled roofs had been swept away by the myriad of flats. My heart sank and I began to think that Kiran had been right.

Then, however, magic happened and there we were in front of the school and time stood still — the same frontal and side buildings as they were in 1956 when I left school. In the midst of all that



I had seen in the city, stood my unchanged light house — a permanent fixture, a source of light and illumination that has lasted a lifetime. At the top of the front building was the statue of Christ and the school logo. I wanted to bow down to this hallowed earth. The lawn had a slightly different look but as we stepped up to the verandah and saw the staircases and classrooms, I was transported to another time and space. The vast lawns, the buildings, the playgrounds were all empty — it was a Sunday and only a chowkidar was present who looked in awe when I mentioned '1956'. I remembered that even when the school was functioning, it used to have the same silence outside the classrooms while classes were on.

The verandahs and buildings were spotlessly clean. Soon we were outside a classroom, VIII-B. It was the same room and the same class where I had sat. Wonder of wonders, even the desks and two-seater benches were the same, with scratched markings — original, but maybe repaired and restored.

Standing there, I remembered an incident which had taken place in that room. Mr Lobo was the Math teacher and a real sorcerer with a perpetual scowl on his face. Those were the days of blackboards and he was writing something on it with a chalk, with his back to the class. Some inspired soul took out a pea shooter (a glass tube) and let fly at his back. Mr Lobo whirled around but the instrument had been suitably disposed of. He wanted the culprit to stand up — nobody did. He wanted the others to identify the culprit — total silence. It was the last class of the day, which was to be followed by the compulsory sports period. Mr Lobo decided that nobody could go for the games or go home till the issue was decided. After a couple of hours, the principal, Father Rehm, who happened to be passing by, inquired as to what had happened. Upon learning, he went his way. However, when inquiries started coming from anxious parents, Mr Lobo had to relent and make do with another tongue lashing!

We stopped opposite the class VII-B room, outside which I had my only fight in school. Miss Fernandez was our teacher and my desk mate and best friend was Abdul Kadir. He disliked another boy named Khalil and kept on goading me to take him on. As soon as class was over and we went outside, I punched Khalil and we exchanged a couple of blows. Miss Fernandez came rushing out and stopped the fracas and was shocked at my behaviour because I had never

ever shown such an inclination. However, she did not report me to the principal, and I escaped the caning.

We could not go upstairs and see the sixth standard classroom where Miss Gomez was our teacher. I remember the class being asked to write an essay on 'Knowledge and Wisdom'. I remember because my essay was read out to the class — please excuse my bragging.

We passed the cycle stand and the empty space where there used to be a tuck shop. The playground was meticulously maintained, and a new stadium had come up. Also, a new building for nursery classes. The residential building which housed the Fathers and Brothers was the same one — it used to be a no-go area.

I remembered Father Rehm, Father Hefley, Father Hoberlar, Father Clement. Most were Swiss or German. I remembered a picnic on which we had gone to a lake and Father Hoberlar started swimming. He asked me to join. A German, he was shocked to hear that I could not swim. The next day, he took me to a swimming pool — in three or four days, he had me swimming. 'That was the level of commitment.' We had picnics galore and explored most of the Maratha forts in the vicinity of Poona. When the first factory came up at Pimpri, we were taken to see it — now Poona is a heavily industrialised city. Then there was the NDA and when we saw the cadets on their off-day in blue and grey combination suits, envy filled our hearts.

I wish to mention one thing because it is a hot topic today — conversions. In all those years at school, we were never asked to go to the chapel on the premises and the Morning Prayer was a common prayer. Not even, obliquely, did anyone broach this subject. My wife also studied at Loreto Convent, Lucknow — the same was true of that school. Maybe things have happened in the North-east or tribal areas but never in the convent schools that we attended.

It was time to leave, time to come out of the 'zone' and move into reality. This school had taught me and given me the knowledge and tools to combat the challenges of life. It gave me a value system which only strengthened with time, got me ready to be tested in the crucible of life, and its ups and downs. In days of glory and gloom, it has been a protective shield against all the vicissitudes of life. May all the generations passing out from St Vincent's be similarly armed and also be grateful to their alma mater.

Unrest in China goes beyond Covid protests

JAYADEVA RANADE

FORMER Chinese President Jiang Zemin's death on November 30 could not have come at a worse time for incumbent Xi Jinping. Funerals of leaders have a way of becoming epicentres of major protests. Xi is already facing a range of problems at the start of his third term, with the zero-Covid policy tenaciously dogging him. Provoked by the fire accident in Urumqi that claimed 10 lives, protests against the stringent zero-Covid policy erupted across China within days. The protests in at least 10 cities across the country have quickly been joined by students, citizens and workers and surfaced earlier than anticipated, suggesting that leadership elements opposed to Xi could be stirring up things.

China's economy has also been slowing down. The cost of living has been steadily rising, urban and rural unemployment is burgeoning, and graduate unemployment has touched 20 per cent. People are feeling the pain more directly too, with those lucky to find employment getting half the salaries than before, salaries of central and provincial government employees being slashed by 30 per cent and bonuses already paid being recovered. Despite this, Xi has shown no inclination towards taking economic reform initiatives and assisting China's private

Jiang Zemin's supporters are adding to intra-party discontent. Xi Jinping has been systematically targeting them since 2013, but now they are without their leader and can coalesce into a sizeable and influential anti-Xi group in the Chinese Communist Party.

entrepreneurs, who provide 80 per cent of the jobs and 90 per cent of the revenues. On the contrary, the Work Report approved by the 20th Party Congress spoke of 'common prosperity'.

A main centre of protest has been Foxconn's large iPhone plant in Zhengzhou. The protests began on November 23, when workers angry over unpaid wages and Covid-19 lockdowns clashed with hazmat-clad riot police. The violence followed disturbances that resulted in thousands of workers fleeing the facility after a Covid outbreak and a failed attempt at keeping workers isolated from the outside world. The immediate provocation was the failure of plant administrators to deliver adequate food and water to 200,000 Foxconn workers. Matters were aggravated when the company also failed to fulfil promises of higher wages to workers. Apple announced that customers would face delays for iPhone 14 deliveries as it was committed to "ensuring the health and safety of every worker."

China's official media has blanketed out news of these protests and till November 28 the China Daily and Global Times published no reports of the protests, but social media has been



peppered with reports from citizens of protests in different places and the movement of People's Liberation Army (PLA) troops, tanks and trucks. Students, including those from Beijing's prestigious Tsinghua University, have participated in the protests.

Protests have broken out in Beijing's Tsinghua University, Wuhan, Urumqi, Korla, Chengdu, Nanjing, Zhengzhou, Chongqing, Guangzhou and Shanghai, with crowds shouting "Down with Xi Jinping", "Get off CCP", and having stand-offs with the police as late as 1.30 am on November 27 in Beijing's Haidian district. The Hong Kong-

based Initiative estimated that students from 79 tertiary educational institutions across China have participated in the protests. The authorities have now begun to swing into action. Public security personnel began arresting protesters on the night of November 27. PLA tanks, heavy vehicles and ambulances were seen being deployed on November 29 outside Tsinghua University and in Zhengzhou.

The 'election' of Xi for a third term — for the first time since the death of Deng Xiaoping — has upset a large number of Chinese Communist Party (CCP) cadres. There has additionally been muted criticism that Xi has

packed the Politburo Standing Committee (PBSC) and the Central Military Commission (CMC) with loyalists. Official media reports during the Party Congress stated that in a break from past practice, none of the senior veteran cadres had been consulted while selecting candidates for the Politburo or PBSC. This has enlarged the number of dissatisfied, retired, yet influential, cadres who are unhappy with Xi. The removal of Hu Jintao, Xi's mentor and former Chinese President, from the 20th Party Congress on its final day prior to voting was reflective of this practice.

Xi also ignored the decades-old convention regarding the age-eligibility criterion for cadres to be elevated to the Politburo and cadres eligible to continue in the Politburo. Prominent examples are the continuance of 72-year-old General Zhang Youxia as a Politburo member, the removal of Hu Chunhua from the Politburo — though he had not reached retirement age — and 'helicoptering' into the Politburo of General He Weidong. Other causes of discontent include the dissatisfaction among Chinese business entrepreneurs, academics and students and the millions of laid-off workers.

Jiang Zemin's supporters are adding

to intra-party discontent. Xi has been systematically targeting them since 2013, but now they are without their leader and can coalesce into a sizeable and influential anti-Xi group in the CCP. The decision not to have a formal funeral for Jiang Zemin — a break from past practice — indicates that Xi is very worried that it could be a trigger for the protests to widen, like what happened after the death of party General Secretary Hu Yaobang in 1989.

The protests have the potential to gain momentum and threaten the political leadership. Recognising this, the authoritative official Xinhua news agency reported that the CCP's apex security outfit, the Central Political and Legal Affairs Commission, had indicated to "resolutely crack down on infiltration and sabotage activities by [foreign] hostile forces... resolutely crack down on illegal and criminal acts that disrupt social order, and effectively maintain overall social stability." The Cyberspace Administration of China subsequently issued instructions to control social media and made the act of 'liking' something on the Net a criminal offence. China's leadership has simultaneously set up 'small leadership groups' to investigate the reasons and identify the protesters.

Diljit Dosanjh blames 'sarkar ki nalayaki' for Sidhu Moosewala's murder, prays the late singer gets justice

Punjabi singer-actor Diljit Dosanjh has opened up about the murder of singer Sidhu Moosewala and held the government responsible for it.

In a recent interview, Diljit broke his silence over the killings of artists in the past and blamed 'sarkar ki nalayaki' for it, as per a report published in the HT.

Diljit said, "All of them worked hard. I don't think an artist can do anything wrong to anyone, I am talking about my own experience. Mujhe ye manne mein nahi aati baat (I don't agree with it).

"There could be nothing between him and someone else. So why would anyone kill someone else? This is a very sad thing. Even talking about it is so difficult," he added.

With concern for Moosewala's parents, Diljit said, "Think about it, you have just



one child and he dies. His father and mother, how would they be living with it. You cannot imagine what they are going through, only they know it."



Talking about how Moosewala's security was pruned days before his murder, Diljit said, "100% ye sarkar ki nalayaki hai. Ye politics hai aur politics bahut gandi hai.

Bhagwan se hum prarthna kar sakte hain ki unko insaf mile aur aisi tragedy na ho (This is 100% government's failure. This is politics and politics is very bad. We pray to God that he gets justice and such tragedy never happens again).

"We are not in this world to kill each other but this has been happening since the beginning. Artists have been killed before as well...I remember when I started, there used to be problems. People would feel why is this person getting so successful but killing someone is just...I don't know. It is the government's fault 100% and this is politics, according to me," he added further.

Meanwhile, Punjab CM Bhagwant Mann confirmed that Canada-based gangster Goldy Brar, who had claimed responsibility for Moosewala's murder, was detained in California.

Kajol's Captioning 'Skills' Made Daughter Nysa Devgn Stop Handling Her Insta Account



Bollywood actress Kajol has revealed how her daughter Nysa Devgn gave up on her captioning skills on Instagram.

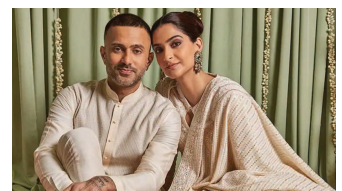
"When I made my debut on social media, everything was under the surveillance of my daughter Nysa. She made it a point to decide my pictures and captions. This drill went on for one or two months and after that, she gave up on me saying that she couldn't manage me anymore," the actress said.

Kajol, who is known for her work in films like 'Baazigar', 'Kuch Kuch Hota Hai', 'Dilwale Dulhania Le Jaayenge', 'Gupt' and 'Dushman', among others, is currently busy promoting her upcoming film 'Salaam Venky'.

The 48-year-old said her daughter had a lot of problems with her captioning skills for which she stopped handling her social media account.

"She has a lot of problems with the captions I put, and she would complain saying that only I can understand my captions. Though I told her that if she does not want, I would not put such captions, but she said she doesn't want to do it. So unfortunately, I am only doing the captioning now," Kajol shared.

Sonam Kapoor wishes Anand Ahuja on 7 years of togetherness, he tells her, 'Sona, 7 years in May'



Bollywood diva Sonam Kapoor began her Sunday with telling her hubby how much she misses him, especially on this special day when the two have completed seven years of togetherness.

She took to Instagram and shared an adorable post for Anand Ahuja. With a happy picture of the two of them twinning in blue, in the caption she wrote, "Nothing compares to you... my miss you @anandahuja #everydayphenomenal 7 years of togetherness and love #allbhaanealday."

But it looks like their seven years would be in May. No, it's not a guess from outside. It's Anand Ahuja reminding his Sonam from when the counting begins.

In the comments, Anand wrote, "Sona, 7 years in May... we start counting from the first date not when we started talking on the phone na."

Sonam then replied to her 'cute' husband. She wrote, "Anand Ahuja you are so cute" with a heart emoticon.

Sonam's mother Sunita Kapoor also dropped multiple heart emoticons in the comment section.

But it looks like Sonam wants to celebrate seven years of togetherness now in May as she deleted the post after some time.

A screenshot of Sonam Kapoor's Instagram post. Sonam and Anand tied the knot on May 8, 2018, in a traditional Anand Karaj ceremony. In March 2022, the couple announced that they are expecting their first child together.

The couple welcomed their baby boy on August 20 in Mumbai. The proud parents announced the news through a cute message template that read, "On 20.08.2022, we welcomed our beautiful baby boy with bowed heads and open hearts. Thank you to all of the doctors, nurses, friends and family who have supported us on this journey. It's only the beginning, but we know our lives are forever changed.

Sonam, who is enjoying the new phase of motherhood, recently made a stunning appearance at the Red Sea International Film Festival in Jeddah. She looked her stylish best in a red glittery gown with elaborate sleeves and added a dramatic coat combo from Rami Kadi paired with diamond jewelry.

Eisha Singh: I Don't Say No To 'Eldo' Scenes If Script Demands It

TV actress Eisha Singh, who is known for her roles in shows such as 'Sifir Tum', 'Ishq Ka Rang Safed' and 'Ishq Subhan Allah', shares her views on doing bold content in web shows or films.

She says: "If the script demands it, then I will surely look forward to doing it, but only if I am comfortable doing that particular scene. I also don't have any barriers to saying no to the bold scenes. Rather than thinking about bold scenes in a negative way, I take it up in a positive manner where it's just a part of the script and nothing more."

She adds: "I have not noticed any such web show that is trying to grab the audience's attention just on the basis of its bold scenes and not with the content."

The actress, who made her Bollywood debut with Anubhav Singh's latest 'Middle-Class Love', opens up on the kind of web shows she is looking forward to do more in future.

Eisha says: "I would love to do something that I have not done before because now I want to explore my acting skills and look forward to doing some challenging roles."

Most preferably, I would like to do a web show in the thriller genre because I want to do something that will push me out of my comfort zone in terms of acting."

'Bigg Boss 16': Priyanka Chahar Choudhary Breaks Down, Says Ankit Gupta Makes Her Emotional

Udaariyaan' actors Priyanka Chahar Choudhary and Ankit Gupta entered 'Bigg Boss 16' as best friends and they maintained that friendship on the show. However, recently, they developed some serious differences over which Priyanka broke down in the confession room.

Talking to Bigg Boss in a secluded room, she said: "I am a simple girl, who wants to get married but in Ankit's case, I am getting more emotional and somewhere proved wrong. And I am scared that people will start thinking that unnecessarily I keep arguing with others. Certain times, I feel so disgusted. I am worried whether I will get work or not."



She was seen crying in the show. In a recent episode, Priyanka was seen breaking down after a huge fight with Ankit. She said she wanted to sort out things between them. It all started with Ankit's statement about Priyanka where he said that she does everything for the game only and this doesn't go well with her. She gets angry and both indulges in an ugly war of words.

They discuss everything in details and while talking to each other, and try to settle down the differences.

Shalin Bhanot also made a confession to Bigg Boss that he can't cry in front of everyone as the housemates and viewers will consider him weak and people think that he does everything for the game but actually he does what his heart says.

Archana Gautam was also seen crying in front of Bigg Boss saying she is not what she has become on the show.

Before Malaika Arora, 5 Actress Shied Away From Doing 'Chhaiyya Chaiyya' Song

Over the years, 'Chhaiyya Chaiyya' has become an iconic song given the heavyweights involved in it - the three acts Mami Ratnam, Gulzar and cinematographer Santosh Sivan, besides Shah Rukh Khan, Farah Khan and of course Malaika Arora.

And who can forget Malaika grooving to the beats of the A.R. Rahman-composed song from 'Dil Se', which had the rhythm of a moving train? But, interestingly, Malaika wasn't the first choice for the part. Five actresses had refused to perform to the song.

The anecdote was shared by choreographer-director Farah Khan as she said that all the five actresses - Shilpa Shetty, Shilpa Shirodkar and "two or three other people" said no to dancing to the song.

The opening episode of the show, 'Moving In With Malaika' which is the OTT debut of

Malaika, will see producer-director-choreographer and Malaika's dear friend, Farah Khan Kinder, coming over to Malaika's place for a friendly visit. The two go back in time and reminisce about the making of Malaika Arora. They talk about her past, present and much more.

During the conversation, talking about the song, Farah says, "You're the 'Chaiyya Chaiyya' girl. But luckily for you some five heroines had refused to climb on the train."

'Chhaiyya Chaiyya' was shot on top of a moving train. All the actresses had their own reason for not giving their nods to the song.

Farah adds, "Malaika was nowhere on the radar. We had approached Shilpa Shetty Kundra, Shilpa Shirodkar and two or three other people. One feared the prospect of climbing on top of the train, one was not



available. Then the makeup person said, 'Malaika is a very good dancer. When she climbed on top of the train, we were completely curious whether she would pull it off or not. The rest as we know is history.'

Shehnaaz Gill oozes oomph in her latest song 'Ghani Syaani'

Movies, music, talk shows, Shehnaaz Gill is everywhere. And on Saturday, the model-actress gave her fans a glimpse of her latest outing, a music video of her latest song 'Ghani Syaani' with MTV Hustle 2.0 winner MC Square.

Shehnaaz took to Instagram to drop a teaser and there's no denying she looked sultry in her gold-embroidered outfit with desert in the background.

It's not just us, the fans think she is 'hotness overloaded' in the



video. "Oh My God... You look so hot," a social media user commented. Another user wrote, "Uffiff yeh aadein." A third one commented, "Wow...can't wait for the song."

There are comments like, 'Hot baba', 'Hotness Overloaded'. "The much awaited banger... Ghani Syaani's teaser is here.... Full video will be out on 5th December at 11am only on @playdmf YouTube Channel. Subscribe to @playdmf official YouTube channel. Get ready for the December Blast with @mcsquare7000 and @shehnaazgill," she captioned the clip.

The song is scheduled to release on December 5.

Apart from songs, Shehnaaz has been busy with her chat show. She recently launched her new chat show, Desi Vibes with Shehnaaz Gill. Her first guest was RajKumar Rao, who promoted his movie Monica, O My Darling on the show.

She is also set to make her Bollywood debut with Salman Khan's film Kisi Ka Bhai Kisi Ki Jaan. The film is directed by Farhad Samji, which also features Venkatesh Daggubati and Pooja Hedge. It will be out on Eid 2023.

Bottle Battle: Angelina Jolie Locked In Winery Legal Battle With Brad Pitt

Girl, Interrupted' star Angelina Jolie has hit out at her ex-husband Brad Pitt in bombshell court documents as they continue to battle it out over the ownership of their \$28.4 million Chateau Miraval Winery.

Back in July, the actress, 47, filed a petition in Los Angeles calling for the removal of a temporary restraining order on their assets automatically in place since their divorce got underway in 2016, so she could sell her share, reports

The Mirror'. But Brad, 58, claimed Angelina's decision to sell her share of the winery to a complete "stranger" was to "inflict harm" on the business and also violated their agreement. Now, in court documents, Angelina has labelled his allegations against her as "frivolous, malicious, and part of a problematic pattern."

Angelina is also said to have claimed she didn't want to be in the alcohol industry when "alcoholic behaviour harmed our family so deeply". According to court documents obtained by RadarOnline.com, the 'Maleficent: Mistress of Evil' actress slammed Brad's "frivolous, malicious, and part of a problematic pattern" claims, with her own legal team providing an update.



The Mirror' further states that Brad had previously claimed both he and his former wife made an agreement not to sell their parts of the property without one another approving it.

The court documents go on to add: "Pitt's allegations that he and Ms. Jolie had a secret, "hurt" by the decisions that reportedly showed no interest in sharing their business and making it into something healthier for their children.

"I find it irresponsible and not something that I would want the children to see, it reminded me of painful times," she said when reflecting on imagery which was used to advertise their winery.

Meanwhile, Brad's lawyer Anne Kiley previously hit out, claiming her client has been on the receiving end of "every type of personal attack and misrepresentation" in the six years since they split.

According to 'The Mirror', the actress said she had been "hurt" by the decisions that reportedly showed no interest in sharing their business and

High blood sugar: 7 low-carb, 'magic' vegetables people with diabetes can safely eat

High blood sugar management: Diabetes is a high blood sugar can pose a serious threat to one's health if left untreated and uncontrolled. Type 2 diabetes is often caused by poor lifestyle choices and if you want to keep the sugar levels in your blood in check, it is essential to pay special attention to your diet. Vegetables are an essential part of any diet and are indeed magical when it comes to health benefits. But when you have diabetes, some veggies are better than others because of their low glycemic index (the lower one's glycemic index is, the slower their blood sugar rises) and low glycemic load (a number that estimates how much the food will raise a person's blood glucose level after eating it). Let's read about 7 vegetables that fulfill these criteria.

Carrots: Carrots belong to the group of non-starchy vegetables and can be safely consumed by people who have high blood sugar. They are also rich in fibre and Vitamin A



and help to improve eye health. Carrots also have a low glycemic index, which makes them a great choice for diabetic patients.

Mushrooms: They can be magical indeed! With a low Glycemic index and Glycemic load content, consumption of mushrooms does not spike blood sugar levels and is therefore good for diabetics. Mushroom is a low-calorie, low-carb food that will easily find its place in a diabet-

ic-friendly diet.

Broccoli: This is another magic veggie for diabetics. When chewed or chopped, broccoli produces a plant compound called sulforaphane, which can lower blood sugar levels. Broccoli increases insulin sensitivity and has significant anti-diabetic properties. So if you have diabetes, you can safely pick this vegetable.

Cabbage:

High in vitamin C, which may positively affect heart health, cabbage is a good choice for people

IGH BLOOD SUGAR DIET: WHEN YOUR BLOOD SUGAR LEVELS ARE HIGH, YOU NEED TO GIVE SPECIAL ATTENTION TO YOUR DIET. HERE'S A LIST OF 7 VEGGIES THAT CAN BE SAFELY HAD BY PEOPLE WITH DIABETES.

with diabetes. Loaded with fibre, cabbages slow the digestion of accompanying food and thus prevent your sugar levels from going up. According to the USDA (US Department of Agriculture), one cup of raw, chopped cabbage contains approximately 5 grams of carbohydrate, making it a low-carb vegetable.

Cauliflower: Like cabbage, cauliflowers, too, are low-carb veggies that diabetics can safely include in their diet. According to the USDA Nutrient Data Laboratory, 1 cup of raw or cooked cauliflower contains about 5 grams of carbohydrates. Cauliflowers have a low GI as well

as low glycemic load (GL), which means it gradually gets digested, thus promoting the management

of blood sugar.

Spinach: Spinach is a great source of folate, dietary fibre, and vitamins A, B, C, E, and K, thus making it a safe and healthy choice for diabetic patients. It ensures that sugar metabolises slowly and therefore prevents a surge in blood sugar levels.

Tomatoes: Like carrots, tomatoes are non-starchy vegetables that are considered to be good for high blood sugar patients. As per USDA, a medium whole tomato contains around 5 gm of carbs and has a low GI value. So diabetics can easily include them in their diet.

A 'green' Mediterranean diet burns visceral fat faster than a classic Med diet, reducing risks of heart disease and cancer, study finds



A Mediterranean diet with extra nutrients could help reduce a risky type of body fat linked to cancer and heart disease, new research suggests. The eating plan — known as a 'green' Mediterranean diet — is based on cuisines in regions where people live the longest, healthiest lives, and adding foods like green tea and protein-rich plants could make it even healthier according to the study, published September 30 in BMC Medicine.

A team led by researchers at the Ben-Gurion University of the Negev in Israel looked at data from 294 adults to compare the health benefits of two types of Mediterranean diet against general healthy eating recommendations to eat less fat and salt, and more vegetables.

The researchers wanted to see if the diets could help reduce visceral fat, a type of body fat that accumulates around the organs and increases the risk of dangerous illnesses like cancer, heart disease, and diabetes.

Participants on the regular Mediterranean diet reduced red meat, processed foods, and refined carbohydrates (like white bread and sugary treats) and ate more healthy fats such as olive oil. The group lost 7% of visceral fat, on average, by the end of the 18-month study, compared to 4.5% fat loss in the general healthy diet group.

But the modified green Mediterranean diet was twice as effective, helping people lose 14% of their visceral fat. Those dieters drank four cups a day of green tea and a green shake made of a high-protein, vitamin-rich plant called duckweed, in addition to cutting back on red meat and processed foods. The green diet also led to slightly more weight loss overall.

The results are "a dramatic achievement for making simple changes to your diet and lifestyle," lead study author Hila Zelicha, a post-doctoral fellow at Ben-Gurion University of the Negev, said in a press release.

By helping to reduce visceral fat, the green Mediterranean diet could improve heart health and blood sugar control, and stave off chronic disease, according to the study authors.

Foods like green tea, nuts, and leafy greens are high in beneficial nutrients called polyphenols

The advantage of the green Mediterranean diet, researchers theorized, is that it's rich in polyphenols, plant-based nutrients which evidence has linked to a protective effect against chronic disease

The traditional Mediterranean diet is already high in foods like olive oil and leafy green vegetables which contain polyphenols.

Both Mediterranean diets in the recent study also included a handful of walnuts per day. Once snuned on diets for being high in calories and fat, nuts are now considered one of the healthiest foods, packed with fiber and omega-3 fatty acids, as well as

The green Mediterranean diet included even more polyphenols and other antioxidants in the form of green tea, which evidence suggests can help reduce cholesterol and inflammation, and boost brain and heart health. The green shake included on the diet also added protein as well as a specific type of B vitamin called folate, which may have also helped with reducing visceral fat, according to the researchers.

Does walking 30 minutes a day make a difference? Here's what I learned after one month

Often when we talk about exercise, it's all about doing more, more miles, more reps, and more sessions every week. No matter the reason behind the workout, many of us find that once we start doing something, we feel the need to do more. Taking a step back and focusing on doing less can have so many benefits for our mental and physical health. It can also, as I found, encourage us to think differently about how we exercise altogether.

I'm equally as guilty of the 'more' mentality as anyone else. I really enjoy working out and find myself in the gym, out running, or at spin class most days of the week — probably for the best, considering I'm also woman@home's digital health editor. However, recently I've been struggling with how to work out in winter as the darker days make early mornings and later nights less appealing. I've been looking for a change and something to revamp my routine for darker days.

I've taken on a whole host of fitness challenges (most recently, I've written about how to start running as I'm approaching my first half-marathon and I wore a Fitbit on my ankle for a week), so was very prepared to give myself a break from my regular cardio activities, swapping in a half-hour daily



walk. Here's what I learned about the benefits of scaling back and just focusing on walking 30 minutes a day.

WHAT ARE THE BENEFITS OF WALKING 30 MINUTES A DAY?

1. WALKING IS A GREAT SOURCE OF CARDIO EXERCISE Starting with the basics, even though I wasn't going for my twice-weekly runs anymore, I was still getting in enough cardio exercise to keep my heart pumping.

Walking is a type of LSS cardio exercise. As HIIT's more relaxed twin, it's all about keeping your heartbeat at a relatively low level — around 40 to 50% of your maximum heart rate. Over time, research from the University of Wisconsin (opens in new tab) shows, this can have a majority

positive impact on your cardiovascular fitness.

What's more, rather than returning home tired in the evenings and needing to go to bed as I would after an evening run, I found I had more energy in the evenings — as if my short burst of cardio and fresh air had perked me up after sitting down at the office for most of the day.

2. WALKING FOR 30-MINUTES A DAY PUSHES YOU TO DISCOVER MORE PLACES

I found that the 30-minute cut-off time forced me to get adventurous. At the beginning of the month, I stuck to the same roads and paths I'd been down hundreds of times before — I only had half an hour, how far could I really go?

I started out just doing half an

hour of steady walking to and from work every day, plus a coffee shop run or an afternoon stroll at the weekends, but by the second week I was finding new ways to

WALKING 30 MINUTES A DAY CAN DO WONDERS FOR YOUR HEALTH, HERE'S WHAT I LEARNED DOING IT FOR A MONTH

walk. Having discovered the AllTrails (opens in new tab) app a couple of months ago, I found new routes in my local area pretty quickly. The app has over 350,000 of them worldwide. Despite living in my area for almost two years, I've found new places to explore and even new terrains, having jumped on the train a couple of stops to get a little further away. In the past two weeks alone, I've gone over trails, canals, and heaths — and walked for a little more than 30 minutes, admittedly.

3. WALKING FOR 30-MINUTES A DAY IS FULLY ADAPT-ABLE

Naturally, as I live in the UK, it rains quite a lot. There's nothing quite like it to prevent me from heading out the door early for a walk before work. However, I do have a gym membership and at my gym, there is a treadmill. That's the great thing about walking — you really can do it anywhere at any time, even if you don't fancy heading outside. I started to get

very bored with just walking on the treadmill before my regular gym sessions though, so I picked up the 12-3-30 workout about a week into the month. One of the

more famous HIIT treadmill workouts, this program went viral on social media last year for its simple approach to exercise. Walk for 30 minutes uninterrupted

While I kept to my regular walking pattern of a moderate pace for the other days of the week, anytime I went into a strength training session that was more upper body-focused rather than legs, I incorporated this HIIT workout in somewhere.

4. IT'S A GREAT WAY TO GET FROM ONE PLACE TO ANOTHER

Living in a city, where the hustle and bustle of public transport can make getting from A to B difficult at times, makes walking one of the best modes of transport.

Living in London, I'm lucky enough to have access to a good public transport network. However, the tube, buses, and trains do all tend to get very busy very quickly with commuters no matter the time of day.

Why tracking migration is important for nutrition schemes

It seemed like a data anomaly when we looked at the temporal pattern of malnourishment in the tribal sub-division of Dharni in Maharashtra's Amravati district. An April peak in the number of children with Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM) surprised us. The common sense of nutrition discourse dictates that the peak should be in monsoon when diarrhoea takes over, or in winter when hypothermia is the devil for children. We re-checked our data and went back to previous years — this only seemed to confirm our findings. Every year, for at least the past three years, numbers had peaked in April. And, this was no small peak. The numbers went up more than five times suddenly, with two tribal blocks having more SAM and MAM children than the rest of the 12 blocks combined. The numbers kept reducing steadily all year round before peaking again in April.

What was happening? After some discussions, we realised

that several families were returning to Dharni from migrated places in March for Holi (the biggest festival here), then going back to fulfill contracts, only to come back "permanently" in the kharif season when cropping begins (there was a smaller peak at June). Our later pursuits revealed a more direct correlation in Nandurbar, a tribal district in Maharashtra, where a 2018 UNICEF study had followed the same cohort of children, before and after migration. SAM numbers increased four-fold, MAM too doubled — at least half of the migrated children. Given the geographical complications of migration as well as a lack of data, such studies have been few.

Talveen Singh writes | On developed countries, is PM Modi inspired by China or the West?

Migration became the buzzword during the Covid pandemic in cities. However, rural migration has continued for years. In tribal areas especially — owing to lack of industry, issues with forest rights, or its imple-



mentation, and lack of irrigation facilities — migration extends to six to eight months a year.

The first question that I asked myself was that if people are staying somewhere else for over half a year, wasn't that place as much their home? Multiple government schemes — for strengthening education, health, connectivity, water supply, electricity — work on the assumption that people are going to stay in villages to reap the fruits of what this capital and operation will sow. This assumption falls flat in high migration areas and

the understanding of an inter-relationship between long-term nutrition, migration and livelihood (including, most of all, MGNREGS) goes askew.

We decided to work on our findings last year and asked a few questions: Where were people migrating from the most? How many? Which were the highest-density in-migration places? We did get some answers, but they seemed vague. It stood out that in our nutrition surveys, the lack of migration data inflated the denominator (number of children being meas-

ured), especially because new births kept adding to it, leading to data that did not accurately reflect the situation. Since we were in the middle of migration season, we decided to meet these migrated families. Three things that changed everything I have ever understood about migration came from field visits. The most distinct memory I have is of an interaction with a brick kiln owner who shook his head when I asked him "Kitne bacche hongedhar (how many kids are here)?" He said "Ham bacche nahi ginte kyunki voh idhar kaam nahi karte (we don't count children because they don't work here)." No wonder, then, that there was an invisible set of people — especially pregnant/lactating women and children — who were not of any "use" here. We met many families. Coming face to face with our own prejudices was also important. We believe migration to be a bad thing, but here were multiple families being provided guaranteed wages — the word "guaranteed" being especially

important because many people told us they would be happy to not work here if they got assured MGNREGS work back home.

The second learning happened when we met a nine-month-old who was due for MMR vaccination but wasn't given the dose because he wasn't due for it back home, and by the time he would go back, he would have missed it. Our assumption is that this time period of six to eight months must be leaving many children and pregnant women unvaccinated. This is not due to the lack of health or nutrition infrastructure or indifference — it is because of a lack of knowledge of these beneficiaries being here. Most of these brick kilns are around 1-2 km outside the villages and until there is intimidation of some government contact, it is difficult for both giver and receiver to get in touch.

Portability as a concept is not new. But my third learning was that we have to start thinking about a system that does not rest completely on demand. Our questions — do you take ration

from shops? Do you take your kids to anganwadis? — were answered in the negative. It did not surprise me. A Korku tribal population distress-migrating in a predominantly Marathi belt: Think of the bargaining power, especially of women and children. It doesn't take much to join the dots. Our learnings led us to start working on a migration tracking system as well as strengthening MGNREGS. But these inter-relationships need a deeper dive, especially in tribal areas, which constitute a higher density of malnutrition. SAM and MAM are the tip of the iceberg when we talk about nutrition. A long-term reduction in stunting and underweight and improving health will need us to understand the interplay of nutrition, livelihood and poverty. A plan that focuses on targeting and triaging the most vulnerable — a strategy that keeps them at the centre without silos — might just be what we need to move one step forward in improving the wellbeing of people.

All India Inter-NIT Faculty, Staff Cricket Tournament

NIT Srinagar beat NIT Surat, enters quarterfinals

Director, Registrar congratulate players for making Institute proud



J1 NEWS SERVICE SRINAGAR, DEC 04: National Institute of Technology (NIT) Srinagar on Sunday defeated NIT Surat by 30 runs in the second (Group D) match and entered the quarterfinals of the All India Inter-NIT Faculty and Staff Cricket Tournament played at S.B City Cricket ground Nagpur.

The tournament is being hosted by Viveksvaya National Institute of Technology (NIT) Nagpur and 20 NITs from across the India are participating in the mega event.

With this win, NIT

Srinagar team led by Captain Faisal Irtshad (Dy. Registrar admin), qualified for the quarterfinals of the tournament, while NIT Surat and NIT Bhopal (from group D) were eliminated from the tournament.

Playing first, NIT Srinagar scored 122 in 16 Overs. For NIT Srinagar, Dr Tanveer Rasool scored 49 and remained the highest scorer of the match.

In reply, NIT Surat scored 92/6 in 16 Overs. For NIT Srinagar, Tanveer Hussain was the highest wicket-taker with 2 wickets in his quota of 3 Overs. All other bowlers contributed

by being miserly in giving away runs while leaving little room for opposition batsmen to score.

Earlier, NIT Srinagar played its first match against NIT Bhopal. NIT Bhopal won the toss and decided to bowl first.

In their stipulated 16 Overs, NIT Srinagar scored 124 runs for the loss of 8 wickets. Suhail Baba was the highest scorer for NIT Srinagar with 52 runs. Chasing a modest total of 125, NIT Bhopal were bundled out for 96 in 15.2 Overs.

Congratulating the team for making their place in the quarterfinals, Director NIT

Srinagar Prof. (Dr.) Rakesh Sehgal said it is a proud moment for the entire institute.

"Sports activities are part of the vibrant academic system and we need to focus on all aspects. Regular participation in sports activities teaches us to plan ahead and see through the consequences of our acts," he said.

Prof. Sehgal appreciated the efforts of Captain Faisal Irtshad (Dy. Registrar admin), for making the NIT Srinagar team proud and hoped that team will bring the trophy home.

Institute's Registrar, Prof. Syed Kaiser Bukhari extended his greetings to NIT Srinagar's cricket team. We are proud of all the players representing our NIT Srinagar at Inter-NIT Tournament, he said.

"To support faculty, staff, and students on campus, we have developed State-of-the-art facilities for sports and will continue to expand our activities in the future," Prof. Bukhari said.

JU organises seminar /exhibition during celebration of Jaintiyain on " Shreemad Bhagwat Geeta



J1 NEWS SERVICE Department of sanskrit, University of jammu organise a seminar /exhibition during celebration of Jaintiyain on " Shreemad Bhagwat Geeta ".

Research scholars from different departments i.e Sanskrit,Hindi, Urdu, English, History & Museology dept.& also scholars from different college from jammu province participate in the function.

The function start with lighting of

the traditional lamp. Prof. Sushma Devi Gupta, HOD deptt of sanskrit, well come all the guest who Coordinate the function. Prof. Sujata Pathania was the chief guest & Ms Sonika Parihar (JKAs) was the guest of honour, Sh Ram Kumar Sahu, Mr Mark Barallas, Prof. Ram Parpat, Sh Narinder Kumar, Secretary Sanskrit Bharti all India & Dr Suresh Abrol, Director, Manuscript Conservation Centre, Shashvat art gallery museum

and manuscript library jammu was the special Guest if the function. Manuscript Conservation Centre Jammu, displays their collection of Manuscripts written in different script like Sanskrit, Sharda, Gurumukhi, Arabic and Takkri during the function. Miss Chahat Balbaal, Priya Sager, & Nikita Sharma got the 1st,2nd & 3rd Prize on Shlok Quiz on Shreemad "Bhagwat Geeta "Jaintiyain Celebration.

Punjab Govt to hold Military Literature Festival across districts, universities to cultivate nationalism among youth

CHANDIGARH: Punjab Chief Minister Bhagwant Mann on Sunday announced the expansion of the ambit of the Military Literature Festival (MLF) by hosting it at district and University levels across the state.

The Chief Minister, while chairing the felicitation ceremony of the Military Literature Festival here today, congratulated the organising committee for holding this mega event every year.

"In the future, the state government will hold this festival at the district and university level to apprise the youth about the rich legacy of our Armed Forces and rekindle the motivating spirit for joining the Army in them," he said.

Bhagwant Mann said that this is the need of the hour to imbibe a feeling of nationalism and patriotism amongst youth thereby inspiring them to join the Armed forces.

Lauding the pivotal role of the Armed forces in making India the biggest and most successful democracy in the world, the Chief Minister said that democracy had thrived in India successfully because the Armed



forces have played a key role in safeguarding the state. The Chief Minister also hailed the Indian Army for its dedication, commitment and patriotism. Likewise, he said that the bravery and heroism of the Indian army find no parallel in the world. Bhagwant Mann said that the Indian armed forces have scripted several inspirational stories with their valour.

The Chief Minister further said that every countryman is indebted to the Indian armed forces for their unparalleled contribution towards the service of the nation. He said that when each one of us is sleeping soundly with our families, the Armed forces are protecting our borders by braving scorching heat and freezing cold weather conditions.

Bhagwant Mann said, "As a humble tribute to the brave soldiers who had laid

their lives for safeguarding borders of the country and maintaining law and order, the state government has enhanced honorarium given to the families of martyred soldiers to Rs. 1 crore."

The Chief Minister said that this was a humble initiative on part of the state government to pay tribute to these valiant soldiers who attain martyrdom during the line of duty. Bhagwant Mann said that this step is aimed at giving huge relief to the distressed family of the martyred soldier. He further said that the state government is duty-bound to help the families of the soldiers who sacrifice their lives at the altar of the motherland.

The Chief Minister also recalled his strong ties with the Army veterans and armed forces. He said that one of his uncles (Mama ji) had served in the Indian army. Likewise, Bhagwant Mann also said that he was fortunate to have a decorated war veteran officer as his neighbour in SAS Nagar (Mohali).

On the occasion, the Chief Minister also released books and felicitated eminent persons who had participated in the fest.

registered as Kashmiri Migrants. This was repeated by sh. G Krishna Reddy Mo5 Home in written reply to Question No 2425 in Rajya Sabha on March 17 2021. However annual reports of MHA and other various government records have the number of around sixty thousand registered families.

RTI application was filed on 20th March 2021. Having not received a response dated 25.05.2021 which was not adjudicated by the FAA, Aggrieved and dissatisfied, GL Raina filed an instant Second Appeal.

CIC YK Sinha Directs MHA CPIO to furnish updated information on migrants registered

Appeal by GL Raina seeking information disposed, decision uploaded on CIC website

J1 NEWS SERVICE JAMMU, DEC 04: In an RTI application by Girdhari Lal Raina @ Ajey Bharti, former MLC seeking information about actual number of Displaced families registered as "Kashmiri Migrants" in Jammu Kashmir NCT Delhi and other states in India. Information was sought after Statement by Hon'ble Home Minister Sh. Amit Shah ji in reply to debate on Jammu and Kashmir Reorganisation Amendment Bill 2021 on February 13 told Lok Sabha 44167 families are

A written submission has been received by Information Commission from Kashmir and Ladakh Affairs, reveals that reply was furnished by the Respondent on 17th May 2021. The Appellant filed a First Appeal which was not adjudicated by the FAA, the Appellant approached the Commission with the request for Hearing.

Hearing was held through video conference wherein the applicant contended that the information provided by the respondents pertained to Jammu and Kashmir only

whereas he had sought information about Jammu Kashmir, Delhi and any other place in India. Respondents stated information available was provided. In the light of aforesaid discussion CIC directed the respondent PIO /Department of Jammu Kashmir and Ladakh Affairs to furnish revised reply containing the latest updated information available on record, as defined under section 2(f) of the RTI Act. The revised reply is to be provided within three weeks of receipt of the order copy.

BJP president Nadda holds meeting with party national general secretaries to discuss several issues in New Delhi

NEW DELHI: Bharatiya Janata Party chief JP Nadda chaired a meeting of BJP general secretaries on Sunday to discuss elections to the Municipal Corporation of Delhi (MCD) and Himachal Pradesh and Gujarat assemblies.



BJP president JP Nadda, Organization General Secretary BL Santosh, Joint Organising Secretary V Satish, General Secretary Arun Singh, Sunil Bansal, Vinod Tawde, Tarun Chugh, Dilip Saikia, Kailash Vijayvargiya, D Padeshwar and Dushyant Gautam attended the meeting. The outline of the upcoming

national office-bearers' meeting was discussed in the meeting. The migration program for the upcoming Lok Sabha elections was discussed.

Prime Minister Narendra Modi will inaugurate the two-day national office-bearers' meeting of the Bharatiya Janata Party (BJP) to discuss preparations for

the 2024 Lok Sabha elections.

Next year's assembly elections will also be discussed in the meeting. The meeting will be conducted at the central office of the Bharatiya Janata Party tomorrow afternoon.

The 2024 Lok Sabha elections will also be discussed in this meeting.

BJP's national office bearers meeting will be presided over by the party's national president Jagat Prakash Nadda. All the party's national office bearers, in-charge and co-in-charge of all states, in-charge of various fronts, state presidents

and general secretaries of state organizations will also participate in the meeting.

In this meeting of BJP, the upcoming strategies of the party will be discussed and along with the review of the preparations for the assembly elections to be held in the states next year, various organizational activities ranging from both committees will also be discussed.

Rajasthan Assembly elections will take place around December next year. The election will choose the representatives of all the 200 seats in the state's Legislative Assembly.

German FM Baerbock to visit India for discussions on renewable energy, Russia, China

NEW DELHI: German Foreign Minister Annalena Baerbock, who will be visiting India on December 5-6, will hold discussions on cooperation on the transition to renewable energy, India's relationship with Russia and China, and will also have a meeting with a women's rights group, the German Embassy in New Delhi said in an official statement on Sunday.



"Germany's Secretary of State Annalena Baerbock is travelling to India to discuss with her counterpart cooperation on the transition to renewable energy and India's relationship with Russia and China. A meeting with a women's rights organization is also planned," the German Embassy said in a release. In light of the global repercussions of Russia's aggression in Ukraine, Germany's

Foreign Minister Annalena Baerbock will be visiting India on Sunday. Cooperation in the energy transition away from oil, coal, and gas will be a focus of the two-day inaugural visit, a Federal Foreign Office official said on Friday in Berlin.

In this regard, Baerbock will tour sustainability and renewable energy initiatives in the rural areas surrounding the capital city of New Delhi. The minister would also visit India's Election

Russian war against Ukraine and its consequences, for example in the energy sector," the official statement read.

Meetings with representatives of civil society and non-governmental organizations that support women's rights are also planned. The largest democracy in the world, India, took the helm of the G20 group of major economic powers on December 1.

The German Foreign Minister would also participate in a trilateral India forum of the transatlantic foundation German Marshall Fund, which is about cooperation in the Indo-Pacific region.

The forum is an annual meeting of American, European and Indian experts from politics, think tanks and business at different locations.

Navy Day: Navy showcases might at Naval Operational Demonstration

KOCHI: The Southern Naval Command on Sunday celebrated Navy Day with a Naval Operational Demonstration in Kochi, informed a press release.

During the demonstration, there was a spectacular display of the entire spectrum of naval operations by the ships and aircraft showcasing the prowess and capabilities of the Indian Navy. The Op Demo was hosted by Vice Admiral MA Hampiholi, Flag Officer Commanding-in-Chief, Southern Naval Command, along with the Kerala Governor ARI Mohammad Khan as the Chief Guest.

The event with the theme 'Indian Navy Combat Ready, Credible, Cohesive and Future Proof Force' commenced with a combat beach reconnaissance and assault demo by Marine Commandos. It was done using an inflatable watercraft and a flypast by naval aircraft including Dornier, Advanced Light Helicopter Seaking and Chetak helicopters.

Some of the major highlights included helicopter landing operations



onboard ship, search-and-escue operations by Chetak Anti-hijacking operations, Helobatic demonstrations, cargo lift by seaking, slithering operations by marine commandoes, mock oil rig demolition and aerial extraction of commandoes. There was also a scintillating water sports display by naval personnel on water skis, jet skis and speed boats interspersed the demonstrations. Sail Training Ship Sudarshini displayed its splendour by unfurling her magnificent sails.

The homprie dance by the girls of

the sea cadets corps was a major attraction. The Fast Interceptor Crafts showcased the capability to undertake boarding operations and high-speed manoeuvrability. A continuity drill was performed by 24 naval sailors carrying rifles with 120 sequenced drills undertaken without any verbal command in a synchronised manner, the release stated.

The Op Demo culminated with a Beating Retreat by the Indian Naval Band and a traditional sunset ceremony with the illumination of ships.

Thakur Sabha Bani celebrate Bhagavad Gita Jayanti



JJ NEWS SERVICE
JAMMU, DEC 04: Thakur Sabha Bani celebrated Bhagavad Gita Jayanti and distributed Bhagwat Geeta among the students in a function held at Bani.

The programme was

organized under the supervision of Senior Founder Member Bindraban Ban, Sarpanch Sitti in which Thakur Sabha Ajab Singh (Retd. Range officer), General Secretary; Lekh Raj Sundram Media Incharge

Thakur Sabha Bani, Sarpanch Gatti Sushil, Roshan Manhas Sarpsnch Chandal and Jaswant Singh Naib Sarpanch Bani were present. Speaking on the occasion, Sarpanch Bindraban highlighted the

significance of the day. He threw light on the teachings of Shrimad Bhagavad Gita. He said that the Holy Book is touching every aspect of life. He said Bhagavad Gita teaches how to live a simple, pure and meaningful life as well as how to become a Karmayogi. He said Gita is full of philosophy and it is a reply to all problems in life provided we follow its teachings.

The Sarpanch said Gita shows how a human being can get freedom from bondages of life and attain salvation.

He said Bhagavad Gita touches every aspect of life and spirituality and one who studies it in real sense and follows its teachings will automatically get freed from the bondages of life.

Newly nominated BJP District Presidents felicitated, assume offices

JJ NEWS SERVICE
JAMMU, DEC 04: Newly nominated District Presidents of Bharatiya Janata Party assumed offices, today, on Sunday amidst great pomp and show and felicitations by the party colleagues.

District Jammu President Parmod Kapahi assumed office in the presence of J&K BJP President Ravinder Raina, former President Sat Sharma and party General Secretary Adv. Vibodh Gupta. Newly nominated Vice-President Chander Mohan Gupta, Yudhvir Sethi, former Minister Priya Sethi, Prabhari Rajveer Charak, Ayodhya Gupta, former Presidents Mumsh Khajuria & Vinay Gupta and other senior leaders were especially present on the occasion.

District Jammu South



President Rekha Mahajan assumed her office in the presence of General Secretary BJP J&K Vibodh Gupta, Ex Minister Priya Sethi, Vice President BJP Anuradha Charak, Chief Spokesperson Sunil Sethi, Deputy Mayor JMC Baldev Billowria, Rajni Sethi, Sakina Bano, Rajiv Charak

and other senior leaders. District Jammu North President Omni Khajuria assumed office in the presence of senior party leaders. Ravinder Raina congratulated the newly nominated District Presidents and said that the party has high hopes on their capacity to run the affairs of the party in

good faith. He said that the former District Presidents of the party have served the party holding party principles in their hearts and minds and now it is the responsibility of new District Presidents to strengthen the party base further in every nook and corner of the region.

NSS SMVDU organizes donation drive for needy

JJ NEWS SERVICE
JAMMU, DEC 04: NSS Unit of SMVDU organised a donation drive of old clothes and toys on campus. Old clothes and toys were collected from the employees and students of the university and distributed to the workers and small children of construction workers in the campus.

The clothes were first segregated according to their size and then the needy people were allowed to choose as per their need. Many male and female workers



along with their small children benefited from this donation drive. The event was conducted

by the NSS volunteers under the guidance of Dr. Rajiv Kumar, NSS Programme Coordinator of

University. Vice Chancellor, SMVDU, Prof. R.K. Sinha appreciated the efforts of the NSS team.

Rahul's Bharat Jodo Yatra will be flop show in J&K: Kavinder

JJ NEWS SERVICE
JAMMU, DEC 04: Senior BJP leader and former Deputy Chief Minister, Kavinder Gupta on Sunday said that Rahul Gandhi's Bharat Jodo Yatra is likely to get poor response in J&K as people here are well aware of the hollow slogans of Congress Party, which is one of the political outfits responsible for ruining Kashmir.

In a statement issued to media persons, the senior BJP functionary said that the Rahul's road march will prove to be a flop show in J&K as has already lost ground in this part of the



country. He said that the recent statements by the UT Congress Chief Vikar Rasool Wani about preparations regarding the aforesaid Yatra and large number of people expected to join the same are all lies because this oldest party of the country has a dwindling future

in J&K with no substantial support of people or a political face having credibility to lead the masses.

Kavinder said that Rahul is all set to face embarrassment in J&K and therefore it is advisable to end this 'drama' before entering the region as nationalists and patriots rule the roost here with no room for a party which ditched the people for decades by playing divisive politics.

The former Deputy Chief Minister said that people in J&K by now have understood the conspiracies hatched by Congress party to hoodwink the people and

stay in power by taking undue advantage of loopholes in the system but now the public mood is different and it is likely that Congress will have to face a backlash in the form of total boycott of this so-called Yatra, which is nothing but the last and final attempt to create space for Rahul Gandhi in the country's political spectrum. Kavinder said that Congress is a sinking ship and whatever the party is doing for survival is going to boomering as Congress-Mukt Bharat now is inevitable and no power in Congress can stop this from happening.

Ajay kick starts construction work at ward no 52

JJ NEWS SERVICE
JAMMU, DEC 04: Started the developmental work by started the construction work of drain at Khu Wali gali near Harvinder Public School ward no. 52 with an estimated cost of Rs. 20 Lacs.

While addressing to media and the gathering, the chairman said that that it was a long pending demand of residents of the ward which is being fulfilled.

He also said that he and ward party members are working together with dedication and effort to make this ward a modern ward of Jammu City. He also assured people that all the pending developmental works of the ward will be done soon. He said that his dream is to make this ward a model ward of Jammu City and for that he will do all in his efforts to make this dream a reality.

On the occasion ward President



Nittin Thappa, Ajay Vadaan, Deepak Kumar, Monu Gupta, Pawan Kumar, J.P. Singh, varinder Gupta, Ved pal, Sanjeev Sharma, Bhram Dutt Raina and residents of the ward were also present.

Police arrests 08 persons, seizes as 8 vehicles in Illegal extraction, transportation of minerals

92 FIRs, 238 persons arrested and 211 vehicles seized during current year

JJ NEWS SERVICE
BUDGAM, DEC 04: Acting tough against the persons involved in illegal extraction and transportation of minerals, Police have arrested 08 persons and seized 08 vehicles in Budgam.

A police party of Police Station Budgam during overnight patrolling at Mamath seized 06 tippers & arrested 06 persons on spot. The arrested persons have been identified as Mohd Abass Mir son of Mohd Akber Mir resident of Allahpora, Ishfaq Ahmad Paul son of Ab Rashid Paul resident of Sheikhpura, Danish Bashir Teli son of Bashir Ahmed Teli resident of Ompora, Mohd Ashraf Ganie son of Mohd Akbar Ganie resident of Ompora, Jansheed Ahmad Dar son of Bashir Ahmed Dar resident of Najan Beerwah and Zeeshan Abass Teli son of Manzoor Ahmad Teli resident of Wahabpora.

Similarly, a police party of Police Station Chadoora



and seized 01 JCB & 01 Tipper besides, arrested their drivers who were found extracting soil illegally from Government land at Kultreh.

The arrested drivers were subsequently identified as Tanveer Ahmad Naik son of Ghulam Mohammad Naik resident of Trana Banihal and Ghulam Mohi-ud-din Dar son of Ghulam Hassan Dar resident of Marval Pulwama. Accordingly, cases under relevant sections of law stands registered at respective police sta-

tions and investigation have been taken up.

Pertinently, During the current year 92 FIRs were registered, 238 persons were arrested and 211 vehicles were seized for illegal extraction and transportation of minerals in district Budgam as per following nomenclature:

Police Station Budgam:- 32 cases, 70 Persons arrested, 62 Vehicle seized, Police Station Khansahib:- 09 cases, 14 Persons arrested, 14 Vehicle seized, Police Station Magam:- 06 cases, 28

Persons arrested, 11 Vehicle seized, Police Station Beerwah:- 39 cases, 85 Persons arrested, 88 Vehicle seized, Police Station Khag-01 Vehicles cases, 04 Persons arrested, 04 Vehicle seized, Police Station Chadoora:- 15 cases, 37 Persons arrested, 32 Vehicle seized, Persons found indulging in illegal mining activities shall be dealt with as per law.

Community members are requested to share information regarding the crimes in their neighbourhood with their concerned police units.

Sacrifices of the Sikh community for country can't be forgotten: Azad

"If we win elections, Sikhs will get proper representation"

JJ NEWS SERVICE
JAMMU DEC 04: Democratic Azad Party Chairman & Former Chief Minister J&K Ghulam Nabi Azad on Sunday lauded the contribution of Sikh community for their humanitarian efforts and fighting the enemy whenever needed to protect the country. Azad met a delegation of Sikh community in Jammu and said that the harmony prevailing in Jammu and Kashmir is its real strength.

He said whenever there were crises on borders and enemies tried to attack our country, the Sikh community was first to respond. "Sikh community has an inseparable bond with the country and they always paid sacrifices to secure the national interests. They paid with their lives and upheld the national interests," he said. Azad said that the community has also been on forefront to meet the humanitarian needs whenever and whichever community was in crisis.

"Whether it was the COVID 19 situation, Earth Quake in Kashmir, 2014 Floods or the Ukraine Russia war, Sikhs were first to respond with the humanitarian aid for the desperate people. Such gestures from a small community for the larger humanity can't be forgotten and will be written with golden words in the human history," he said.

He said the country remember many heroes from the community who laid their lives for it. Meanwhile, the representatives of the community told Mr Azad that the present regime have no representation from Sikh community. They said that they feel left out and dejected due to step brotherly treatment by the government.

They demanded the proper representation in the Minority commission and the Public Service Commission besides at other powerful and influential forums. Mr Azad, however, assured the community that if his party comes to power, Sikhs will be inalienable part of it. "If we come to power after elections, we can't think running it without your proper representation. Our main agenda is inclusive government representing every community of Jammu and Kashmir," he assured. The delegation reposed the complete faith on Mr Azad and his party and assured him that they



will stand with him in the elections whenever they take place. Meanwhile joined the party which includes R.K. Bhatt Additional secretary retired & others. Among those who were present in the meeting were former Cabinet Minister & General Secretary DAP R.S. Chib, Ex MLA Balwan Singh, Ex MLC Naresh Gupta, Vicky Mahajan, Vinod Mishra, Salman Nizami, Kiran Singh, Gurmeent Kaur, Gaurav Chopra, Naresh Maini, Smt Chanchal Papli, Charanjeet Singh Raina, Comrade Surup Singh, Dalbir Singh & Gurjeet Singh from Poonch.

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Doctor Koul gets "Scientist of the Year" award in Agriculture Technology

JJ NEWS SERVICE
HIRANAGAR, DEC 04: Executive Committee of Society for Scientific Development in Agriculture & Technology (SSDAT) has given Dr Sanjeev Kumar Koul 'Scientist of the Year' award for his outstanding contribution in the field of Mushroom Science. The award was given to him on the occasion of "Seventh International Conference" in Hybrid Mode on "Global Research Initiatives For Sustainable

Agriculture And Allied Sciences" (GRISAAS-2022). The award was presented to him during 21-23 November 2022 at Birsa Agriculture University Kanke Ranchi Jharkhand India.

Dr. Sanjeev Kumar Koul S/o Ram Parshad Koul R/O Khakhhal Mohalla is presently working as a Teacher & Associate NCC Officer in Government Higher Secondary School Bhalra, Baderwah. Pertinently, Dr Koul is an

Alumnus of Department of Botany, University of Jammu and has done his doctorate under the Supervision of Prof Yash Pal Sharma. He has worked extensively on the Wild Mushroom Flora of J&K and presented his research analysis across the country and abroad.

Dr. Koul has also a distinction of having been conferred with more than dozen awards previously in the category of Junior Young Scientist, Young Scientist,

Mycologist, J&K Innovative Science Teacher Award, Dr APJ Abdul Kalam Award, Gold Medal Award, Science Investigator Award, Research Excellence Award etc. during different Scientific Conferences.

He has also attended over 85 National and International Conferences/ Seminars/ Workshops and went on to publish more than 52 research papers based on his research work.

BJP felicitates Rekha Mahajan newly appointed BJP District President Jammu South

JI NEWS SERVICE

JAMMU, DEC 04: Bharatiya Janata Party (BJP), Jammu District led by its outgoing BJP District President Jammu Vinay Gupta felicitated newly appointed District President Jammu South Rekha Mahajan in the presence of BJP General Secretary J&K & Ex MLC Vibodh Gupta, District Parbhari & Chief spokesperson senior Adv Sunil Sethi, former Minister Priya Sethi, Deputy Mayor JMC Baldev Singh Billawaria, BJP Vice President J&K Anuradha Charak, State office bearers, Corporators, including former district General Secretary Naresh Sharma, BJP District office bearers besides Mandal Presidents namely Bharat Bhushan, Neeraj Puri, Ranjeet Singh, and Vinay Sharma.

The newly-appointed District President South Rekha Mahajan was greeted with bouquets by fellow BJP senior leaders. Vinay gave a rousing welcome to the Rekha Mahajan at the party office, Trikuta Nagar, Jammu. Vinay, while felicitating Rekha Mahajan



admired and blessed her. He said that she served the party with a mission and every worker must do his or her allotted work dedicatedly. Vinay Gupta thanked BJP J&K President Ravinder Raina, org General Secretary Ashok Koul for nominated her for the first time in the history of Jammu and Kashmir, and a woman has been appointed to this position. While congratulating Rekha, BJP General Secretary Vibodh Gupta explained that BJP has

emerged as a strong force of the common masses and he is sure that the upcoming elections in J&K will give a major boost to the development of the whole region. "People accepted the vision and mission of Prime Minister Narendra Modi's leadership and voted for peace and prosperity," he said. Sunil Sethi, Priya Sethi, Baldev Billawaria, Anuradha Charak with other senior leaders also honored Rekha Mahajan and said under her leadership Jammu District South

touched the new heights. They asked the BJP Cadres to strengthen the organizational setup in their respective Mandals and ensure every party program is organized within the masses. He stressed that people have pinned high hopes on the party and they must act as a bridge between the public and the organization. Meanwhile, prominent social personalities from Jammu were also present on the occasion in the presence of Vinay Gupta at the party headquarter, here.

Constitute a special task force to identify unserved areas; Khatana to admn

JI NEWS SERVICE

JAMMU, DEC 04: MP Rajya Sabha Gulam Ali Khatana today urged the Union Territory of Jammu and Kashmir to give special focus to areas inhabited by tribal and backward communities and appoint a special task force in all the districts to map these areas and augment provide basic facilities like road, electricity, potable drinking water and healthcare.

Addressing a well attended meeting at Phallain Mandal organized by sarpanch Amarjeet Kour

Khatana said that successive governments during past 7 decades have neglected the areas inhabited by tribals, Gujjars, Bakkerwals, Gaddi, Sippies and backward communities and even funds earmarked for their development were diverted for other works. He said that Prime Minister Narendra Modi led BJP government has focused on



equitable development of marginalized sections of society in Jammu and Kashmir. He urged the local administration to constitute a special task force at district level to identify underdeveloped and undeveloped areas and formulate time based plans to augment the basic facilities in such areas.

Khatana said that divisive forces are trying to create division among the various

sections of the society and people should remain beware of such anti-social and anti-national forces. Home Minister Amit Shah thwarted the attempts of such division by reiterating that ST quota of Gujjars-Bakkerwals won't be disturbed and Paharis would be accommodated separately. Now the divisive forces are trying to create a wedge between the Gujjars and bakkerwals but such

attempts would not succeed. We will jointly fight and defeat such forces and expose their evil designs, he said.

Earlier Organizer Alam Din welcomed the MP Rajya Sabha Gulam Ali Khatana and listed the demands of the people of the area.

Others who spoke on the occasion were BDC chairman Madan Lal Bhagat and Sarpanch Prahladpur Amarjeet Kour

Discrimination with marginalised section of society widens in J&K under LG admin : Manjit

Says holding of Assembly polls, restoration of Statehood must to end public woes



JI NEWS SERVICE

SAMBA, DEC 04: Apni Party Provincial President Jammu and Former Minister, S. Manjit Singh today demanded equitable development in the residential areas of marginalized sections of society in Jammu and Kashmir.

Addressing a public meeting at Rahya Block in Vijaypur, Manjit Singh said that the marginalized section of the society needs equal treatment from the authorities which has not been provided to them as their residential colonies face lack of development, and poor road connectivity.

He said that "The development is nowhere in the scheduled caste and scheduled tribe colonies. The roads are in shabby condition, the condition of lanes and drains are also in the worst condition." He said that the Govt officials seem to have adopted a biased approach and neglected the deserving people. "Apni Party is committed to work for the marginalized section of the society and provide them equal opportunities whether it is development or anything else with regard to their fellow citizens in J&K," he said.

He said that the LG administration has failed on the ground to deliver what they had promised and the B2V programmes have failed to yield any result. "There is resentment against the concerned departments. The people highlighted their works and such workers were not done on the ground. In this regard, the people are against the B2V programme and protested against the officials who have no funds at their disposal," he said. He said that if the Apni Party forms the next Govt in J&K, the officials who neglected the public works and

did not listen to their grievances will face action as per the rules.

Amid growing anguish over the attitude of the bureaucracy towards the people, he said that the people in both the Regions have been demanding holding of early Assembly Elections and restoration of Statehood.

"The people believe that their issues would be addressed when there is an elected Govt. In absence of the Govt, the issues are growing manifold and the LG administration is unable to address them," he said.

He said that the authorities have been exposed because of their inability to deal with the situation as the youth have also been worried about the growing unemployment with no hope from the present Govt. He hoped that the Govt will consider the demands of the people and hold assembly elections for the welfare of the people in Jammu and Kashmir. "The people of both the regions have common issues and they must be addressed," he added.

DE9 to organises talk show on dental health

JI NEWS SERVICE

JAMMU, DEC 04: r. Gautam Sharma, Periodontist of the University of Jammu and Former President of the Indian Dental Association (IDA) Jammu, today spoke on the topic 'How dental diseases impact general health', during a live talk show organised by DE9to, which is an online platform of dental education.

Dr. Gautam Sharma in his presentation told that oral health and the general health are interlinked to each other. He informed the audiences that the pathogenic and virulent bacteria which causes dental infections can transport and spread via blood to cause infections in the vital organs of the body through the process of inflammation. A common reason for occurrence of gum disease is infection due to bacteria which, if left untreated, may progress to periodontitis causing destruction of the supporting structures of a tooth. The human body respond to these bacteria by activating an immune response leading to inflammation which is a protective response against the harmful stimulus. But when this inflammation is excessive then it may cause damage to the

normal body tissues. During the interaction, Dr. Gautam stressed that periodontitis which is a disease of supporting tissues of teeth may act as a risk factor in heart problems, complications during pregnancy, dysregulated control of diabetes, Covid-19 complications, lung and kidney problems.

He advised the audiences that brushing twice daily with a soft bristle toothbrush is a basic requirement to keep good dental health. Many people brush their teeth only in the morning, but it's mandatory to brush after the dinner. Use of dental floss can avoid interdental caries by removing the food particles present between the two teeth. Avoid eating soft, sticky and sweet food like candies, chocolates, wafers and also carbohydrate rich food like potato chips which get stick to the teeth and cause bacterial plaque formation on the surface of teeth as well as dental cavities (dental caries).

Bleeding during toothbrushing or after biting on hard surfaces like an apple, recession of gingiva, swollen gums and loosening or mobility of teeth may be the features of periodontitis. The margins of gum are red, puffy

and swollen due to the adherence of a film known as plaque on the tooth surface. The film contains a lot of bacteria in its structure and if remains uncleaned changes into a hard structure called calculus which is visible as yellowish-white deposits on the tooth. In case, these symptoms are present then the patient must immediately report to a specialist doctor known as Periodontist who is an expert in treating diseases of gums and supporting tissues of teeth.

DE9to which organised this live online interaction is a one-stop solution for dentists to upscale their clinic and patient base. The company has revolutionized oral healthcare by enabling consumers to find the best dentists, book instant appointments, consultations, and make better, more informed health decisions.

Dr. Gautam thanked Yash Bansal, Founder & CEO of DE9to, Mohit Kapoor, Co-Founder and CFO, Dr. Pankhudi Dixit, anchor of the live interaction and marketing analyst, Dr. Saanika Bali and Dr. Jaspreet, senior dentists from DE9to team, for organizing the live talk show for general public.

Major development works await Govt attention in Rajouri: Rajesh Gupta



JI NEWS SERVICE

RAJOURI, DEC 04: Addresses presser, calls for special development package of Rajouri town Municipal councillor of ward 7 of Rajouri town and president of Beopar Mandal Rajouri, Rajesh Gupta @Bittu Shah addressed a press conference calling for a special development package of Rajouri town as a number of important works await Government's attention.

In his press conference, Gupta said that mini secretariat is one of the most important project for district headquarter but is hanging midway and recently district administration has done some move on it and Government of Jammu and

Kashmir should make it sure that this vital administrative institution is established at the earliest so that people can get all offices under one roof He also said that Mother and Child Hospital building in Rajouri is already complete but Government is not paying any concern towards its operationalisation which is unfortunate A ware house was sanctioned for Rajouri town by than Chief Minister Mehbooba Mufti during her tour in town but there is no development in the project while multiple projects mooted for parking slots in town have found no takers so far and both traders as well as locals are suffering due to absence of ware house as well as parking

slots.' Rajesh Gupta said while addressing the presser. He also express concern over casual attitude of Jammu and Kashmir Government as no regular side Principal has been appointed in GMC Rajouri since one year and things are being run through additional charge which shows that healthcare sector of Rajouri is a least priority for Government He also highlighted the grievances faced by educated unemployed youth who have to visit far flung area of Kotdihara where District Employment Counselling office is located. " The site selection for this office was done on political grounds and thousands of youth of the district are now struggling to reach

at the office and we demand that this vital office should be relocated somewhere in the town or its vicinity Gupta said while addressing the press conference

He also mentioned about absence of slaughter house in town due to which slaughter of meat animals is done in open creating a fear for children for which a special project should be sanctioned to establish slaughter house in Rajouri town. He also castigated concerned authorities for poor progress in utilisation of funds under 14 FC 2017-18 adding that adequate funds are available but lying unused as tendering not done and there is need to ensure that not even a single penny issued by Government remains unused.

Highlighting encroachment, Gupta said that the exit route of new bus stand at Salani bridge has been encroached and there is now only a single entry and exit route which can create problems during any emergency He further demanded expedition of work on construction of circular road in town, a special project under Jal Jeevan Mission for Rajouri town to augment piping of existing water supply chain, immediate administrative approval for BCSB University road

Renzushah preside 700 years old Sufi Majlis in Budgam

JI NEWS SERVICE

BUDGAM, DEC 04: Khawaja Farooq Renzushah Chairman Jamaat Aitqaad Hanafiyia international today paid obiscence at holy Hanafi shrine of Aala Hazrat Ahmad Shah Padshah in Wathora Chadora The 700 year old classical Sufi Majlis was organised by Sajadah Nisheem of this historic Hanafi shrine Revered Namtahali sahib in which Sufi verses in reverence of Hazrat Bulbulshah RA, Hazrat Shah Hamdaan RA were recited. The kalam of Hazrat Sheikh ul Aalam on seven Reshies was recited on 700 year old classical spiritual musical instruments & strings on same style which was in vogue in kashmir from Hazrat Bulbulshah RA & Hazrat Shah Hamdaan RA era. Sheikh ul Aalam RA in his Reshi kalam has praised Great prophet and identified great Reshies from Zulkarnain zulka reshi to 7 th galaxy of Reshies with out



identifying his own status in holy chain of Reshiyat. The sacred kalam of Hazrat Laela Arifa Laela Daed was also recited by renowned Sufi classical mastro's of Kashmir. Jenab Namtahali at congregation of large number of Devotes highlighted rich Contribution of Khwaja Farooq Renzushah in building the present Shrine structure and roads leading to shrine. Renzushah while interacting with media said that Reshiyat was embedded in Kashmir since times immemorial. He said when Sufi saint Hazrat Bulbulshah RA arrived Kashmir in 1321

doctrines were readily accepted by Reshi cult it was Bulbulshah who made Kashmir as peer wari by making first king of Kashmir who adopted his Hanafi doctrine as Sader messes head of Deen in Kashmir.

The wife of Hazrat Sader Deen Rinchanshah was Hazrat Kota Rani revered Queen of strong Reshi ideology who too accepted Hazrat Bulbulshah as her saint who approved Reshiyat under Hanafi doctrine of Uruf the adoption of local traditions as part of Sufiyat. He had come from Kashgar Turkistani but became first

state subject saint of Kashmir who liked to be called as Bulbulshah kashmiri and also desired to be buried in Kashmir Bulbulankar. The abode of Reshi Queen Kota Rani is also there in Aali kadal which was protected by Reshi peer revered by both Muslims and Hindu's together as Sheikh ul Aalam and Laela Daed are revered by all communities without any bias He said in Wathora chadora area also Ahmad Shah Padshah flattered banners of mutual love under doctrine of Hanafiyat and Sufiyat.

Renzushah said that Chatergam Chadora was known for Super sensitive trees Haalthal and Chinari. One of the biggest chinar of world planted by Reshi Queen Kota Rani in name of Bulbulshah saint is still existing in Chatergam for which local people of the area are appealed to preserve this world's largest Reshi Boon which has been ignored so far .

Chief Justice inaugurates final match of 'Legal Fraternity Knock out Tournament'



JJ NEWS SERVICE SRINAGAR, DECEMBER 4: Chief Justice, High Court of Jammu, Kashmir and Ladakh, Justice Ali Mohammad Magrey, today inaugurated the final match of 'Legal Fraternity Knock out Tournament'.

Justice Sanjay Dhar, Judge High Court of Jammu, Kashmir and Ladakh distributed prizes among the teams. The final match of 'Knock out Cricket Tournament of Legal Fraternity' held at JKCA stadium, Sonwar was played between High Court Panthers and Lower Court Falcons. The tournament was won by High Court Panthers while Lower Court Falcons were the runners up. Najum us Saqib was awarded as man of the final match while Ishfaq was

awarded as player of the tournament. Besides, the golden bat award for the highest scorer was given to Junaid Ayoub and Judge Jahangir Bakshi won the golden ball award was for the highest wicket taker in the tournament. Awards were given in presence of Jawad Ahmad, Principal District and Sessions Judge/Chairman DLSA Srinagar. Other dignitaries present were Gowher Majid Registrar Judicial, Gaurav S P North Srinagar, Abdul Bari Joint Registrar Protocol, other judges and Mohammad Ali Khan Branch Manager J&K Bank. The event was convened by Fozia Paul Secretary DLSA Srinagar/Budgam and was sponsored by Jammu and Kashmir Bank Limited.

District Advisory Committee reviews implementation of PC & PNDDT Act in Udhampur



JJ NEWS SERVICE UDHAMPUR, DECEMBER 4: Deputy Commissioner, Udhampur Kritika Jyotsna reviewed the implementation of PC & PNDDT Act and Clinical establishment Registration & Regulation Act, 2010 here at the District Advisory Committee meeting held in the Mini Conference Hall DC office.

Additional Deputy Commissioner, Mohamad Syed Khan; Chief Medical Officer, Dr Vijay Basotra; District Social Welfare Officer, Kanika Gupta; DySp HQ, Sahil Mahajan and other members of the Committee attended the meeting. At the onset, Chief Medical Officer, Dr Vijay Basotra gave a brief account of the agenda of meeting and put before the Committee petitions seeking the fresh registration of the Private Ultrasound centres. Threabare discussions were held on various issues which includes registration & renewal of ultrasound centres, enforcement of pre-conception and prenatal diagnostic techniques Act and Clinical establishment Act, Regulation of GCC, Labs and Clinics, Offences and penalties, Provision of registration, Inspection, mechanism for monitoring and implementation of PC&PNDDT Act, holding of IEC activities for general awareness etc. The CMO was asked to grant provisional registration to clinical establishments after fulfilling the requisite formalities. The DC asked the CMO to conduct inspection of the registered /unregistered clinical establishments and impose fines/penalties to the defaulters as prescribed in the clinical establishment act. The CMO was directed to deal with the unregistered clinical establishments as per the provisions of the act and quackery should not be allowed at all since it poses danger to the human lives and their well being. Concerned officers were directed to conduct frequent inspections by the District appropriate Authority of all the ultrasound clinics especially in far off places/areas and check whether all these institutions abide by the rules and provisions of the central Act and take strict action against defaulters if found. The DC said that the inspecting team should include a representative from the police department. For approval of registration of the Ultrasound centres, the DC directed that photographs /videography of the premises of the centres and its surroundings should be presented before the members of the Advisory committee. The DC also directed for proper record maintenance of antenatal cases at all the Ultrasound centres in the entire district.

DRAC approves 34 Rent Cases at Doda

JJ NEWS SERVICE DODA, DECEMBER 04: The District Rent Assessment Committee, today approved 34 rent cases for the buildings hired by the government departments here at its meeting chaired by Deputy Commissioner, Vishesh Paul Mahajan. In all 37 cases of rent were presented for Rent Assessment against which 34 were approved, while 3 others were deferred and authorities were asked to route them through the proper channel. The rent cases which were discussed in the Committee and approved were pertaining to buildings taken on rent by Police, Army, Social Welfare, Education, GMC, Health, FCS&CA, Fire and Emergency, Animal Husbandry, JKPC, Legal Metrology, NYK, Horticulture and Agriculture departments. The Committee discussed the fixation of rent of the hired structures and the DC directed the Committee to conduct the title verification of all the fresh assessments within 7 days.



The meeting was attended by SSP Doda, CPO Doda, ACR Doda, CMO Doda, Dy Director Employment, CAO, DSWO, CEO Doda, CAO, AD FCS&CA, CAHO Doda, CDPO Bhagwah, representatives of Fire and Emergency, Legal Metrology, Army and PWD.

Awareness Program regarding violence against Women Held at Shopian

JJ NEWS SERVICE SHOPIAN, DECEMBER 4: In a continuous bid to carry out the awareness with regard to importance of gender equality, NRLM Shopian in collaboration with DLSA, MSK, ICPS, OSC held an awareness programme at Shopian in support of the United Nations and MORD's theme "UNITE, Activism against Gender Violence". The month long campaign has been divided into different activity based schedules which will be carried at Village Level Organizations, Cluster Level federations, Block Mission Management Units and then at District Mission Management Unit of National Rural Livelihoods Mission Shopian. Among others, the function was attended by staff of District Legal Services Authority (DLSA) Shopian, Integrated Child Protection Scheme (ICPS) Shopian, Mahila Shakti Kendar (MSK) Shopian, One Stop Center (OSC) and NRLM (UMEDD). Resource persons of collaborating departments provided their information to SHG members and shared their supporting structure by which any type of women violence which gets identified, will be dealt in a well-structured manner. On this occasion, representatives



from MSK Shopian provided a brief preview of their department's women centric services and finally shared the help line number, 181, where girls as well as women can dial and share their grievances for proper redressal, while as team of ICPS Shopian highlighted about their inclusive role of providing their services to teenage girls and also to disintegrated children who are directly or indirectly being affected by gender violence in their homes or in their society. Further the MSK assured their full support in terms of counseling, linkage through one stop center (OSC) which is operational in the district to address the day to day issues of women. Threabare discussions were carried by the representatives from the DLSA Shopian who assured the participants that legal free services in any form could be availed from their side and particularly to women folk. DPM FI NRLM Mr Ifran Basheer carried a gender pledge to have a safety net onboard at each community based organization of NRLM Shopian while as Uzma Mehraj, DPM Livelihood Mission requested Vote of thanks to the participating guests from different line departments.

Bijarni Lower-B Panchayat of district Doda gets four 500 litre Solar Geysers for Community use

JJ NEWS SERVICE DODA, DECEMBER 04: Four Solar Water Geysers of 500 litre for Community use were inaugurated today at Bijarni Lower-B Panchayat of block Bhagwah as part of the government's endeavour of achieving Carbon Neutral Panchayats. Assistant Commissioner Development Doda Phulail Singh inaugurated the facility during an inspection tour of the area. The ACD impressed upon the Block Development Officer to replicate this initiative in other Panchayats to achieve the goal of clean, green and carbon neutral Panchayats by shifting to solar energy consumption. A public grievances redressal

camp was held in the Panchayat Ghar, which was attended by BDO Bhagwah Shabir Ahmed, Sarpanch Omkar Singh Rana, Other PRI members, Staff of Rural Development Department, general Public and PMAY (G) beneficiaries. During the programme grievances of the public were redressed and PMAY sanction letters of installments were also distributed among the beneficiaries. The ACD impressed upon the field Staff to monitor the execution of all works under MGNREGA, Capex grants and PMAY (G) scheme. The beneficiaries were instructed to complete the houses before the onset of snowfall so that the left out installments are also paid to them. The field staff was directed to generate demands of all PMAY beneficiaries under MGNREGA so that 95 days of wage employment is also provided to them along with the IHHL unit under SBM. The ACD also inspected ongoing works under MGNREGA, Area Development Grants. The Door to door collection of plastic waste was also started in the Panchayat and the public of area was informed about the Swachh gram initiative of the Government. The sarpanch and other PRIs assured that they shall strive to achieve the target of swachh and carbon neutral Panchayat as first Panchayat in the District.

Jan Abhiyan: Public Outreach Camp organised at Kheora - Rajouri



JJ NEWS SERVICE RAJOURI, DECEMBER 04: As part of Jan Abhiyan under My Town My Pride, a public outreach camp was today organised here at Kheora on the directions of Deputy Commissioner Rajouri, Vikas Kundal. The event was presided over by the Assistant Commissioner Revenue Rajouri, Imran Rashid

Kataria. During the public outreach program, the locals apprised the ACR about a number of issues and demands of their areas. After giving a patient hearing to the issues projected on the occasion, the ACR assured that immediate corrective measures will be taken to resolve the genuine demands of the public in a phased manner. Highlighting the online services provided by the Revenue Department, he informed the participants that now the people can apply online for character certificate, income and asset certificate for economically weaker sections, income certificate, marriage certificate, OBC/RBA/ALC/IB certificate, legal heir certificate, Pahari speaking certificate, property certificates etc. He appealed to the public to avail the benefits of these services. The Public was also sensitized about how to search and view copies of Scanned data online on CIS Portal-<http://landrecords.jk.gov.in/> which includes Jamabandis, Girdawaris, Masavis and Mutations etc and were motivated to use the system to access their land records online. The ACR also laid emphasis upon the officers to maintain close coordination with the public representatives to resolve the people's issues timely. He also called for synergised efforts for hundred percent saturation of all Government schemes and effective delivery of varied online services of the Government. The Assistant Commissioner Revenue also urged the public to participate in the upcoming My Town My Pride 2.0 program commencing shortly in all the municipalities of the district.

Series of activities held across district Ramban as part of Jan Abhiyan Shehari



JJ NEWS SERVICE RAMBAN, DECEMBER 04: Jan Abhiyan activities being held in all three municipalities of district Ramban witnessed huge public par-

ticipation on the last day of week-long campaign launched as a precursor to 'My Town My Pride' phase-2. President, MC, Sunita Sumbria attended an awareness camp organized by the Municipal Council, Ramban at Maitra Park which was attended by the Councillors, Prominent Citizens, officers of line departments and the general public. Similarly, Municipal Committee Banihal organized 'My Town My Pride' programmes where officers of line departments sensitized the people about various developmental, social, and job-oriented schemes of their respective sectors. Municipal Committee Batote sensitized the people about the City Livelihood Plan during an awareness programme attended by the President, Ravinder Singh, officers of line departments and general public. The officers of line departments sensitized the participants about the schemes of their respective departments, besides encouraging the youth to take benefit of various government schemes.