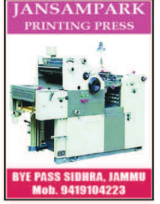


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Lt Governor addresses Message of Humanity Conference organised by Dogra Sadar Sabha, J&K



JAMMU: Lieutenant Governor Manoj Sinha today addressed the Message of Humanity Conference organised by Dogra Sadar Sabha, J&K.

The Conference was presided over by Hon'ble Governor of Kerala, Shri Arif Mohammed Khan. Shri Arif Mohammed Khan in his presidential address spoke elaborately on the message of different religions. He said Secularism has been a characteristic of India since ages and organisations like Dogra Sadar Sabha represent the inherent values and traditions of our ancient Indian culture.

Prosperity and growth require unity and oneness. Our nation is home to unity in diversity and it has always welcomed every religion that ever came to this land. Many prominent religions have their deep connections with this land about which many people do not know, he added.

Addressing the august gathering, the Lt Governor said that the convention provided a unique platform to spread the eternal & universal message of peace, social equality and communal harmony; aptly echoing the belief of all humanistic thinkers around the world.

We are the inheritors of a great civilisation that has always believed in world peace and universal brotherhood. Thinkers and individuals must take advantage of the immense moral force of the two and contribute to create an inclusive ecosystem for the society, he said.

We are witnessing new threats to peace, and terrorism exported by the neighbouring country is one of them. We are dealing with threat of terrorism firmly and confident of rooting out this menace from our soil, the Lt Governor further added.

Noting that social development and aspirations of people can be fulfilled only in conditions of peace, the Lt Governor said every segment of society must realize the utility of peace, harmony and brotherhood.

As India has assumed G20 Presidency for the next one year, the message of peace, friendship and cooperation enshrined in our cultural heritage should become the guiding principle for the world, said the Lt Governor.

Earlier, Prominent religious scholars from different religions, including Padma Shri Vishwamurti Shastrri, Maulana Shahzad Azam Anwari Qasmi, President SGPC, S Ranjit Singh and Fr. Lawrence Tharsis, spoke about the message of fraternity and love as taught by all religions which need to be instilled in the hearts of younger generations.

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People support to BJP reflects aspirations of new India: PM Modi

NEW DELHI: Prime Minister Narendra Modi said that people voted for BJP because BJP has the power to take the biggest and toughest decisions in the interest of the country.

Addressing the party workers at the party headquarters in New Delhi on Thursday after the resounding victory in Gujarat, he said "The public support received by the BJP is a reflection of the aspirations of a new India". He added that, BJP received the support from the people for the empowerment of the poor, exploited, deprived and tribals.

Calling the victory in Gujarat 'historic' Modi said the



people of Gujarat have created a new record by giving vote in huge numbers, rising above caste, class and community.

The Prime Minister said that the public support received by the BJP is a manifestation of the 'youthful thinking' of the youth of India.

Modi said, Youth vote only when they have faith in government. "Today, when the youth have voted in large numbers for the BJP, the message behind it is very clear that the youth have trusted our work" he said.

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BJP celebrates party's Assembly election victory in Gujarat

JAMMU: Dancing to the beats of traditional drums and distributing sweets, jubilant BJP workers celebrated the party's impressive show in the Assembly election in Gujarat in Jammu.

Led by Ravinder Raina, hundreds of workers and leaders assembled at the party's state headquarters in Trikuta Nagar and danced to the traditional drum beats. They raised pro-BJP and pro-Modi slogans, and chanted 'Bharat Mata Ki Jai'.

J&K BJP General Secretaries Adv. Vibodh Gupta & Dr. Devinder Kumar Maniyal besides other senior leaders were present on the occasion.

J&K BJP President Ravinder Raina said that BJP has marked landslide wins in Gujarat and performed very well in Himachal Pradesh. He said that Gujarat

CONTINUED ON PAGE 4

Shopian Encounter: Militants escape after brief exchange of fire

SHOPIAN: After a brief exchange of fire, militants have managed to give slip to security forces in Wathoo area of South Kashmir's Shopian district where an encounter broke out last night, officials said here on Thursday.

An official told the news agency that encounter broke out last evening after a joint team of Police, Army and CRPF launched search operation in the area.

He said as the joint team of forces intensified searches towards suspected spot, the hiding militants fired upon the party, which was retaliated to, triggering an encounter.

"After initial exchange of fire, no contact was established with the militants," he said.

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High Court cancels exams for posts of JE Jal Shakti, JKPSB by JKSSB

SRINAGAR: The Jammu Kashmir High Court on Thursday set aside and cancelled the examination conducted by the JKSSB for the posts of Junior Engineer (Civil) Jal Shakti Department and sub-inspector of Jammu and Kashmir.

According to an order, a copy of which lies with the news agency, the high court also directed the government to constitute a high-level committee headed not less than by a retired high court judge to enquire into the

CONTINUED ON PAGE 4

Chief Secretary reviews progress on Aadhaar penetration across J&K

JAMMU: Chief Secretary, Dr. Arun Kumar Mehta today emphasised upon all the stakeholders to complete the 100 percent Aadhaar penetration across J&K, underlining that the Union Territory has completely moved to digital means by offering all the citizen centric services through online mode and Aadhaar is a prerequisite to avail those services.



The Chief Secretary made these remarks while chairing the inauguration of the Aadhaar saturation across Jammu and Kashmir at Civil Secretariat here.

The meeting was attended by Principal Secretary, PDD, H Rajesh Prasad; Commissioner Secretary, Forests, Sanjeev Verma; Divisional Commissioner, Kashmir, P.K Pole; Commissioner Secretary, Information Technol-

ogy, Prerna Puri; Secretary Health and Medical Education, Bhupinder Kumar; Divisional Commissioner, Jammu, Ramesh Kumar, CGM, BSNL, all Deputy Commissioners and other concerned officers both in person and through video conferencing.

Addressing the officers, Dr. Mehta highlighted that Aadhaar is a unique identity of every citizen by which they are able to avail any government service in hassle free manner. He directed all the Deputy Commissioners to take up the Aadhaar saturation in mission mode so that effective and efficient public services are provided to the people.

The Chief Secretary enjoined upon the DCs to formulate re-deployment plan for optimum utilisation

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Only one resident militant from Srinagar active at present: Police

SRINAGAR: In a major success against militancy and law & order front in Srinagar district, a top police official informed that only one active resident militant is left from Srinagar district, plus law & order situations and bands/strikes have almost faded away.

A top police official told the news agency that just one resident militant is left from Srinagar district namely Momin Gulzar, a resident of Eidgah area. It was also conveyed that not letting the youth join militant ranks is among the top priority of J&K police.

Further, the militancy incidents in Srinagar district have been reduced considerably and the district is fast becoming one of the most peaceful districts of the Valley.

The officials said that in this year from 1st January 2022 till date, only 2 minor law & order incidents took place—one in Shankerpora, Nowgam and another at Maisuma area of Srinagar. Both the incidents were minor in nature and were contained within their respective areas.

This is in contrast when in 2018 more than 200 were reported and around 400 in 2016. "This indicates that peace is fast returning to Srinagar and efforts are on to make the peaceful atmosphere a

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Freezing temperatures continue in Ladakh and Kashmir valley

SRINAGAR: Kashmir valley braces for snowfall from Saturday as the minimum temperature improved even as cold with overcast sky and hazy weather conditions continue to prevail on Thursday.

Meteorological Centre Srinagar forecast of generally cloudy sky at most places of J&K and hazy in Valley on Thursday.

The weather will remain cloudy on December 9-10 with intermittent Light to Moderate rain at many places of Jammu & plains of Kashmir.

Light snow (1-2 inches) likely (50% chance) in plains of Kashmir during December 9 night to December 10 forenoon whereas higher reaches may receive 9-10 inches of snow. There is "NO" forecast of any Major Snow during this spell, the MeT office said.

The MeT has also issued an advisory stating that there



may be temporary disruption in surface transportation over Sinthan Top, Mughal Road, Razdan pass, Bandipora-Gurez and Zojila on Srinagar-Ladakh highway during December 9-10. Srinagar the summer capital of Jammu and Kashmir continued to reel under intense cold with overcast sky and hazy weather conditions on Thursday. The night temperature witnessed an improvement was recorded at a minus 2.8 degree Celsius against the minus 3.0 degree Celsius recorded the previous night.

The temperature was still minus 2.2 degree below normal during this period of the season.

Tourist hot spot of Pahalgam in south Kashmir remained the coldest place in the Kashmir valley on Thursday with a low of minus 3.6 degree

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SC rejects curative plea of NGO seeking probe into killing, exodus of KPs

NEW DELHI: The Supreme Court has dismissed a curative petition filed by Roots in Kashmir, an NGO, seeking probe into the killing of Kashmiri Pandits in the Valley in 1989-90 during the height of militancy.

"We have gone through the curative petition and the connected documents. In our opinion, no case is made out within the parameters indicated in the decision of this court Rupa Ashok Hurra v Ashok Hurra," said the top court in its order.

A bench of Chief Justice DY Chandrachud, and Justices Sanjay Kishan Kaul and S Abul Nazeer declined the plea saying, "The Curative Petition is dismissed."

The curative petition was filed against a 2017 order of the top court which had dismissed the NGO's petition for probe citing long delay.

A curative petition is the last judicial resort available for redressal of grievances.

On July 24, 2017, the Supreme Court had dismissed the plea



filed by the NGO saying it is difficult to have any probe and collect evidence on the issue more than 27 years after the exodus of Kashmiri Pandits. On October 25, 2017 the top court had dismissed the review petition.

The curative petition sought direction to decide the case afresh on merit by way of providing hearing opportunity to the parties.

It cited the example of 1984 Anti-Sikh riots case where court had taken cognizance even after a lapse of more than 33 years. The Delhi High Court re-opened five cases related to Anti-Sikh riots a judgment of year 1986.

The curative petition fur-

ther mentioned that apex court allowed the appeal of CBI and transferred criminal case from a Court in Raibareilly to the Special Court in Lucknow with regard to the matter pertaining to demolition of Babri Masjid and also allowed framing of charges of criminal conspiracy relating to year 1992.

Judgment and order is liable to be reviewed on the ground that the order as it appears is based on absolutely unsubstantiated presumption that no evidence is likely to be available after the passage of time ignoring the fact that trials are also proceeding in the some of the FIRs since year 1996," the curative petition stated.

The curative petition also said that the apex court "completely failed to appreciate that more than 700 Kashmiri Pandits were murdered during 1989 to 1998 and FIRs were lodged in more than 200 cases, but not even a single FIR has reached to the stage of filing of Charge sheet or conviction."

LG interacts with Officers & Volunteers of J&K Bharat Scouts & Guides

JAMMU: Lieutenant Governor Manoj Sinha interacted with Officers and Volunteers of J&K Bharat Scouts & Guides, today at the Raj Bhavan.

The delegation was led by J&K Chapter Commissioner, Wg Cdr M.M. Joshi comprising Administrator, Nasreen Khan; HQ Commissioner Capt. Sharma; Training Commissioner Guide Wing, Manjeet Kaur; Guides Captain, Jyoti Verma; Guide, Pooja Gupta & Scout, Sumit Jain.

The Lt Governor observed that Scouts & Guides symbolize selfless service, unity in diversity, their duties with efficiency and effectiveness. Volunteers are actively working for the cause of social equity and strength-



ing values like self-discipline, comradeship in the society, he noted.

It is a matter of great pride for us that the Scouts & Guides are discharging their duties with efficiency and effectiveness. The spirit of the Scouts & Guides needs to be repli-

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Two independent candidates, backed by NC and Apni party win Kashmir DDC seats

SRINAGAR: Two independent candidates - one backed by National Conference and other by Apni Party - won the two District Development Consistencies seats on Thursday.

The counting of votes for two seats of Hajin-A and Drugmulla constituencies of Bandipora and Kupwara districts was held today. The re-poll for these two seats-reserved for women-was held on December 5.

In Drugmulla, Independent candidate Aamina Majeed supported by NC won the Drugmulla seat by a thin margin. Aamina secured 3259 votes while her nearest rival Shabnam Rehman managed to get 3220 votes, officials said.

Shabnam was supported by the Sajad Lone led Peoples Conference. There were ten candidates in the fray in Drugmulla.

In another closely fought contest in Hajin-A, an independent candidate Nazia Begum supported by Altaf Bukhari's led Apni Party won by 323 votes. Her nearest rival was a People's Conference candidate.

There were five candidates in fray in Hajin.

Apni Party termed the win in Hajin as "historic."

"My gratitude to the people and every worker of Bandipora and Kupwara for standing with the politics of truth. We will continue to be the people's voice and fulfill the aspirations of our people," Apni party president Altaf Bukhari said.

The DDC elections in the two seats were first held in December-2020. However, the counting of votes was withheld after the State Election

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For J&K's mega metro project, source of funding 'a major challenge'

SRINAGAR: The much awaited J&K's mega metro project set to come up at the whopping Rs 11,000 Crores is set to begin but the technical glitch is that the sources of funding are yet to be explored to set the ball rolling.

Mass Rapid Transit Corporation (MRTC) has completed all the formalities and have also sent the Detailed Project Report (DPR) in this regard.

An official not authorised to speak to media, told news agency, that the DPR submitted for the metro rail projects are still in the approval process as the involvement of huge funds remains the reason for the delay in the project.

"There is a lot of funding involved for the mega project and there is a need to find the sources of funding as well. This is something we are looking at..." the official said adding that nonetheless the project is well created and well made.

"The alignments and other manda-

tory processes are well designed and created. They are touching on urban hubs, which require a modern urban mobility planning. Everything has been kept in mind and the DPR has been submitted in this regard," sources, privy to the project told KNO.

Sources said that everything has been finalized by the MRTC, but the project has not been approved yet and would likely take some more time to get approved. "The ball is in the court of the Government of India now. The project can be carried forward only after the nod of the union government," they said.

Pertinently, the Jammu and Kashmir government had submitted a Detailed Project Reports (DPR) of Rs 10, 599 crore for the metro rail projects in Jammu and Srinagar to the centre for the approval, which include Rs 5,734 crore for Srinagar and Rs 4,825 crore for Jammu.

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Dept of HP&M conducts Awareness programme at Town Hall Langate

JI NEWS SERVICE
KUPWARA, DECEMBER 08: As part of Atma Nirbhar Bharat Abhiyan, the Department of Horticulture Planning and Marketing District Kupwara (HP&M) today conducted one-day awareness programme regarding Pradhan Mantri Formalization of Micro Food Processing Enterprise Scheme (PM-FME) at Town Hall Langate, here.

The BDC Chairperson Langate, Showkat Pandit was the chief guest at the occasion.

Addressing the function, the BDC chairpersons stressed upon all the stakeholders to come forward and take advantage of the

Government schemes being implemented from time to time. He said various new and innovative schemes are available and people, especially youth should take benefit of these schemes.

The Nodal Officer PM-FME/ Area Marketing Officer Kupwara, Mushtaq Ahmad highlighted the importance of spreading awareness among the public for motivating them to start entrepreneurial units and also encourage existing unit holders to expand their business by availing the benefits of the scheme with the help of financial institutions.

Other speakers and Resource Persons of PM-

FME shared information about the scheme and importance of One District One Product to generate employment besides the modalities and procedure of formation of cases to avail benefits with subsidy for establishment of entrepreneur units of PM-FME.

On the occasion, the speakers invited participants to approach the department where officers will handhold them in the DPR to start business with confidence. The concerned Manager, J&K Bank while speaking at the awareness camp said that J&K Bank always facilitates entrepreneurs to avail financial help, provided the DPR is feasible

and eligibility criteria is met as specified by department.

During the interactive session between potential applicants and Bank authorities, the representatives also addressed various queries and apprehensions on the spot and demanded that all the stakeholders including HP&M, JK Bank and entrepreneurs should come on one platform to chalk out steps to make the entire process simple, easy and glitch free.

Meanwhile, various entrepreneurs also shared success stories of their growth with the intervention of the PM-FME scheme that increased their income and expanded their units.

3-Day Workshop on 'Empowering Women through Gender Sensitization' concludes at GDC Vilgam, Kupwara

JI NEWS SERVICE
KUPWARA, DECEMBER 08: A three day workshop on 'Empowering Women through Gender Sensitization' concluded today at Government Degree College (GDC) Vilgam, here.

The workshop was organized by the College's Seminars and Debates Committee in collaboration with District Hub for Empowerment of Women Kupwara, and was aimed at enlightening women in respect to their rights and avenues available to them in society.

Dr. Mushtaq Ahmad Malik, Principal of the college was patron of

the programme. Ulfat Mushtaq (Adv), DDC member Ramhal chaired the session on the third day. Prof. Bashir Ahmad Wani (HOD Pol. Science) and Dr. Irfan Ahmad Dar (HOD English) were conveners.

In the inaugural session, the college continued the series of lectures. Ulfat Mushtaq threw light on the key stages in the life of a woman.

Dr. Jawed Ahmad (Kashmiri), Dr. Aabid-Ur-Rehman (PFI) and a student volunteer Pir Hurrain (1st sem) enlightened the audience with various social constraints women have to face. They also referred to contributions women

have made in various fields.

During the second session, a special performance class on self-defense was enacted by two martial artists Shahzad Ahmad Sheikh and Arif Aijaz Dar (Gold Medalists). The class was followed by a quiz programme on the theme of the workshop.

The workshop concluded with the Valedictory speech by Dr. Mushtaq Ahmad Malik (Principal) who lauded the role of various faculty members and students in making the workshop a success. The prize distribution ceremony for events held in all the three days was also held at the end.

DC B'la inaugurates Sanitary Napkin Production Unit

Says much needed initiative will help the Community & Serve a key area of Women's Health

JI NEWS SERVICE
BARAMULLA, DECEMBER 08: The Jammu and Kashmir Rural Livelihood Mission (JKRLM) in collaboration with Vatsalya Foundation, a Non Government Organisation Baramulla today established a Sanitary Napkin manufacturing unit at Fathepora Baramulla.

The unit was inaugurated by Deputy Commissioner (DC) Baramulla, Dr. Syed Sehrish Asgar.

During the inauguration, CEO Vatsalya Foundation and team of JKRLM, SHG members were also present. On the occasion, the Self Help Groups (SHGs) members were trained for successful running of the unit.

Pertinently, the good thing in the sanitary Napkin manufacturing unit is that the material used is eco friendly (Biodegradable) and its cost is also low as



compared to the others.

In order to support the manufacturing unit, 50 schools were identified by education department Baramulla where Vatsalya Foundation will provide incinerators and vending machines and the unit will supply the sanitary Napkins to these schools.

Similarly, to provide first hand training 100 teachers (Female only) were provided training at Boys Higher Secondary School Baramulla. After inauguration of the unit, the DC said that this project will simultaneously help in spreading awareness on the benefits of adopting hygienic practices

and overcoming problems of availability and affordability of sanitary napkins to women in the area.

She further said that this is a much needed initiative that will help serve a key area of women's health, and therefore will be of immense benefit to the overall community.

Soch Kral 1st Inter-College T-10 Cricket COSCO Tournament for Women concludes at GDC Women, Pulwama

JI NEWS SERVICE
PULWAMA, DECEMBER 08: The Soch Kral 1st Edition of Inter College T-10 Cricket COSCO Tournament for Women 2022 concluded on 6th December at Government Degree College (GDC) for Women, Pulwama. The tournament commenced from 24 November, 2022 and was organised by the Department of Physical Education and Sports, GDC for Women, Pulwama here.

As many as nine colleges of the valley participated in the tournament played at College ground and included GDC Pulwama, GDC Bemina, GDC Women M.A Road Srinagar, GDC Awantipora, GDC Bijbehara, GDC Rajpora, GDC Frisal Kulgam and the host College i.e GDC for Women

Pulwama. The first match of the tournament was played on 24 November between GDC Bemina and GDC Women M.A Road Srinagar. The four teams who qualified for the semifinals in the knockout T-10 COSCO tournament were GDC Rajpora, GDC Women M.A Road Srinagar, GDC Women Anantnag and the host College. Finally, the two teams who qualified for the final were GDC for Women Anantnag and the host College.

The final was played on 6th December 2022 in which GDC for Women Pulwama set a target of 67 runs in allotted 10 overs at the cost of seven wickets for the chasing team. In reply GDC for Women Anantnag chased the target within 6.3 overs at

the cost of five wickets and won the title by five wickets.

The player of the match was declared and awarded to Shabnam Jan from GDC for Women Anantnag and player of the tournament was declared and awarded to Urmila Jan of Government Degree College for Women Pulwama.

Prof. Yasmeen Farooq Khan (Principal of the host College) and Prof. Farooq Ahmad, Senior Faculty Member of Government Degree College for Women Anantnag were the chief guests of the final match.

The facilitators of the event were Prof. Yasmeen Farooq Khan (Principal of the host College), Dr. Santinder Singh (Convener Sports Committee) and other staff.

PD&SJ Srinagar mourns demise of father of Sanjeev Gupta, R.G of HC of J&K and Ladakh

JI NEWS SERVICE
SRINAGAR, DECEMBER 08: A condolence meeting was today held at District Court Srinagar in the chamber and under the chairmanship of Jawad Ahmed, Principal District & Sessions Judge, Srinagar to mourn the sad demise of Kulbhushan Gupta, Advocate, Senior

most member of the Bar Association Udhampur, the departed soul. Heartfelt condolences were expressed by all and prayers for eternal peace to the departed soul and fortitude and forbearance for the bereaved family.

The Judicial officers expressed their heartfelt condolences on the sad demise of the highly respected personality in the judicial history of the J&K.

MD KPDCL chairs meeting of Officers, members of FCIK

JI NEWS SERVICE
SRINAGAR, DECEMBER 08: A meeting was convened under the chairmanship of Managing Director (MD) KPDCL, Yaseen M. Choudhary, wherein senior officials of KPDCL, President (FCIK) and other senior members of Federation of Chambers of Industries Kashmir (FCIK) were present.

The meeting discussed Tariff Revision by JERC in detail and queries raised regarding latest amendments in tariff were also discussed.

The FCIK members were apprised of the fact that the tariff revision has come after a period of more than 6 years and it was revised by the Joint Electricity Regulatory Commission (JERC).

The members of the FCIK were made aware of the fact that no changes can be made in revised tariff order,

wherein the LT industries are mandated to install meters that can read KV/AH readings too.

The MD, KPDCL along with Chief Engineer (Distribution) and other senior officials of the KPDCL gave a patient hearing to the concerns of FCIK. MD KPDCL assured them that their genuine demands will be met.

During the course of discussion, FCIK requested the top officials of KPDCL to look into their problems, wherein MD, KPDCL assured them that necessary action on replacing the damaged meters, that have developed technical snag due to the fault on 11KV Line of Bagh Ali Mardan Khan Industrial Estate shall be done out of their own.

He said KPDCL will take up maintenance of the transformers and relieve SICOP/SIDCO/I&C from this burden

besides, KPDCL will also ensure uninterrupted power supply to organized industrial sector and clusters.

The MD said that KPDCL will take stock of the progress of project being executed and assured FCIK, that Power supply to new units in Khunmoh/Wuyan will be made available within one month.

The meeting was attended by the Officers and officials of KPDCL including Chief Engineer (Distribution), KPDCL; Superintending Engineers, Circle 1st and 2nd, KPDCL; Executive Engineers of Div 1st/ 2nd/ 3rd/ 4th, KPDCL; All AEs of concerned divisions.

On behalf of FCIK, Shahid Kamili (President-FCIK), Syed Shakeel Qalandar, Zahoor Ahmed Bhat, Mehraj Qureshi and other senior members of FCIK were present.

VC DDC Kupwara chairs joint Awareness/Enrolment drive at Potushai Lolab

Appeals youth to take benefit under PMEGP, Mission Youth

JI NEWS SERVICE
KUPWARA, DECEMBER 08: The District Administration Kupwara today organized a joint awareness cum enrolment drive in respect of various central/UT schemes at Potushai Lolab, here. The camp was chaired by Vice Chairman DDC Kupwara, Haji Farooq Ahmad Mir.

BDC Chairperson Wavoora, Rafiq Kataria, BMO Sogam, ZEO, BDO, Block Manager NRLM, functionaries from Health, Education, CSC, Labour and Employment department, besides, FRIs and a large number of youth participated in the camp.

Addressing the function, the VC said that the aim of holding joint awareness cum enrolment drive is to encourage the unemployed educated youth to stand on their feet by setting up their own income generating units under different self employment gen-

eration schemes of the Government including PMEGP and Mission youth.

He appealed the unemployed youth to come forward and take advantage of the opportunity by getting financial assistance under these schemes so as to earn their livelihood.

The VC expressed gratitude towards all the departments for making the awareness/enrolment camp

successful. Meanwhile, officers/ functionaries from different departments provided threadbare awareness to the participants regarding their initiative and schemes including e-Shram (PMSYM), PMJAY, PMEGP, PMDSHA, Umang, Aadhaar and Tele-law. On the occasion, enrollment of a large number of youth were made under these schemes.

36 Kanals of land worth Rs 4 crore retrieved at Khanshab, Budgam

JI NEWS SERVICE
BUDGAM, DECEMBER 08: Revenue Authorities Budgam today conducted an anti-encroachment drive and retrieved 36 kanals and 11 marla Kaah/charai land worth Rs. 4 crore in Tehsil Khanshab in Budgam. The drive was conducted under the supervision of Tehsildar Khanshab, Abid Gani Wani. Tehsildar said that the Revenue team conducted the drive at two places and retrieved land of 21 kanals at one spot and 15 kanals and 11 marlas at another spot respectively.

DC Srinagar assesses performance of Blocks under Jal Jeevan Survekshan

JI NEWS SERVICE
SRINAGAR, DECEMBER 08: In order to assess the performance and review the functionality status of Household Tap Connections (HHTCs) in all rural households of the District, a meeting was held under the Chairmanship of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad at Conference Hall of DC Office Complex here today.

At the outset, the Deputy Commissioner took a detailed review about progress achieved with regard to set parameters and indicators under JJM Survekshan including Har Ghar Jal certification by Gram Sabhas, Water Quality Testing/Monitoring & Surveillance and Institutional Arrangements. He also took a Block wise first hand appraisal of water quality testing at HHS and PWS source besides training imparted to women for FTK testing for a sustained surveillance on quality of water by the community itself. On the occasion, the



DC was apprised that all the villages of the district have been saturated with piped tap water connections and certification to this effect has been already completed.

With regard to water quality tests, the DC asked the concerned to achieve 100 percent target of testing household tap water and PWS source using FTKs or Labs by December 12.

The DC also asked them to complete Skill training/programmes of the resources by December 12th by involving members of Panchayat Raj institutions.

He directed the Officers to adhere strictly to the laid guidelines and maintain the highest level of transparency and accountability in the implementation process. He also exhorted the officers to

put in coordinated efforts to achieve the desired results and meet the timelines targeted for completion of tasks at all levels.

The DC further asked the concerned Officer to work with added zeal and determination in implementation of flagship programme of the Central Government envisaged to provide safe and adequate drinking water through tap connections to all households in rural areas.

The DC laid emphasis on timely data uploading which is a pivotal criteria for evaluation of performance in JS-2023 for front runner Districts. He also laid emphasis on encouraging the local communities to take over the rural water supply system for operation & maintenance.

Superintending Engineer PHE, Hydraulic, Superintending Engineer, Mechanical PHE, Assistant Director Planning, Executive Engineers Rural Water Supply PHE and other concerned officers were present in the meeting.

KVK Budgam kick-starts Skill Training for Rural Youth on processing, packaging

JI NEWS SERVICE
BUDGAM, DECEMBER 08: The KVK Budgam today kick-started a Skill Training for Rural Youth (STRY) on Processing and Packaging of Fruits, Vegetables and Nuts, here. The Skill Trainees are aimed to equip rural youth with skill sets that enable them to establish their own homestead enterprises to earn livelihood. Being a major contributor to vegetables produced in the State, the district Budgam, a STRY programme

was envisioned for the youth of the district. The underlying idea is to highlight the importance of profitability along with productivity of vegetables, fruits and nuts through scientific technologies, improved packaging and innovative marketing features.

Trainees shall be imparted hands-on training experience on Scientific Pickling of Vegetables (Carrot/Turnip), Oil-Less Pickling (Onion/Chili), Chocolate coated Walnuts, Walnut Brittle, Bare-Minimal

Processing of Vegetables (Onion, Peas) among others.

Speaking at the occasion, Senior Scientist and Head, Dr. Bilal A. Lone spoke about the need for Skill training for youth as need of the hour in order to empower them economically.

Dr. Binish Shakeel, (Course Co-ordinator) delivered a lecture on Status of Food Based Industries in District Budgam. Dr. Vaseem Yousof delivered a lecture on Skill Development for Youth in Budgam.

DC Srinagar withholds salary of 162 employees for late office reporting/Unauthorised absence

Major Inspection of Government offices held across the district

JJ NEWS SERVICE
SRINAGAR DECEMBER 08:- In order to ensure punctuality in Government Offices, the Senior Officers of District Administration Srinagar on the directions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad Thursday conducted surprise inspection of various Government Offices in Srinagar and checked the attendance of employees.

The inspection teams headed by Assistant Commissioner Revenue, Srinagar, Sub Divisional Magistrate, East and Sub Divisional Magistrate West undertook surprise inspection of different Government Offices across the District including Rural

Development Department, District Panchayat Office, Assistant Commissioner Panchayat, Chief Agriculture Officer, R&B, I&FC, FC&CA, RTO, Revenue Training Institute, R&B, Health Institutions in Medical Zone Batamalo, Kotbagh Higher Secondary, Middle School Kotbagh, Executive Engineer Water Works Division, UPHC, Qamarwari, BH School, Barthana, PHC, Zainakote, CGMS Zainakote.

During the visit, the teams found 162 employees of various Offices either unauthorizedly absent from their duties or reporting late in the Office causing inconvenience to public.

Taking serious note of their unau-

thorized absence and late office reporting, the Deputy Commissioner has ordered withholding salary of all 162 employees. Further explanation was also sought from the all said employees. Meanwhile, the Deputy Commissioner Srinagar reiterated that such inspections will continue in future also and dereliction of duty including unauthorized absence and late office reporting will not be tolerated at all.

He also passed strict instructions to the concerned District heads against allowing any employee to remain absent without proper permission. He asked them to adhere to the office timing to avoid inconvenience to the general public.

DC Pulwama chairs Narco Coordination Committee meeting

JJ NEWS SERVICE
PULWAMA, DECEMBER 08:- In order to discuss the action plan to curb the drug abuse and narcotic trade in Pulwama, a District Level Committee of Narcotics Coordination (NCORD) was held today under the chairmanship of the Deputy Commissioner (DC) Pulwama, Baseer-ul-Haq Choudhary here.

At the outset, the DC discussed various issues related to menace of drug addiction, areas of concern, age group of addicts, hot spots of drug peddling/abuse, besides, cultivation of illicit poppy and cannabis in the district.

He emphasized on conducting awareness camps in schools and colleges on mass scale to sensitize the youth about hazards and ill effects of consuming drugs.

He also asked the officers of all line departments to make coordinated efforts to contain the drug peddling and break the supply chain besides

taking stringent action against the persons involved in this dangerous trade.

Choudhary said, in order to combat this rising societal problem, multi-pronged rehabilitation, counseling and guidance policy is being implemented on ground to monitor drug abuse and take remedial measures to curb the menace.

He sought cooperation from the families particularly from parents to overcome the menace among the youth which also leads to other social evils and crimes. He said religious heads and parents have an important role to keep the youngsters away from the use of drugs and also the family support for the affected people could lead them towards normal life.

The DC assured the departments that all requisite support will be provided by the District Administration for saving youth from the ill effects of the drugs. The DC directed Assistant Drug Controller Pulwama to get

CCTV cameras installed at all medical shops which lie within the limits of schools, colleges, hospitals and masjid so that overall surveillance with regard to the containment of drug sales is enforced. He also directed the Assistant Drug Controller to establish a 24*7 flying squad to check the sales of contraband drugs in the district.

On the occasion, Officers apprised about the situation with regard to the drug menace and shared their suggestions and measures to be taken at District level to control the drug peddling and its consumption, besides measures for rehabilitation of drug victims. Among others, the meeting was attended by ADC Tral SA Raina, Assistant Commissioner Revenue, DySP Hq Pulwama/ Awantipora, Assistant Drug Controller, Chief Agriculture Officer, District Social Welfare Officer, besides Officers from Education, Health, Excise, Forest Departments.

2 Day Training Program on registration of Births & Deaths through CRS Portal concludes at Jammu

JJ NEWS SERVICE
JAMMU, DECEMBER 08:- District Administration Jammu, in collaboration with Directorate of Census Operation J&K and Directorate of Economics & Statistics J&K, organised a 2 Day Training Programme on 7th & 8th December 2022 for 'Registration of Births & Deaths through Civil Registration System (CRS) Portal.'

The training session was held under the patronage of Deputy Commissioner, Avny Lavasa, which concluded here today at the DC Office.

Speaking on the occasion, the Deputy Commissioner emphasized upon the need for implementation of CRS through the portal and highlighted the significance of the training programme and the role of the newly notified registrars which is of prime

importance for socio-economic planning.

The Additional Chief Registrar, Births & Deaths (Regional Director, E&S) Jammu elucidated about the revised Birth & Death Rules- 2022 notified in the UT of Jammu & Kashmir w.e.f. 10th October'22 and the role of the various stakeholders involved in the process of the registration of Births & Deaths.

District Registrar (Chief Medical Officer), Dr. Harbakh Singh exhorted upon all present in the training to implement the registration of the vital events of Births & Deaths through CRS Portal in-toto w.e.f 01.01.2023 towards effective implementation of the programme in the district.

Additional District Registrar (District Statistics & Evaluation

Officer, Jammu) Rupinder Kaur, highlighted the role of notified Registrars who are instrumental for the implementation of the revised Birth & Death Rules- 2022. She also highlighted the utility of Birth and Death Certificates along with the importance of recording the occurrence and the characteristics of the vital events.

Manmeet Singh, Assistant Director, the resource person from the Directorate of Census Operations, J&K, highlighted the need for implementation of Civil Registration System- Registration of Birth & Death Rules- 2022, along with the importance of recording the occurrence of the vital event which shall be subsequently used to study the demographic profile and other features such as maternal and child health etc.

OFFICE OF THE DIVISIONAL FOREST OFFICER KISHTWAR FOREST DIVISION, KISHTWAR e-TENDERING

Tender Notice: e-NIT No.126 of 2022 Dated:05-12-2022

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

Name of Work:		Qty	M/E. Cost (Rs. 1 Lac)	Estimate (Rs. 1 Lac)	Class of Contractors	Time for completion	Receiving / Opening Authority
1	Afforestation work by means of site clearance, digging of pits of size 45cm x 45cm x 45cm along the contours as well as flat surface including excavation of Soil & planting of Poly bag conifer plants in staggered pits, refilling of pits with clean Soil. Plants shall be made available by the Department from Sangrambhatta/ PattanNursery. Note:- The extraction of plants from the nurseries and their Mechanical transportation including loading/unloading from nursery to site of work has to be done by the contractor on its own.	3700	1.08558		A, B, C, D	600	One Month Tender Opening Committee
2	Afforestation work by means of site clearance, digging of pits of size 45cm x 45cm x 45cm along the contours as well as flat surface including excavation of Soil & planting of Naked Root plants in staggered pits, refilling of pits with clean Soil. Plants shall be made available by the Department from Sangrambhatta/ PattanNursery. Note:- The extraction of plants from the nurseries and their Mechanical transportation including loading/unloading from nursery to site of work has to be done by the contractor on its own.	2400	0.85600		A, B, C, D	600	One Month Tender Opening Committee
3	Afforestation work by means of patch sowing of Doodar/ Kail Seeds in patches of size 45cm x 45cm x 15cm including cost & carriage of seed.	4200	0.29398				
4	Afforestation work by means of Dribbling of HC Nut in patches of size 45cm x 45cm x 15cm including cost and carriage of HC Nuts.	4200	0.30196				
Total:			2.2368	6710			

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)

Position of funds : Approved
Position of AA& TS : Accorded

Publishing Date	05.12.2022
Download Start Date	05.12.2022
Bid Submission Start Date	06.12.2022 from 10:00 AM
Bid submission End Date	12.12.2022 (01:30PM)
Date of Submission of Hard Copies	See Tender Documents Para No. 3
Date of opening of Technical Bid	14/12/2022 at 11:30 AM (In the office of Divisional Forest Officer, Kishtwar)
Date of opening of Financial Bid(online)	15/12/2022 at 11:30 AM (In the office of Divisional Forest Officer, Kishtwar)

- 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 **schedule date mentioned above** in the office of **Divisional Forest Officer, Kishtwar**. 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 Treasury Challan (Remittance Head-0406-Forest) in favour of Divisional Forest Officer, Kishtwar and earnest money in shape of CDR/FDR pledge to Divisional Forest Officer, Kishtwar. The bids for the work shall remain valid for a period of 30 days from the date of opening of bids.

No. : 5221-26/KFD
Dated: 05-12-2022

SD/-
SAGAR SINGH (SFS)
DIVISIONAL FOREST OFFICER,
KISHTWAR.

OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI MECH. G.W.D DIVISION JAMMU

Sub: Deep drilling, development and stabilization of tube well upto 300 meters below ground level by Direct Rotary Method or Drilling on EPC Mode at Panchayat Ghar Narwal in District Jammu.
Ref. :- This office e-NIT No. GWD/125 of 2022-23 Dated: 06.10.2022.

EXTENSION NOTICE-V

- Due to no response, the above mentioned subject e-NIT on the website <http://jktenders.gov.in> is extended upto 12.12.2022 till 6 PM.
- Similarly the opening of technical bid online is extended upto 13.12.2022 or any other working day convenient to tender opening authority.

All other terms and conditions shall remain un-changed as uploaded/advertised earlier.

No. GWD/6201-03
Dated: 05.12.2022

DIP/JI-12679/22

SD/-
EXECUTIVE ENGINEER
JAL SHAKTI (M) G. W. D DIVISION
JAMMU

Awareness/ Motivational camp on PM-FME (ODOP) scheme held at Budgam

JJ NEWS SERVICE
BUDGAM, DECEMBER 08: The Animal Husbandry Budgam today organized a daylong Awareness cum Motivational camp regarding PM-FME (ODOP) scheme at Main Veterinary Campus, Budgam.

At the outset, Chief Animal Husbandry Officer Budgam Dr Sheikh Abdul Hai (District Nodal Officer for PM-FME scheme) addressed the participants and apprised them of the benefits of establishing a unit under the scheme and how it will help them in employment generation and uplifting their socio-economic condition.

During his speech, Dr Mohd Iqbal Baba Chief Horticulture Officer Budgam informed the participants about the key challenges faced by the

food processing sector viz. gaps in supply chain infrastructure, lack of investment and access to modern technology and equipment and the lack of marketing and branding expertise. He said that the PM-FME scheme is one of the most potent answers to these all problems launched by the Central Government with an aim to enhance the competitiveness of existing individual micro-enterprises in the unorganized segment of the food processing industry and to promote formalization of the sector and provide support to Farmer Producer Organizations, Self Help Groups and Producers' Cooperatives along their entire value chain. During the event, Dr Javed Ahmed Superintendent District Veterinary Hospital Budgam, presented the

detailed guidelines of the scheme and said that the application process for availing benefits under the scheme has been made very easy for which an online portal has been designed on which any interested youth can apply.

Further, Officers from Department of Animal Husbandry Budgam and District Resource Person PM-FME scheme Budgam assured the participants that they are always ready to provide handholding support to the motivated beneficiaries in terms of DPR preparation and technical guidance. Many Participants were motivated towards the potentials in establishment of Micro food processing units under "Pradhan Mantri Formalization of Micro food processing Enterprises Scheme (PM FME Scheme).

Awareness/ promotional workshop on PM-FME scheme held at Pahalgam

JJ NEWS SERVICE
ANANTNAG, DECEMBER 08: The Department of Fisheries Anantnag today held a day-long awareness programme on centrally sponsored scheme PM-Formalization of Micro food Processing Entrepreneur (PM-FME) scheme at Pahalgam.

The programme was organised under the chairmanship of District Nodal Officer Anantnag PM-FME (ODOP) scheme and was attended by SDM Pahalgam, President MC Pahalgam and Officers/Officials of other line Departments and a huge gathering of shopkeepers and locals of

Pahalgam area.

At the outset, the District Nodal Officer PM-FME (ODOP) scheme presented the overall scenario and prospects of the Micro Food Processing sector in the UT. He urged the youth to set up their individual Micro Enterprises, and avail the benefit of credit linked subsidy available under the scheme.

He requested the participants to get registered in the application submission process or visit the PM-FME Home Page.

The District Nodal Officer said that interested youth who desire to avail

the benefit under the scheme should contact the District Resource Person PM-FME scheme for getting assistance in the application submission process, support in DPR preparation, getting a bank loan etc.

SDM Pahalgam, Syed Naseer laid emphasis on Fish Processing, Bakery products, Canning of any food product, pickle making, vegetable and fruit processing etc.

The Area Marketing Officer and Horticulture Development Officer also deliberated upon the various schemes for which they can get support under the PM-FME Scheme.

2 day Workshop on "Prevention of sexual harassment of Women at workplaces/Institutions" concludes at GCW Udhampur

JJ NEWS SERVICE
UDHAMPUR, DECEMBER 08: The Two Day workshop on "Prevention of Sexual harassment of Women at workplaces/Institutions" concluded today at Government College for Women (GCW) Udhampur.

The workshop was organized by Committee against Sexual Harassment (CASH) in collaboration with Internal Quality Assurance Cell (IQAC) and under the convenerhip of Dr Seema

Sharma (convener CASH) and Dr Kewal Kumar (Co-Convener IQAC).

Dr. Savita Nayyar, Associate Professor, Department of Law, University of Jammu and Advocate Yasmene, Member Juvenile Justice Board Udhampur, were the resource persons of the workshop.

Prof. Kewal Kumar, Incharge Principal of the College graced the event as Chief Guest and lauded the organisers for hosting a wonderful

workshop that will definitely aware the girls students as well as female staff about the prevention of sexual harassment at workplace.

The morning session of the Workshop started with the welcome address by Prof. Yash Paul, Department of History.

Resource Person, Dr. Savita Nayyar started her talk by questioning the students whether they have faced any kind of harassment in their life.

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.

Long-term plan needed for Punjab's progress

To regain a leading position, Punjab's economy needs to enter high-growth trajectory and attain a double-digit rate by 2047 and 8 per cent growth of per capita income. These targets are achievable in view of strengths of the economy such as sizeable market, skilled and entrepreneurial human capital, diasporic social capital and industrial peace. The double-digit growth should be accompanied by social safety nets to make growth equitable.

BS GHUMAN

THE Economic Advisory Council to the Prime Minister released the 'Competitiveness Roadmap for India@100' earlier this year, envisioning guiding principles for putting India on the trajectory of becoming a middle-income country and beyond by 2047. To achieve this vision, state-specific roadmaps need to be worked out.

The most important markers of Punjab's growth story of 75 years are the glorious journey during the implementation of the state-led model and the slide under the aegis of the market-driven model. The policy advice based on the economic journey and the theory of 'market failure' suggests reinvention of the development model to rejuvenate Punjab's economy. Can it happen when the market is dominating the economy? The answer is yes, but in the form of a hybrid model developed on the strengths of the triad — the state, the market and the social forces.

Theoretically, the state and the market are dichotomous institutions, but, in reality, the border between the two is blurred. The state's role in the state-market mix. In the hybrid model, the state, however, will play a leading role. The roadmap's vision is to restore the economic glory of Punjab based on sectoral strategies, linkages among sectors, investment, fiscal health, infrastructure, human resources, employment and zero-waste economy.

Punjab's economy registered a growth rate of 4.6 per cent per annum from 2011-12 to 2020-21, occupying the 20th position among states. The per capita income grew at 3.05 per cent. Leading states are growing at more than 7 per cent and registering around 6 per cent growth in per capita income. To regain a leading position, Punjab's economy needs to enter the high-growth trajectory and attain a double-digit rate by 2047 and 8 per cent growth of per capita income. These targets are achievable in view of strengths of the economy such as a sizeable market, skilled and entrepreneurial human capital, diasporic social capital and industrial peace. Double-digit growth should be accompanied by social safety nets to make growth equitable. To facilitate high growth, the structure of the economy also requires rapid structural transformations.

Currently, the service sector contributes 46 per cent to the state's income, followed by primary (31 per cent) and secondary sectors (23 per cent). By 2047, the structure of the economy should resemble that of industrial states by making the primary sector's share 16 per cent, secondary sector 30 per cent and tertiary 54 per cent. An inter-sectoral strategy of strengthening backward and forward linkages among sectors will help bring



structural transformations.

Agriculture is riddled with four types of crises/challenges — economic, environmental, efficiency-related and equity-linked. In the next 25 years, the agenda is to take agriculture to the next level (Agriculture 2.0), driven by precision/satellite agriculture.

The industrial profile of the state is relatively weak. A two-pronged strategy can enable Punjab to become an industrial hub by 2047. The state's industry is dominated by small units, mostly employing old technologies. Therefore, the first strategy is to upgrade the technology of the existing industry. The second is the steering of high-tech agro-based industries and the industries led by knowledge and smart technologies. To develop high-tech industries and promote innovations, the government, the industry and universities need to join hands on the pattern of the triple helix model of innovation.

Thriving on selling ideas, intangible/abstract products and professional services, the tertiary sector can become an epicentre of development in Punjab, firstly, by making service delivery more efficient. Secondly, by according priority to services such as information technology, social media, cybersecurity, environmental services, financial services, consultancy services and quinary services steered by 'gold-collar' professionals.

Punjab's performance on account of investment has deteriorated during the implementation of the market-led model. The investment-GSDP (Gross State Domestic Product) ratio declined from 22.27 per cent in 1995-96 to half (16.4 per cent) in 2019-20. To achieve the double-digit growth rate, the ratio should be scaled up to 40

per cent by 2047.

The fiscal health of Punjab is worrisome. The fiscal roadmap comprises reducing public debt-GSDP ratio from 50 per cent to 32.5 per cent and fiscal deficit from 5 per cent to 3 per cent of the GSDP, reducing committed expenditure from 78 per cent to 50 per cent of the total revenue receipts, increasing capital expenditure from 6 per cent to 20 per cent of the total expenditure and mobilising resources by doubling the tax-GSDP ratio from 6.1 per cent to 12.5 per cent by 2047.

The state's performance in the field of infrastructure is impressive. However, to attain double-digit growth, there is a need to improve the quality of economic, social and physical infrastructure and invest heavily in digital infrastructure.

In Punjab, investment in human resources is very low. On education, the state is spending only 2.5 per cent of the GSDP — less than half of the 6 per cent norm suggested by the Kothari Commission on education. Expenditure on health being 4 per cent of the state income is also inadequate. To improve human capital, Punjab should spend at least 6 per cent and 10 per cent of the GSDP on education and health, respectively, by 2047.

Punjab has a relatively high unemployment rate of 7.8 per cent. It should strive to attain a rate of around 4.5 per cent by 2047. The roadmap for reducing unemployment comprises skill development programmes with 'apprenticeship' in vocations, including animal husbandry, electricity, driving, plumbing, computer courses, hospitality and healthcare.

China poses burgeoning threat in space

Manoj Joshi

WHILE the mention of growing Chinese nuclear arsenal in the annual US Department of Defence report to the US Congress made global headlines, greater attention, perhaps, should be paid to what it has said about Beijing's growing space activity and the implications for its war-fighting capabilities.

An indicator of Chinese activity comes from the fact that this year, the Chinese have sent up 55 rockets. The US leads with 80 launches and the Russians came a poor third with 22. Beijing's maturity as a space-faring power was confirmed earlier this year when it added the third and last module to its Tiangong space station, which has been occupied by three-man crew since June 2021.

According to the Pentagon report, the Chinese are investing heavily in space and putting money into everything from intelligence assets to weapons such as kinetic-kill missiles and ground lasers. Since 2018, China has almost doubled its intelligence, surveillance and reconnaissance (ISR) satellites that are now more than 260, which is about half of the entire world's ISR systems.

China has one of the most-advanced space programmes in the world and its origins lie in its military doctrine. The Chinese programme was launched by

the Fifth Academy of the National Defence Ministry in 1956 and launched its first satellite in 1970.

But today, China has a broad-based programme that includes human space flight, exploration missions to Mars and the moon, alongside the military applications such as enabling long-range precision strikes and using satellite-based command, control, communications, computers, intelligence, surveillance and reconnaissance (C4ISR) and at the same time denying them to adversaries.

The military applications come under the PLA's Strategic Support Force (SSF), which was set up in 2015 and has since centralised all of the PLA's strategic space, cyberspace, electronic and psychological operations. It has two broad divisions — the Space Systems Department (SSD) responsible for military space operations and the Network Systems Department (NSD), which handles information warfare.

The SSF space activities are about war fighting and war winning and are deeply integrated with information warfare, which includes cyberwar, technical intelligence, electronic warfare and psychological operations. The



current commander of the SSF is General Ju Qiansheng, who earlier headed the NSD.

The SSF's Space Systems Department is responsible for most of PLA's space operations, including space launch and support, space surveillance, space information support, space telemetry, tracking and control and space warfare. The SSD runs the Yuan Wang space support ships, one of which created a furore when it visited Sri Lanka earlier this year.

Perhaps, most significant developments are in the PLA's counter-space

capabilities which seek to degrade and deny space capabilities to adversaries. China, according to the Pentagon report, believes that space-based operations are a crucial element in the US military system and has, thus, pursued a strategy to negate this American advantage. Thus, US reconnaissance, communication, navigation and early-warning satellites will be targeted early in any conflict.

In January 2007, China had tested a direct-ascent ASAT missile that destroyed an old-weather satellite. The resultant debris created a controversy

and China has not undertaken such a test since then. The Chinese have also conducted anti-satellite tests using the DN-1 and 2 missiles in 2010, 2013 and 2014, and by a DN-3 missile in 2015.

They claimed that these were ballistic missile defence tests, but the Americans insist that these were direct-ascent missiles aimed at ramming into satellites to destroy them. Their assessment is that these missiles are capable of taking out satellites in near geosynchronous orbits where most intelligence and navigation satellites are located.

Reports on China testing a manoeuvring satellite to capture another satellite in space began to appear in 2013 and in July, China tested a deployment involving three satellites in which one of them was fitted with a mechanical arm. The Chinese claimed that this was a test of a system to collect space debris. There is little doubt that China today has the ability to neutralise adversary satellite by capturing them or knocking them off their orbit.

According to a 2020 report of the US-China Economic and Security Review Commission, the PLA also has an operational ground-based satellite electron-

ic counter-measures capability designed to disrupt satellite communications, navigation, missile early warning and other satellites through jamming.

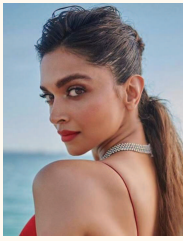
The technology was incidentally sourced from Ukraine in the late 1990s and developed indigenously. It is well known that the Chinese also have a well-developed cyberwar capability, which can work in tandem with these jamming systems.

It's clear that the PLA's advances in both kinetic and non-kinetic counter-space activities will be a serious problem for the US, which has otherwise enjoyed enormous advantage in space. But by the same measure, India needs to think of ways to meet this burgeoning Chinese threat. Kartik Bommakanti of the Observer Research Foundation has pointed out that India's record of heavy-launch vehicles — the type that is needed to host certain militarily useful satellites into the orbit — is patchy. By contrast, the Chinese Long March series "are a visible demonstration and example of the Chinese progressing more rapidly than India in the development of geosynchronous launch vehicle."

Deepika Padukone will enter Rohit Shetty's cop universe, will play a cop in Singham Again opposite Ajay Devgn

Deepika Padukone is back with a dance number Current Laga Re in Rohit Shetty's film Cirkus. She is now all set to join his cop universe as well by being the first female cop of his Singham series. The actor will star alongside Ajay Devgn in Rohit's Singham Again.

Film trade analyst Taran Adarsh confirmed Singham Again cast on Twitter. Sharing a picture of Deepika and Rohit from the sets of Current Laga, he wrote, "It's official... Rohit Shetty - Deepika



Padukone - 'Singham Again'... #RohitShetty announces his lady #Singham... #DeepikaPadukone to be a part of #SinghamAgain, making her the first lady cop of #RohitShetty's popular Cop Universe."

He then shared a picture of Rohit and Deepika from the song launch event on Thursday and wrote, "Ajay Devgn teams with Deepika Padukone for the first time... #SinghamAgain reunites #RohitShetty and #Deepika Padukone after #ChennaiExpress

and #Cirkus [cameo]." Rohit had kickstarted his cop universe with 2011 film Singham followed by Singham Returns in 2014, both featuring Ajay as the titular character. Ranveer joined the film franchise with 2018 film Simmba. Akshay Kumar also joined the film series with its fourth installment Sooryavanshi in 2021. Meanwhile, Rohit is also working on an OTT version as well, titled Indian Police Force. It stars Sidharth Malhotra, Shikha Shetty and Vivek Oberoi as cops. Deepika looked stunning in

a pink pantsuit as she joined Ranveer Singh for Current Laga Re launch on Thursday. Ranveer was in a black tee and black trousers, which he also sports in the song. He also sported a matching baret. The song shows the couple dancing together on screen again seven years after their 2015 Sanjay Leela Bhansali film, Bajirao Mastani. Besides Singham Again, Deepika also has Pathaan with Shah Rukh Khan, Fighter with Hrithik Roshan and a film with Prabhas.

Mammootty gifts Rolex watch to Asif Ali at Rorschach success meet, mentions Kamal Haasan's Rolex gift to Suriya



Actor Mammootty, who was last seen in Malayalam psychological thriller Rorschach, gifted co-star Asif Ali a Rolex watch at the film's success meet on Wednesday. Speaking at the event, Mammootty referred to the recent example of Kamal Haasan gifting a Rolex watch to co-star Suriya for being part of his film Vikram.

Dulquer Salmaan presided over as the chief guest of the event. Rorschach was distributed by Dulquer's production house, Wayfarer Films. The film was a moderate success at the box office.

In a clip from the event that has surfaced on social media, Mammootty can be seen gifting Asif Ali a Rolex watch. He said that Asif mentioned about Kamal Haasan gifting a Rolex watch to Suriya and wanted the same gift. "When we had gone to Dubai for the shoot, Asif mentioned about Kamal gifting Suriya a Rolex watch for working in Vikram. That film made around 7500 crore so they could afford a Rolex. But when Asif asked me, he wanted a Rolex too, I got him one," Mammootty said. In the comments, fans called it a heartwarming gesture. One comment read: "Don't know why this video is a stressbuster." Another comment read: "Heartwarming." Rorschach, which featured Mammootty in the role of Luke Anthony, an NRI businessman who avenges the death of his pregnant wife, was directed by Nisam Basheer. Asif Ali played the primary antagonist in the film and he reportedly did not charge his fee for the film.

Cirkus sone Current Laga: Deepika Padukone, Ranveer Singh unite for a scorching dance number



Deepika Padukone is back with a dance number almost five years after her last was seen performing Ghooram in her period drama, Padmaavat. She has now reunited with Ranveer Singh for a special dance song Current Laga in his film Cirkus. The song features them grooving to peppy music with the lyrics based on one of Ranveer's dual characters in the film who is capable of producing electric current.

Current Laga has been composed by Lijo George and Dj Chetas and sung by Nakash Aziz, Dhivani Bhanushali, Jonita Gandhi, Lijo George. Kumar has written the song with Tamil lyrics added by Hari. The Tamil rap portion has been sung by Vivek Hariharan.

Deepika was last seen alongside Ranveer in 83. She had also co-produced the film which had Ranveer in the role of cricketer Kapil Dev and her as his wife Romi Bhatia. The two however, were last seen dancing together in 2015 film Bajirao Mastani. 83 was followed by Deepika's intense emotional drama Gehraiyaan in which she starred alongside Siddhant Chaturvedi, Ananya Panday and Dhairya Karwa. She also made a guest appearance in Brahmastra. She will now be seen as the lead in Pathaan, opposite Shah Rukh Khan. The film is set to release on January 25, 2023. She is also working on Fighter with Hrithik Roshan and a film with Prabhas. She will soon be flying to Qatar to unveil the FIFA World Cup trophy ahead of the finals.

Ranveer's Cirkus has been directed by Rohit Shetty and also stars Johnny Lever, Varun Sharma, Jacqueline Fernandez, Pooja Hegde, Sanjay Mishra, Ashwini Kalsekar, Mukesh Tiwari, and Siddharth Jadhav among several others.

The comedy film is set in the 1960s and features Ranveer in a dual role for the film time. Varun too has a dual role. It is set to release during the Christmas weekend on December 23.

Aamir Khan in full grey lock, grown-up Farshaali Malhotra attend Salaam Venky screening

A special screening of Kajo's upcoming film Salaam Venky was held in Mumbai on Wednesday. It was a starry affair with some unexpected fans in attendance. Kajo's Fanaa co-star Aamir Khan, cricketer Yuvraj Singh and Bajirao Mastani actor Harshaali Malhotra joined Kajo at the event. Also read: Kajo reveals gaining 8 kgs in 2 months post marriage: Roz sabah humare table pe parante hote Salaam Venky has been directed by Revathi and also Vishal Jethwa as Kajo's ailing son in the film. Kajo arrived in a grey saree with a red pallu for the screening. Revathi too was in a saree while Vishal was in an all-black look.

Aamir Khan sported white hair and beard as he arrived in a denim jacket and matching pants. Yuvraj too was in blue denim with a black shirt. Kajo's mom and veteran actor Tanuja and sister Tanishaa Mukerji also attended the screening. While Tanuja was in a blue saree, Tanishaa was in a ruffled, floral white saree.

Harshaali was spotted in a knitted white dress and her long black hair added to her charm. She also wore black and brown boots. Talking to Instagram, she shared a picture from the screening in which she posed with Revathi and wrote, "Zindagi lambi nahi badi honi chahiye (life should be big not long) ... Emotional roller coaster ..."

Twitter slams Wednesday as Jenna Ortega says she shot crowded scene with Covid

The Addams Family spinoff Wednesday has been streaming successfully on Netflix for over two weeks now. The show has received moderate praise from critics but a lot of love from fans. However, some of that love has turned into anger now, following a shocking revelation by lead star Jenna Ortega. In a recent interview, the 20-year-old said she shot a pivotal crowded dance scene on the show while she was Covid positive. Fans have criticized the show's team and the producers for allowing the actor to be in close proximity with other artists despite being ill.

While Jenna's interview about shooting through Covid took place last month, that part gained traction online only this week after it was shared by some social media users following the release of the show. Last month, in an interview with NME magazine, Jenna had said about the dance sequence, "It's crazy because it was my first day with COVID so it was awful to film. Yeah, I woke up and ... I had the body



aches. I felt like I'd been hit by a car and that a little goblin had been loose in my throat and was scratching the walls of my oesophagus. They were giving me medicine between takes because we were waiting on the positive result." NME added that MGM, the production company behind Wednesday, told the magazine that "strict COVID protocols were followed and once the positive test was confirmed pro-

duction removed Jenna from set." However, fans are dismayed as to why the shoot was allowed to continue despite the actor showing symptoms even before the test took place. Journalist Lily Simpson tweeted, "This is a bad thing right? we all agree that this is not some 'persevering through hardship' moment, its a why the f*** didn't she get sent home, she could get horrendously sick or infect others kinda moment." Many others criticised Jenna and the production house for being irresponsible. "Jenna Ortega filming a whole scene while waiting for her covid test results AND with obvious symptoms isn't 'professional', it's just completely irresponsible," tweeted one user. Another wrote, "As someone who's worked in production, hearing she was 'on set' with Covid is TERRIFYING! There are supposed to be safety measures in place that should prevent this so the fact that she was made to film possibly ill, maskless, in close proximity with cast and crew, is worrying."

Saiyami Kher says she was told to get lip job, nose job when she started acting: 'It's very sad when people body-shame'

Saiyami Kher has opened up about her experience of being body-shamed by people in the industry when she was starting out as an actor. The actor said being 'thick-skinned', the remarks did not bother her much but she finds it sad that people can make such mean remarks so casually. Saiyami did not name anybody while talking about her experience.

Saiyami made her film debut with the 2015 Telugu release Rey, following which she ven-

tured into Marathi cinema with Mauli (2018) and Hindi films with Choked (2020). She has also worked in web series Special OPS and Breathe Into the Shadows.

Talking about her experience with body-shaming, Saiyami told India Today, "I am very thick-skinned. Being an actor makes you that. People judge you, they say nasty things. When I was starting off, I was told you should do a lip job, a nose job. I was told all kinds of things like that. I am pretty comfortable in my own skin. I

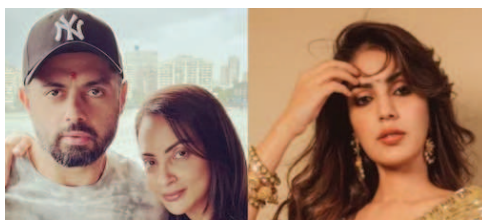


am happy with the way I am made. So it didn't bother me so much, but it's very sad when people body-shame and make nasty remarks because there are people who are dealing with medical problems."

The actor advised people to be more sensitive while talking about body issues.

Rhea Chakraborty has moved on and found love in Bunty Saideh (Exclusive)

We have exclusively learnt that Rhea Chakraborty is in love. The actor, who has been mired in controversy since 2020, following the death of her beau, actor Sushant Singh Rajput, is currently dating Bunty Saideh, according to a well-placed source. Bunty is reality star and fashion designer Seema Saideh's brother, and owns one of the largest talent management firms active in sports and entertainment. Apparently, the actor was one of the latter's clients at his talent agency a few years ago. And, from what we can tell, the two have known each other for quite some time. However, they only



started dating recently, most likely earlier this year. "It's so good to see them togeth-

er and happy. Whatever Rhea has been through in the last few years, Bunty has been her shoulder and support system. He was there for her when things were getting dirty," shares a source. Bunty was also called for interrogation when Chakraborty was embroiled in multiple trials. The Chehre (2021) actor was seen at Bunty's birthday party on October 7. The source adds, "They are currently together and wish to keep this news private."

Bunty was reportedly dating actor Sonakshi Sinha previously. Despite repeated否认, both of them remained unavailable for comment.



Divya Agarwal reacts to trolls calling her gold digger: 'Show some sensitivity, don't talk about my past relationship'

Divya Agarwal has responded to trolls who have attacked her for allegedly dumping Varun Sood and getting engaged with 'rich' Apurva Padgaonkar. She said that her fans should be sensitive and avoid talking about her past, adding that she has been open about all her relationships. (Also read: Divya Agarwal says fianc-

Apurva stood by her after split with Varun Sood) Soon after Divya announced her engagement with Apurva, Varun tweeted a cryptic calm emoji, and that led fans to assume it was his reaction to her engagement. Trolls also labelled her as a 'gold digger'.

Divya told ETimes, "I would not want to comment on his reaction, but I would expect

some sensitivity from fans regarding my engagement. I have been in relationships and have always been open about it, but that should not mean that netizens can say anything on my personal life. I am engaged now and they should show some sensitivity and not talk about my past relationship. I am in a very happy space and look forward to my life with Apurva."

On Wednesday, Divya had shared a picture from her birthday celebrations when Apurva had proposed to her. Her mother and brother could be seen alongside her and Aurva in the picture. "I always just wanted a happy family and Waheguru heard it. Thankful to each one of you all who were a part of the celebration. It's indeed the most important day of my life #mis-

syounpapa," she captioned it. She had also written in another post, "I love my people... been with them since years... the value of love is unbeatable. Apurva connects me to my roots, my family, and friends, thank you." A section of the internet soon flooded her timeline. One of them wrote, "Hey no... Rich family." Many others labelled her as a 'gold digger'.

YOU MAY NEED MORE EPA & DHA FATTY ACIDS THAN YOU'RE CURRENTLY GETTING

Omega-3 fatty acids EPA and DHA are incredibly important. They're what is called "conditionally essential," meaning the body is capable of converting them from ALA, but different factors like age and sex negatively affect that process—which, by the way, is about as efficient as me working from home curled up in a blanket on the couch. (That's level "yikes" on efficiency.) It's this inefficiency that makes it all the more necessary to stock up on EPA and DHA when considering your omega-3 intake.

What are EPA and DHA? Eicosahexaenoic acid (EPA) and docosahexaenoic acid (DHA) are long-chain polyunsaturated fatty acids (aka PUFAs). A mouthful to say, the two are "omega-3 fatty acids derived from marine



sources," explains William Harris, Ph.D., FASN, FAHA, co-creator of the omega-3 index (a blood test that measures the amount of EPA and DHA in your red blood cell membranes).

EPA and DHA are produced by algae and consumed by a variety of fish, hence why fish oil and fish themselves are the richest sources

of these fatty acids. They make up two of the three commonly talked about omega-3s—the third being alpha-linolenic acid (aka ALA), which is sourced from plants.

Our bodies can technically synthesize EPA and DHA from the parent omega-3 fatty acid ALA, through a series of reactions, including desaturation (i.e., the addition of a double bond between two carbon atoms) and elongation (i.e., the addition of two carbon atoms). That, of course, assumes you're consuming a whole lot of the starter fat (ALA) every day, and even then, the conversion is subpar.

That's because this synthesis process is affected by age, gender, and hormones—particularly the presence of estrogen. Research shows that only 8% of ALA is con-

verted to EPA and 0 to 4% to DHA in healthy young cis-men, while 21% of ALA was converted to EPA and 9% to DHA in healthy young cis-women. Though the process is still not perfect, it appears women can convert ALA to be used in the body as EPA and DHA slightly more effectively than men.

The health benefits of EPA and DHA.

As antioxidants and healthy fats with anti-inflammatory properties, EPA and DHA are critical for whole-body health but are particularly important for cardiovascular health, cognition, and pregnancy.*

Research has associated EPA and DHA supplementation with a number of benefits, including but not limited to:*

Improved cognitive performance

A superfood for heart health: All you need to know about Brussels sprouts, cabbage, & radish



It all began with a Thanksgiving and Christmas ritual, featuring micro-mini cabbages that are cut delicately, cleaned and cooked to make a nutritious side dish or main course. But given their superfood value, nutrient density and fat-lowering qualities, they have been co-opted all across the globe. Which is why now this Belgian vegetable is grown in India, mostly in the Himalayas and Nilgiris and has become a popular winter-time indulgence.

Brussels sprouts are a member of the cruciferous family of vegetables like cabbage, cauliflower, kale and broccoli. They resemble mini cabbages and are rich in many nutrients that have been linked to several health benefits. Most importantly, they boost body metabolism to enhance your fat and calorie-burn capacities, helping you lose weight. Their rich fibre load builds satiety and delays hunger pangs.

A superfood for all ages

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• They are low in calories but nutritionally dense, high in fibre and vitamins (such as Vitamin K, Vitamin C, Thiamine, Vitamin B6 and folate) and enriched with minerals (such as potassium, iron, magnesium, and phosphorus).

• Due to their high fibre content, they can help in relieving constipation as they add bulk to the food.

• They regulate serum cholesterol levels and hence decrease the risk of developing coronary heart disease

• The high fibre content makes this vegetable low glycaemic and ideal for people with diabetes as it helps in maintaining blood sugar levels within normal ranges.

• They promote satiety and thereby weight maintenance

• The vegetable's vitamin K content may help protect against osteoporosis by boosting bone metabolism. Vitamin K is also important for blood clotting.

• It's high in Vitamin C, an antioxidant, which is important for immunity-building, iron absorption, collagen production, growth and repair of tissues, prevention of cell damage and reducing inflammation.

• Brussels sprouts make a healthy addition to any diet and are easy to be incorporated as side dishes and entrees. People often enjoy them roasted, boiled, sautéed, or baked.

You can also add Brussels sprouts to pasta dishes, frittatas, or stir-fries for a flavorful and nutritious dinner.

Home-grown alternatives to Brussels sprouts

• Cabbage - Both cabbage and Brussels sprouts are high in Vitamin C and dietary fibre. Cabbage contains more alpha-carotene than Brussels sprouts. One can make regular vegetable dishes or add them to coleslaw for a more flavourful version.

• Cauliflower - Rich in vitamin C, this has a similar flavour and texture when added to meals. It can be made into sabzis, sauce bases or as a vegan steak.

• Radish - Both are high in Vitamin C and potassium. However, radish has 63 per cent less calories than Brussels sprouts. One can make it as a sabzi or as a pickled side dish.

• Turnips - Both roots and leaves are rich in Vitamin C. Turnip greens are rich in fat-soluble vitamins K and A. They can be added in boiled form to mashed potato or made into cakes and baked chips.

• Collard greens - Both Brussels sprouts and collard greens are high in Vitamin C, Vitamin K, calcium, dietary fibre and potassium. Collard greens contain more folate and are an excellent source of Vitamin A. Slice them to use as a pizza topping, chop and add to scrambled eggs, salads and steaks.

• Broccoli - Like Brussel sprouts, broccoli is also packed with nutrients. It contains high levels of vitamin C, fibre and folic acid.

Peanut Butter Is Healthy—If You Follow This 1 Rule

IT'S NOT QUITE time to eat a meal, but you're hungry. What's going to do the trick? Yeah, probably heaping spoonful or two of peanut butter.

The nutrient-dense pantry staple is a much-loved food of endurance athletes and lifters alike. In addition to being supremely tasty, it's a boon for healthy eating, too.

"Peanut butter, especially when it is just ground peanuts is an extremely healthy food that is full of healthy fiber, monounsaturated fats that are so good for our heart, and are high in plant-based proteins that support muscle health," says Dana Ellis Humes Ph.D., R.D., author of Recipe For Survival.



Eating peanut butter can even help keep you satiated and helps with blood-sugar regulation. "People who eat peanut butter are no heavier than their peers who do not

eat peanut butter, and they may even weigh less because they tend to eat fewer calories throughout the day and also tend to snack on healthier foods in general," says Ellis Humes.

Paired with fruits, vegetables, or whole-grain breads/crackers, peanut butter has just the right mixture of healthy fat, carbohydrates, and protein to keep you going for several hours.

What Is Peanut Butter?

The name itself is pretty self-explanatory: Peanut butter is a butter-like spread made of peanuts. Low angle view at glass mason jar with peanut butter on white wooden table with burlap sack on backside healthy eating concept

More specifically: "Peanut butter is made of dry-roasted peanuts that are then ground. In the past, peanut butter contained additional ingredients to preserve shelf life and mix all ingredients well (emulsifier)," says Blanca Garcia, R.D.N., nutrition specialist of MID55.

You can, of course, readily purchase peanut butter without any added sugars, preservatives, or emulsifiers.

"Typically you can get peanut butter as a smooth spread or a spread with chunks of peanuts. The most common peanut butter will often have 10 percent salt, added sugars, hydrogenated vegetable oils, and emulsifiers to keep all ingredients mixed," Garcia says.

Instapoetry: The Unexpected Instagram Trend That Boosts Mental Health

It was a Tuesday, and my anxiety was at an all-time high. I was scrolling mindlessly through Instagram, absorbing each post quickly. I saw my friend's babies, an old colleague's wedding, someone's new puppy and a political commentary or two. Somewhere in my endless consumption, I also came across a poem that caught my attention enough for my mechanical thumb to pause.

The words spoke to the root of my anxiety, which was based in a lingering feeling that I wasn't deserving of the things I wanted most. "Why even try?" my anxiety asked. But this poem offered me another perspective. It hit me hard—as if it was written just for me at that moment. Most of all, it (and the hundreds of comments beneath it) reminded me that I wasn't alone.

As a writer, I know firsthand the power words can have. Yet, as

someone in a relationship with a stage-five clinger that I like to call anxiety, I also know that you often need to hear it from someone else in order for it to connect. So, I look for relief and repose from other writers, creators and poets.

While reports and studies show that Instagram can be harmful to mental health, I'd argue that there are a few silver linings—and that the rise of Instagram poetry is one of them. Poetry, as an art form, can be a connective thread that soothes sadness, adds hope on hard days and reminds us of our humanity.

As Harpreet M. Dayal, an interdisciplinary artist and poet put it, Instagram poetry's ascension has "created opportunities for writers to build a community and find a place where their words mean something to people." It's also a place that means a lot to Dayal.

When Dayal moved from the U.K. to Canada to be with her husband, she used writing on



Instagram as a form of therapy to overcome her fears and uncertainty of starting over in a new city (and country). "I found refuge in words," Dayal told HuffPost. "It was my way of making sense of and dealing with fear, and it became a way to slowly open myself up to change as I stepped into the next phase of my life."

Dayal isn't the only one who has turned to Instagram poetry during

life's challenging phases. Josefina Sanders, otherwise known as @loveofferring on Instagram, turned her grief into poetry and shared it on Instagram after suffering her first miscarriage with her husband. "My battle with mental health was what led me to write poetry," Sanders said.

"It was terrifying being this vulnerable, but I found some of my very best friends over Instagram

by opening up about my loss, mental health and healing journey."

Jon Lupin, who goes by @ThePoetryBandit, said posting his work and interacting with others who are going through the same thing saved his life. Lupin, who was one of the original "instapoets" along with Tyler Knott and Christopher Pointdexter, turned to Instagram in 2014 to help him navigate alcohol misuse.

Lupin, whose father was a musician, started writing songs at the age of 14 to follow in his dad's footsteps. But then, in Lupin's late 30s, he struggled with alcoholism, which he said stole much of the joy he had in his past hobbies.

"In 2014 I had finally had enough of drinking and picked up the pen and paper again to help me get through the detox, shame, guilt and stress that quitting a substance can take," Lupin said.

Here's how eating disorders harm your mental health

Eating disorders constitute a group of conditions wherein individuals have abnormal eating habits which impairs their health and psychosocial functioning. It is important to identify and diagnose individuals with this disorder in view of its effect on mental and physical well-being. Dr. Suchmitha Rajamanya, Consultant in Internal Medicine, Manipal Hospital Whitefield, is here with us today to provide some insight into the many types of eating disorders and how they may have a detrimental influence on our mental health.

The number of cases in India seems to be under-reported either due to the lack of awareness about this condition or the stigma associated with the mental disorders. Various studies, conducted in small populations, report the incidence, ranging between 4-42%. The disorders include conditions like anorexia nervosa, binge eating, rumination disorder avoidant/restrictive food intake disorder, bulimia nervosa and pica.

Eating disorder

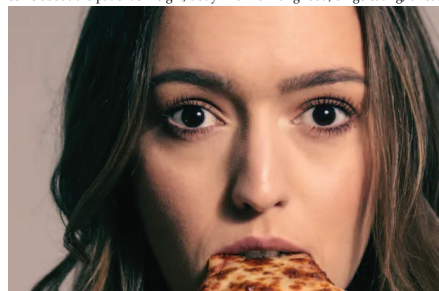
Patients who are at increased risk of eating disorders, include:

1. Patients with a history of:
 - Adversity during childhood
 - Trauma
2. Young adults
3. Females
4. Transgender individuals
5. Athletes
6. Anxiety disorders
7. Depressive disorders
8. Rigidity
9. Perfectionism.

There is an increase in the number of eating disorders, especially in young females, thanks to the unhealthy trend of 'being thin' or achieving 'size zero', the unrealistic expectations, the pressure of keeping up appearances in social media. These disorders are almost always associated with an underlying psychological issue or mood disorder. Numerous personalities, like Lady Gaga, Jessica Alba, Princess Diana, Elton John have all suffered from Eating disorders and have opened up about it.

Doctors and families can suspect the presence of eating disorders by enquir-

ing whether the patients have any concerns about the patient's weight, body



shape, body image, or eating behaviors. Also, short and easy-to-interpret screening questionnaires are available, which may help identify patients who need further evaluation. Eating disorders should be suspected in anyone having a voluntary drastic weight loss or inappropriate weight gain, fear of

eating food or eating very less, choking or vomiting food, binge eating, or eat-

ing 'abnormal' substances. They could have consequences on physical health like weak bones, poor immunity, abnormal menstruation, excessive hair falls, anemia, low BP, and heart rate. weight gain Below are some of the commonly seen eating disorders: -

1. Anorexia nervosa is a condition wherein individuals have a fear of gaining weight and have an abnormal perception of their body weight and shape.

2. In Avoidant/restrictive food intake disorder, patients lack interest in food or develop a conditioned negative response to food intake like choking or vomiting.

3. In Binge eating disorder, patients tend to eat more rapidly than normal, eat unusually large quantities of food till they feel uncomfortably full, feel disgusted with oneself, depressed, or guilty after overeating.

4. Bulimia nervosa is a condition where patients binge eat and later try to compensate for their behavior by self-induced vomiting, misuse of medications such as laxatives, diuretics, insulin, or thyroid hormone; fasting; or excessive exercise.

5.PICA is characterized by the condition of eating 'abnormal' substances which are not nutritional like chalk, sand, clay, raw rice, cement. It is usually associated with iron deficiency anemia and mood disorders.

6. In Rumination disorder, patients repeatedly bring out the food, which may be chewed and swallowed or spat out.

These disorders can be life-threatening due to general medical complications associated with malnourishment and the possibility of suicide. Also, patients often refuse treatment.

With the mainstay of the treatment being psychotherapy, pharmacotherapy and nutritional rehabilitation, a multi-disciplinary approach, including a psychiatrist, psychologist, physician and dietitian is required for the overall management of such patients. The stigma of eating disorders to an extent is linked with dysfunctional thoughts that may perhaps interfere with the treatment process.

Education of patients and their families that includes biological explanations goes a long way in reducing this stigma. Nurturing a healthy social environment and discouraging unhealthy beauty trends will ensure that young, impressionable minds do not succumb to eating disorders and other mental illnesses.

Youth must follow their dreams : Sat



JJ NEWS SERVICE
JAMMU, DEC 08: In a move to encourage the young and budding entrepreneurs of the UT, Former Minister & Ex MLA Sat Sharma (CA) inaugurated a Slevia Bakers, a new bakery Shop at Shastri Nagar area of Jammu near HP Gas Agency. BJP District President Jammu Rekha Mahajan, BJP Jammu North Co Incharge Vinay Kumar

Gupta, BJP Samba Co Incharge Munish Khajuria, Mandal President Keshav Chopra, Jagdish Chander Raina and others were present along with the family members of entrepreneurs Sudhir Raina & Sumit Raina, who are also present on the occasion. While speaking on the occasion, Sat Sharma congratulated the young entrepreneurs for the new ven-

ture and said that it is really a very encouraging trend that the youth is coming forward to look for the new avenues for reaching the zenith of success along with self-satisfaction in life. He said that the youth must follow their dreams and explore the ever growing new opportunities in the business world, which still has a large scope in the UT of Jammu & Kashmir. He

said that Prime Minister Narendra Modi has led a campaign for promoting the youth to develop their entrepreneurship skills, which will also lead India on the progressive path in the long run.

He was informed by the entrepreneurs that they are also giving employment to two other persons, which was appreciated by the Former MLA. Sharma asked the entrepreneurs not to compromise on the quality of raw material as well as the finished product and deal with utmost friendly dealing with the visitors. He was also informed by the owner that all the products in the bakery will be eggless thus providing a viable option for the veggies. Sharma was also told that the available bakery will provide a viable option in place of sweets as well while serving a large number of specialty products.

AHA Organises two days management development training for nurses

JJ NEWS SERVICE

JAMMU, DEC 8: Two Days State Level Management Development Programme (MDP) for Nursing Professionals /Tutors and M.Sc Nursing Students of Govt. and Private Nursing Colleges/ GNM/ANMT Schools of Jammu Division, Organized By Academy of Hospital Administration (AHA), India in Collaboration with BEE ENN College of Nursing Chak Balwal, Jammu at the Auditorium of BEE ENN College of Nursing, Chak Balwal, Jammu w.e.f 8th and 9th December 2022.

Dr. Yashpal Sharma Director (Coord) New Medical Colleges, Paramedical & Nursing colleges J&K (National President AHA India) was the chief guest of this training programme along with Dr. Sanjay Sharma Dy director health services jammu representing director health. Dr Arun Sharma Medical Superintendent Maternity Hospital Gandhinagar Govt Medical College Jammu (Regional Secretary AHA Jammu Chapter), Mr Kunil Bhalla Managing Trustee of Bee Enn charitable trust & Mrs. Neelam Bhalla Advisor to Bee Enn College of Nursing and Bee Enn Nursing Institute, Chak Balwal, Jammu; Dr Vijay Raina Medical Spudt Govt Hospital Sarwal Jammu, Mrs shakuntala Sharma director to bee enn college of nursing and nursing institute; Mrs Neetu Sharma Principal Nursing institute and Prof Frank principal Bee Enn college of nursing, Dr Israel Jeba Prabhu vice principal Bee Enn college of nursing where among the dignitaries present

Dr Arun Sharma Medical Superintendent Maternity Hospital Gandhinagar Govt Medical College Jammu (Regional Secretary AHA Jammu Chapter) presented the welcome address and told about activities being done by AHA Jammu Chapter, Mrs. Neelam Bhalla Trustee Bee Enn College of Nursing and Bee Enn Nursing Institute, Chak Balwal, Jammu presented vote of thanks. Other members of Bee Enn Nursing Institute and BEE ENN College of nursing & members of Academy of



Hospital Administration were also present on the occasion. Mr. M. Sadiq Khan Mass Education Information Officer (National Trainer) handled the stage.

The participants are from whole of Jammu division from Govt Medical Colleges Jammu (GMCH, SMGS, MCH, SSH, CD, Psychiatry), and Hospitals from districts of Jammu, Samba, Kathua, Udhampur and Reasi under Directorate of Health Services Jammu. Total 60 participants took part in the training. Resource persons and moderators of sessions are from all over Jammu.

Dr Yashpal Sharma Director Coordination new GMCs & Nursing Institutes (National President AHA India) in his address said that Academy of Hospital Administration (AHA) is an autonomous professional organization consisting of highly qualified and experienced Experts and faculty in hospital & health systems operations management, public health and multispecialty facilities planning & architectural designing doyens, Quality management in health care delivery systems (NABH, NQAS & NABL) experts, health system strategists etc. AHA has a large panel of academia, experts in Bio-Medical Engineers, Health IT professionals, Telemedicine, Medical & Wellness tourism, Bio-Medical Waste Management, Lean & Six Sigma, and other allied fields in health related domain.

AHA India has been conducting Management Development Programs

(MDPs) for health care professionals since its inception in 1987. The Nursing professionals are the corner stone of any quality related programme in health care organization. Keeping this in mind, nursing excellence standards have been framed by NABH with a view to lay down the guidelines for evaluating the nursing services being provided by health care organization. In J&K AHA India has organized till date one each 5 days Management Development programme (MDP) for medical officers of jammu as well as Kashmir.

AHA has also organised two days training programme of nurses 2 in jammu and 1 in kashmir. AHA has also organised one day training programmes of nurses 3 in jammu and 1 in Kashmir

Topics of Two Days State Level Management Development Programme (MDP) for Nursing Professionals and Tutors of Nursing Colleges / ANMT Schools of Jammu Region include Medical Negligence, Communication & Soft Skills, Women Empowerment & Development, Role of Nursing In Prevention of Hospital Infection, Ethical & Legal Issues Related to Nursing Management in Hospitals, Challenges in Management Clinical Services (Accident and Emergency Services Operation Theater), HR & Conflict Management, Disaster Management Role of Nursing Staff, Skilled Based Methods of Teaching and Learning & Bridging the Theory and Clinical Gap, Quality Assurance in nursing.

Tony initiates development works worth Rs 20 crores in Suchetgarh

Appeals people to support LG's tirade against corruption

JJ NEWS SERVICE
JAMMU, DEC 08: Chairman of Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority Affairs, and District Development Council (DDC) Member Suchetgarh, Taranjit Singh Tony has said that the elected representatives of previous regime in the erstwhile Jammu and Kashmir State miserably failed to address even the grave issues confronting the common people and remained busy in brazen looting of the natural resources of J&K.

The senior AAP leader expressed this while interacting with the people after starting development work worth Rs 27 crores in Suchetgarh constituency.

Tony asserted that things have changed after the democratically constituted DDCs and BDCs across the state as the people's representatives in these Councils are instantly addressing their significant issues. He said that for the past so many years the people of the border town were facing acute shortage of drinking water. Earlier it was represented by BJP for twelve long years and despite hold-



ing charge of PHE, Irrigation and Flood Control Ministries, BJP did nothing to address issues related to irrigation, lift irrigation, tube-well and canal irrigation.

Similarly PHE and Flood Control projects were also suffered due to lack of interest to serve the people, he added.

The DDC member today started work on a tube well at Nai Basti Baidhipur Jattan with an estimated cost of Rs 4 crore. He also started another work of tube well at Beaspur Paralash with an estimated cost of Rs 5 crore, which was the age-old demand of people of the area. The DDC Member started blacktopping and

double laning of road works with an estimated cost of Rs 9 crore from Octroi Post Suchetgarh to RS Pura. He also initiated another developmental works in various villages started upto the tune of Rs 2 crore.

Tony said that such development works will definitely boost the tourism sector and also give a fillip to Jammu's economy. Tony also appreciated Lt Governor's pilot program of Home Stay under the Tourism Sector.

He appealed to the local residents of Suchetgarh and Nai Basti to create a neat and clean atmosphere at zero line by setting up home stay in their residence, which seems to be a new

trend of business and can also generate revenue for farmers of the border town. The senior AAP leader urged every section of society to come forward and support LG's tirade against corruption as it's not one man's job to eradicate corruption. We have to fight unitedly to curb the menace of corruption from the state.

Tony also appealed to the LG to look into the functioning of ACB who has changed the affidavit from the Court in the suspended Tehsildar Rohit Sharma's case. He said more and more people are coming out openly to produce proof against Rohit Sharma and its team but ACB refuses to act fairly.

IHRO felicitates VC SKUAST-J for taking agricultural university to new heights

JJ NEWS SERVICE

JAMMU, DEC 08: Shubham Langer, President International Human Rights Organization IHRO J&K today felicitated Dr JP Sharma Vice Chancellor SKUAST J for playing vital role in taking Jammu region's agricultural university to new heights.

Shubham Langer complemented the Vice Chancellor for hosting five days Mega Krishak Mela - 2022 at Main Campus, Chatha. He observed that the five-day assembly of farmers, industry, entrepreneurs and experts in the Mega Krishak Mela has played a vital role in developing linkages between various stakeholders to benefit the farming community.

He said such events gave exposure to the farmers to familiarize with the latest technique in farming and also enhance their productivity as well as their income.

Shubham Langer further complemented the Vice Chancellor for signing a



Memorandum of Understanding (MoU) with Dr Y S Parmar University of Horticulture and Forestry, Solan (HP) for exchanging academic, research and extension in the area of Horticulture, Forestry and allied sectors.

He said YSPUHF-Solan in Himachal Pradesh is a premier institute in the fields of Horticulture, Forestry and allied sectors.

Shubham Langer said SKUAST-J University under

the stewardship of Prof J.P Sharma has gained distinction in bring new technology in the agricultural sector and also focusing on introduction of new technologies such as drones, diversification of agriculture through speciality products, promotion of innovations, enhancing farm mechanization, bringing more area under assured irrigation and implementing efforts to mitigate the effect of climate change in agriculture.

Besides motivating students and boosting the moral of students, Dr JP Sharma has also actively participated in the social works, he added. Prof JP Sharma expressed gratitude to the IHRO J&K unit headed by Shubham Langer for acknowledging his efforts and assured that he will continue his work in the field of agricultural extension.

Youth President Akash Bhagat also accompanied the President IHRO, J&K.

Ritika thanks people of Bharmour constituency for electing Dr Janak Raj from Bharmour constituency



JJ NEWS SERVICE
JAMMU, DEC 8: BJP Mahila Morcha J&K Spokesperson Ritika Trehan today congratulated Dr Janak Raj from Bharmour constituency in Himachal Pradesh on his huge victory in assembly elections. Ritika who vociferously campaigned in favour of Dr Janak Raj also thanked people of constituency for

reposing faith in her campaign and electing him to serve people of constituency. Meanwhile she credited Prime Minister Narendra Modi's popularity and his credibility for the party's historic win in the Gujarat assembly polls.

The BJP's thumping majority in Gujarat makes it clear that Narendra Modi is set to be the favourite to

sweep the state in the 2024 Lok Sabha polls. Even though Modi left Gujarat when he became Prime Minister, Prime Minister has led BJP's Gujarat campaign this year with addressing as many as 30 rallies in the state. Banking on the Prime Minister's charisma, as well as Union Home Minister Amit Shah and Party President JP Nadda's gusto

the BJP has yet again overcome anti-incumbency. The party focused on its development agenda despite facing propaganda from opposition political parties. She said the BJP's "historic victory" in the Gujarat elections is a victory of the party's commitment to development, good governance and public welfare.

"The biggest credit for this victory goes to public's trust in the leadership of Prime Minister Narendra Modi, his popularity and credibility. Congratulations to him and thanks to the public," she said. Ritika also congratulated BJP's national president JP Nadda, Union Home Minister Amit Shah, Gujarat Chief Minister Bhupendra Patel and the party's state unit head CR Patil for the BJP performance in the state.

She said with tireless hard work of all these leaders, "the BJP has created a new history, breaking all records".

Recognising Contribution of Armed Forces Veterans



JJ NEWS SERVICE
NAUSHERA, DEC 08: In the run up to the Veterans' Day celebrations, scheduled

on 14 January 2023, a poster making competition was organised at Government Degree College, Naushera.

The event aimed to recognize the selfless contribution of the Veteran Community towards nation building.

Naushera region has a large veteran community and even today a number of youth enthusiastically opt for a career in the Armed Forces.

Towards this end, the competition provided a medium to the students and NCC Cadets to express their gratitude to this community through the medium of art. The passionate contestants created innovative and beautiful posters for the Veterans and were extremely satisfied with their creations.

BJP Talab Tillo Mandal felicitates Parmod Kapahi



J1 NEWS SERVICE JAMMU, DEC 8: Bharatiya Janata Party Talab Tillo Mandal felicitated newly nominated BJP District Jammu President Parmod Kapahi.

Former BJP State President Sat Sharma, BJP Secretary Ayodhya Gupta, Prabhari Rajev Charak, She-Prabhari Vikas Choudhary, former district President Munish Sharma, JMC Councillor Sanjay Baru, BJP Media Secretary Dr. Pardeep Mahotra, JMC Councillor Neelam Nargotra and senior leaders felicitated new District President in a programme organized by Mandal President Keshav Chopra.

JMC Councillors Jee Angram & Sat Paul Karlipua, Munish Gupta, Vinod Wazir, Jaideep Samyal, Brijesh Gupta, Pratibha Sharma, Arun Dubey, Paramjeet, Deepak Kumar, Sahil Sharma, Bablu Chand, Dr Surjeet, Rajesh Saini, K.L. Sharma, Arun Khajuria, Rahul Nargotra, Anil Angram, Varinder Dogra and prominent party leaders were present on the occasion.

Sat Sharma while felicitating Parmod Kapahi wished him all good luck in his tenure as District President. He said that Parmod Kapahi has a vast experience in his social and political life and

has earlier served the party in very key positions like State Vice-President. He also lauded Kapahi's role in the construction of party offices across the region under the Bhawan Nirman committee of JK BJP.

Keshav Chopra assured Parmod Kapahi that he will get full cooperation from the Talab Tillo Mandal in every organizational and developmental activity.

Other senior party leaders also spoke on the occasion praising Parmod Kapahi for his organizational and personal qualities and assured him of their full support in running the affairs of the party.

Parmod Kapahi thanked all the senior party leaders for the love and support he will be sincere in his duties towards the party and the society and will look forward to the full cooperation from every party activist.

BJP celebrates party's Assembly election victory in Gujarat



J1 NEWS SERVICE JAMMU, DEC 08: Dancing to the beats of traditional drums and distributing sweets, jubilant BJP workers celebrated the party's impressive show in the Assembly election in Gujarat in Jammu.

Led by Ravinder Raina, hundreds of workers and leaders assembled at the party's state headquarters in

Trikuta Nagar and danced to the traditional drum beats. They raised pro-BJP and pro-Modi slogans, and chanted 'Bharat Mata Ki Jai'.

J&K BJP General Secretaries Adv. Vibodh Gupta & Dr. Devinder Kumar Manyal besides other senior leaders were present on the occasion.

J&K BJP President Ravinder Raina said that

BJP has marked landslide wins in Gujarat and performed very well in Himachal Pradesh. He said that Gujarat has voted for the BJP government for the record time with an unprecedented number of seats. Whole credit goes to Prime Minister Narendra Modi for his Sabka Sath, Sabka Vikas. He has served every person in the Nation.

He has touched lives of people from all faiths; which has led to record win of BJP. He added that people of Himachal have voted with a clear heart for the BJP and the BJP has scored a good vote share there.

He said BJP has also served the people of J&K caring for all the communities and regions in J&K. It has done justice with all the neglected communities of J&K. He roared that BJP will cross the 50-plus mark in the Assembly elections in the union territory and will register a "landslide victory" to form its government here.

"It clearly shows the victory of the developmental agenda of Prime Minister Narendra Modi. People voted for the BJP for peace, security and development," said Ravinder Raina.

The BJP's victory in the Assembly election of Gujarat has vindicated the policies of Prime Minister Narendra Modi-led government, Ravinder Raina said.

Altafdar inaugurates of new unit of Smokin joes fresh pizzas

J1 NEWS SERVICE SRINAGAR, DEC 8: A new business establishment with the unique name Smokin Joes (Fresh Pizzas) Store running under the aegis of Altaf foods & hospitalities in Rajbagh was inaugurated in the heart of the city on the 8th of December 2022 Inauguration was done by Famous Interior Designer Pallavi Bharathakur Jilani, a new trade show for the pizza restaurant industry in valley.



The business establishment is located on the main street at Rajbagh opposite state bank of India, branch Rajbagh, Srinagar J&K and is owned and operated by local entrepreneurs, The Group under Iqbal Wani Entrepreneur Was the first Entity who brought First Branded Food chain in Kashmir valley in 2007.

At the grand opening ceremony, Madam Pallavi Bharathakur Jilani & Madam Masrat ji were joined by local dignitaries,

including the guests, M Altafdar Rajbagh President Jammu And Kashmir Business Confederation/Chief Coordinator Kashmir Traders & Manufacturers Federation, Sajjad Gul Sahib General Secretary Kashmir Traders & Manufacturers Federation, Nissar Shahdhar Sahib Chief Advisor Kashmir Traders & Manufacturers Federation who congratulated Management/Staff Smokin Joes Fresh Pizza Store them on their success.

The establishment offers a wide range of Pizza items and much more. Customers would have the opportunity to browse a variety of items and purchase them at competitive prices.

According to them, the business establishment is part of their commitment to bringing quality products to local customers.

They also noted that they are committed to providing excellent customer service, as well as offering discounts and promotions throughout

the year.

The business establishment is sure to be a hit with local residents, and they are confident that it will be a success.

Management Smokin joes are looking forward to becoming an integral part of the local business community and helping to further the economic growth of the city.

The future plans as per them are to expand the business and has been duly appreciated by the guests and locals as well.

Department of Economics organises one Day workshop on Accessing Database on Indian Economy

J1 NEWS SERVICE JAMMU, DEC 8: Department of Economics, Central University of Jammu, organized a one-day workshop on "Accessing Database on Indian Economy". Dr. Mohd Anwar, Assistant Advisor DSIM, RBI, Jammu, resource person for the workshop has deliberated at length about accessing database on Indian Economy available on the public domain of RBI. He has discussed the databases on various sectors viz. real sector, banking sector, corporate sector, external sector and financial markets.

He also enlightened the students how to use the RBI's payment system database.

The resource person has encouraged the students and scholars to think critically to make the best use of the variables discussed dur-



ing the workshop.

The scope of using this database for research purposes and policy formulation has also been discussed.

Various survey methodologies for compiling the primary database, as well as the RBI's initiative to collect and publish socioeconomic indicator databases, were also discussed. Students, research scholars, and faculty from the Department raised questions about vari-

ous aspects of using the database, and the resource person meticulously addressed all conceptual issues.

The Honourable Vice-Chancellor, Prof. Sanjeev Jain appreciated the initiative taken by the Department of Economics and encouraged the Department to hold more events of this nature for the students' overall development. Dr. Shaveta Kohli,

Head (I/c) of the Department, and the other faculty members appreciated the resource person for sharing his knowledge and wisdom with the Department's scholars and students.

The formal vote of thanks was proposed by Mrs. Preeti Gupta. She thanked all the dignitaries and other teaching and non-teaching staff for their support to make this event happen.

Indian Army organised Volleyball Tournament at Panchari

J1 NEWS SERVICE UDHAMPUR, DEC 08: In the continuous pursuit of youth engagement in constructive manner by the Indian Army, a Volleyball Tournament was organised for the youth of Panchari block in Udhampur District. The aim of the event is to promote sports activities in the region and provide a platform to the youth to showcase their tal-

ent. Total 08 teams from villages of Panchari block participated in the competition with great zeal and enthusiasm. The response and the participation shown by the youth for the tournament reflects the strong bond shared between Indian Army and Awaam.

The event was conducted over a period of four days. The final match was played between the teams from Kirchi

and Kud village and won by team of Kirchi village. All of the spectators appreciated the enthusiasm and team spirit exhibited by both competitors. The locals expressed their heartfelt gratitude to the Indian Army for organising the event.

They appealed for more such events in future to nurture the sporting talent of the region.

TECNO launches POVA 4 with 6nm Helio G99 processor at INR 11,999

J1 NEWS SERVICE KATHUA, DEC 8: TECNO Mobile, the global premium smartphone brand announces the launch of POVA 4 from its performance-oriented POVA series, best known for delivering Incredible Power and Speed to its consumers at a competitive price point. Multitaskers and gamers can expect superlative performance on-the-go, as POVA 4 boasts of groundbreaking features such as a 6nm Helio G99 processor, an in-built dual gaming engine encompassing Hyper-Engine 2.0 Lite and the Panther

Engine. Designed for the digitally savvy GenZ consumers, who use numerous applications on their smartphone, generating large volumes of data, and are always on a lookout for a smartphone that offers strong performance and large memory. Addressing such consumer needs, the newly launched POVA4 is loaded with a superior 13 GB RAM with memory fusion technology, 128GB storage, and a giant 6000 mAh battery supporting 18W fast charging packed between a sparkling

6.8-inch with 90Hz Refresh rate display and a stunning curved crater design body. The smartphone comes in three elegant colours- Croylite Blue, Uranolith Grey and Magma Orange.

Commenting on the new entrant of the POVA series, Arjeet Talapatra, CEO, TECNO Mobile India, said, "As consumers continue to evolve and become more and more digitally savvy, their expectations from a smartphone are also evolving rapidly and this encompasses a range of uses from work, learning to entertainment.

GCW Udhampur organizes lecture on Mobile phone safety

J1 NEWS SERVICE UDHAMPUR, DEC 8: Cyber Jagrukta Club of Government College for Women Udhampur organized an extension lecture on the topic "Mobile Phone Safety". The aim of the activity was to create awareness among the students about the various aspects of cyber crimes and safety measures that can protect the users from various types of cyber attacks while using the mobile phones. The event was organized under the support and guidance of worthy Principal of the College Prof. (Dr.) Monika Sharma.



The welcome address was given by Ms. Sarika Mahajan (Assistant Professor in Electronics) Nodal Officer Cyber Jagrukta Club. She briefed the students about the various types of digital initia-

tives. The resource person of the event was Prof. Paramjit Singh (HOD Computer Applications). He explained in detail about the Do's and Don'ts while using mobile phone in our day to day life. He also discussed the various types of precautionary measures to be followed while using mobile phones in routine.

He also briefed the students about information stealing, data protection and password security.

As many as 64 students participated in the event. The students also interacted with the resource person and cleared their queries.

The Chief Guest of the function was Prof. (Dr.) Seema Sharma (HOD Music).

She motivated the students to follow the tips that were discussed in the lecture and appreciated the organizers of the event for conducting such an informative and interactive lecture.

The formal vote of thanks was presented by Mr. Arun Gupta (Librarian). The event was organised by Ms. Sarika Mahajan (Assistant Prof. in Electronics) Nodal Officer, Mr. Jugal Kishore (Assistant professor in Mathematics), Mr. Arun Gupta (Librarian), Mr. Paramjit Singh (HOD Computer Applications), Ms. Shama Rani (Assistant Prof. in Dogri), Ms. Pooja Bharti (Assistant Prof. in Geography)

Sham Lal Sharma listens to public grievances

J1 NEWS SERVICE JAMMU, DEC 8: J&K BJP Vice-President Sham Lal Sharma (former Minister) listened to the grievances of a large number of people belonging to different areas of Jammu & Kashmir at party headquarters, Trikuta Nagar, Jammu.

Individuals and Deputations of people from various areas of Jammu & Kashmir had reached Trikuta Nagar office to meet these leaders with their grievances. They narrated their woes and sought kind intervention of the party leaders to get their problems solved.



Various deputations and individuals presented their woes before the BJP leaders

and sought their intervention in the matters concerned. Main issues were linked to the departments like PHE, PDD, PWD, revenue etc.

Sham Lal Sharma gave patient hearings to the problems of the people, which

were taken up with the concerned officials of the departments stressing for early resolution so that the people are not made to suffer.

Addressing the occasion, Sham Lal Sharma, laid stress on the party's com-

mitment to serve the common masses. He said that every possible measure is taken to the issues faced by the general masses and hence regular grievance camps are being held at party headquarters to listen to the masses.

Integrated Domain Development Workshop for Pre-Primary Schools held



JI NEWS SERVICE
UDHAMPUR, DEC 08: 'AARUNYA' an Integrated Domain Development Workshop specially designed for all Pre-Primary Schools of Udhampur was held at Dhauladhar Army Pre-Primary School, Garhi Cantonnement, Udhampur from 06 to 08 December

2022. The event witnessed participation of 375 children from six schools. The workshop, first of its kind to be organized in Udhampur, is an initiative by Dhauladhar Army Pre-Primary School with an aim to provide the young children a platform to instill and awaken their talents through fun filled activities.

The workshops and activities were specifically woven and designed based on the various domains of learning stated by new National Education Policy 2020 and were conducted by renowned domain specialists with varied experience in their respective domain. Coding, Clay Modelling, Painting, Leaf

Art, Word Building, Pottery Making and various other fun filled activities were the highlights of the workshop.

The children exhibited tremendous interest and enjoyed the event carrying home the valuable lessons imbibed through these activities which was the essence and vision of 'AARUNYA'. The event was graced by Mrs Sunita Dwivedi, Regional President, AWWA, Northern Command, Mrs Mahalakshmi Subramani, Vice Regional President AWWA, Northern Command and Mrs Jasbir Kaur, Chairperson FWO, Dah Division and by all Principals of participating schools.

Will bring religious site Airwan into tourist map of J&K: Col Mahan



JI NEWS SERVICE
KATHUA, DEC 8: Col Mahan Singh (Retd) DDC Chairman Kathua on Thursday assured to bring the religious site Airwan into the tourist map of J&K. He was speaking during a visit to the aforesaid place to inspect and plan development of this historic site which has huge potential for religious tourism in District Kathua.

Tehsildar Nagri, BDO Nagri, ACP Kathua, EE Tourism Deptt, EE Lakhnampur and Sarthal Development Authority, EE PWD, AEE PHE, members of Mandir Committee, prominent citizens, media persons and locals in large numbers were also present during the DDC Chairman's visit. It is pertinent to mention that Airwan is much revered place for Hindus having 3000 years old history. The place is visited by lakhs of devotees every year

to seek blessings of Lord Shiva, perform last rites of their beloved ones and take holy dip in nearby natural springs. During the interaction, the locals demanded widening of Kathua - Nagri and Nagri-Airwan road, adequate parking facility, lighting system, renovation of heritage Bowli, proper public convenience complex, effective drainage system, augmenting of police check post including provision of Mahila constables, etc. After going through the

demands raised by the people living in the vicinity, Col Mahan assured that sooner than later all the genuine issues will be dealt on priority as he wanted the place to be included in the tourism map of the J&K UT. He also gave on the spot directions to the concerned officials to prepare a master plan of the site and identified areas for carrying out improvement and enhancing the facilities to cater to the needs of visiting devotees.

Later, the DDC Chairman also directed the XEn Kathua to prepare DPR for widening/improvement of Kathua-Nagri-Airwan road. Thereafter, Col Mahan visited Villages Jakhbar and Keeadian Gandyal and addressed public rallies and listened to the grievances of the people. After keenly evincing the points raised by the people, Col Mahan assured early resolution of the genuine problems and said that government is working round the clock to provide state of the art facilities to the people at their doorsteps.

Gujarat rejected politics of revdi, appeasement, hollow promises': Gupta's jibe at AAP

JI NEWS SERVICE
JAMMU, DEC 08: National Democratic Party Indian (NDPI) J&K UT president Rajesh Gupta today urged the people to beware of opportunist politicians, saying biggest threat to Jammu is from Aam Aadmi Party leaders. He said the people of J&K need to give a serious thought for finding a viable alternative to the deceptive politics of power hungry politicians if AAP.

promises,' NDPI Chief slammed Delhi Chief Minister and Aam Aadmi Party (AAP) convener Arvind Kejriwal for misleading the people of J&K by boasting about achievements of his government in the national Capital. Claiming that the government in Delhi had not achieved anything worth the name, Gupta said the only achievement AAP government had to its credit is that Chief Minister Kejriwal had to remove a number of ministers from his Cabinet due to their involvement in cases of women harassment, cheating, false certification and corruption. Gupta said by now people of J&K have

understood the flop Delhi model of Kejriwal. The two out of the four MPs of AAP abandoned Kejriwal because of his dictatorial attitude, he added. He said AAP in J&K is a bunch of opportunist, separatist and baseless leaders, who rule the roost in the party.

District Level Aadhaar Monitoring Committee meet held at Udhampur

JI NEWS SERVICE
UDHAMPUR, DECEMBER 08: To discuss the action plan for saturation of Aadhar cards and mandatory biometric update of all age groups, a meeting of District Level Aadhaar Monitoring Committee was held today here with Deputy Commissioner, Udhampur Kritika Jyotsna in the chair. Detailed discussions were held on the mechanism to be adopted for Aadhaar saturation of all age groups and mandatory biometric update of children in the district. The DC took a detailed review of the statistics of Aadhaar saturation process under different age groups and status of Aadhaar Seva Kendras operating in the district Udhampur.

Taking a jibe at Kejriwal's AAP Rajesh Gupta said Gujarat had rejected "those who promised freebies". "Gujarat has given unprecedented mandate to BJP by rejecting politics of 'revdi', appeasement and hollow

GCoE Jammu organizes Inter-College Yoga and Fencing Competitions



JI NEWS SERVICE
JAMMU, DEC 8: Government College of Education (GCoE), Jammu organized Inter-College Yoga and Fencing Competitions for both men and women.

The programme started with National Anthem followed by lighting of lamp and recitation of Sarasvati Vandana. In the beginning, Kamandeep Karalia, Physical Director of the College welcomed all the guests and participants. In the inaugural session, the chief guest, Dr. Zubair Kales, Dean, School of Teacher Education spoke about the relevance of yoga in modern life. Principal of the college, Prof. Aekta Gupta spoke about the need for lifestyle related changes in this modern era. She emphasized that adopting yoga in life would bring peace of mind. She appreciated the efforts of the organizing team for organizing such an important event in the college premises. Guest of Honour, Dr Vinod Bakshi, Sports Director, GGM Science College, also appreciated the efforts put by the college and stressed

that such type of event should become a regular feature in the college event calendar. Players from all the constituent colleges of Cluster University of Jammu participated in the event. In the men's competition, GGM Science College bagged first position and Govt MAM College got second position. Similarly, in the women's competition, first position was bagged by SPMR College of Commerce, second and third positions were bagged by GCoE Jammu and Govt. MAM College respectively.

The stage was coordinated by Prof. Rubina Choudhary, Assistant Professor in the college. Those present in the event include Dr Rupali Salathia, JPSPGCW Gandhi Nagar, Jammu, Dr Satinder Juneja and Neelam Chalotra from Govt. MAM College, Ajaz Malik, Physical Director and Dr Shafiq Jahangir from SPMR College of Commerce.

Sports committee of the college including Prof. Rubina Choudhary, Dr Maansi, Dr. Deep Kumar, Prof. Vinay Lata, Prof. Shapita Shameem. Other faculty members who attended the programme include Prof. Anju Bala, Dr Jyoti Parihar, Prof Radika Mahajan, Dr Tahira Shah, Dr Shalini Sharma, Prof. Anuradha Choudhary, Prof. Shamboo Nath, Prof. Neeraj Verma along with non-teaching and supporting staff.

PM Modi's magic behind BJP's landslide victory in Gujarat: Purnima

JI NEWS SERVICE
JAMMU, DEC 08: Congratulating the party workers on the historical victory in Gujarat Assembly elections, Spokesperson BJP J&K and former Deputy Mayor, Purnima Sharma on Thursday gave all the credit to PM Narendra Modi for securing the thumping majority yet again.



have ensured the remarkable win of the party in Gujarat as people are highly satisfied with the same all across the State. She said that the positive outcome of Gujarat Assembly poll is the testimony to the fact that the people are more

than satisfied and want the same model to be implemented all across the country. The Spokesperson said that the seventh win of the party in a row in Gujarat means that people have undoubted faith in the policies of BJP as it has received the mandate from the people belonging to all shades of life and also the different sections of society. She said that the victory in Gujarat doesn't mean that party activists now sit idle; rather it has brought a lot of responsibility on their shoulders to work with more zeal to win the hearts of the people who some-

how remained aloof from the party's good work this time. Referring to the results of polls in Himachal Pradesh, the senior BJP leader said that the party will work more diligently to win back the hearts of the people in the coming time. She said that the need of the time is that the party worker should redouble the efforts to provide succor to the people so that this temporary phase gets over soon and people in good numbers come back to the party fold to once again support the lotus to bloom across the Dev Bhoomi Himachal.

SMVDU hosted an International Conference on emerging trends in biosciences and chemical technology



JI NEWS SERVICE
JAMMU, DEC 8: A three-day international conference on "Emerging Trends in Biosciences and Chemical Technology-2022" was hosted by School of Biotechnology, Shri Mata Vaishno Devi University in collaboration with CSIR-IIIM, Jammu and BRSI from 3rd to 5th December, 2022. The chief guest of the international conference was Dr. Jatinder Singh, Honorable Union Minister of State (Independent Charge) for the Ministry of Science and Technology. Prof. Manoj Kumar Dhar, a distinguished scientist and former Vice Chancellor of the University of Jammu, was the guest of honor.

The conference consisted of thirteen sessions of varied plenary speeches and guest lectures by famous scientists from Argentina, Brazil, Greece, Malaysia, Mexico, Singapore, South Korea, Thailand, the United States, the United Kingdom, and Vietnam, as well as eminent scientists from the host country. Additionally, it included abstracts from nearly 300 participants from across the country and abroad. A book

titled "Practical Biochemistry", authored by Dr. Indu Bhushan was also released by the honorable Minister Dr. Jatinder Singh during the event.

The event culminated with a valedictory ceremony and Honorable Vice Chancellor of SMVDU, Padam Shri Professor R.K. Sinha was the chief guest and Sh. Neeraj Gupta (JKAS) Finance officer, SMVDU was the guest of honor including NS Jamwal, Registrar, SMVDU. The convener of the conference, Dr. Indu Bhushan, presented the opening address, followed by the address by Dr. Asha Chaubey (Convener), Principal Scientist, CSIR-IIIM, Jammu. The conference's Co-convener, Dr. Shafaq Rasool, gave the Technical Report of the conference. Prof. R.K. Sinha, the chief guest, addressed the audience, felicitated the Plenary and Invited speakers, and presented the participants with awards for the best paper presentation. The occasion was concluded by Dr. Ratna Chandra, Head of the School of Biotechnology, delivering the vote of thanks. Dr. Indu Bhushan, Faculty, School of Biotechnology, SMVDU, the convener of the conference ensured that the event was inclusive and a big success.

RHV starts Signature Campaign to declare Cow as National Animal in Samba



JI NEWS SERVICE
SAMBA, DEC 8: Rashtriya Hindu Vahini started a Signature campaign in Samba for designating Cow as National Animal under the guidance of Rajinder Hindu state President Rashtriya Hindu Vahini Sapna Hindu State President Disciplinary Committee and Narayan Hindu, Vice-President, Moti Hindu District President Samba formally started the campaign in Nandpur village of Samba.

On the occasion, leaders apprised that the signature campaign is to press the government to declare Cow as the National Animal as the Cow signifies the most sacred feelings of the residents of this subcontinent. It was stressed that since the time immemorial, the Cow is revered as the most sacred being and the Cow reverence is included in every ritual and culture of Bharatvarsh. It was also demanded that the persons involved in

the killings of the Cows must be dealt with strictest of the law and must be hanged till death. Sapna Hindu, on the occasion, said that the Cow is revered in whole subcontinent across all the sections and cultures. She said that the Cow is considered not as an animal but as direct representations of Hindu deities and as such it is the requirement of the Indian history and culture to save and nurture the Cows.

She said that the campaign will be taken to every area of the region by the dedicated volunteers of the Vahini. She also sought the cooperation of common masses in the campaign.

Narayan Hindu said that the activists of the Vahini are dedicatedly working to take the signature campaign to the common people to complete the mission and soon the campaign will attain the role of nationwide movement. Moti Hindu said that in the recorded history our ancestors have protected Cows with their lives and we will ensure that the strict laws are enforced to protect the Cows in the present time as well. Sunita Hindu and Sat Paul Hindu thanked all the participants and the organizers of the campaign programme and appealed the common masses to come in support of the campaign. Dr. BR Bhagat, Dr. Nirmala Bhagat, Manohar Lal Sharma, Vipankar Choudhary, Deepak Choudhary, Parveen Choudhary and others were amongst the prominent present on the occasion.

Principal Secretary PDD reviews power scenario in Kashmir with KPDCCL officers

J1 NEWS SERVICE

JAMMU/ SRINAGAR, DECEMBER 08: Principal Secretary, Power Development Department (PDD), H Rajesh Prasad, today convened a review meeting with officers of Power Distribution Corporation Limited (KPDCCL), regarding power scenario in Kashmir.

Principal Secretary was briefed by the Managing Director KPDCCL, Yasin M Choudhary, regarding

the present curtailment schedule of KPDCCL which is being implemented by the Sub-Transmission Divisions of KPDCCL.

Principal Secretary directed the KPDCCL Engineers to strictly adhere to the curtailment schedule so that public won't have to face hardships on this account. He also asked to ensure wide publicity of the curtailment schedule so that it reaches to every consumer of KPDCCL.

Principal Secretary was also briefed regarding the district curtailments due to restrictions from the supply end.

Principal Secretary gave a patient hearing to the problems arising out of distress curtailments and assured that the matter will be taken up with the senior officials for redressal.

Later, MD KPDCCL visited the Bemina Grid Station during peak hours to get apprised of the load shed-

ding and distress curtailments. He issued directions that the curtailment schedule must be adhered to strictly and distress cuts be limited to minimum.

The meeting was attended by Shiv Anant Tayal, Managing Director JPDCCL, Chief Engineers of KPDCCL, JPDCCL, JKPCCL and JKPTCL, Superintending Engineers of KPDCCL and all Executive Engineers (Sub-Transmission Divisions) of KPDCCL.

MYD Jammu recovers Rs 1.02 lakh fine from

Traffic Rules violators

J1 NEWS SERVICE

JAMMU, DECEMBER 08: A team of Motor Vehicles Department headed by RTO Jammu Pankaj Bhagotra today laid special notices at different locations of Jammu District to check violations and visible offences under Motor Vehicles Act, 1988 and Central Motor Vehicles Rules 1989.

The Enforcement Drive was started early morning and nearly 70 vehicles, which included Buses, Tipsters and School Buses were checked for various offences viz. Route Permit violations, Overloading, Over speeding, without Seat Belt and without SLD, out of which 22 vehicles were challaned/ Compo-unded.

DC Kulgam reviews measures for smooth traffic flow in district

J1 NEWS SERVICE

KULGAM, DECEMBER 08: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of Officers and Members of Traders and Transporters Association to discuss and finalise the measures and steps for smooth traffic flow in Kulgam. The meeting held threadbare discussion on various issues including management of the traffic system in the district and making the town more beautiful. Requisite measures were discussed threadbare to overcome traffic jams and ensure better regulation of traffic.

Meanwhile, Visiting Officers also distributed cheques among beneficiaries under PMAY (URBAN) Mission. They also conducted an extensive tour of Samba town.

MC RS Pura aware people about hazards of single use plastic

J1 NEWS SERVICE

JAMMU, DECEMBER 08: In continuation to the My Town My Pride programme, Municipal Committee R.S. Pura has launched a massive drive to motivate people to eradicate single use plastic.

The drive was launched during the My Town My Pride (MTMP-2) at Devi Dwara Mandir R.S. Pura, under the guidance of visiting officer Harvinder Kour, Mission Director, ICPS J&K and in presence of the representatives of Municipal members as well as SDM R.S. Pura, Tehsildar R.S. Pura, CDPO R.S. Pura, Prominent citizens, and school students participate.

The main objective of the drive is to educate the public regarding the hazards of single use plastic on the environment and the living beings.

GDC Neeli Nallah conducts intramural tournament under My College my pride

J1 NEWS SERVICE

UDHAMPUR, DECEMBER 08: Department of Physical Education Government Degree College Neeli Nallah, in association with Youth Club on Thursday organised an intramural Tournament under the banner of My College My Pride.

The competition was organised under the guidance of Prof. Hans Raj, the college Principal. While interacting with the students, he highlighted the importance of games-indoor as well as outdoor and motivated them to actively participate in the sports to stay physically fit. He emphasised that teamwork and leadership are best learned as well as practised in sports.

Dr. Ranjeeta Langhe was the coordinator of the event. As many as 16 students participated in the contest. Team-A Royal club headed by Aman Singh Won by Two sets by defeating Team B-Sher Shah Club headed by Shaib Malik.

Sarita Chauhan, Vivek Sharma review functioning of Samba Municipality

Reviews mega projects, PMAY-U, PM SvaNidhi, SBM, MRF, district, Capex budget

J1 NEWS SERVICE

SAMBA, DECEMBER 8: As part of ambitious 'My Town My Pride' (MTMP) 2.0 programme of providing services to people at their doorsteps, Commissioner Secretary, Labour and Employment, Sarita Chauhan and Director General, Social Welfare Jammu, Vivek Sharma (Visiting Officers) today reviewed functioning of Samba Municipality besides conducting interaction session with ULB Councilors regarding their issues.

Deputy Commissioner Samba, Anuradha Gupta, CPO Suldesh Kour, ADC, Rakesh Dubey, Executive Officer, Municipality Samba besides other district officers and Urban Local Body councilors were also present on the occasion.

Executive Officer informed



Under PM SVANIDHI scheme, Visiting Officers asked the officers to ensure that all eligible street vendors be provided with 100% trade licenses. "The Rehri wala spots should be fixed at a suitable place in a systematic manner so that separate rehri zones be created. Besides, each and every Rehri wala should carry dustbins along with them for waste management to keep their surroundings neat and clean", added the Visiting Officers.

Visiting Officers stressed on creating massive awareness on digitization of services through online portals, green city plan under which e-Rickshaws should be used in place of petrol /diesel vehicles, usage of door to door waste carriers and other initiatives of government in the town area. They exhorted upon all members of ULBs to carry out massive plantation drives near railway station, mega projects sites so that aesthetics of city can be evolved.

"Under self employment generation schemes awareness be generated among youths on benefits of MUMKIN, TEJASVI, HIMAY-AT and other government sponsored schemes" maintained the Visiting Officers.

Visiting Officers listened to the issues of ward members and assured that they will be solved on priority level through proper intervention of concerned agencies.

Meanwhile, Visiting Officers also distributed cheques among beneficiaries under PMAY (URBAN) Mission. They also conducted an extensive tour of Samba town.

DC Samba chairs District Level Aadhaar Monitoring Committee Meeting

ARRAY OF SERVICES AVAILABLE ON MAADHAAR APP; DIRECTOR UIDAI

J1 NEWS SERVICE

SAMBA, DECEMBER 08: The District Level Aadhaar Monitoring Committee today reviewed the status of Aadhaar enrolment and further strengthening aadhaar seeding ecosystem here at its meeting chaired by Anuradha Gupta, Deputy Commissioner, Samba in presence of Sanjeev Mahajan, Director, UIDAI Regional Office, Chandigarh.

The Aadhaar authentication and Aadhaar offline verification including use of QR code for Aadhaar verification was also discussed. The Deputy Commissioner Anuradha Gupta asked the stakeholder departments/agencies to motivate the residents to enroll children below 5 years for Aadhaar and to get Mandatory Biometric updates done (MBU) on attaining the age of 5 years and 15 years.

DC Kulgam reviews measures for smooth traffic flow in district

J1 NEWS SERVICE

KULGAM, DECEMBER 08: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of Officers and Members of Traders and Transporters Association to discuss and finalise the measures and steps for smooth traffic flow in Kulgam.

The meeting held threadbare discussion on various issues including management of the traffic system in the district and making the town more beautiful.

Requisite measures were discussed threadbare to overcome traffic jams and ensure better regulation of traffic. Creation of parking zones near Qazigund and Shopain Adas besides making Laroo bus stand fully functional also came under discussion.

Tourism Deptt's two day Houseboat Festival concludes on Dal banks

Festival harbinger of a good winter tourism: Sarmad Hafeez

Aim to celebrate the heritage of houseboats: Fazlul Haseeb

J1 NEWS SERVICE

SRINAGAR, DECEMBER 08: The two-day Houseboat Festival which started yesterday on the banks of Dal and Nigeen Lakes concluded this evening. The festival was organised by the Tourism Department.

During the two day festival, emphasis was laid on the heritage value of the houseboats on these two lakes. There are about 900 houseboats in Dal and Nigeen lakes.

The visitors to the two-day festival were apprised about the history of houseboats, the celebrities who stayed in them and the unique role played by houseboats in attracting tourists from across the globe for decades now. The festival had components of local Music, food, art, culture besides local folk artists performed during a laser show and live concert. The main highlights of the two day festival were the display of live music, putting up of Art gallery besides showcasing varied culinary and cuisine specialities. Traditional



folk music, a Floating stage and water screen on Dal waters, illuminated shikara carnival and live musical performances by local musical bands was also the part of the two day festival. On the occasion, Secretary, Tourism, Sarmad Hafeez said the idea behind holding the Houseboat festival has been to start the celebrations for coming winter tourism season. He hoped the festival would be a harbinger of a great tourism season during winters in the Valley besides reinvigorating a sense of pride among the people about the rich heritage and memory attached to Houseboats. Director Tourism Kashmir, Fazlul Haseeb said Houseboats have played a unique role in attracting tourists from across

the globe. He said the Kashmir Valley's famed houseboats, which over the decades have emerged as dream stay for tourists, will be this winter season's main attraction. In their responses, Houseboat owners were appreciative of the Department's move and said that the festival would go a long way in boosting winter tourism in Kashmir and send a message across the world that Kashmir is truly warm even in the harshest conditions around. The festival was organized in the backdrop of a record number of tourists visiting the Valley this year, breaking all the previous records and to showcase the contribution of iconic houseboats in the tourism sector of Kashmir.

JKRLM organises awareness Workshop to educate women SHGs about Menstrual Health & Hygiene

J1 NEWS SERVICE

JAMMU, DECEMBER 08: To spread awareness among the members of women Self Help Groups (SHGs) about Menstrual Health & Hygiene, Jammu Kashmir Rural Livelihoods Mission (JKRLM) on Thursday organised a daylong workshop on the theme "Menstrual Hygiene Management -Mardun ki Zubani". The day-long programme was organized across all the blocks of the Mission to sensitise the SHG women about vital social and health issues, especially those related to personal health and hygiene.

During the workshop, the SHGs were told about the science behind menstruation and the myths surrounding it. The SHGs were also taught about basic hygiene that should be maintained during periods. It helped in sensitising them on various complications arising out of lack of menstrual hygiene.

Mission Director JKRLM, Indu Kanwal Chhib, in her keynote address said that Menstruation is a natural part of the reproductive cycle. However, in most parts of the country, it remains a taboo and is rarely talked about, which leads to gender issues and all



anti social activities. She therefore said that the purpose of this workshop was to create awareness on menstruation and its hygiene.

She explained that the cleanliness initiative started by the Government of India is a significant move and the Menstrual Hygiene Management as a component is equally important as the taboo associated with Menstrual cycle is still existing in our society. "Conducting the Menstrual Hygiene

Management workshop will significantly focus on taking Men folk on board to make them understand the help and support they must provide to the women going through this natural phase every month," the MD added.

She further said "Our aim is to empower young women and girls about the heightened vulnerabilities of menstrual hygiene and its management." The focus of the program was to create

awareness among women on personal hygiene particularly on Menstrual Hygiene Management (MHM) and the participants were asked to act as ambassadors for sensitising other women to maintain MHM safe and hygienic sanitation, the MD added.

She hoped that the training would be a beginning and the first step towards building up confidence and boldness among the women groups. In this connection, she called upon the master trainers to understand well and spread awareness.

Archana Gosh, National Programme Manager, National Rural Livelihood Mission (NRLM) - the resource person of the event, spoke on the important issue of menstrual hygiene, its sustainability when it comes to over all period management.

She said that the purpose was to create awareness, to mitigate the challenges associated with periods and encourage the master trainers to spread awareness so that every woman and girl has access to safe and sustainable menstrual hygiene products along with holistic and accurate information to manage menstruation.

Guest speaker Dr. Meenali Rajput, Medical officer, Rashtriya Bal Swasthya Karyakram (RBSK) emphasized on cleanliness and hygiene. She mentioned that in today's time the management of menstruation requires three key things: awareness, access (mainly in rural setup) and disposal of used sanitary napkins in an environment friendly manner. Girls and women need to maintain good menstrual hygiene to uphold their health and dignity.

The session focused on various menstrual health related topics like periods and its causes, period myths and taboos, Urinary Tract Infection (UTIs) and other infections, good hygiene practices that one must follow and cultural taboos associated with menstruation. A short film related to menstrual hygiene was also screened on the occasion.

More than 30 Training of Trainers (ToTs) & Food Nutrition Health & Wash (FNHW) community Resource persons (CRPs) from Jammu Division attended the workshop programme, while the event witnessed virtual participation of over 5 thousand SHGs from various blocks of Jammu and Kashmir. The session ended with a Q/A round.