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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 core charms have had been a core charms had been a charms had been a

on the message of unleten religions. Be said Secularism has been a core characteristic of India society 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 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 conven-

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 futility of conflict and 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 Vishawamurii Shastri, Moulana Shahzad Azam Anwari Qasmi, President SOPC, S Ranjii Singh, President SOPC, S Ranjii Singh.

Azam Anwari Qasmi, Pres-ident 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.

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

NEW DELHI: Prime Minister Narendra Medi said that people voted for BIP because BIP 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

tory 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.

people of Gujarat have cre-ated a new record by giving vote in huge numbers, rising above cast, class and commu-

nity.

The Prime Minister said

public support for the empowerment of the poor, exploited, deprived and tribals.

Calling the victory in Gujaratis' historic' Modi said the mainfestation of the 'youth-ful 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.
CONTINUED ON » PAGE 4

#### 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'.

They raised pro-BJP and pro-BJ

#### **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, JKPSI by JKSSB

SRINAGAR:The Jammu Kaminr 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

Adunaar ,

JAMMU: Chief Secretary,
Dr. Arun Kumar Mehta
today emphasized upon all
the stakeholders to complete
the 100 percent Aadhaar penetration across &&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 maderhing a meet to review the
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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 Sec-retary, Information Technol-



ogy, Prerna Puri; Secretary Health and Medical Education, Bhupinder Kumar; Divisional Commissioner, Jammu, Ramesh Kumar, CGM, BSNL, all Deput 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

#### 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 bandhs/strikes have almost faded away.

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

tant ranks is among the top priority of J&K police.
Further, the militancy incidents in Srinagar dist 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 minutes.
This is in contrast when in 2018 more than 200 were reported and around 400 in 2016. "This in indicates that peace is fast returning to Srinagar and efforts are on to make the peaceful atmosphere a

### Freezing temperatures continue in Ladakh and Kashmir vallev

SRINAGAR: Kashmir valley braces for snowfall from Sat-urday as the minimum tem-perature improved even as cold with overcast sky and hazy weather conditions continue to

weather conditions continue to prevail on Thursday. Meteorological Centre Sri-nagar forecast of generally cloudy sky at most places of J&K and hazy in Valley on Thursday.

Thursday.

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

intermittent Light to Moderate rain at many places of Jammu. & plains of Kashmir. Light snow (1-2 inches) likely (50% chance) in plains of Kash-mir during December 9 night to December 10 forencon 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

and Zojila on Srinagar-Ladakh highway during December 9-10. Srinagar the summer capital of Jammu and Kashmir contin-ued to reel under intense cold with overcast sky and hazy weather conditions on Thursday. The night temperature witnessed an improvement was

recorded at 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

of minus 3.6 degree

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

DELHI: The Supreme Court has dismissed a curative petition filed by Roots in Kashir, an NGO, seeking probe into the killing of Kashmiri Pandits in the Valley in 1888-90 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. A bench of Chief Justice DY (Chandrachud, and Justices Sanjay Kishan Kaul and S Abdul Nazeer declined the plea saying.

Nazeer declined the plea saying "The Curative Petition is dis

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

A curative petition is the last judicial resort available for



filed by the NGO saying it is diffi-cult to have any probe and collect evidence on the issue more than 27 years after the exodus of Kash-mirl 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 pro-viding 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.

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

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 unsubstan-tiated presumption that no evi-dence is likely to be available after the passage of time ignor-ing the fact that trials are also proceeding in the some of the proceeding the proceding proceding the proceding proceding proceding proceding proce

ing the fact that trials are also proceeding in the some of the FIRs since year 1995, 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 1998 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 Com-missioner, Wg Cdr M.M Joshi comprising Admin-istrator, Nasreen Khan; HQ Commissioner Capt. Sharma; Training Com-

HQ Commissioner Capt. Sharma, Training Commissioner Guide Wing, Manjeet Kaur, Guides Captain, Jyoti Verma; Guide, Pooja Gupta & Scout, Sumkit Jain.

The Lt Governor Observed that Scouts & Guides symbolize self-less service, unity in diversity. Volunteers are actively working for the cause of social equity and strength.



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

constructive transforma-tion, said the Lt Governor. Observing that disci-pline and determination are the defining attributes of youth, the Lt Governor said, through

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

SRINAGAR: Two independent candidates - one backed by National Conference and other

caninates - 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 doay. The repoil 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, Amina secured 3259 votes while her nearest rival Shabman Rehman managed to get 3220 votes, officials said.

Shabman was supported by

Shabnam was supported by the Sajad Lone led Peoples Con-ference. There were ten candi-dates in the fray in Drugmulla.

In another closely fought con-test in Hajin-A, an Independent candidate Naza Begum support-ed by Altaf Bukhari's led Apni Party won by 323 votes. Her near-est rival was a People's Confer-ence candidate.

ence 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 Kupwars for standing with the politics of truth. We will continue to be the people' will be the people will be the people will be the people will be the people. The people will party president.

continue to be the people's voice and fulfil the aspirations of our people," April 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 CONTINUED ON > PAGE 4

#### 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 Crore 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

(MRTC) has completed all the formal-ities and have also sent the Detailed Project Report (DPR) in this regard. An official not authorised to speak to media, told news agency, on the condition of anonymity, that the DPR submitted for the metro rail projects projects and the property and the projects are still in the appropriate projects.

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.

Pertimently, the Jammu and Kashmir government had submitted.

Fertinenty, the Jammu and Kashmir government had submitted a Detailed Project Reports (DPR) of 8s 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 Jamana Rs 4,825 crore for Jamana Rs 4,825 crore for Jamana CONTINUED ON >> PAGE 4



## **Delegation of Gurjar Desh Charitable** Trust calls on Lt Governor



JAMMU, DECEMBER 08: A delegation of Gurjar Desh Charitable Trust

The members of the delegation led Lieutenant by Sh Arshad Ali Choudhary, Vice

Chairman, GDCT, expressed their ratitude towards the Lt Governor gratitude towards the Lt Governor for several schemes and initiatives implemented for the welfare and development of Gujjar and Bakerwal of Jammu and Kashmir. The delegation acknowledged the

The deegation acknowledged the unprecedented steps taken by the government to uplift the nomadic community of UT by providing them their due rights as enshrined in the constitution. During the interaction, the members also raised several issues concerning the community.

The Lt Governor gave a patient

The Lt Governor gave a patient hearing to the visiting delegation and assured the redressal of their all genuine issues and problems

# Awareness programme on MWPSC Act 2007 organised at Baramulla

JI NEWS SERVICE
BARAMULLA, DECEMBER 08: A
one-day Legal Awareness programme
on Maintenance and Welfare of
Parents and Senior Citizens Act 2007
(MWPSC Act 2007) for Police functionaries to promote "Inter-Generational Bonding and Ageing with Dignity" was today held at District Bar Association Baramulla.

District Bar Association Baramulla.

The programme was organized by National Institute of Social Defense, Ministry of Social Justice and Empowerment, Govt. of India and Anugraha Regional Resource Training Center on Ageing in collaboration with District Lange Somices Authorities. District Legal Services Authority (DLSA) Baramulla.

(DLSA) Baramulla.

The programme was conducted under the chairmanship of Mohammad Yousuf Wani, Chairman DLSA Baramulla and under the supervision of Muzamil Ahmad Wani, Secretary DLSA Baramulla.

On the occasion, Speakers said that the key objective of this program is to create awareness and sensitivity about

increasingly facing a variety of hard-ships in day to day life with respect to their havin life. snips in day to day life with respect to their basic life requirements including food, shelter, clothes, health problems, financial problems. financial problems etc.

The programme was divided into four sessions. In the first session Adv. Ashfaq Hussain Wani acted

Ashfaq Hussain Wani acted as resource person and delivered a lecture on Maintenance and Welfare of Parents and Senior Citizens. In the second session, a representative from Social Welfare Department Bushra Bedar, Central Administrator, One Stop Centre Baramulla, acted as a resource person and laid emphasis on resource person and laid emphasis on different schemes of the Social Welfare different schemes of the Social Welfare Department regarding welfare of senior citizens. She also narrated a sad experience regarding abandonment of senior citizens by their children and thus advised the audience to stand firmly against such menace. In the third segion, Advacate Stead Gibtain third session, Advocate Sved Sibtain Geelani, acted as a resource person

and delivered a lecture about salient features of the said Act. He enlightened the audience about the current deteriorating situations of the senior citizens in the society. Besides, he advised the police officials to help the senior citizens in their respective areas within the mandate of the said

In the fourth session, Advocate Zahoor Ahmad Mir acted as a resource Zahoor Ahmad Mir acted as a resource person and delivered a lecture on the overall importance of the Act and advised the audience especially Police Officials to look keenly into their respective areas where parents and senior citizens are left destitute and senior citizens are left destitute and

abandoned by their children/relatives abandoned by inter-fluiderly relatives.

He also laid emphasis on the key objective of the program to create awareness and sensitivity about various issues of senior citizens. The programme was attended by several Police officials nominated by Senior Superintendent of Police Baramulla, some of the PUX of Baramulla and some of the PLVs of Baramulla and Staff members of DLSA Baramulla

# Regional P. F. Commissioner visits Srinagar; redresses problems of various stakeholders

JI NEWS SERVICE

SRINAGAR, DECEMBER 08: The Regional Provident Fund Commissioner, UT J&K and Ladakh, Rizwan Uddin who is on a three days visit to Srinagar today visited EPFO, Regional Office, Srinagar and redressed problems of various stake-holders Regional

On the occasion, Nazir Ahmad Dar On the occasion, Nazir Ahmad Dar submitted the joint declaration forms for correction in DOB from 02/01/1959 to 02/01/1970. The Regional P. F. Commissioner-I gave approval to correct the Date of Birth and joint declaration was processed immediately. Another member Tajamul Islam visited Office of RO Srinagar along with joint declaration form for updation of his father name in ed accordingly.

Besides, female member Asima Khanam visited the office for correction of her husband name Bilal Ahmad tion of her husband name Biala Ahmad Jan and relationship, the same was also updated immediately. Another female member submitted her Joint Declaration form for change of her name Asifa Gulzar Mir to Asifa Waseem Wani and husband name N M to Waseem Yousuf Wani; the same were updated on the same day.

were updated on the same day.
Shabir Ahmad Mir from DFS
Budgam School visited office for his
change of linked aadhaar number of
other member Shabir Ahmad Mir in
his profile, the same were updated
after due verification of supporting documents and as per approval given

EPFO is servicing the entire from Jammu & Kashmir and Ladakh with regard to settlement of claims, redressal of grievances, and facilitating stakeholders and so on.

stakeholders and so on.

Considering the large number of grievances and to ensure service delivery at doorstep, various online initiatives of EPFO such as balance enquiry, filing of online claims including transfer and control to the control of t fer and Covid-19 advance claims and members' basic details were explained with hands-on demonstration

with hands-on demonstration.

Later, P F Commissioner attended a meeting with the Divisional Commissioner, Kashmir regarding Land for construction of Central Government Secretariat and Civil

## Workshop on PM-FME held at Ganderbal

JI NEWS SERVICE
GANDERBAL, DECEMBER 08: A workshop on promotion of Pradhan Farmers Producer Dr. Salman Rauoof Organization (KFPO) at Chalkoo, District Nodal

Batwina which was attended by all line departments.
Dr. Umar Bin Farood,
SMS, FPO Ganderbal
opened the session with deliberation on the working and support of the farmer producer organical man and support of the farmer producer organical deliberated upon the banking formalities for coverage the farmer producer organ-izations. Nazir Ahmed deliberated upon the bank-ing formalities for coverage ing formalities for coverage under PMFME.

A debate on banking

who were acquainted with all the possibilities for hassle free banking service. Mehnaz Coordinator and

Naureen, BPM, NRLM deliberated upon the pro-cessing and preservation of food produce.

## International anti-Corruption Day observed at Government College for Women Parade

II NEWS SERVICE IAMMU, DECEMBER 08: NSS units of

Government College for Women Parade Ground Jammu commemorat ed International Anti-Corruption Day.

The esteemed chief guest on the occasion was Rajinder Sharma, Mayor, Jammu, who addressed the with utmost attention and wisdom. The event started with lighting of dom. The event started with lighting of the ceremonial lamp by the dignitaries and a formal welcome address by the Principal of the college, Dr S.P. Sarswat. He thanked the chief guest for sparing his precious time from his busy schedule to grace the occasion.

In his address, Rajinder Sharma shared his views regarding the topic and apprised the students about the demerits of corruption and how it could have a drastic influence on students and society at large. The Mayor gave a detailed account of the various initiatives taken by the Govt for eradication of corruption. He also informed the students that JMC has adopted a resolution to resolve that all the candi-dates for election of corporator should have graduation as basic eligible crite-ria. "JMC is the only Municipal Corporation in India who has taken up this initiative. Further, he also ask

this initiative. Further, he also asked students to keep a vigil over any sort of corruption happening around them. The Mayor further highlighted the problems faced by the public and the steps being taken by him as Mayor Jammu to combat the same. He empha-sical the importance of ease of chairs. sised the importance of ease of doing business by bringing in transparency in service delivery for common citizens. "This will go a long way in preventing

corrupt practices in the service sector, corrupt practices in the service sector," he added. He also impressed upon the students to play their role in making a corruption free Jammu in particular and a corruption free India in general.

The Mayor also appealed to the students to participate in large numbers in the match before corrusticed on 9th of the match before corrusticed on 9th of

the march being organised on 9th of December, 2022 on the occasion of

International Anti-Corruption Day.

The Principal of the College also appreciated the various initiatives of appreciated the various initiatives of the Govt. including various e-services that have made the Govt. procedures are more simple and transparent. The proceedings of the event were done by Ms Kaashvi and Ms Kangan, NSS volunteers of the College. The event ended with a formal vote of thanks presented NSS Program officer, Dr Mohd

## Chief Secretary declares 33rd Sr National Tennis Ball Cricket Championship open

"Taking part in sports increases general health, muscular power, inner balance & life years": Dr Mehta

JI NEWS SERVICE JAMMU, DECEMBER 8: Chief Secretary, Dr. Arun Kumar Mehta today Kumar Mehta today declared the 33rd Senior National Tennis Ball Cricket Championship open here at M.A Stadium. Speaking as a Chief Guest he remarked that the gov-ernment is committed to create a world class infra-

create a world class infracreate a world class infra-structure for the sports lovers of the UT. He further said that the administration is determined to organize the marquee events of National & International championships across J&K. He further stated that such events certainly provide excellent opportunities of showcasing budding sports talent amongst the

the administration this year opportunity to some 50 lakh youth to demon strate their sporting skills across the length and breadth of J&K. He declared



an Indoor Stadium in each district.

He made out that in order to hone the skills of youth to hone the skills of youth many stadia are provided with flood lights and artifi-cial turfs. He stated that youth in areas like Downtown Srinagar and other districts can be seen playing games till late hours at such venues. He stated at such venues. He stated that a culture of sports and cultural activities is taking roots in J&K. He said that every person young or old is encouraged to take up either sports or culture to channelize his/her energy towards better and healthy. towards better and healthy

The Director, YS&S in his remarks stated that the Sports Council & J&K Tennis Ball association has Council & J&K been very active in organiz-ing the 33rd National Championship from December in this spray

city.
The Secretary Sports Council while presenting the welcome address of the the welcome address of the 4-day long championship being organized under "My Youth My Pride" initiative of the Sports Council added that the championship confirms the participation of 36 Mars & 28 Women tower 36 Men & 28 Women teams of the Country. She gave out

that the participation of around 1000 sports persons rom 28 States UT's took part in the inaugural function

It was pointed out that the It was pointed out that the grand affair is being organ-ized to provide a healthy competition to the players to showcase their versatility and exhibit best of their sporting talent.

A pledge for fair play & A piedge for tair play & war against drug abuse was also taken by the participants of the championship. Proceeding of the opening ceremony was conducted by Working President of J&K Tennis Ball Cricket Association and General Association and General Secretary of the Tennis Ball Cricket Federation jointly.

Those who were present includes Members of Sports Council, General Secretary of the Tennis Ball Cricket Federation, Chairman Tennis Ball Cricket Tennis Ball Cricket Federation along with other Senior members of the fed eration & officials of the I&K Sports Council & Youth Service & Sports depart-

#### Workshop on Elimination of Violence against women held at Achabal, Anantnag

JI NEWS SERVICE

ACHABAL, DECEMBER 08: Jammu and Kashmir Rural Livelihoods Mission (JKRLM) Anantnag today organised a workshop on 'Elimination of Violence against Women' in collaboration with Tehsil Legal Services Authority (TLSA) Shangus, National Commission for Women (NCW) and Womens Police Station Anantnag at Block Training Centre Achabal,
Anantnag, Several speakers spoke on
the topic and gave their views. They
said that in modern times, females are
lssues related to food, nutrition and capable of and have proven to be equally efficient in performing any

They said that eradication of such social evils is possible when the society as a whole will condemn such acts.

hygiene were also discussed during the event.

The speakers said that concepts like gender inequality have become archaic concepts and females have the same right to gening.

### GCW Udhampur organises lecture on Mobile phone safety

II NEWS SERVICE

UDHAMPUR, DECEMBER 08: Cyber Jagrukta Club of Government College for Women Udhampur organized an extension lecture on the topic "Mobile Phone Safety". The aim of the activ-ity 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 ized an extension lectur

the College Prof. (Dr.) Monika Sharma. The wel-come address was given by Sarika Mahajan (Assistant Professor in Electronics) Nodal Officer Cyber Jagrukta Club. She briefed the students about the varithe students about the vari-ous 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 a mobile phone in our day to day life. He also discussed the various types of precautionary

measures to be followed measures to be followed while using mobile phones in routine. He also briefed the students about informa-tion stealing, data protection and password security.

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

ith the resource person are eared their queries.

The Chief Guest of the metion was Prof. (Dr.) eema Sharma (HOD Seema Sharma (HOD Music). She motivated the students to follow the tips

organizers of the event for

organizers of the event for conducting such an informa-tive and interactive lecture. The formal vote of thanks was presented by Arun Gupta (Librarian). The event was organised by was organised by Sarika Mahajan (Assistant Prof. in Electronics) Nodal Officer, Jugal Kishore (Assistant pro-fessor in Mathematics), Arun Gupta (Librarian), Mr. Paramjit Singh (HOD Computer Applications), Shama Rani (Assistant Prof. in Dorri). Pooia Bharti in Dogri) , Pooja Bharti Geography.).

#### Rural Sanitation department achieves milestone of 1000 **ODF Plus villages under Swachh Bharat Mission (Grameen)**

JI NEWS SERVICE

JAMMU, DECEMBER 08: Swachh Bharat Mission-Swachh Bharat Mission-Grameen is a flagship pro-gramme of Government of India under which UT of J&K has achieved the mile-stone of declaring over 1000 villages as ODF Plus.

There are three stages of declaring the village as ODF declaring the village as ODF Plus as per Government of India Guidelines. J&K UT has 822 villages as ODF Plus in the Aspiring Category, 163 Villages in the Rising category & 23 villages in the Model category. Model category.

Sanitation, I&K Charandeen

ingh said that most of these rillages have sustained their ODF Plus status and have put in place either a Solid or liquid Waste

a liquid Waste Management System and the achievement is a big leap towards making vil-lages cleaner, greener and healthier. ealthier. Phase 2nd of SBMG focuses on dealing with all

rocuses on dealing with all types of wastes whether liq-uid or solid i.e generated from Rural Households and commercial establishments. Solid Waste Management under the programme deals with the procedures related

with the procedures related to Bio-degradable Solid Waste segregation, collection transportation and its scientific disposal whereas Grey Water Management deals with effective utiliza deals with effective utiliza-tion of Grey Water through multiple techniques such as Soak Pits/ Leach Pits/ Magic Pits. While the pro-cessing systems are being put in place, the department is leaving no stone unturned to ensure an effective Doorto Door collection mecha n is established in all the villages. The aim of this ini-tiative is to ensure that seg-regated waste is collected from households and is

manner so that it does not become a health hazard for locals and makes the villages visually clean and lages visually clean and beautiful. The work on seg-regation sheds and Plastic Waste Management Units is also being initiated by the department for further pro-cessing Plastic Waste. The achievement is an important step towards re-

important step towards reenforcing the commitment of the Government to proof the Government to pro-mote a scientific sanitation system and improve the quality of life of the rural cit-izens and fulfill a dream of Sampoorna Swachh and

### DDC Rajouri reviews progress of Health Sector projects taken up under District Capex Budget, other schemes

II NEWS SERVICE

RAJOURI, DECEMBER 08: Vikas Kundal, District Development Commissioner Rajouri today reviewed the progress of the Health Sector projects taken up under District Capex Budget and other schemes.

Budget and other schemes.

During the meeting, the DDC sought a detailed report from the concerned officers regarding the physical and financial achievements of the department under District Capex Budget and other schemes. The concerned officers apprised the meeting cerned officers apprised the meeting about to date status in this regard.

While reviewing the financial progress, it was informed that against the release of Rs 9.66 crore for the creprogress, it was informed that against the release of Rs 9.66 crore for the cre-ation of Health infrastructure, an expenditure of Rs 5.32 crores has been incurred till date. Speaking at the meeting, the DDC

exhorted to mobilize men and machinery for the completion of the works in the stipulated time frame. He also urged to ensure productive and fruit-ful utilization of the available

quality while executing the work on

the projects. The DDC made it clea that no laxity would be tolerated in

this regard.

Threadbare discussion was held on land issues for developmental works most of them were resolved in the

While taking note of the other issue impeding execution of developmental works, the DDC asked the concerned works, the DDC asset the concerned officers to bring such issues into the notice of the District Administration or concerned ADCs so that the same can be resolved in time for larger public

# **Deptt of HP&M conducts Awareness** programme at Town Hall Langate

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 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 stake-holders to come forward and take advantage of the

Government schemes being implemented from time to time. He said various new time. He said various new and innovative schemes are available and people, espe-cially youth should take benefit of these schemes. The Nodal Officer PM-

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

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 entrepresentations. establishment of entrepreneur units of PM-FME.

neur units of PM-FME.

On the occasion, the speakers invited participants to approach the department where officers will handhold them in the pants to approach the department where officers will handhold them in the DPR to start business with confidence. The concerned Manager, J&K Bank while Manager, J&K Bank while speaking at the awareness camp said that J&K Bank always facilitates entrepre-neurs 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 author-ities, the representatives also addressed various queries and apprehensions

also addressed various queries and apprehensions on the spot and demanded that all the stakeholders including HP&M, JK Bank and entrepreneurs shall

Meanwhile, entrepreneurs also shared success stories of their growth with the interven-tion of the PM-FME scheme

# DC B'la inaugurates Sanitary **Napkin Production Unit**

JI NEWS SERVICE

BARAMULLA, DECEM-BER 08: The Jammu and Kashmir Rural Livelihood Mission (JKRLM) in collabo-ration with Vatsalya Foundation, a Non Government Organisation Baramulla today established a Sanitary Napkin manufacturing unit at Fathepora Baramulla.

Baramulla.

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

During the inauguration, CEO Vatsalya Foundation

and team of IKRLM, SHG

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 manufacturing unit is that the material used is eco friendly (Biodegradable) and its cost is also low as

II NEWS SERVICE

compared to the others.

In order to support the manufacturing unit, 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 Secondary School Baramulla. After inaugura-tion of the unit, the DC said that this project will simul-taneously help in spreading awareness on the benefits of adopting hygienic practices

and overcoming problem of availability and afford ability 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 area of women's health, and therefore will be of immense benefit to the overall com-

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

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

Degree College (GDC) Vilgam, nere.
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
soriety.

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

the programme. Ulfat Mushtaq (Adv), DDC member Ramhal chaired the ses-sion 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. Ulfa-

continued the series of lectures. Ultat Mushtaq threw light on the key stages in the life of a woman. Dr. Jawed Ahmad (Kashmiri), Dr. Aabid-Ur-Rehman (PTI) and a student volunteer Pir Hurrain (lst sem) enlight-ened the audience with various social constraints women have to face. They

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 quir programme on the

(Gold Medalists). The class was fol-lowed 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 cere-mony for events held in all the three days was also held at the end.

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

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 from Health, Education, CSC, Labour and Employment department, besides, PRIs and a large number of youth par-ticipated 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 unit 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/ func-tionaries from different departments provided threadbare awareness to the participants regarding their initiative including e-Shram PMJAY, PMEGP, and schemes (PMSYM), PMJAY, (PMSYM), PMJAY, PMEGP, PMDISHA, 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 Khansahab, Budgam

JI NEWS SERVICE
BUDGAM, DECEMBER 08: Revenue Authorities Budgam today conducted
an anti-encroachment drive and retrieved 36 kanals and 11 marla Kaah'charal
land worth Rs. 4 crore in Tehsil Khansahib at Budgam.

The drive was conducted under the supervision of Tehsildar Khansahab 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 Household Tap Connections (FHTCs) in all Connections (FHTCs) 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

At the outset, the Deputy Commissioner took detailed review abor progress achieved wit regard to set paramete and indicators under JJM Survekshan including Har Ghar Jal certification by Sabhas. Water 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 train-PWS source, besides train-ing 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

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 complete Skill training/programmes of the resources by December 12th by involving members of Panchavat Rai institutions Panchayat Raj institutions. He directed the Officers to adhere strictly to the laid guidelines and maintain the highest level of transparen-cy and accountability in the implementation process. He also exhorted the officers to

out in coordinated efforts to achieve the desired results and meet the timelines tar-geted for completion of tasks at all levels. The DC further asked the

concerned Officer to work with added zeal and deterwith added zeal and deter-mination in implementation of flagship programme of the Central Government envisaged to provide safe and adequate drinking water through tap connec-tions to all households in rural areas.

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

& 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

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 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 vallev participated in the tournament played at College ground and includ-ed 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 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

Soch Kral 1st Inter-College T-10 Cricket COSCO Tournament

for Women concludes at GDC Women, Pulwama

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 Pulyanan set a larget of 67. 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

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 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 Faroog Khan (Principal of the host College) Dr. Satinder Single

### 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 08: A condolence meeting was today held at District Court Srinagar in the chamber and under the chairman ber and under the charman-ship 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 father of Sanjeev Gupta, Registrar General of High Court of J&K and Ladakh, who breathed his last today who breathed his last today morning after a brief illness.

departed soul. Heartfelt con-dolences were expressed by all and prayers for eternal peace to the departed soul and fortitude and forbearofficers

ance for the bereaved family. The Judicial During such a meeting all expressed their heartfelt comes in many Advocates some of the highly respected per respectful homage to the sonality in the judicial frater-

nity in J&K and remembered the immense and significant contribution of Late Kulbhushan Gupta in the field of law spread over a period of almost 60 years and in shaping the career of

## MD KPDCL chairs meeting of Officers, members of FCIK

JI NEWS SERVICE

SRINAGAR, DECEMBER 08: A meet-SKINAGAK, DELEMBER OF: A meeting was convened under the chairman-ship 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 (FKIC) were pres-

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 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,

ed to install meters that can read

ed to install meters that can read KVAH readings too. The MD, KPDCL along with Chief Engineer (Distribution) and other sen-ior 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.

During the course of discussion, FCIK requested the top officials of KPDCL to look into their problems, wherein MD, KPDCL assured them 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

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

wherein the LT industries are mandat- besides, KPDCL will also ensure uninterrupted power supply to organized industrial sector and clusters.

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 with the within the control of the progress of the property of the progress of the able within one month.

able 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 AEEs of concerned divi-

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

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

BUDGAM, DECEMBER 08: The KVK Budgam today kick-started a Skill Training for Rural Youth (STRY) on Processing and Packaging of Fruits,

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 liveli-hood. Being a major contributor to vegetables produced in the State, the district Budgam, a STRY programme

was envisioned for the yould of the district. The underlying idea is to high-light the importance of profitability along with productivity of vegetables, fruits and nuts through scientific tech-

fruits and nuts through scientific tech-nologies, improved packaging and innovative marketing features. Trainnees shall be imparted hands-on training experience on Scientific Pickling of Vegetables (Carrot/Turnip), Oil-Less Pickling (Onion/Chill), 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. Bhinish Shakeel, (Course Co-Coordinator) delivered a lecture on Status of Food Based Industries in District Budgam. Dr. Vaseem Yousuf delivered a lecture on Skill Development for Youth in Budgam.

#### **CBK** files challan against 5 accused in cheating, forgery case

Greery case

SRINAGAR: The Special Crime Wing of Crime Branch Kashmir produced challan against five accused persons in a case related to cheating and forgery, thereby causing loss to state exchequer.

According to a statement, issued to the news agency, challan was filed in Case FIR No. 28/2017 U/S, 409, 420, 468, 471, 201, 120-B RPC before the court of CJM Srinagar against 05 accused persons for hatching a criminal conspiracy in league with each other and resorting to cheating, forgery and destruction of records, thereby causing wrong full gain to the deceased accused against the corresponding wrongfull loss to the state exchequer.

The statement reads case had been registered upon receipt of a written Communication of Chief Education Officer, Bandipora, wherein it was alleged that deceased Ex-Principal Government Higher Secondary School, Bandipora has produced a court order for release of pension gratuity with interest, issued by the J&K High Court, Srinagar, wherein it was directed to get the case of petitioner examined.

"The examination of service records of the ex-principal revealed that the records regarding his retirement 31.07.2005 and 31.07.2009 came to fore as revealed from personal pension order (PPO) and service book respectively," it reads.

It added further the PPO mentions date of birth as 20.07.1947 and the Service book reveals DOB as 20.07.1947 and the Service book reveals DOB as 20.07.1947 and report from Principal Govt Girls Hr. Sec

as 20.07.1947 and the Service book reveals DOB as 20.07.1951.

"The matter was forwarded to CEO Bandipora who sought a report from Principal Govt Girls Hr. Sec School Bandipora and during verification, it came to fore that the suspect, has drawn his leave salary twice i.e in year 2006 (Rs. 1,28.500 for 188 days) & in 2016 (Rs. 4,09734 for 212 days)."

It reads the second leave salary has been drawn by the suspect on the basis of production of a fake order purportedly shown to have been passed by the High Court of J&K at Srinagar.
"Accordingly Case FIR No. 28/2017 was registered in P/S CBK. During the course of investigation, offences under section 409, 420, 486, 471, 201, 120-B RPC have been found established against the ex-prinvipal, Mohammad Youstuf Malla, Hameedullah Mir and Zahoor Ahmad Shah—all residents of Bandipora and Muneera Rascool of Srinagar," it added.

It reads accordingly challan was filed in case FIR No. 28/2017 U/S, 409, 420, 468, 471,201,120-B RPC before the the court, KNO

#### Bandipora-Gurez road to remain closed tomorrow

CIOSECI TOMOFTOW

GUREZ: Authorities in north Kashmir's Bandipora
district have informed that the traffic movement on
Bandipora-Gurez shall remain suspended tomorrow
in wake of the fresh weather advisory.
The road to Gurez that passes through Razdan Pass
has been closed for traffic movement.
"In view of the forecast for snowfall and as a precautionary measure, tomorrow on 6912-2022 (Friday) traffic shall remain suspended on Bandipora-Gurez road,"
SDM Gurez Mudasir Ahmad told the news agency.
Notably, the area remains cut off from the rest of
the valley due to the accumulation of snow on the
road. KNO

FROM THE FRONT PAGE...

# In a first, two lakh Indian Muslim pilgrims to perform Haj 2023

SKINAGAR: In a major decision taken by the Haj Committee of India (HCol), for the Haj 2023, two lakh pilgrims will be allowed to perform the sacred pilgrimage from India with special focus on women. With the increase in Haj quota, the number of pilgrims from Jammu and Kashmir will also be more compared to previous years.

Official announce-

previous years.
Official announcement in this regard will be made shortly. This is for the first time that two lakh Indian Muslims will perform Haj 2023. Talking to news agency, exclusively, member HCoI, Er Aljaz Hussain said that HCoI after thorough consultations with the Saudi Arabia Government's Haj ministry, has decided to

allow two lakh pilgrims from India for the Haj 2023. "The Haj quota has been increased and for the year "" lakh pilgrims will

"The Haj quota has been increased and for the year 2023, two lakh pilgrims will perform the holy pilgrim-age," he said. "In Haj 2023, special focus will be on women pilgrims."

Asked whether the J&K will also have an enhanced Haj quota, Er Aijaz said that the number of pilgrims from UT will obviously be more than the previous years given increase in Haj quota.

He said it was after

quota.

He said it was after hectic efforts by the HCoI that the Haj quota for India was increased to two lakh. "We are also working to make Haj 2023 cheaper and smooth compared to previous pilgrimages," Er Aijaz said.

He said that HCol has already decided to ensure more embankment points to facilitate pilgrims in a friendly manner. "Pilgrims will have a choice to choose the embankment points of their choice," he said. He said that in Haj 2023, spe-cial focus will also be onsaid that in Haj 2023, spe-cial focus will also be on women pilgrims. "Earlier, many women aspiring to go for Haj without "mehram' faced a lot of issues. We will address their issues and allow them to perform the Haj smoothly," Er Aljaz said. Reliable sources in the HCol said that it was after a series of meetings in Mumbai and New Delhi followed by the brainstorm-ing sessions where feed-

strategies formed to plug the loopholes. They said that in the upcoming Haj, pligrims will be facilitated in a more efficient manner. Pertinently, after the resumption of Haj in 2022 after two years of break due to Covid pandemic, only 80,000 Indian Muslims per-formed Haj. All of them had to undergo Covid vaccina-tion and take along the vac-cination certificate as part

tion and Take along the vac-cination certificate as part of mandatory documents. Sources said that in Haj 2023, pilgrims will be also allowed to bring sacred without any hassle or hin-drance. "Each pilgrim will be allowed to bring 5 kg Zam Zam. HCol will fully facilitate the process of pro-viding Zam Zam water to each pilgrim," he said. KNO

#### Tourism stakeholders seek winter facilities for picturesque Pahalgam

ing sessions where feed-back taken by the pilgrims from various parts of the country was discussed and

PAHALGAM: The government needs to enhance facilities at Pahalgam to attract more tourists especially in winters, demand stourism. Hoteliers, pony walas and others associated with the tourism in Pahalgam told news agency that the current tourist flow in Pahalgam is very low and they are expecting arrivals to pick up from December 20 achea of Christmas and New Year. current tourist flow in Pahalgam is very low and they are expecting arrivals to pick up from December 20 ahead of Christmas and New Year. Javaid Ahmad, Presi-dent Hotelier association Pahalgam told KNO that

Pahalgam told KNO that the government must enhance facilities at Pahalgam so as to increase the tourism flow there especially in winters.

"Pahalgam has much potential to be developed as a winter tourism destination but the government should set up ice skating rinks, 24×7 power supply, and potable water facilities," he added.

Ahmad said that around 600-700 rooms in Pahalgam

and the government must look into it, they said. Assistant Director Tourism Pahalgam Bilal Ahmad told KNO that currently tourism flow is but it will pick up from Decem-ber 20.

"We have planned to

organize small courses besides winter festival, sport activities and the hotelier association is also going to organize a few culrinks, 24x7 power supply, and potable water facilities," he added.

Ahmad said that around 600-700 rooms in Pahalgam are centrally heated but there is very little rush

#### Surprises in DDC poll outcome

BANDIPORA: in a surprising outcome of the district development council polls in Kashmir Valley, National Conference was relegated to the third position in its traditional stronghold of Hajim. A segment, which is part of Sonawari assembly segment, while is part of Sonawari assembly segment, while BJP secured more votes than PDP supported candidate in Drugmullah segment in north Kashmir's Kupwara district where the party had won two seats. According to results of DDC election available with news agency, NC came third in Hajim. A DD seat, which falls in Sonawari assembly segment.

Considered as a stronghold of National Conference, Sonawari was represented by the party thrice in J&K assembly since 2002.

Lone is currently representing Baramulla parliamentary segment.

Lone Is currently reposed.

His son Hila Akbar Lone, who was nominated as constituency in-charge for Sonawari segment, was actively campaigning for an independent candidate backed by him. In another surprising result, PDP supported candidate Rifat Jan secured less votes than BJP candidate Shakeela Akther.

While Rifat polled 612 votes, BJP candidate secured 877 votes. KNO.

#### SI post: JKSSB postpones CBT exam scheduled for Dec 09

SCHEGUIEG TO' DEC U9
SRINAGAR: Jammu and Kashmir Service Selection Board (JKSSB) on Thursday postponed Computer Based Written Test (CBT) for the post of Sub Inspector, Home Department, which was slated to be held on December 09, 2022.

An order issued by JKSSB Controller of Examination, Reyaz Ahmad Malik, a copy of which lies with the news agency, reads, "It is hereby notified that the examination (CBT) for the post of Sub Inspector, Home Department advertised vide Notification no. 66 of 2021, scheduled for 9th December 2022, has been postponed. The fresh date of examination shall be notified separately." KNO

#### Four females among 7 injured in Ganderbal accident

in Ganderbal accident
GANDARBAL: At least seven passengers were injured in a
road accident near Satrina Kangan area of Central Kashmir's
district Ganderbal, officials said on Thursday.
An official told the news agency that an accident took place
between a Sumo bearing registration number JICC7-947 in which
an innova bearing registration number DICC7-947 in which
seven passengers got injured critically.
Furthermore, all the injured passengers were referred to a
nearby hospital where from they were shifted to Srinagar for
advanced treatment.
He identified the injured as Zahoor Ahmad Mir, son of Shabir
Ahmad Mir of Sonibeagh, Dilshada Begum, wife of Badsha Khan
of Mamer, Rehmat Niyazi, son of Gh Abad of Khayam Chowk
Srinagar, Shuguata Gadir, daughter of Ch Qadir Cherwan,
Sumo driver Shabir Ahmad, son of Gh Rasod of Hariganwan,
Hadiya Altaf, daughter of Mod Altaf of Hariganwan, and
Shafiya Begum, wife of Gh Nabi of Hariganwan, KNO

#### Market checking being intensified every day: Enforcement Deptt FCS&CA

RINAGAR: The enforcement wing of Food, Civil Supplies & Consumer Affairs (FCS&CA) department on Thursday said that market checking is being intensified every day and appealed to people to follow the rate lists being issued by the government. Assistant Director, Enforcement department, wing Kashmir division, Musthaq Ahmad Want, told the news agency that several teams of the department visit the market everyday to check the market rates and ensure adherence to the rate lists being issued by the department.

"The people too have a responsibility to adhere to the rate list by getting essentials on the set rates. People should inform the department in case anyone is found violating the norms," he said.

he said. He added that the rate list is being updated every day or website and social media platforms. KNO

#### Drug peddler arrested in Bandipora: Police

in Bandipora: Police
SRINAGAR: Jammu and Kashmir police on Thursday claimed to have arrested a drug peddler in Bandipora and recovered contraband substances recovered from his possession.

A police spokesman in a statement issued to he news agency, acting on a specific information regarding movement of drug peddlers near Bagh Bandipora, a Police party led by SHO Police Station Bandipora under the supervision of DySP Highs Bandipora Shafath Mohamad intercepted two suspicious persons.

"The duo on seeing the Police party ried to escape from the spot. They were chased by a police party and were able to arrest the one accused person; however, the other lady drug peddler managed to flee and left the bag on the road."

During the search, 450grams of Charas powder along with a cash amount of Rs. 1400/- was recovered from the appealsed, so of the spokes of the spoke dipora. He has been shifted to the police station where he remains in custody. While as, efforts are on to nab the escaped

remains in custody. While as, efforts are on to nab the escaped lady drup peddler.

Accordingly, police said that a case under FIR number 188/2022 under relevant sections of law has been registered in Police Station Bandipora and further investigation taken up. Meanwhile, police urged people to come forward with any information regarding drup peddling in their neighbourhood. "Persons found indulging in drup peddling will be death with as per law. Our consistent actions against drup peddlers should reassure the community members that we are making efforts to keep our society free from the scourge of drug menace," police said. KNO

#### ARTO office Sopore headless, transporters, people suffer

Trainsporters, people Suffer
SOPORE: With the post of Assistant Regional Transport Officer (ARTO) Baramulla vacant for the last eight months, transporters as well as people have been going through the miseries
and are facing immense hardsthips.
On April 23, the government transferred and attached ARTO
Baramulla Jamshed Rasool to Regional Transport Officer Kasimir while Anis Ahmad Wani, ARTO Kupwara was asked to
hold the charge of ARTO Baramulla in addition to his duties.
Showket Ahmed, a resident of Sopore lashed out at the
authorities and said that by giving additional charge to the
ARTO Kupwara, the authorities have made both the offices
defunct.

defunct.

As per news agency, the driving licence trials often gets delayed due to the late arrival of the ARTO, even at times he fails to turn up because of his busy schedules, said a resident

of Pattan.

Similarly, Mudasir Ahmed, who is a driver by profession, said that the worst affected community is the drivers community as the documents of their vehicles do not get renewed on time due to the absence of the official.

The transporters urged the administration to appoint the ARTO at the Sopore office so that people would not have to suffer. KNO

### My fight for statehood, land and job rights for locals will never stop: Azad

KUPWARA: Democratic Azad Party Chairman and former Chief Minister Ghulam Nabi Azad Thursday said that the developmental area to the people during his sublic rail; and said that the developmental projects approved and executed during his short tenure as a hief minister in Kupwara district have changed the infrastructural landscape of this border region.

He said since then no government in power ever could match the developmental pace and all the benefits people take out of facilities are being sanctioned or executed during his tenure of the could match the developmental area to the people during his public rail; and to the people during his cup to the could match the developmental area to the people during his public rail; and to the people during his public rail; and to the people during his public rail; and the people will a public rail; and the carbon for the people will continue the jobs and land rights are seen to show what they are cord and let's see who to be news agency said.

"Tell me what they did during this tenure clear for people, Whatever I did for people in mention it today proudly. Other pool it today proudly. Other people mental are to the people during his public rail; and to the people with and the rail and the people during his public rail; and to th trict Administration com-plex, Rural Development complex," Azad reminded

of local people will continue but if you are in power you negotiate from the position of strength. So winning elections will help us to strengthen our resolve to bargain for our people," he added.

# had married two former militants. They had returned to Kashmir from PoK under the government's rehabilitation policy for surrendered militants in 2010.

For J&K's mega...

For J&K's mega...

Notably, on completion, Srinagar and Jammu will become the first two non-major cities in India to have the rapid transport network functional.

As per the project, Jammu Light Metro will operate 17 hours a day round the year while Srinagar Light Metro will operate 17 hours daily during summers and 14 hours daily for winters.

The metro rail lines will have only elevated corridors as the underground tunnels were not found feasible. The coaches of the Metrolite system will be modern, lightweight and made from stainless steel and aluminium with an airconditioning system, as per the DPRs.

The Jammu Light Rail System will have a 23-kilometrength with 22 stations between Bantalab and Bari Brahmana whereas Srinagar light rail system will have a 25-kilometre length with which includes a 125-kilometre length from Indira Nagar to IshT Junction and 12.5-kilometre length from Indira Nagar to IshT Junction and 12.5-kilometre length from Indira Nagar to IshT Junction and 12.5-kilometre length from Indira Nagar to IshT Junction and 12.5-kilometre length from Indira Nagar to IshT Junction and 12.5-kilometre length from Indira Nagar to IshT Junction and 12.5-kilometre length from Indira Nagar to IshT Junction and 12.5-kilometre length from Indira Nagar to IshT Junction and 12.5-kilometre length with a natural Bagh to Osmanabad with 24 stations (12 stations on each corridor). KNO

Prime Minister said, "the results of Gujarat have proved ow strong is the desire of the common man for a developed

e message is clear that when there is a challenge before untry, the people of the country have faith in the BJP"

he said.

Speaking over the results of Himachal assembly results, be said the difference between the number of votes for BJP and Congress was less than 1 percent.

He added that Himachal has never seen such a tough election in history. "We will be committed to the development of Himachal Pradesh and work to fulfill the aspirations of the people" he added.

He also thanked the election commission for conducting "peaceful" elections. "I want to thank the Election Commission for conducting elections peacefull" kas far as Linow.

peaceful elections. "I want to thank the Election Commission for conducting elections peacefully. As far as I know, re-polling in any poll booth was not required "he said Talking about the by-election in Uttar Pradesh he said traflection towards BJP is also visible in the by-elections of different states of the country. "BJP has won in UF's Rampur. The performance of the BJP in the Bihar by-elections is giving a clear message of the days to come" he said. BJP gresident JP Nadda also spoke at the party headquarters, and tanked the people of Himachal Pradesh and Gujarat. He said BJP got the victory in Gujarat under the leadership of Prime Minister Narendra Modi. "It's our record win in Gujarat under the leadership... We got 82.5% vote share. Congress's voting percentage dropped to 27 per cent' he said.

got 52.5% vote share. O to 27 per cent" he said.

#### Shopian Encounter...

He said cordon layers were tightened after initial exchange of fire, however, no militants were found during subsequent searches after which the operation was called off. He, however, said during searches two Pherams, two pistol rounds and three AK-47 rounds were recovered from the site. KNO

#### Lt Governor addresses...

Thakur Gulchain Singh Charak, President Dogra Sadar Sabha, In his welcome address threw light on the foundation of Dogra Sadar Sabha and the vision behind organising the conference on "Message of Humanity".

Office bearers and senior member of Dogra Sadar Sabha, and prominent personalities of society and large gathering of people from all walks of life were present on the occasion.

#### BJP celebrates...

has voted for the BJP government for the record time with an unprecedented number of seats. Whole credit goes to Prime Minister Narendra Modif or 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.

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 consument here.

in the union territory and win register a "annosine 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. to prove the property of the provided of Gujara has vindicated the policies of Prime Minister Narendra Modi-led government, Ravinder Raina said.

#### **High Court...**

High Court...
conduct of JKSSB.
The court directed the government to conduct enquire into the brazen irregularities conduct by JKSSB and appropriate action be initiated against those found guilty.
"The Government is hereby directed to constitute a high level Committee headed by not less than a retired High Court Judge to enquire into the conduct of Jammu and Kashmir Service Selection Board for the their brazen irregularities and illegalities in changing the terms and conditions of the tender, also as to what weighed with them to award a contract to conduct an examination by an organization which has previously facilitated malpractices in public examinations and accordingly appropriate action be initiated against those found guilty," the court observed.

The court also stated that the by its own act of omission and commission, the functioning of Jammu and Kashmir Service Selection Board does not inspire confidence in holding public examinations.

ing public examinations.

"It has become incumbent on all stake holders to review the functioning of the Board," it observed. KNO

#### Chief Secretary...

of Aadhaar stations in order to achieve the 100% penetra-tion. "Mobilise people to Aadhaar stations through aware-ness campaigns, local representatives", Dr. Mehta instructed the DCs.

The DCs.

The Chief Secretary further asked the DCs to hold meetings of District Level Aadhaar Monitoring Committee meetings on regular basis in order to assess the requirement of additional enrollment and update centres timely and ensure availability of these centres in uncovered areas. He directed

the officers to start the Aadhaar Linked Birth Registration (ALBR) by the 15th of this month in all district hospitals and subsequently launch the Civil Registration System (CRS) by the end of this month across the J&K.

During the meeting, Commissioner Secretary Information Technology, informed that overall Aadhaar saturation has increased from 81% to 88% from the last one year across J&K and till date around 1.21 crore Aadhaars have been generated till date. She further informed the meeting that the operational Aadhaar centres across the UT have increased from 331 to 1105 with additional 250 enrollment stations being made operational from January 2023.

from 33 to 116s with additional 250 enrollment stations being made operational from January 2023.

Meanwhile, Dr. Mehta also reviewed the progress on 46 connectivity saturation of BSNL across the 410 sites of Jammu and Kashmir under the Universal Service Obligation Fund of Ministry of Communications, Government of India. During the meeting, the Chief Secretary directed all the DCs to transfer the land of these sites to BSNL expeditiously so that better connectivity is provided to all the far flung areas of Jammu and Kashmir. "Pendencies should be cleared expeditiously by prioritising uncovered areas." Dr. Mehta expeditions of the process of the provided of the p

areas or Jammu and Kashmir. "Pendencies should be cleared expeditiously by prioritising uncovered areas", Dr. Mehla directed the DCs.

The Chief Secretary further enjoined upon the DCs and officers to BSNL to conduct the joint survey pf pending sites within a weeks time so that the works for establishing the towers and other infrastructure is started timely.

During the meeting, CGM, BSNL gave a detailed briefing on the 4G saturation across Jammu and Kashmir.

permanent feature," the officials said. Earlier J&K Police chief, DGP J&K, Dilbagh Singh had formed that the number of militants both foreigners and ocals have been brought to two digits after many years. KNO

Freezing temperatures... Celsius against minus 5.6 degree Celsius recorded a day

ago.

Ski resort of Gulmarg had a low of minus 2.8 degree Celsius against minus 4.0 degree Celsius which was still 0.9 degree Celsius below normal for the valley of meadow.

Qazigund on Srinagar-Jammu national highway had a low of minus 3.0 degree Celsius, Kukernag minus 1.8 degree Celsius and frontier Kashmir district of Kupwara was recorded minus 2.5 degree Celsius on Thursday, MeT office said.

Mission Youth, we are encouraging the young generation to selflessly work for the social development. Youth in different educational institutions should join Scouts & Guides in large numbers and play a positive role in nation building, he added.

The LI Governor, who is also the Chief Patron of J&K Bharaf Scouts & Guides, was briefed about the activities of the Scouts & Guides in the UT and the achievements of the last one year.

last one year.

The Lt Governor assured full support of the UT Administration to Bharat Scouts and Guides movement.



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

II NEWS SERVICE

NAGAR DECEMBER 08:- In order SRINAGAR DECEMBER 08:- In order to ensure punctuality in Government Offices, the Senior Officers of District Administration Srinagar on the direc-tions of the Deputy Commissioner Srinagar, Mohammad Aijaz Asad Thursday conducted surprise inspec-tion of various Government Offices in Srinagar and checked the attendance of

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 Commissioner Panchayat R&B. I&FC Officer FCS&CA, RTO, Revenue Training Institute, R&B, Health Institutions in Medical Zone Batamaloo, Kothibagh Higher Secondary, Middle School Kothibagh, Executive Engineer Water Works Division, UPHC, Qamarwari, BH School, Barthana, PHC, Zainakote,. GGMS Zainakote

During the visit, the teams found 162 employees of various Offices either unauthorizedly absent from their duties or reporting late in the Office nce to publi

Taking serious note of their unau-

thorized absence and late office report ing, the Deputy Commissione ing, the Deputy Commissioner has ordered withholding salary of all 162 employees. Further explanation was also sought from the all said employ-ees. 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.

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 timties to suital incompanions be the arm. eral public.

### DC Pulwama chairs Narco Coordination Committee meeting

JI 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 chairmaship of the Deputy Commissioner
(DC) Pulwama, Baseer-ul-Haq
Choudhary here. Choudhary here.

At the outset, the DC discussed varus issues related to menace of drug ious 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 emphasised on conducting

He emphasised on conducting awareness camps in schools and colon mass scale to sensitize the outh about hazards and ill effects of

onsuming drugs. He also asked the officers of all line artments to make coordinated rts to contain the drug peddling break the supply chain besides and break the supply chain

taking stringent action against the per sons involved in this dangerous trade

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

families particularly from parents to overcome the menace among the youth which also leads to other social 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 secured the dependments.

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

CCTV cameras installed at all medical shops which lie within the limits of schools, colleges, hospitals and masjids so that overall surveillance with regard 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 reaged to the

about the situation with regard to the drug menace and shared their sugges tions and measures to be taken at District level to control the drug pedding and its consumption, besides measures for rehabilitation of drug victims. Annong others, the meeting was attended by ADC Tral S.A 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 tions and measures to be taken at Education, Health, Excise, Forest

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

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

FME: (ODOP) scheme at Main Veterinary Campus, Budgan.
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 lishing a unit under the scheme and

lishing 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 scheme is one of the most potent answers to these all problems launched by the Central Government with an aim to enhance the competi-tiveness of existing individual micro-enterprises in the unorganized seg-ment of the food processing industry and to promote formalization of the sector and provide sumport to Farmer sector and provide support to Farmer Producer Organizations, Self Help 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 partici-pants that they are always ready to provide handholding support to the motivated beneficiaries in terms of DPR preparation and technical guid-ance. Many Participants were motivated towards the potentials in estab-lishment of Micro food processing units under "Pradhan Mantri-Formalization of Micro food process-ing Enterprises Scheme (PM FME Scheme).

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

JI NEWS SERVICE

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

The programme was organised nder the chairmanship of District Nodal Officer Anantnag PM-FME (ODOP) scheme and was attended by SDM Pahalgam, President MC Pahalgam and Officers/Officials of

Pahalgam area.

At the outset, the District Nodal Officer PMFME (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

nt of credit linked subsidy available under the scheme. He requested the participants to get registered in the application submis-sion process or visit the PM-FME

The District Nodal Officer said that

contact the District Resource Person PMFME scheme for getting assistance in the application submission process, support in DPR preparation, getting a

SDM Pahalgam, Syed Naseer laid emphasis on Fish Processing, Bakery products, Canning of any food prod-uct, 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 Scher

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

II NEWS SERVICE

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

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

Sharma (convenor CASH) and Dr Kewal Kumar (Co-Convenor IQAC)

Kewal Kumar (Go-Convenor IQAC).
Dr. Savita Nayyar, Associate
Professor, Department of Law,
University of Jammu and Advocate
Yasmeen, 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
eventions of the bottless 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.

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

dents whether they have faced any kind of harassment in their life.

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

IAMMU, DECEMBER 08: District JAMMU, DECEMBER 08: District Administration Jammu, in collabora-tion 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.'

Registration System (LKS) 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

The Additional Chief Registrar, Births & Deaths (Regional Director, E&S) Jammu elucidated about the evised Birth & Death Rules, 2022 noti fied 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

District Registrar (Chief Medical District Registrar (Ciner Medical Officer), Dr. Harbaksh 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 0.10.1.023 towards of the training to the proposition of the property of the proposition of effective implementation of the programme in the district.

District Registrar Additional (District Statistics & Evaluation

who are instrumental for the imple mentation of the revised Birth & Death Rules 2022. She also highlighted the utility of Birth and Death Certificates along with the importance of record-ing the occurrence and the characteris-tics of the vital events.

Manmeet Singh, Assistant Director the resource person from the Directorate of Census Operations, J&K, highlighted the need for imple-J&K, highlighted the need for imple-mentation 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.126of 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:

S.No.	Name of site Ferest Com ptt-Location	Name of work	Oty	Adv. Cost (Rs. in lac)	Earnest Money 3% ( inRs.)	Contractor	Cost of Tender	Time of completion	Receiving Opening Authority
1	4a/N (Dedarkund)	Alforestation work by means of site clearance, digging of pis of size 45m v. 45m along the contours as well as flat surface including concavation of 50l & planting of Poly bag confer plants in staggered pits, refilling of pits with clean Soil. Plants shall be made available by the Department from Sangrambhatay PatianNursery. Notes: The extraction of plants from the nursery to the planting plantin	3700	1.08558	6710		600/	One Month	Tender Opening Committee
2		Afforestation work by means of site clearance, digging of pits of size 8 few n 48cm a 18cm along the contours as well as flat surface including executation of Soli & planting of Naked Roots plants in staggered pits, refilling of pits with clean Soli. Plants shall be made available by the Department from Sangrambhatta/ PattanNursery. Note: The extraction of plants from the mursery loading/unloading from nursery to site of work has to be done by the contractor on its own.	2400	0.55608		A, B, C, D			
3		Afforestation work by means of patch sowing of Deodar/Kail Seeds in patches of size 45cm x 45cm x 15cm including cost & carriage of seed.	4200	0.29358					
4		Afforestation work by means of Dibbling of HC Nut in patches of size $45 \mathrm{cm} \times 45 \mathrm{cm} \times 15 \mathrm{cm}$ including cost and carriage of HC Nuts.	4200	0.30156					
		Total:		2.2368	6710				

quantities, (B.O.Q), set of Terms & Conditions of contract and other details can be seen/downloaded from the departme ental website (www.jktenders.gov.in)

Position of funds :Approved Position of AA& TS

Publishing Date	05.12.2022 05.12.2022					
Download Start Date						
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	15/12/2022 at 11:30 AM					

The Bids shall be deposited in electronic format on the Departmental

Website:-https://jktenders.gov.in.

2. 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

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

DIP/J-12684/22

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

## **OFFICE OF THE EXECUTIVE ENGINEER JA** SHAKTI MECH. G.W.D DIVISION

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

#### **EXTENSION NOTICE-V**

1. Due to no response, the above mentioned subject e-NIT on the website http: jktenders.gov.in is extended upto 12.12.2022 till

2. Similarly the opening of technical bid online is extended upto 13.12.2022 or any other working day convenient to te ing authority.

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

No. GWD/6201-03 Dated: 05 12 2022

DIP/J-12679/22

EXECUTIVE ENGINEER JAL SHAKTI (M) G. W. D DI

THOUGHT OF THE DAY

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

#### JINDRAH MAGES

### Ensure no laxity in biometric attendance

ammu 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 gov ernment 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

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.

HE 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 randmans need to be worked out.

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 en model. The policy advice based on the eco-nomic journey and the theory of 'market failure' suggests reinvention of the development model to rejuvenate Punjab's economy. Can it happen when the models is devaluating the account. to requerate l'unjab 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. Social forces play a soothing role in the state-market mix. In the

a soothing role in the state-market mix. In the hybrid model, the state, however, will play a 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 conomy registered a growth rate of 4.6 per cent per annum from 2011-12 to 2020-21.

4-6 per cent per administron 2011-12 to 2021-21, 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 per terminal for personal process. These research trained in personal personal per personal personal per personal personal personal per personal persona cent growth of per capita income. These targets are achievable in view of strengths of the economy such as a sizeable market, skilled and entre my such as a sizeable market, skilled and entre-preneurial human capital, dissporic 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 cent to the state's income, followed by primary (31 per cent) and secondary sectors (25 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 sec-tor 30 per cent and tertiary 54 per cent. An inter-sectoral strategy of strengthening backward and forward linkages among sectors will help bring



tructural transformations.

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

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-the arro-based industries and the industries led tech agro-based industries and the industries led by knowledge and smart technologies. To develby knowledge and smart technologies. Io 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 products and professional services, the tertiary

ector can become an epicentre of development in sector can eccome an epicenture of aevelopment 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 invest-ment has deteriorated during the implementation

ment has deteriorated during the implementation of the market-led model. The investment-GSDP (Gross State Domestic Product) ratio declined from 32.27 per cent in 1995-96 to half (16.4 per cent) in 2019-20. To achieve the double-digit wth rate, the ratio should be scaled up to 40

er cent by 2047.
The fiscal health of Punjab is worrisom fiscal roadmap comprises reducing pubic 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 CSDIP, reducing committed expenditure from 8 per cent to 50 per cent of 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-CSDP ratio from 6.1 per cent to 12.5 per cent by

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

ture.

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 inade quate. 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

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, electrici-ty, driving, plumbing, computer courses, hospi-tality and healthcare.

# China poses burgeoning threat in space

Manoj Joshi

HILE the mention of growing Chinese nuclear arsenal in the annual US ▼ arsenal in the annual Coperatment 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 impli cations for its war-fighting capabilities.

An indicator of Chinese activity comes from the fact that this year, th 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 mod-ulate it. Theorem graces this mukink ule 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 thing from intelligence assets weapons such as kinetic-kill miss and ground lasers. Since 2018, China has almost doubled its intelligence, surveillance and reconnaissance (ISR)

surveillance and reconnaissance (ISK) 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 satel-lite-based command, control, communice-based command, control, commu-nications, computers, intelligence, sur-veillance 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 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

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 sur-veillance, space information support, respectively tracking and control veniance, 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 visit-ed Sri Lanka earlier this year. Perhaps, most significant develop-ments are in the PLA's counter-space

capabilities which seek to degrade and capabilities which seek to degrade and deny space capabilities to adversaries. China, according to the Pentagon report, believes that space-based oper-ations 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

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 oth-

erwise enjoyed enormous advantage in space. But by the same measure, India needs to think of ways to meet this burgeoning Chinese threat.

Since 2018, China has almost doubled its intelligence, surveillance and reconnaissance satellites.

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 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 ramdirect-ascent missiles aimed at ram-ming into satellities to destroy them. Their assessment is that these missiles are capable of taking out satellites in near geosynchronous orbits where most intelligence and navigation satel-lites are located.

Reports on China testing a manoeuvring satellite to capture another satel-lite 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 oper-ational ground-based satellite electron-

ic counter-measures capability designed to disrupt satellite communi-cations, navigation, missile early warn-ing and other satellites through jam-

ing. The technology was incidentally sourced from Ukraine in the late 1990s and developed indigenously. It is well known that the Chinese also have a

known that the Chinese also have a swell-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 counterspace activities will be a serious problem for the US, which has otherwise enjoyed engrous advantage in space. enjoyed enormous advantage in space. But by the same measure, India needs 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 hosts certain militarity useful satellites into the orbit — is patchy. We contrast the Chinese Long, March By contrast, the Chinese Long March series "are a visible demonstration and example of the Chinese progressir more rapidly than India in the deve opment of geosynchronous laund vehicle."

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

set to join his cop universe as well by being the first female cop of his Singham series. The actor will star

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 Lara, bu wythe "It's offi-Current Laga, he wrote, "It's offi-cial... Rohit Shetty - Deepika

Aamir Khan in full grey look, grown-up

Harshaali Malhotra

attend Salaam

Venky screening

was held in Mumbai or Wednesday. It was a starry affair with some unexpected faces in attendance. Kajol's faces in attendance. Kajol's Fanaa co-star Aamir Khan, cricketer Yuvraj Singh and

Bajrangi Bhaijaan actor Harshaali Malhotra joined Kajol at the event. Also read: Kajol reveals gaining 8 kgs in 2 months post marriage: Roz subah humare table pe

subah humare table pe paranthe hote they Salaam Venky has been directed by Revathi and also Vishal Jethwa as Kajol's ailing son in

the film. Kajol arrived in a

the film. Kajol 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 match-ing pants. Yuvraj too was in blue denims with a black better thick to the part of the part of the state of the part of the part of the part of the state of the part of the part of the part of the state of the part of the part of the part of the part of the state of the part of the par

shirt. Kaiol's mom and veter

an actor Tanuja and sister Tanishaa Mukerji also attended the screening. While Tanuja was in a blue saree Tanishaa was in a ruffled, flo

long black hair added to her

long black hair added to her charm. She also wore black and brown boots. Taking to Instagram, she shared a pic-ture from the screening in which she posed with Revathi and wrote, "Zindagi Lambi nabi badi boni chabiya

lambi nahi badi honi chahiye

(life should be big not long)

.Emotional roller coaster

ral white saree. Harshaali was spotted in a knitted white dre

special screening of Kajol's upcoming film Salaam Venky



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 #SinghamAgain reunites Shetty and #Deepika #RohitShetty Padukone after #ChennaiExpress

kickstarted his cop universe with 2011 film Singham followed by Singham Returns in 2014, both fea-turing Ajay as the titular character. er joined the film franchise with 2018 film Simmba. Akshav Kumar also joined the film series with its fourth installment Sooryavanshi in 2021. Meanwhile, 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, Shilpa Shetty and Vivek Oberoi as cops. Deepika looked stunning in

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 matchthe song, rie also sported a matching baret. The song shows the cou-ple 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 Rosban and a film with Hrithik Roshan and a film with Prabhas

# **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 out a tot to leve mon rans. Frowever, 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 criticised the show's team and the producers for allowing the actor to be in close proximity with when the contract before its contract of the contract o other artistes despite being ill.

other artistes 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 aches. I felt like I d been hit by a car and that a little goblin had been let 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 MCM, the production company behind Wednesday, told the maga-ina that "inter COVID practical ware followed." zine that "strict COVID protocols were followed

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 presevering 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 wait-"Jenna Ortega filming a whole scene while wait ing for her covid test results AND with obvious symptoms isn't "professional", it's just com-pletely irresponsible," tweeted one user. Another wrote, "As someone who's worked in Another Witch As solitions who swinker 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'

aiyami 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 experi-

Saiyami made her film debut with the 2015

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 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 Sajdeh (Exclusive)

Rhea Chakraborty is in love. The actor, who has been mired in controversy since 2020, following the death controversy since 2020, following the death of her beau, actor Sushant Singh Rajput, is currently dating Bunty Sajdeh, according to a well-placed source. Bunty is reality star and fashion designer Seema Sajdeh'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 ome 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 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." wish to keep this news private.

Bunty was reportedly dating actor Sonakshi Sinha previously. Despite repeat-ed attempts, both of them remained unavailable for comment.

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



ctor Mammootty, who was last seen in A 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

the box office.

In a clip from the event that has surfaced on social media, Mammotty can be seen gifting Asif Ali a Rolex watch. He said that Asif mentioned about Kamal Hasasn 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. The filter and a word 2000 came to the shoot of the That film made around ?500 crore so they could afford a Rolex. But when Asif asked me he wanted a Rolex too, I got Rolex. But when Asif asked me he wanted a Rolex too, I got him one," Mammotty 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 Mammotty 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 song Current Laga: Deepika Dadukone, Panyeer Singh unite for a scorching dance number



epika Padukone is back with a dance number Dalmost five years after she was seen performing Ghoomar 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

of Kanveer's dual characters in the lilm who is capable of producing electric current.

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

Despile up the trees places in Paragon in 93. She had

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 trikster Rapin Dev and het as ins whe Roin Indiad. The two however, were last seen dancing together in 2015 film Bajirao Mastani, 83 was followed by Deepika's intense emo-tional 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

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 Ranvee in a dual role for the film time. Varun too has a dual role. It release during the Christmas weekend or



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

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

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

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 birth-day celebrations when Apurva had proposed to her. Her moth-er 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-

She had also written in another post, "I love my people.. been with them since years.. the value n 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

# **YOU MAY NEED MORE EPA & DHA FATTY** ACIDS THAN YOU'RE CURRENTLY GET

mega-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 effiwhich, by the way, is about as effiwhich, by the way, is about as emi-cient as me working from home curled up in a blanket on the couch. (That's level "yikes" on effi-ciency.) It's this inefficiency that makes it all the more necessary to stock up on EPA and DHA when considering way compara, 3 intake 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 nega-3 index (a blood test

EPA and DHA are produced by algae and consumed by a variety

of these fatty acids. They make up two of the three commonly talked 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 syn-thesize 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 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

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 nverted to EPA 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.

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:\*

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



t 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 o Leleaned 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 resemble mini cabbages and are rich in many nutri-They resemble mini cabbages and are rich in many nutri-ents 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 Subscribe now at less than Rs 4/day • They are low in calories but nutritionally dense, high in fibre and vitamins (such as Vitamin K, Vitamin C, Thiamine, Vitamin B dand folate) and enriched with miner-als (such as potassium iron memorium and basendoms)

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 choelsetrol levels and hence decrease the risk of developing coronary heart disease

The high fibre content makes this vegetable low gly-caemic 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. damage and reducing inflammation.

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, sautied, 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 more alpha-carotene than Brussels sprouts. One can make regular vegetable dishes or add them to coleslaw for a more flavourful version.

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-soulbe vitamins K and A. They can be added in boiled form to mashed potato or made into rokes and Daked chips.

can be added in oblied 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

Broccoli – Like Brussel sprouts, broccoli is also packed ith nutrients. It contains high levels of vitamin C, fibre and

### **Deanut Butter Is Healthy—If You Follow This 1 Rule**

T'S NOT QUITE time to eat a meal, but

TS NOT QUITE time to eat a meat, but you're hungry. What's going to do the Litick? 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. ing, too.
"Peanut butter, especially when it is just

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



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 often may even weigh less because they tend to eat fewer calories throughout the day and also tend to snack on healthier foods in general,"

to snack on healthier foods in general," says Ellis Hunnes.

Paired with fruits, vegetables, or wholegrain 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?

What is Feanut 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 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 MIDSS.

You can, of course, readily purchase peanut butter without any added sugars, preservatives, or emulsifiers.
"Toxically you can get peanut butter as.

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

# 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

friend's babies, an old colleague's wedding, someone's new puppy and a political commentary or two. Somewhere in my endless con-sumption, 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 as if it was written in the row as if as if it was written just for me at that moment. Most of all, it (and e hundreds of comments eneath it) reminded me that I

writer, I know firsthand the

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 som in order for it to connect. So, I look

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 of them. Poetry, as an art form, can or 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 inter-disciplinary artist and poet put it, Instagram poetry's ascension has "created oncontrollible for writers."

"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. words, Dayal tool trillitros. 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 @loveoffering on Instagram, turned her grief into poetry and shared it on Instagram after suffering her first miscarriage with her husband. "My battle with mental

husband. "My battle with mental health was what led me to write poetry," Sanders said. "It was terrifying being this vul-nerable, but I found some of my very best friends over Instagram

by opening up about my loss, mental health and healing jour-

Jon Lupin, who goes by @The\_PoetryBandit, said posting @The\_PoetryBandti, said posting his work and interacting with oth-ers 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 alco-

Lupin, whose father was a musi-Lupin, whose lather was a musi-cian, 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 "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

ating disorders constitute a group of conditions wherein individuals have abnormal eating habits which impairs their health and psychosocial functioning. It 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. Suchismitha Rajamanya, Consultant in Internal Medicine, Manipal Hospital Whitefield, is here with us today to provide some insight into the pany. provide some insight into the many types of eating disorders and how they may have a detrimental influence on 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 men-tal disorders. Various studies, conducted in small populations, report the incidence, ranging between 4- 42%. The disorders include conditions like anorexia nervosa, binge eating, rumi-nation disorder avoidant/restrictive food intake disorder, bulimia nervosa

Eating disorder

Patients who are at increase eating disorders, include: 1. Patients with a history of:

- Adversity during childhood
- •Trauma 2. Young adults
- Transgender individuals
   Athletes
- Athletes
   Anxiety disorders
   Depressive disord
   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 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 suf-fered from Eating disorders and have opened up about it. Doctors and families can suspect the presence of eating disorders by enquir-

presence of eating disorders by enquir-



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

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.

seen eating disorders:

gaining weight and have an abnormal perception of their body weight and In Avoidant/restrictive food

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

disguisted 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 med-ications and a layering distriction. cations such as laxatives, insulin, or thyroid hormone; fasting, or

5.PICA is characterized by the condi-5.PICA is characterized by the condi-tion of eating 'abnormal' substances which are not nutritional like chalk, sand, clay, raw rice, cement. It is usual-ly associated with iron deficiency ane-mia and mood disorders. 6. In Rumination disorder, patients repeatedly bring out the food, which may be chewed and swallowed or spat

These disorders can be life-threaten-

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. treatment process

Education of patients and their fam-ilies that includes biological explanaines that includes notogical explana-tions 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



II NEWS SERVICE In a Sharma (CA) inaugurated a Stevia Bakers, a new Bakery Shop at Shastri Nagar area of Jammu near HP Gas Agency. BJP District 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, Jagsish Chander Raina and others were pres-ent along with the family members of entrepreneurs Sudhir Raina & Sumit Raina Sudhir Raina & Sumit Raina were also present on the

While speaking on the occasion, Sat Sharma congratulated the young entrepreneurs for the new ven-

ture and said that it is really ture and said that it is really a very encouraging trend that the youth is coming for-ward to look for the new avenues for reaching the zenith of success along with self-satisfaction in life. He will that the newth ways followed said that the youth must fol-low their dreams and explore the ever grownew opportunities in business world, which

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 on the progressive path in

He was informed by the

bakery will provide a viable option in place of sweets as well while serving a large number of specialty prod-

**NEWS** 

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 entre-

preneurs not to compromise on the quality of raw materi-al 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 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

# has a large scope in the UT of Jammu & Kashmir. He Tony initiates development works worth Rs 20 crores in Suchetgarh

Appeals people to support LG's tirade against corruption

II NEWS SERVICE JAMMU, DEC 08: Chairman of Aam Aadmi Party (AAP) Jammu and Kashmir for Administrative Engagement and Minority and District

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
Vorbmir State microsoble Kashmir State miserably failed to address even the common people and remained busy in brazen loot of the natural resources of J&K. grave issues confronting the

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

worth Rs 27 crores in Suchetgarh constituency. Tony asserted that things have changed after the dem-ocratically constituted DDCs and BDCs across the state as the people's repre-sentatives in these Councils sentatives 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 acute shortage of drinking. water. Earlier it was repre-sented by BJP for twelve



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

The DDC member today started work on a tube well at Nai Basti Bidhipur Jatan with an estimated cost of Rs 4 crore. He also started another work of tube well at Beaspur Paralah with an Beaspur Paralah 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 crore from Octroi Post uchetgarh to RS Pura. He also initiated another devel-opmental works in various villages started upto to the tune of Rs 2 crore.

Tony said that such development works will definitely boost the tourism 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 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

trend of business and can also generate revenue for farmers of the border town. The senior AAP leader urged every section of socie-ty to come forward and sup-port LG's triage against cor-ruption as it's not one man's job to eradicate corruption We have to fight unitedly to

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 court of the court o the Court in the suspended Tehsildar Rohit Sharma's case. He said more and 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.

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



JI NEWS SERVICE JAMMU, DEC 8 Morcha Spokesperson Ritika Trehan congratulated Dr Janak Raj from Bharmour Janak Kaj Irom Bharmour constituency in Himachal Pardesh on his huge victory in assembly elections. Ritika who vociferously cam-paigned in favour of Dr Janak Raj also thanked peo-ple of constituency for

reposing faith in her cam-paign and electing him to serve people of constituency. Meanwhile she credited Prime Minister Narendra 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 the BJP has yet again over-come ant-incumbency. The party focused on its devel-opment agenda despite fac-ing propaganda from oppo-sition political parties. She said the BJP's "historic victory" in the Gujarat electory" in the Gujarat elec-tions is a victory of the party's commitment to development, good gover-nance and public welfare. "The biggest credit for this victory goes to public's trust in the leadership of Prime Minister Narendra Madi bit propulatity and

Modi, his popularity and credibility.

Congratulations to him and thanks to the public," she said. Ritika also congrat-ulated BJP's national presi-dent JP Nadda, Union Home Minister Amit Shah, Guiarat, Chief, Minister Gujarat Chief Minister Bhupendra Patel and the party's state unit head CR Patil for the BJP's perform-

ance in the state.

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

# AHA Organises two days management development training for nurses

JI 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 Students of Lovt. and Frivate Nursing Colleges/ GMM/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 we f 8th Nursing Chak Balwal, Jammu w.e.f 8th and 9th December 2022.

Yashpal Sharma Director d) New Medical Colleges, (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 Supdt Govt (Coord) New Vijay Raina Medical Supdt Govt Hospital Sarwal Jammu, Mrs shakun-tala Sharma director to bee enn college tala Sharma director to bee enn college of nursing and nursing institute; Mrs Neetu Sharma Principal Nursing institute and Proff Frank principal Bee Enn college of nursing, Dr Israel Jeab Prabu vice principal Bee Enn college of nursing where among the dignatories present

ont Dr Arun Sharma Medical Superintendent Maternity Hospital Gandhinagar Govt Medical College Jammu (Regional Secretary AHA Jammu Chapter) presented the welcome address and told about activites being done in AHA Lampus Chapter. being done by AHA Jammu Chapter Mrs. Neelam Bhalla Trustee Bee Enn Mrs. Neelam bnala Irustee bee Em College of Nursing and Bee Em 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

The participants are from whole of ammu division from Govt Medical 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

over Jammu.

Dr Yashpal Sharma Director
Coordination new GMC's & Nursing
Institutes (National President AHA
India) in his address said that
Academy of Hospital Administration
(AHA) is an autonomous professional organization consisting of highly qualorganization consisting of highly qual-fied and experienced Experts and fac-ulty in hospital & health systems oper-ations management, public health and multispecialty facilities planning & architectural designing doyens, Quality management in health care delivery systems (NABH, NQAS & NABI) experts rubblic health strate. NABL) experts, public health strate-NADL) experts, public heatin strate-gists etc. AHA has a large panel of aca-demia, 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 domain

AHA India has been conducting

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

Development programme( MDP) for medical officers of jammu as well as

AHA has also organised two days 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 Topics of Iwo 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 of Nursing In Prevention of Hospital Infection, Ethical & Legal Issues Related to Nursing Management in 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 & Relictions the Teaching and Learning & Bridging the Theory and Clinical Gap, Quality Assurance in pursing

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

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

Shubham Langer comple-mented the Vice Chancellor mented the Vice Chancellor for hosting five days Mega Krishak Mela – 2022 at Main Campus, Chatha. He observed that the five-day assembly of farmers, indusassembly of farmers, inclus-try, entrepreneurs and experts in the Mega Krishak Mela has played a vital role in developing linkages between various stakehold-ers 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 produc-tivity as well as their

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 pre-mier 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 technolo-gy in the agricultural sector and also focusing on introduction of new technologies such as drones, diversifica tion of agriculture through specialty products, promo-tion of innovations, enhanc-ing farm mechanization, bringing more area under assured irrigation and implementing efforts to mit-igate 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 IP Sharma expressed gratitude to the IHRO J&K 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

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

#### **Recognising Contribution of Armed Forces Veterans**



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

on 14 January 2023, a poster

The event aimed to recog-

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

orces. 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 ar through the medium of art. The passionate contestants created innovative and beautiful posters for the Veterans and were extreme-ly satisfied with their cre-

#### BJP Talab Tillo Mandal felicitates Parmod Kapahi



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

Former BJP State
President Sat Sharma, BJP
Secretary Ayodhya Gupta,
Prabhari Rajeev Charak,
She-Prabhari Vikas
Choudhary, former district
President Munish Sharma,

Baru, BJP Media Secretary Dr. Pardeep Mahotra, JMC Nargotra and senior leaders felicitated new District President in a programme organized Mandal

organized by Mandal President Keshav Chopra. JMC Councillors Jeet Angral & Sat Paul Karlupia, Munish Gupta, Vinod Wazir, Jaideep Samyal, Brijesh Gupta, Pratibha Sharma, Arun Dubey, Paramjeet, Deepak Kumar,

Sahil Shari a, Bablu Chand Dr Surjeet, Rajesh Saini, K.L. Sharma, Arun Khajuria, Rahul Nargotra, Anil Angral, Varinder Dogra and prominent party leaders were present on the occa-

Sat Sharma while felicitatsat Sharma while felicitat-ing 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 Nirmar committee of JK BJP.

committee of JK BJP.
Keshav Chopra assured
Parmod Kapahi that he will
get full cooperation from the
Talab Tillo Mandal in every
organizational and developnent activity. Other senior party leaders

also spoke on the occasion also spoke on the occasion praising Parmod Kapahi for his organizational and per-sonal qualities and assured him of their full support in running the affairs of the Parmod Kapahi thanked

all the senior party leaders for the love and support posed for him. He said that he will be sincere in his duties towards the party and the society and will look forward to the full cooperation from every cooperation from every

# Altafdar inaugurates of new unit of Smokin joes fresh pizzas

JI NEWS SERVICE

SRINAGAR, DEC 8: A nev business establishment with the unique name Smokin Joes(Fresh Pizzas) Store running under the aegies of Aftab foods & hospitalties,in Rajbagh was inaugurated in the heart of the city on the 8th of December 2022 Inaugration December 2022 Inaugration was done by Famous Interior Designer Pallavi Bharathakur Jilani, a new trade show for the pizza restaurant industry in val-

The business establish 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 who brought First Branded Food chain in

Branded Food chain in kashmir valley in 2007. At the grand opening cer-emony, 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 com-

and purchase them at com-petitive 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

as well as offering discounts and promotions throughout

ment is sure to be a hit with local residents, and they are confident that it will be a Management success. Management Smokin joes are looking for-ward to becoming an inte-gral part of the local busi-ness community and help-ing to further the economic wth of the city.

The future plans as per them are to expand the busi-ness and has been duly

# BJP celebrates party's Assembly election victory in Gujarat



II 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'.

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 per-formed very well in formed very well Himachal Pradesh. He that Gujarat has voted for the BJP government for the 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

the BJP has scored a good vote share there.

He said BJP has also served the people of J&K carring 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.

The control of the state of the s cross the 50-plus mark in the Assembly elections in the Assembly elections ... union territory and will register a "landslide victory"

ister a "landslide victory" to form its government here. "It clearly shows the vic-tory of the developmental agenda of Prime Minister Narendra Modi. People voted for the BJP for peace, security and development, said Ravinder Raina.

said Ravinder Kaina.

The BJP's victory in the
Assembly election of
Gujarat has vindicated the
policies of Prime Minister
Narendra Modi-led govern-

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

II NEWS SERVICE

JAMMU, DEC 8:
Department of Economics,
Central University of
Jammu, organized a oneday workshop on
"Accessing Database 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 data. length about accessing data-base on Indian Economy available on the public domain of RBI. He has discussed the databases on various sectors viz. real sector,

ious 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 data-

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 pur-

poses and policy formula-tion 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 various aspects of using the datab se, and the re meticulously addressed all conceptual

The Honourable Vice Chancellor, Prof. Sanjeev Jain appreciated the initia-tive taken by the Department of Economics and encouraged the Department to hold more events of this nature for the students' overall develop-ment. 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. Proeti

was proposed by Mrs. Preeti Gupta. She thanked all the dignitaries and other teach ing and non-teaching staff for their support to make this event happen.

## Indian Army organised Volleyball Tournament at Panchari

JI NEWS SERVICE

JI 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 ground in the property of the property o of the event is to promote sports activities in the region and provide a plat-

ent. Total 08 teams from villages of ent. Total 08 teams from villages of Panchari block participated in the competition with great zeal and enthu-siasm. The response and the participa-tion shown by the youth for the tour-nament reflects the strong bond shared between Indian Army and Awaam. The event was conducted over a peri od of four days. The final match

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

to nurture the sporting talent

# GCW Udhampur organizes lecture on Mobile phone safety

II NEWS SERVICE

JI 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 aware 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

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



Singh (HOD Computer Applications.). explained in detail about the 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 precau-tionary measures to be fol-lowed 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 stu-dents to follow the tips that were discussed in the lecture and appreciated the organizers of the event for conducting such an inform-ative and interactive lecture.

The formal vote of thanks Gupta (Librarian). event was organised by Ms. Sarika Mahajan (Assistant 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

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

II NEWS SERVICE

KATHUA, DEC 8: TECNO Mobile RATHUA, DEC 8: IECNO 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 per-formance on-the-go, as POVA 4 boasts of groundbreaking features such as a 6mm 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 con-sumer needs, the newly launched sumer needs, the newly launched POVA4 is loaded with a superior 13 GB RAM with memory fusion technol-ogy, 128GB storage, and a giant 6000 mAh battery supporting 18W fast charging packed between a sparkling

6.8-inch with 90Hz Refresh rate dis 6.8-inch with 90Hz Refresh rate dis-play and a stunning curved crater design body. The smartphone comes in three elegant colours- Cryolite Blue, Uranolith Grey and Magma Orange. Commenting on the new entrant of

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

# Sham Lal Sharma listens to public grievances

JI 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 headquarter, Trikuta Nagar, Jammu.

Individuals 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



and sought their interven-tion in the matters contion in the matters con-cerned. Main issues were linked to the departments like PHE, PDD, PWD, rev-

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

were taken up with the con-cerned officials of the departments stressing for early resolution so that the people are not made to suf-

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

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

# **Integrated Domain Development Workshop** for Pre-Primary Schools held



UDHAMPUR, DEC 'AARUNYA' an Integrated Development Domain Development
Workshop specially
designed for all PrePrimary Schools of
Udhampur was held at
Dhauladhar Army PrePrimary School, Garhi

2022. The event witnessed participation of 375 children from six schools

dren 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. and awaken their talents Cantonment, Udhampur and awaken their talents domain. Coding, Clay from 06 to 08 December through fun filled activities. Modelling, Painting, Leaf

The workshops and activities were specifically woven and designed based on the various domains of on the various domains of learning slated by new National Education Policy 2020 and were conducted by renowned domain spe-cialists with varied experience in their respective domain. Coding, Clay Art, Word Building, Pottery Making and vari-ous other fun filled activi-ties were the highlights of vorkshop.
e children exhibited

**NEWS** 

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 was grace Dwivedi, President wivedi, Regional
esident AWWA,
orthern Command, Mrs Mahalakshmi Subramani Vice Regional President AWWA. Northern Command and Mrs Iashin Kaur, Chairperson FWO, Dah Division and by all Principals of participating schools.

### 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 (NIDPI) J&K UI president Rajesh Gupta today urged the people to beware of opportunist politicians, say-ing biggest threat to Jammu is from Aam Aadmi Party leaders. He said the people 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.

Taking a jibe at Kejriwal's AAP Rajesh Gupta said Gujarat had rejected "those who promised freebies"

who promised freebies" "Gujarat has given unprece dented mandate to BJP by rejecting politics of 'revdi' ent and hollow promises," NDPI Chief slammed Delhi Chief Minister and Aam Aadmi Party (AAP) convener Arvind Keiriwal for misleading the people of J&K by boasting about achievements of his government in the national Capital. Claiming that the govern-ment 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 min-isters from his Cabinet due to their involvement in cases of women harassment, cheating, false certification

model of Kejriwal.

The two out of the four
MPs of AAP abandoned Keiriwal because of his dicta-

torial 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

II NEWS SERVICE

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 Aadhar Monitoring Committee was held today
here with Deputy Commissioner, Udhampur Krittika 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 chil-dren in the district. The DC took a detailed review of

# 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 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 are again.

majority yet again.
In a statement issued to In a statement issued to media persons, the senior BJP leader said that the policies adopted by the Prime Minister Narendra Modi to ensure colossal development, good gover-nance and public welfare



have ensured the remarkhave ensured the remark-able win of the party in Gujarat as people are high-ly satisfied with the same all across the State. She said that the positive outcome of Gujarat Assembly poll is testimony to the fact than satisfied and want the same model to be imple-mented all across the country. The Spokesperson said that the seventh win of the party in a row in Gujarat party in a row in Gujarat means that people have undaunted faith in the poli-cies of BJP as it has received the mandate from the peo-ple belonging to all shades of life and also the different receitions of receits. sections of society.

She said that the victory

in Guiarat doesn't mear 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 somethe party's good work this time. Referring to the results of polls in Himachal Pradesh, the senior BJF leader said that the party 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 tem porary phase gets over soon and people in good numbers come back to the

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



II NEWS SERVICE

IAMMU, DEC 8: A three-day interna JAMMU, DEC 8: A three-day interna-tional conference on "Emerging Trends in Biosciences and Chemical Technology-2022" was hosted by School of Biotechnology, Shri Mata Vaishno Devi University in collabora-tion 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 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

This conference provided a forum for the exchange of ideas, the genera-tion of new concepts, and the discus-

sion of contemporary concerns in the rence was attended by eminen conference was attended by eminent scientists, professors and scholars from academia and industry to discuss the future trends in Biosciences and Chemical technology with the purpose of undertaking the challenges in the

The conference consisted of thirteen The conterence 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 boot and the content of the conte as eminent scientists from the host

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

The event culminated with a valic dictory 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 Blushan preby the address by Dr. Asha Chaubey (Convener), Principal Scientist, CSIR-IIIM, Jammu. The conference's Co-con-vener, 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 pre-sented the participants with awards sented 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 that the event was inclusive and a big

The event culminated with a valethe conference, Dr. Indu Bhushan, pre sented the opening address, followed by the address by Dr. Asha Chauber convener of the conference ensured

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



II NEWS SERVICE

KATHUA, DEC 8: Col Mahan Singh (Retd) DDC Chairman Kathua on Thursday assured to bring the religious site Airwar

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 eligious tourism in District

Gopal District Mahaian BIP President Chand BDC

visit to Airwan. Tehsildar Nagri, BDO Nagri, ACP Kathua, EE Tourism Deptt, EE Lakhanpur and Sarthal Development Authority, EE PWD, AEE PHE, members

PWD, AEE PHE, members of Mandir Committee, prominent citizens, media persons and locals in large numbers were also present during the DDC Chairman's It is pertinent to mention

that Airwan is much revered place for Hindus having 3000 years old histo-ry. The place is visited by lakhs of devotees every year

to seek blessings of Lord Shiva, perform last rites of holy dip in nearby natural

During the interaction, the locals demanded widenthe locals demanded widen-ing widening of Kathua -Nagri and Nagri-Airwan road, adequate parking facility, lighting system, ren-ovation of heritage Bowli, proper public convenience complex, effective drainage system, augmenting of system, augmenting of police check post including provision of Mahila consta-bles, etc.

les, etc. After going through the

demands raised by the peo-ple living in the vicinity, Col Mahan assured that sooner Mahan assured that sooner than later all the genuine issues will be dealt on prior-ity 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 identi-fied areas for carrying out improvement and enhancing the facilities to cater to the needs of visiting devo-

Later, the DDC Chairman directed the also directed the XEn Kathua to prepare DPR for widening/improvement of Kathua-Nagri-Airwan road. Thereafter, Col Mahan visit-ed Villages Jakhbar and Keedian Gandyal and addressed public rallies 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 that government is working round the clock to provide state of the art facil-ities to the people at their

# GCoE Jammu organizes Inter-College **Yoga and Fencing Competitions**



JI NEWS SERVICE JAMMU, DEC 8: Government College of Education (GCoE), Jammu organized

(GCGE), Jammu organized Inter-College Yoga and Fencing Competitions for both men and women. The programme started with National Anthem fol-lowed by lighting of lamp and recitation of Sarsvati Vandana. In the beginning, Ramandeep Karalia, Physical Director of the Ramandeep Karalia, Physical Director of the College welcomed all the

uests and participants.

In the inaugural session, he 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 about the need for lifestyle related changes in this mod-ern 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 fea-ture in the college event calendar. Players from all the colleges

> 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 SPMR College of second and

Cluster University of Jammu

stage w... Prof. ed by Prof. Rubina Choudhary, Assistant Professor in the college. Those present in the event include Dr Rupali Salathia, PSPSGCW Gandhi Nagar, Jammu, Dr Satinder Juneja and Neelam Chalotra from Govt. MAM College, Ajaz Malik, Physical Director and Dr Shafqat Jahangir from SPMR College of

college including Prof. Rubina Choudhary, Dr

Rubina Choudhary, Dr Maansi, Dr. Deep Kumar, Prof. Vinay Lata, Prof. Shapia Shameem. Other faculty members who attended the pro-gramme include Prof. Anju Bala, Dr Jyoti Parihar, Prof Radika Mahajan, Dr Tahira Shah, Dr Shalini Sharma, Peof. Amyadha Chavdhaw Prof. Anuradha Choudhary, Prof. Shamboo Nath, Prof.

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



II NEWS SERVICE

SAMBA, DEC 8: Rashtriya 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 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 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

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 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 cam-She said that the cam-paign 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 dedicated working to

are dedicatedly working to are dedicatedly working to take the signature cam-paign to the common peo-ple to complete the mission and soon the campaign will attain the role of nationwide movement. Moti Hindu said that in the wooded history that in the recorded history our ancestors have protect ed 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 organparticipants and the izers of the campaign programme and appealed the common masses to come in common masses to come III support of the campaign.
Dr. BR Bhagat, Dr. Nirmala Bhagat, Manohar Lal Sharma, Vipankant Choudhary, Deepak Choudhary Parveen Choudhary and others were amongst the prominent present on the occasion.

**MVD Iammu recovers** Rs 1.02 lakh fine from

Traffic Rules violators

JAMMU, DECEMBER 08: A team of Motor Vehicles Department headed by RTO

Jammu Pankaj Bhagotra

today laid special nakas at different locations of Jammu District to check violations and visible offences under

JI NEWS SERVICE

# Principal Secretary PDD reviews power scenario in Kashmir with KPDCL officers

IAMMU/ SRINAGAR, DECEMBER 8: Principal Secretary, Power Development Department (PDD), H Rajesh Prasad, today convened a review meeting with officers of Power Distribution Corporation Limited (KPDCL), regarding power scenario

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

the present curtailment schedule of KPDCL which is being implemented by the Sub-Trans Divisions of KPDCL.

Principal Secretary directed the KPDCL 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

Principal Secretary was also briefed regarding the supply end

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

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

at the curtailment schedule must be adhered to strictly and distress cuts be limited to minimum

The meeting was attended by Shiv Anant Tayal, KPDCL, JPDCL, Chief Engineers of KPDCL, JRPCL and JKPTCL, Superintending Engineers of KPDCL and all Executive Engineers (Sub-Transmission Divisions) of KPDCL. Managing Director JPDCL, Chief Engineers KPDCL, JPDCL, JKPCL and JKPT

Motor Vehicles Act, 1988 and Central Motor Vehicles Rules 1989.

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

#### DC Kulgam reviews measures for smooth traffic flow in district

II 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 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 system in the district and making the town more beau-tiful. Requisite measures were discussed threadbare to overcome traffic jams and ensure better regulation of

#### Power shutdown

JI NEWS SERVICE JAMMU, DECEMBER 08: Chief Engineer (Distribu-tion) JPDCL Jammu has tion) JPICL Jammu has informed that the power supply to Jhajjar Kotli, Dansal, Jindrah, Battal Man-wal, Surinsar, Kishanpur, Mansar and adjoining areas shall remain affected on December 09 from 8 am to 2 pm. Similarly, the power supply to Ramban, Chenani-Nashri Tunnel. Batote Tunnel, Batote Chanderkote Assar, Chanderkote, Sangaldan, Gool, Banihal, Ramsoo, Thathar and Ukharal shall remain affected on December 09 from 12

noon to 3 pm. Likewise, the power sup-

on December 09 from 7 am to 11 am.

#### MC RS Pura aware people about hazards of single use plastic

JI NEWS SERVICE JAMMU, DECEMBER 08

In continuation to the My Town My Pride programme, Municipal Committee R.S. Pura has

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 Dwara Mandir R.S. Pura, under the guidance of visit-ing officer Harvinder Kour, Mission Director, ICPS J&K and in presence of the rep-resentatives of Municipal members as well as SDM R.S. Pura, Tehsildar R.S. Pura, CDPO R.S. Pura

Pura, CDPO R.S. Pura, Prominent citizens, and school students participate. The main objective of the drive is to educate the pub-lic regarding the hazards of single use plastic on the vironment and the living

#### GDC Neeli Nallah conducts intramural tournament under My College my pride

II NEWS SERVICE

UDHAMPUR, DECEMBER 08: Department of Physical UDHAMPUN, Place 108: Department of Physical Education Government Degree College Neeli Degree College Neeli Nallah, in association with Youth Club on Thursday organised an intramural Tournament under the ban 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 dents, 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 work and leadership are best learned as well as practiced in sports.

Dr. Ranjeeta Langeh was the coordinator of the event. As many as 16 stu-dents participated in the contest. Team-A Royal Club breaded by Amor Singh headed by Aman Singh Won by Two sets by defeatım B- Shershah Club ing Team B- Shershah C 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

JI 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 doorsteps, Labour Secretary, and

Secretary, Labour and Employment, Sarita Chauhan and Director General, Social Welfare Jammu, Vivek Sharma (Visiting Officers) today reviewed func-tioning of Samba Municipality besides conducting interaction session with ULB Councilors regarding their issues.

regarding their issues.

Deputy Commissioner Samba,

Anuradha Gupta, CPO Sukhleen

Kour, ADC, Rakesh Dubey,

Executive Officer, Municipality

Samba besides other district officers and Urban Local Body councilors were also present on the

Executive Officer informed



about status of various mega projects including town upgradation of Municipal Complex, Samba, construction of multi functional complex at Bus Stand Samba with complex at Bus Stand Samba with shopping complex, upgradation of ponds, community hall, chil-dren's park besides highlighting other works being executed under District Capex Budget, IDMT, material recovery facility, PMAY-U, PMSvaNidhi, IHHL.

Visiting Officers laid stress on provision of public services at doorsteps of general public with doorseps of general point win focus on those living in unorgan-ized townships, priority house-holds besides ensuring 100% satu-ration under IHHL facility in

Under PM SVANIDHI scheme Under PM SVANIDHI scheme, Visiting Officers asked the officers to ensure that all eligible street vendors be provided with 100% trade licenses. "The Rehri walas spots should be fixed at a suitable place in a systematic manner so that separate rehri zones be creat-ed. Besides, each and every Rehri ed. 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 pla under which e-Rickshaws shou ould under which e-Rickshaws should be used in place of petrol /diesel vehicles, usage of door to door waste carriers and other initia-tives of government in the town area. They exhorted upon all

members of ULBs to carry out be evolved.

"Under self employment gener-

ation schemes awareness be generated among youths on benefits of MUMKIN, TEJASVI, HIMAY-AT and other government spon-sored schemes" maintained the Visiting Officers

Visiting Officers listened to the

issues of ward members and assured that these will be solved on priority level through proper intervention of concerned agenissues

Meanwhile, Visiting Officers also distributed cheques among beneficiaries under PMAY (URBAN) Mission. They also confident the state of the (UKBAN) Mission. They also con-ducted an extensive tour of Samba town.

#### DC Samba chairs District Level Aadhaar **Monitoring Committee Meeting**

## ARRAY OF SERVICES AVAILABLE ON MAADHAAR APP: DIRECTOR UIDAI

JI 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.

Office, Chandigarn.

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 updates done (MBU) on attaining the age of 5

#### DC Kulgam reviews measures for smooth traffic flow in district

JI NEWS SERVICE

KULGAM, DECEMBER 08: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today ed 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

Stratic Creation of parking zones near Qazigund and Shopain Addas 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

II 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.

by the Iourism 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

houseboats, the celebrities who stayed in them and the unique role stayed in them and the unique role played by houseboats in attracting tourists from across the globe for decades now. The festival had com-ponents of local Music, food, art, cul-ture 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 screen on Dal w water screen on Dal waters, illumi-nated shikara carnival and live musi-cal 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 Houseboat restrual 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 de among the people about th rich heritage and memory attached to 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 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 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, preaching all the previous records and

breaking all the previous records and to showcase the contribution of icon ic houseboats in the tourism sector of

Likewise, the power sup-ply to R/Stations-Moud Chenani, Kud, Sangote, Sudh Mahadev & Dhuna shall remain affected on December 09 from 9 am to 1

Similarly, the power supply to District Poonch and Rajouri shall remain affected

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

IAMMU, DECEMBER 08: To spread aware ness among the members of women Self Help Groups (SHGs) about Menstrual Health & Groups (SFICS) about Meisstual Fleatin & 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 cross all the blocks of the Mission to sensitise the SHG women about vital social and health

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



purpose of this workshop was to create aware-ness 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 progra

awareness among women on personal hygiene particularly on Menstrual Hygiene Management (MHM) and the participants were asked to act as ambassadors for sensitis other women to maintain MHM safe

ing other women to maintain MHM sate 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 ager.National Rural Livelihood Mission Manager, National Kural 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 associat-

ed with periods and encourage the master trainers to spread awareness so that every woman and girl has access to safe and sustain-able menstrual hygiene products along with holistic and accurate information to manage

Guest speaker Dr. Meenali Rajput, Medical officer, Rashtriya Bal Swasthya Karyakram (RBSK) emphasized on cleanliness and hygiene. She mentioned that in today's time management of menstruation requires three key things: awareness, access (mainly in three key things: awareness, access (mainly in rural setup) and disposal of used sanitary nap-kins 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. (ITEL) and, ether infection.

es, period mytris and tacoos, urmary fract 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) com-

munity 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

