



# JINDRAHIMAGES

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## LG conducts on-site inspection and reviews ongoing construction work of Transit Accommodations



**BARAMULLA/ BANDIPORA:** Lieutenant Governor Manoj Sinha conducted on-site inspection and reviewed ongoing construction work of the transit accommodations for PM Package employees at Baramulla and Bandipora, today. The Lt Governor ascertained

the progress of the work being carried out at the two sites and laid emphasis on timely completion of all the works. He interacted with the officials, engineers engaged at Baramulla and Bandipora.



The concerned Deputy Commissioners briefed the Lt Governor on the progress of works pertaining to different departments including power, water supply and other additional works.

Dr Arun Kumar Mehta, Chief Secretary; Sh Pandurang K Pole, Divisional Commissioner Kashmir; Sh Vijay Kumar, ADGP Kashmir; Sh Vijay Kumar Bihuri, Commissioner/Secretary to Government, Revenue Department; Dr Sehish Asgar, Deputy Commissioner Baramulla; Dr Owais Ahmad, Deputy Commissioner, Bandipora, and other concerned officials were present.

## Police, SFs working in mission mode to ensure terror-free J&K: DGP Dilbag Singh

**JAMMU:** The Director General of Police, J&K Shri Dilbag Singh today visited Poonch, frontier District of Jammu Zone where he inaugurated newly constructed Police Station and Subordinate Lower Quarters at Loran. He later presided over a Darbar of Jawans and officers at DPL Poonch and also reviewed the security scenario of the District in officers meeting besides interacting with public representatives.



Accompanied by ADGP Jammu Zone, Shri Mukesh Singh and ADGP (Hqs) PHQ, Shri M.K Sinha, the DGP was received by DIG Rajouri-Poonch Range, Dr Mohammad Haseeb Mughal, SSP Poonch Shri Rohit Bakotra, and other senior officers. The DGP first inaugurated the newly constructed Police station at Loran and interacted with the Police personnel and locals there.

The DGP while addressing the Police Darbar said that district Poonch is by and large militancy free for that he congratulated personnel of Police, other Security forces and people of the area for their joint efforts. He said that Pakistan and its agencies are making continuous attempts to revive the terror structure here and want to keep anti-national activities alive in any form. He said that some people in the

past have managed to cross the border and are in touch with their associates to revive the terror structure here adding that we have to make sure that no space is allowed to anyone linked with terror.

The DGP said that J&K Police alongwith other security forces have been working in a mission mode to ensure terror-free J&K. He stressed for utilizing the technical as well as human resources in tracking the terrorists who managed to infiltrate. He also directed for monitoring and keeping vigilance on terror support system to demolish the ecosystem. He said that a number of terror funding cases

### SIU of J&K police carries raids in Anantnag

**SRINAGAR:** Jammu and Kashmir Police Special Investigation Unit (SIU) on Wednesday conducted raids at two locations in Jammu and Kashmir Anantnag district.

Police said the raids were conducted on two houses in the ongoing crackdown against "terror elements."

A statement said the SIU Anantnag conducted raids after obtaining search warrants from Court for two different locations of district Anantnag viz residential houses of two accused involved in case FIR No. 1307/2022 U/S 307 IPC, 7/27 Arms act, 16, 18, 20, 38 U(A/P) Act registered in Police Station Bijbehara.

The search was conducted in the residential houses of Shahbaz Ahmad Thoker of Waghama Bijbehara and Subzar Ahmad Ganie of Marhama Halimpora Bijbehara.

"During search, SIU Anantnag gathered relevant information and

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## Mercury plunged to season's lowest in Srinagar at minus 3.4 Deg C

**SRINAGAR:** Srinagar witnesses seasons coldest night with temperature plummeting to minus 3.4 degree Celsius on Wednesday even as the Kashmir valley is in a grip of freezing temperature throwing the normal life out of gear.

The Meteorological Centre forecast is mainly clear with partly cloudy and dry weather to continue till December 21. There is no significant weather system till December 25.

Srinagar, the summer capital of Jammu and Kashmir, experienced the season's coldest night with temperature dipped to minus 3.4 degree Celsius on Wednesday which was minus 2.4 degree Celsius below normal during this period of the season.

This is for the second time during this month that the minimum temperature plunged to minus 3.4 degree Celsius in Srinagar. On December 5 Srinagar recorded the same temperature of the season.

Tourist hot spot of Pahalgam in south Kashmir remained the coldest place in the Kashmir valley where the minimum temperature dipped to minus 3.3 degree Celsius on Wednesday



against the minus 3.0 degree Celsius recorded the previous night. It was minus 1.3 degree Celsius below normal for the valley of shepherds during this time of the season.

Ski resort of Gulmarg in north Kashmir had a low of minus 4.2 degree Celsius on Wednesday which was 0.2 degree Celsius below normal

during this time of the season for the valley of meadow.

Qazigund on Srinagar-Jammu national highway recorded a low of minus 3.0 degree Celsius, Kulkernag minus 0.3 degree Celsius and the frontier Kashmir district of Kupwara had a low of minus 2.8 degree Celsius on Wednesday, the Met office said.

## J&K State Taxes Department launches 'APNA TDS' Online Portal

**JAMMU:** On the directions of Commissioner State Taxes Dr. Rashmi Singh, the State Taxes Department in collaboration with NIC, J&K has developed an Online Web application namely 'APNA TDS' portal to identify payment made to works contract service providers by DDOs through JKPaySys portal.

Currently DDOs are mandated to deduct a particular percentage of the tax payable at source while making payments above a particular threshold. Subsequently they have to file a monthly return for such deduction made.

However this deduction happens outside the GST system;

as a result the GST System only has the information for those deductions against which return is filed by the DDO concerned.

Now Apna TDS portal gives the State GST department a window directly to the JKPaySys system to find as and when TDS is done against work contract payments.

This information then can be followed up to ensure that the DDO concerned who has done TDS files the monthly return in time (by 10th of next month) and that the contractor concerned actually files his own return afterwards and clears the total tax liability besides the two per-

cent deducted at source.

The initiative for designing of this portal was led by Shakeel Maqbool, Additional Commissioner, State Taxes (Adm. and Enr.) Kashmir, while Sunil Bhagat, Programmer, State Taxes Department was the nodal officer of the department for coordinating with NIC on making the portal.

It is hoped that this portal when properly used will revolutionise the process of tax collection from works contractors and other taxpayers eligible for TDS. This in the long run will play a vital role in augmentation of tax revenues collected by the department.

## Forces detect and destroy an IED in Baramulla

**SRINAGAR:** Security forces detected and defused an improvised explosive device (IED) in Jammu and Kashmir Baramulla district on Wednesday, Police said.

This was the second IED found and later defused in north Kashmir since Tuesday morning.

On Wednesday, the IED was detected by the joint teams of Police alongwith Army's 29 RR and CRPF's 45 battalion on busy Srinagar-Baramulla national highway near Power Development Department Office in Pattan.

"Soon after the detection of the IED, traffic was halted and the movement of people was restricted. Accordingly, Bomb Disposal Squad was rushed to spot and the IED was destroyed without causing any damage," a police spokesman said.



Police said the timely detection of the IED thwarted an untoward incident.

The Baramulla Srinagar national highway is used by convoys of the Army, central armed police forces (CAPFs) and VIPs and the highway is sanitized

every morning before the movement of convoys.

On Tuesday morning, security forces detected and defused around three kilos of improvised explosive device (IED) in Sogore sub-district of Jammu and Kashmir.

## DC listens to grievances of local residents in North Jammu

**JAMMU:** To get first-hand account of the public grievances, Deputy Commissioner Avny Lavasa today presided over Weekly Block Diwas programme, here in Jammu North.

Several delegations, besides scores of individuals apprised her about the problems being faced by them in day to day life.

The main issues highlighted during the programme were related to irregular supply of water and electricity, provision of road connectivity in uncovered areas, augmentation of drinking water supply, cleanliness and sanitation of the area etc.

"The DC gave a patient hearing to the delegations and passed on the spot directions to the concerned officers for early redressal of their genuine



grievances. She assured that the highlighted issues of public importance will be taken up with higher authorities, besides all the pendency and public service delivery slackness shall be reviewed thoroughly.

She also impressed upon the

officers to work with zeal to achieve the targets ensuring the delivery of the benefits to the rural masses.

SDM Udhman Daas, Tehsil Dar Jai Singh along with other senior officers were present during the block diwas.

## Army rescues stranded passengers on Mughal Road

**JAMMU:** Army troops have rescued passengers stranded on Mughal road in Poonch district of Jammu and Kashmir, an official said here on Wednesday.

He said that late night on Tuesday, Indian Army received a distress call from civil administration seeking assistance for rescue of stranded passengers on Mughal road.

"A truck had slipped and blocked the road leading to traffic jam due to two which approximately 15 vehicles and 30 passengers were stranded in sub zero temp conditions," he said.

He added that on receiving the information, a team of Indian Army immediately sprung into action, adding, "on reaching the site, the team quickly cleared the blockade and rescued the passengers who were shifted and provided meals." "Prompt action by Indian Army rescued the stranded passengers with safety, which was highly appreciated by all," he said.

## J&K Land Grants Rules, 2022 to end all monopolies on govt lands

**SRINAGAR:** All monopolies on government lands in cities, towns and hill resorts in Jammu and Kashmir will end after the implementation of new Land Grants Rules, 2022.

In a landmark decision, the J&K government on Tuesday notified new Land Grants Rules extinguishing all the previous rules on the subject.

Under the provisions of the

new rules all outgoing lessees will have to handover possession of land to the government which they had taken on lease where leases have either expired or were determined prior to rules as 'not to be renewed'.

The Land Grants Rules 2022 state, "All the outgoing lessees (except in the case of subsisting/expired leases for residential purposes) shall immediately

handover the possession of the land taken on lease to the government, failing which the outgoing lessee shall be evicted as per the provisions of public premises (eviction of unauthorised occupant) Act, 1988."

The rules, however, state that the outgoing lessees shall, however, be paid for any improvement carried out or structure constructed thereon at the value

assessed as provided under Sub-Rule (xi) of Rule 19 provided that the lessee has not violated any of the conditions of the lease.

The new rules further say: "All leases (except the subsisting /expired residential leases) including lease granted under the Jammu and Kashmir Land Grants Rules 1960, Notified Area (All Development Authorities set in Tourism Sector) Land

Grants Rules, 2007 and leases expired or determined prior to the coming into force of these rules or issued under these rules shall not be renewed and shall stand determined."

However, the government may for development of the union territory of Jammu and Kashmir grant lease of land under the provisions of these rules.

The rules state that the land could be leased for education, health care, agriculture and allied activities, tourism, skill development, development of traditional art, craft, culture and languages, hydro-electric projects, development of stadiums, playgrounds, gymnasiums or other recreational purposes, petrol pumps, gas pipelines, LPG bottling centers, fuel res-

ervoir, next generation clean fuel sources CNG/CBG/ LNG/ hydrogen fuel/ bio Carbon fuel/ any other clean fuel source/ with related activities/services/ utilities/infrastructures as per the established norms/industry best practices, self-employment.

"Prompt action by Indian Army rescued the stranded passengers with safety, which was highly appreciated by all," he said.

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# DDC Chairperson; Business Head MakeMyTrip call on Lt Governor

**J1 NEWS SERVICE**  
SRINAGAR, DECEMBER 14: Ms Safena Baig, DDC Chairperson, Baramulla today called on Lieutenant Governor Manoj Sinha here at Raj Bhawan.

The DDC Chairperson apprised the Lt Governor on various developmental issues pertaining to District Baramulla including establish-

ment of fire stations at Sheeri and Nowgam Kandi. Similarly, Sh Jasmeet Singh, Senior Vice President/Business Head Holidays & Experiences-MakeMyTrip discussed with Lt Governor the promotion of key tourist destinations of Kashmir including Aru Valley, Lolab valley, Doodhpatri and Gurez

Valley. He also apprised the Lt Governor that Holidays & Experiences- MakeMyTrip are working closely to promote responsible and sustainable tourism, community empowerment, and waste management initiatives. Meanwhile, former Legislator, Sh Sheikh Ishfaq

# Lt Governor lays foundation stone of Satellite Township & Housing colony at Srinagar



**J1 NEWS SERVICE**  
SRINAGAR, DECEMBER 14: Lieutenant Governor Manoj Sinha today laid the foundation stone of Srinagar Development Authority's Satellite Township at Rakh Gund Aksha & a Housing Colony at Bemina, Srinagar.

Township will also have clusters of planned housing with neighbourhood level health and education facilities. "Shehjar Heights" Housing Colony at Bemina will have peripheral road network with pavements, club house with swimming pool and gymnasium, community hall, shopping mall.

*The initiative of SDA is aimed to decongest the city and to meet the needs of affordable homes for growing population: LG*

*Satellite township would be first of its kind in Kashmir division, says the LG*

*The housing colony 'Shehjar Heights' is a symbol of aspiration of middle class. The two projects will not only provide quality and valuable space for families but also become the driver of economic development and unlock the potential of local economies: LG*

*The township shall be self-contained with building infrastructure for businesses, offices, commercial & institutional buildings, hotels and other facilities designed to make living and working comfortable: LG*

# IHM holds 40th Board of Governors meet

**J1 NEWS SERVICE**  
SRINAGAR, DECEMBER 14: The 40th Board of Governors meeting of Institute of Hotel Management, Rajbagh was held today under the chairmanship of Sarmad Hafeez, Secretary Tourism, (Chairman, BOCs, IHM Srinagar) at civil Secretariat, here.

During the meeting it was informed that the Institute has opened satellite campuses at Tourist destinations like Pahalgam and Achabal-Kokernag, and near future the Institute is planning to open satellite centers at Manasbal & Verinag. The aim of these sponsored programmes is to make youth employable. Also the entire batch and a large number of part time students were placed in top notch hotels across the country. Among others L. K. Ganguli, Director (A&F) National Council of Hotel Management, & Catering Technology, Fazlul Haseeb, Director Tourism, Kashmir, Vivekanand Rai, Director Tourism, Jammu, Minga Sherpa, MD-JKTC, Vinit Chhabra, GM, The Khyber Hotel Gulmarg, Jitendra Kumar Chand, GM, Vivanta by Taj, and other officials from PWD (R&B) Department, attended the meeting.

Chairing the meeting, Sarmad Hafeez directed the institute for filling all the vacant seats in various disciplines and not let any seat go vacant. In

so that the entire tourism trade gets managed professionally in the coming times. In this connection, he also advised for collaborative efforts by the institute and the Tourism Department. Earlier Principal, IHM Srinagar, Qazi Shabir Ahmad gave a resume of the activities being carried out at the institute. He said regular courses and other short term courses in Tourism & Hospitality are being conducted by the institute under Capacity Building of Service Providers (CBSP) Scheme.

*Opens satellite campuses at Pahalgam, Achabal, Kokernag; plans to open at Manasbal, Verinag; Institute achieves Cent per cent placement of its students, majority of part time students in country's top notch hotels*

*Sarmad Hafeez advised collaborative efforts between IHM, Tourism Deptt., asks for holding capacity building of local youth, stakeholders*

He informed the meeting that during the academic year 2021-22, all the students of final year were placed in leading Hotels, including premier 5 star hotels, across the country and some were recruited by the leading hotels of J&K. Besides, 524 students / staff were trained by the Institute under Capacity Building Programme of Ministry of Tourism, Govt. of India and 60% of such students were placed in various big and small hotels. The students are trained free of cost under CBSP Scheme and the programme is funded by Ministry of Tourism, Govt. of India. The Board members appreciated the efforts made by IHM Srinagar and also directed the Principal to achieve the assigned targets received from the Ministry for current financial year.

In this regard he directed launching an awareness drive by the institute management among the local youth and local stakeholders to improve the level of professionalism in the local tourism industry. The Tourism Secretary appealed the local hoteliers to come forward and help in the placement of passed outs of the institute so that the industry in future is run on professional lines and the local resource and talent is promoted and showcased in the industry. Terming IHM as a premier institution which is nationally recognised in the tourism and Hospitality sector, he asked for holding more capacity building courses for the local youth and staff of the hospitality sector

# DC Kulgam presides over grievance redressal camp at Kulgam, listens issues of people for early redressal

**J1 NEWS SERVICE**  
KULGAM, DECEMBER 14: The District Administration Kulgam today organized a Mega Block Diwas in three blocks of the district viz. Devsar, Kulgam and D. H. Pora to take appraisal of the public issues, grievances and demands.

The programme witnessed overwhelming response from PRIs and general public who highlighted issues and grievances confronting their areas for early redressal.

To take first hand appraisal of public grievances and demands, the

Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din-Bhat remained available at Kulgam where he listened to grievances and issues of people for redressal.

Officers from District Administration were also present during the block diwas. People from Rehpora, Liroo, Churhat Chowham, Brazloo, Poriwah, Turigam Parigaam, Mahipora, Aadagatnoo, Aodora, Akhal and other villages participated in this grievance redressal camp and apprised the DC about their issues.

A delegation from Akhal Gujjar Basti demanded construction of road from Hitmitru to Gujjar Basti. People from Lirow demanded power supply from Chawalgam receiving station instead of Rambhama receiving station while People from Sudstuna demanded repairment of Sudsan road. Also public from various other areas also participated in this grievance redressal camp and

highlighted issues and demands of their areas. The DC after giving patient hearing to the public addressed some of the immediate nature of grievances on the spot.

Earlier, ACD Kulgam Mohammad Imran Khan briefed about the action taken on the issue and grievances raised by people in previous block diwas. Meanwhile, grievance redressal camps were also held at Block D. H. Pora and Block Devsar where ADC and SDM listened to issues and grievances of people for redressal.

# DC Srinagar holds Public Grievance Redressal Camp at Harwan

*Inaugurates Micro Irrigation System at Mulnar*

**J1 NEWS SERVICE**  
SRINAGAR, DECEMBER 14: Continuing the efforts to take Administration to the doorsteps of the people to propel the development mission to saturate the requirements of general public, the Deputy Commissioner, Srinagar Mohammad Ajaz Asad today held a Block Diwas at Harwan Block of the District.

On the occasion, the local people, PRI members, put forth their Developmental demands and issues confronted by them regarding infrastructural and road connectivity needs besides individual beneficiary schemes and issues related to the wildlife and forest departments.

While projecting the grievances of public interest before the Deputy Commissioner, PRIs demanded operation of the filtration plant at Dhara, pension fixing, construction of Panchayat Ghar, fixing of responsibility to the concerned department for snow clearance, and compensation to

fire victims. Responding to the demands raised by people, DC assured that all those issues shall be resolved in time bound manner. Regarding grievance of old age pension seeker, DC directed concerned officers to create awareness among the people about the concerned office and location where they shall be able to submit documents without facing further inconvenience.

He also cleared concern of people about allocating only a single sheep unit in Dhara and asked for submitting more applications. DC stated that the allotting of sheep units is happening through draw of lots and participants are selected through a transparent process.

Also, Assad dispelled concern regarding snow clearance in the area and said that government has notified the jurisdiction of snow clearance between SMC and R&B and locals should not worry about it.

Deputy Commissioner said that the compensation have been approved for the fire victims and same shall be disbursed to them very soon. The DC appreciated the people for the active participation in the Block Diwas, which he called a viable and much need requirement for progress of the area. Further, he also issued direction to the officers of various departments including social welfare, revenue and district administration for addressing the grievances of locals at the earliest. Among others, the Block Diwas was attended by ACD Srinagar, Tehsilidar, DBO, ZEO, besides officers of other line departments. Later, Deputy Commissioner visited Mulnar Harwan where he inaugurated the Micro Irrigation System developed under the aspirational Block scheme under capex 2022-23 spread over 20 kanals of land. The Micro Irrigation System was developed by the soil conservation wing of the Department of Agriculture and Farmers Welfare.

# MCs self-declare ODF+ status

*Seek suggestions, objections from public*

**J1 NEWS SERVICE**  
JAMMU, DECEMBER 14: The Municipal Council Reasi and Municipal Committee Ghou Manhasan after proclaiming ODF+ status have sought feedback/suggestions/objections within 15 days to perform all necessary action on the comments/suggestions/objections received.

The Municipal Bodies have also declared Open Defecation, open urination, and unauthorized dumping of sewage in open areas, drains and water bodies as punishable offences. The Civic authorities of these

Municipal areas have informed the public that a penalty of INR 200 would be imposed for open defecation, INR 100 for open urination and INR 500 for unauthorized dumping of sewage in open areas, drains and water bodies. Meanwhile, Municipal Council Reasi, have enjoined upon all concerned that a penalty will be imposed for violation of National Sanitation bye laws related to open dumping/desludging of Faecal Sludge in Street/Nallas/Open Drain/Water bodies/open spaces within Municipal Jurisdiction. The violation of National Sanitation bye laws by the Households

would attract a fine of Rs. 2000 for 1st offence and Rs 3000 for 2nd offence. Similarly, Commercial establishments, Offices, Hotels and Private Desludging Operators would be charged Rs. 3000 fine for 1st offence and Rs 5000 for 2nd offence. Therefore, all individual households/commercial establishments, offices and hotels etc. are accordingly informed to approach Municipal Council Ramban for availing the services for desludging/ clearing of Faecal Sludge from their premises by paying the nominal charges fixed by the Municipality.

# DSEO Pulwama organises one day training prog on registration of Deaths and Births

*newly notified Registrars.*

**J1 NEWS SERVICE**  
PULWAMA DECEMBER 14: District Registrar (Chief Medical Officer Pulwama) & Additional District Registrar (District Statistics & EVS Officer Pulwama), in collaboration with District Administration Pulwama, Directorate of Census Operation J&K and Directorate Economics & Statistics J&K on Thursday organised One Day Training Programme on 'Registration of Births & Deaths through Civil Registration System (CRS) Portal.'

He further elucidated that besides issuing the death and birth certificate at door steps of people through the Civil Registration System 'We may also keep a continuous and complete record of Births & Deaths of our people which is vital for various government policies.' Speaking on the occasion, District Statistical & Evaluation, Officer highlighted the need for implementation of Civil Registration System- Registration of Birth & Death Rules- 2022 in the UT of Jammu & Kashmir. During the training programme, Imtiyaz Ahmad Malik, Geographer gave a detailed presentation on the implementation of the Civil Registration System (Registration of

Birth & Death Rules, 2022), duties and responsibilities of registration functionaries.

A detailed future roadmap for shifting to online registration through Web Portal of ORGI for Registration of Births and Deaths and action required to be taken by the line departments for implementation of the Civil Registration System was also talked about through the presentation. Similarly, Shazia Bashir, Consultant, J&K highlighted the use and purpose of Birth and Death Certificates along with the importance of recording the occurrence and the characteristics of the vital events which is subsequently used to study the demographic profile and other features.

# Weekly Block Diwas : DC Kishtwar listens to people's issues at Panchayat Badhat

*Redresses numerous grievances on spot, inaugurates RDD works; laid foundation stone of BDC office Building*

**J1 NEWS SERVICE**  
KISHTWAR, DECEMBER 14: To redress the grievances of people at their doorstep, Deputy Commissioner Kishtwar, Dr Devansh Yadav, today conducted a public outreach camp under weekly Block Diwas Programme here at Panchayat Badhat of Block Drabshalla.

He was accompanied by BDC Chairman, Suraj Kumar, ACP, Zakir Hussain Wani; BDO Drabshalla, Tariq

Syed Suhrawardy and other District and sectoral officers. During the camp several delegations from the Panchayat Badhat and adjoining areas led by local PRIs highlighted public demands and grievances. They demanded up-gradation infrastructure of the health, education and tourism sector.

After giving patient hearing, the DC assured them that their genuine demands and grievances will be redressed in a time bound manner. Several grievances were also

redressed on spot with the intervention of concerned officers. The DC advised the people to avail the benefits of welfare schemes including Annuity scheme of PDD, Golden Card under Sehat Scheme and other income generating schemes. He also inspected the stalls put up by the line departments to showcase the schemes aimed to generate employment and to enhance the income of agriculture and allied activities. The District officers also made awareness about various individual beneficiary oriented schemes of their departments.



# Congress seeks debate over Indo-China border issue, recent Tawang clashes

JAMMU: Seeking clarifications from government over Indo-China armistice clashes at Yangze, Tawang, in Arunachal Pradesh. Member Parliament in Rajya Sabha and Former Madhya Pradesh Chief Minister Digvijay Singh Wednesday said that government should hold a debate in both the houses of Parliament during ongoing session and clear the doubts of opposition and nation over India-China relations.

"There is a past practice in the parliament that whenever some minister lay down statement in the house, the opposite party has the right to seek clarifications, which was denied yesterday (during defence minister statement over Tawang clashes)," the veteran Congress leaders said

as per news agency and alleged that government tried to muzzle the voice of opposition by denying genuine parliamentary rights.

Seeking debate in the house, Singh said, "We wanted to know from the Prime Minister and Defence Minister about the situation on the border. What happened and what did not happen, but we were not given any explanation from the government."

"We have high regards and respect for our armed forces. They deserve the highest respect for performing duty in very difficult situations and protecting their fellow countrymen but the government should not run from a situation like this and reply in the parliament by allowing debate."

Adding further, the former MP chief Minister said, "Prime Minister appears aggressive in the same thing (border skirmishes) happens with Pakistan but he (PM) takes a soft stand on China, which is very surprising."

"We (opposition) seek some clarifications but it's unfortunate that the Prime Minister is shying away from the situation and tight-lipped when it comes to China," he added.

Furthermore, Singh said, "Earlier (during Galwan-Ladakh 2020 clashes), our PM outrightly denied the fact of Chinese troops in Eastern Ladakh sector. However, Defence Minister (Rajnath Singh) and then CDS (Chief of Defence Staff) General (B S) Rawat had accepted it.

# Govt seals 224 establishments, recovers fine of nearly Rs 82 lakh in FY 2022-23

SRINAGAR: Acting against the norm violations, the Enforcement Wing of Food, Civil Supplies & Consumer Affairs (FCS&CA) have sealed over 200 shops and recovered a fine to the tune of nearly Rs 82 lakh in Kashmir Valley during the ongoing financial year 2022-23.

An annual document prepared by the department, a copy of which lies with the news agency, reads that in Srinagar alone, a total of 136 establishments have been sealed in the ongoing financial year till December 14, 2022, which is highest amongst all districts across Kashmir.

15 police complaints have also been lodged in the district," the document reads and added that four cases have been lodged in Kupwara and one in Anant-

nag districts, taking the toll of police complaints to 20 across Kashmir.

A total of 224 establishments have been sealed over Srinagar district as Rs 42,26,500 have been realized from 4106 defaulters. In December month alone, Rs 2,38,700 have been realized from 228 defaulters.

The document further second highest fine has been realized in Anantnag district where a total of 2790 defaulters were penalized and a fine to the tune of Rs 9,43,400 have been recovered during the ongoing financial year.

In Pulwama, Rs 7,66,48 have been recovered from 1803 defaulters while in Kupwara, Rs 5,04,600 have been recovered from 1907 defaulters, the document reads and further reveals that the Enforcement Wing

has recovered a fine to the tune of Rs 4,19,500 from 1193 defaulters in the ongoing financial year while in Baramulla, Rs 3,88,90 have been recovered from 1286 defaulters.

Rs 1,56,900 have been recovered from 1043 defaulters while in Ganderbal, Rs 1,49,950 have been recovered from 58 defaulters, which is lowest amongst all districts of Kashmir.

In Kulgam, a total of 96 defaulters have been penalized a fine to the tune of Rs 3,00,650 have been recovered from them while in Shopian have been recovered from 1803 defaulters while in Kupwara, Rs 5,04,600 have been recovered from 1907 defaulters, the document reads and further reveals that the Enforcement Wing

# Nine Kashmiri Pandits killed since 2020: MHA

SRINAGAR: Union Minister of State for Home Nityanand Rai Tuesday informed Rajya Sabha that nine Kashmiri Pandits have been killed by terrorists in Kashmir since 2020.

He also informed the House that there has been a substantial decline in militant attacks from 417 in 2018 to 229 in 2021.

Rai as per the news agency said that among the nine killed, four Kashmiri Pandits including a person belonging to Kashmiri Rajput community were killed in 2022, four in 2021 and one in 2020.

He said the government has a policy of zero tolerance against terrorism and the security situation has improved significantly in Jammu and Kashmir.

He also said there are various agencies and organizations which operate for the security of Jammu and Kashmir. He said that the Ministry of Home Affairs incurred a total of Rs 2,814,085 crore as expenditure on terrorism related expenditure on

# After 11 years, 70% work on Sangarmall complex still incomplete, Allege shop Owners

SRINAGAR: Constructed in 2011, the government's initiative of coming up Sangarmall complex near Polo Ground here has failed to serve the cause as the shopkeepers and others claim that 70 per cent of the work has been completed yet, thus ignoring the complex completely.

President Sangarmaal Shopping Complex, Ashiq Kawa talking to the news agency the Srinagar Development Authority (SDA) has miserably failed to

complete the pending work of the complex to ensure a desired look and charm to the complex.

"Almost 70% work is still incomplete," he said and appealed to Lieutenant Governor Manoj Sinha to visit the complex in person to see its situation.

"The building is completely wasted as it has been ignored by the SDA so far," he added.

He said that nearly eight shops remain open here in the complex while the rest remain closed due to the official apathy. "An audit team recently visited the complex and got the firsthand appraisal of the complex. The team has mentioned every situation and even admitted the building has been ignored completely," he said.

Sheikh Feroz, Owner of Alkhandum Haji and Umrah services and Cafe, told KNO that the plan that was being executed for the complex has been left in abundance in the midway.

# Theft case solved in Pulwama, accused arrested: Police

SRINAGAR: Jammu and Kashmir Police claimed to have solved a theft case by arresting an accused person involved in the commission of crime and recovered stolen property in Pulwama.

A police spokesman in a statement issued to the news agency said that on 07-12-2022, Police Station Litter received a written complaint from one person named Abid Hassan Khan son of Mohd Ahsan Khan resident of Gund Achon station therein that his bike bearing registration number JK13C-5721 has been stolen by some unknown person/persons from Sido Lasspora.

Accordingly, police

# Will fight legally to get our identity back: Omar in Anantnag

SRINAGAR: National Conference vice president Omar Abdullah on Wednesday said that his party would not take it into their hands but will fight legally and constitutionally to get Jammu and Kashmir's identity back.

As per news agency, addressing Party workers in Pahalgam, Ashiq Kawa and Seer area in Anantnag, the former chief minister said that Supreme Court has taken cognizance of the plea challenging abrogation of Article 370 and they will fight it legally so as to get identity back.

He said that the claims of the BJP government are a huge inconvenience during their day to day activities. With regard to the inauguration of the Police station building and lower Subordinate Quarters at Loran, he said that it is aimed to provide better working and living facilities to Jawans and officers.

ADGP Jammu Zone while speaking on the occasion said that the security forces has been working tirelessly to provide a better and secure environment to the people. He said that we have to continue our efforts with further strength to achieve the desired results.

The security review meeting besides the visiting officers was attended by DIG Rajouri Poonch, SSP Poonch, Commandant JKAP 6th Bn, Shri Suram Singh, Commandant CRPF 72 Bn Shri Ram Meena, Adtl. SP Poonch Shri Mushim Ahmed, DySP DAR (Now SP) Shri Sachin Gupta and other jurisdictional officers. The Public meeting/interaction besides the senior police officers was attended by Shri Sunil Sharma chairman Municipal Poonch, Shri Riad Naz DDC Loran, Shri Satish Sasan Pardan Santan Dharum Sabha, Moulana Farooq Ahmed Misbai, Shri Rajesh Sharma BJP District President, other PRIs and a large number of locals of the area.

# Stray dogs rule the roost in Ganderbal

GANDERBAL: The increasing number of stray dogs in this central Kashmir's Ganderbal district has created a reign of fear among the people who are pleading for a prompt solution to curb the menace.

The people of several Ganderbal villages told the news agency that the growing canine population has become a serious concern and they are unable to move around, especially during the wee hours.

They said the authorities are turning a deaf ear to their frequent requests of curbing the menace.

The areas where dogs are seen in the crowd include busy markets of Kangan, Prang, Wussan, Fethpora, Ganderbal town and other places.

The sub-district hospitals and public health centres are no exception. Dogs are seen roaming inside the premises and many times inside the buildings. This has created an alarming situation and the calls to control the canine population are growing.

"These stray dogs have made our lives hell. We are deeply concerned about our children and women folk. Even elderly people face the threat," said a youth, Aijaz Tantray from Ganderbal town.

Tantray said parents do not let their children go outside and accompany them to tuitions and dars-gah classes. "Our elders are also scared and they have to take sticks along with them while going to masjid for morning and night prayers," he said.

The people of the district allege that the steep rise in dog population was due to their transportation from urban areas during night hours. They have appealed to the authorities to tackle the menace at the earliest, he said.

They have reiterated their appeal to the municipal authorities to take the matter seriously and find a permanent solution to the canine threat. KNO

# FROM THE FRONT PAGE...

## Police, SFs working...

With regard to the welfare measures, Shri Singh said that welfare of Jawans and officers has always been the priority of PHQ and said that every possible help and assistance is being provided to our Jawans and officers including SPOs and NOKs of martyrs as and when required. He issued directions for redressing some grievances highlighted during the Darbar.

The DGP while chairing the officers meeting, directed for maintaining synergy to uproot the terrorism, terrorist networks and their agents by strengthening J&K SPOs in districts of Rajouri and Poonch have been witnessing terrorist infiltration bids backed by the Pakistani authorities and added that due to synergy and close liaison between the Jammu and Kashmir Police, Army and other security forces many of such acts were thwarted on the border and in the hinterland succeeded by strengthening SPOs and NOKs of martyrs on Mughal Road and also on national highway to keep check on transportation of drugs, weapons and other criminal activities. The DGP at the end of the meeting decorated the SP rank to the newly promoted officer Shri Sachin Gupta.

DIG RP range and SSP Poonch briefed the DGP about the security situation and measures taken to keep drug trade and anti-peace activities under check.

While speaking at the interaction with public representatives, the DGP thanked the people for their participation and assured them that their grievances would be taken up with concerned authorities for redressal. He cautioned them about the conspiracy being made from across the border to revive terror base in the district and said that like in the past, we have to work together to foil their intentions. "We have been moving forward successfully and have now reached to a new stage to realize its peace in Jammu and Kashmir", he added. He said that People in J&K have understood the designs of anti-peace elements and are not responding to any sponsored bandh call. He appreciated the people of the District for maintaining the highest level of brotherhood.

Speaking to the media, the DGP said that the locals of the area have always extended their support to forces in war against terrorism. He said that the situation across J&K is

## J&K Land Grants...

war widows, families of deprivation categories (as per latest socio-economic census), specially-abled Persons (Divyng), families of martyr (one who has sacrificed his life in the line of duty for the sake of nation), migrant workers/ building & other construction workers, rehabilitation of sufferers of natural disasters/ calamities, specific infrastructure projects for the development of infrastructure, industries, agriculture, tourism and employment generation, laying of water mains, pipes, underground cables, cause ways, drains, drains, drains, poles, stay rods, stay rails for overhead cable and likewise.

As per these rules, the land can be leased for any other purpose in the interest of the union territory of Jammu and Kashmir to be determined by the government.

The rules state that an empowered committee headed by Financial Commissioner Revenue shall identify and designate land from different departments would identify and designate land and the purpose for grant of the lease.

Its function will also recommend the period of grant of lease, which shall ordinarily be for 40 years.

The committee will also monitor every lease agreement entered into and the conditions thereof. The panel has also the powers to recommend to the government for cancellation of any lease.

According to the Land Grant Rules, the empowered committee shall recommend to the government a list of land, which is its best value and the purpose for which land is to be granted on lease.

On receipt of recommendations, the government shall after examination of the recommendations return the same with its sanction or otherwise to the Committee through Financial Commissioner, Revenue.

"On receipt of sanction from the government, the Financial Commissioner, Revenue shall convey the same to Deputy Commissioner concerned for publication of a notice by him in Form-II for proposed auction through online mode."

"These rules have put an end to monopolies on lands by vested interest in cities, towns and health resorts.

"These rules will have a long standing impact on genuine players can come forward and become stakeholders in the new vision of development for J&K.

## SIU of J&K...

the role of these accused in commission of crime is being examined," the statement said, adding proper standard operating procedures were followed during the raids.

"These raids are carried out to eliminate the terror ecosystem in the district by identifying various over ground workers and supporters of terrorism," the statement said adding raids will continue in future also for the logical conclusion of all UAPA cases.

# Administrative secretary planning nominated as Nodal officer for coordinating, timely submission of information to GOI

SRINAGAR: Jammu and Kashmir Government on Wednesday nominated Administrative Secretary Planning, Development and Monitoring as Nodal officer for coordinating and timely submission of information to Government of India.

Sanction is hereby accorded to the nomination of Administrative Secretary Planning, Development & Monitoring Department as Nodal Officer for coordinating and timely submission of information to Prime Minister's Office, Ministry of Home Affairs, Parliament, Ministries and other related agencies of Government of India. Reads an order issued by Dr. Piyush Singla, Secretary to the Government, a copy of which lies with news agency. "It is further ordered that an officer of Home Department (not below the rank of Additional Secretary) to be nominated by the Financial Commissioner (Additional Chief Secretary), Home Department shall be the Assistant Nodal Officer for the purpose.

The order reads that the Nodal Officer shall ensure timely submission of information to the Government of India and other related agencies under an intimation to the General Administration Department for appraisal of the Chief Secretary, J&K. KNO

# BSNL broadband network defunct in Dooru, Anantnag since week

ANANTNAG: The broadband network of Bharat Sanchar Nigam Limited (BSNL) fibre is defunct for one week in Dooru area of South Kashmir's Anantnag district, subscribers said on Wednesday.

Due to the suspension of BSNL broadband network, the subscribers in south Kashmir's Dooru are unable to use the service.

The subscribers while speaking to the news agency, alleged that despite making several rounds of the concerned telephone exchange for their restoration of the service, yet, nothing except for disappointment has come to their hands.

Hilal Shah, a reporter working with a national news channel told KNOs that his work has suffered immensely and despite repeated complaints to officials the issue is not being sorted out. "Why should we pay for something which we don't get?" he asked. "This is sheer cheating."

Another subscriber said it has been around a week now, and my broadband is lying defunct. "This is badly affecting my studies," he said.

Meanwhile, BSNL officials assured the resolving of issue at the earliest. KNO

# Pesky power cuts irks Tral residents

PULWAMA: Residents of several areas in Tral said they are facing inconvenience because of unscheduled power.

The aggrieved residents told news agency, with tariff hike they were expecting power cuts will be minimised but the situation has worsened in the area.

They claimed that they are still facing prolonged power cuts besides that voltage in the area is very low.

"Every winter, the power department is claiming load shedding as the reason for power cuts and every winter we are facing the same issues but they have failed in resolving the issue," Mubashir Ahmad a resident of Tral town. Residents said that they have brought this issue in notice of higher ups several times but to no avail.

"They requested higher ups to look into the matter at an earliest so that locals can have a sigh of relief. KNO

# School building damaged in fire in Bandipora village

BANDIPORA: A government middle school was damaged in a massive blaze in Turkuandi Turkpora village of north Kashmir's Bandipora district, officials said here on Wednesday.

An official told the news agency that a fire broke out in the school building at Turkuandi in the wee hours today morning.

He said in the incident school building was damaged as fire tenders couldn't reach in time as the area was around 12 kilometres away from the district headquarter. The official said the cause of the fire was being ascertained. KNO

# SIU raids two locations in Anantnag

ANANTNAG: Special Investigation Unit on Wednesday conducted raids at two different locations in South Kashmir's Anantnag district.

In a statement, issued to the news agency a spokesperson said SIU conducted raids in two residential houses of two accused involved in FIR No. 137/2022 U.S. 307 IPC, 7/27 Arms act, 16, 18, 20, 38, UA(P) Act registered in Police Station Bijbehara.

The statement reads the search was conducted in the residential houses of Shahbaz Ahmad Thoker S/O Mushtaq Ahmad Thoker Resident of Waghama Bijbehara and Subzar Ahmad Thoker S/O Farooq Ahmad Ganie Resident of Marhama Halimpora Bijbehara.

## Block Diwas: Public Grievance, Redressal camp held at Their in Keerian Gandial block

Easy, accessible governance for all forms ultimate aim of Block Diwas: DC

**JJ NEWS SERVICE**  
KATHUA, DECEMBER 14: As part of Public Outreach Programme, weekly Block Diwas proceedings were today held at Panchayat Their in block Keerian Gandial.

Chairperson DDC Kathua, Mahan Singh, Deputy Commissioner, Rahul Pandey, PRI members, District and Sectoral officers, besides a large number of people attended the programme.

Scores of individuals and deputations, including PRI members projected demands and apprised the District Administration about the problems faced by the inhabitants of their respective areas.

The people submitted memorandum of demands and sought better road connectivity, drinking water supply in uncovered areas and other amenities. The other main issues highlighted during the programme included meeting drinking water scarcity in Athiala, better road connectivity, Hatli- Mahnu road link, better mobile phone connectivity, maintenance of Dhar Road, shortage of staff in schools etc.

Speaking on the occasion, the DDC Chairperson said that the present dispersion under Lieutenant

Governor Manoj Sinha is working with the resolve to take governance at the doorsteps of the public. He said with the functioning of three tier Panchayati Raj System in Jammu & Kashmir the goal of development at grassroots level can be achieved at a much faster pace. He said the central government has launched several welfare schemes to uplift the social economic condition of the people, especially the rural populace which have huge economic dependence on agriculture and allied activities. He appealed to people to avail the schemes offered by different departments and on-cash the income enhancing opportunities.

The DDC Chairperson called for tapping the scope of tourism in Ranjit Sagar Dam lake by introducing the Cruise ship service and Zip-Line facilities which will also provide employment opportunities to the locals.

The DDC stressed upon the PRI representatives and Officers of concerned departments to work in tandem to achieve desired development targets in a set timelines.

Addressing the gathering, the DDC said the objective of holding Public Outreach Programme under Block

Diwas was to reach out to the people and listen to their grievances besides extending an array of services and knowledge about different government schemes at their doorsteps. He said initiatives like Block Diwas, Back To Village, My Town My Pride were launched with the aim to provide easy and accessible governance to the common masses, besides ensuring holistic development in rural and urban landscape of the district with active participation of all stakeholders.

The DC said district administration has rolled out a calendar for holding Gram Sabhas in every Panchayat at designated days every month. He further appealed PRIs to discuss and prioritize issues concerning the development of the Panchayat during the proceedings of Gram Sabhas.

Responding to the demands of people, the DC passed on the spot instructions to the concerned departments for time bound resolution of all the issues. He stressed upon the officers to prioritize the grievances.

Similarly, Block Diwas proceedings were held in Billawar and Basohli sub divisions.

## Grievances Redressal, awareness camps held across Doda under 'Block Diwas' program

DC, SSP listen to public at Noorie Movie famed village Hanga

**JJ NEWS SERVICE**  
DODA, DECEMBER 14: UT administration has taken multiple campaigns/ initiatives wherein administration reaches to the people at their doorsteps to assess the disparities in development, listen to the public aspirations and plan out a holistic programme to address their genuine issues and aspirations.

Block Diwas program is one among them which is held at various designated locations on every Wednesday in district Doda.

This week Block Diwas program was held in Village Hanga, Baderwah; Panchayat Changa, Sub Division Gandoh; Panchayat Ghar Kuthyara, Sub Division Assar and teshil Headquarter Sewa Chiralla, Sub Division Thathri.

Deputy Commissioner, Vishesh Paul Mahajan along with SSP, Abdul Qayom, BDC Chairperson, Omi Chand; ADC Baderwah, Chowdhary Dil Mir; Dy Director Employment, Idrees Lone and other District officers presided over the event at Hanga - a beautiful village in Baderwah sub district, where super hit Bollywood, Hindi movie 'Noorie' was filmed in 1979. People in large numbers attended

the Block Diwas and demanded up-gradation of Health and Education infrastructure, besides extension of road connectivity, water and power facilities to the uncovered areas.

They demanded macadamisation of existing roads, execution of works under MGNREGA, replacement of worn out electric poles, among others. The major demands projected by the public are early completion of Panchayat Ghar Building; Link road to Khajar Nag Mandir; Building for Health Centre Hanga; PMGSY Road to Noori Hanga; uP-gradation of High School Gatha; SRTC Bus service to Hanga and Filtration plant for the area.

Responding to the demands, the DC stressed that the Block Diwas mechanism has been instrumental in bridging the gap between people and administration.

He directed the officers to ensure that all grievances raised are resolved, meeting the objective of organizing these public outreach programs.

He said that several services particularly related to revenue are being provided online and people should take benefit of this facility. "The online services have not only

reduced the time of delivery but also enforced accountability by creating a mechanism where the responsibility of delay can be fixed on the erring officers", he added.

Listing the achievements of the administration, he said several works are being implemented by Rural Development for development of the Panchayats. He said it is the responsibility of the public to conduct the social audit of the works and ensure that public money was being spent responsibly and for community benefit.

In other designated locations, the day-long Block Diwas proceedings witnessed projection of public issues by the PRIs and individuals. They demanded augmentation of water supply and electricity, macadamisation of roads, meeting death of staff in schools and hospitals, upgradation of schools, banking facilities in rural areas, release of pending wages under MGNREGA etc.

The Presiding officers of the Block Diwas gave patient hearing to the issues and demands and directed the concerned officers to prepare a list of issues/grievances raised pertaining to their departments and resolve the same at an earliest.

## Prashasan Gaon Ki Aur: Block Divas Observed with Great Enthusiasm across B'la

SDMs Listen Issues, Grievances of Public, Assure Timely Redressal of their Genuine Demands

**JJ NEWS SERVICE**  
BARAMULLA, DECEMBER 14: The Block Divas was today observed with great enthusiasm across all the Sub divisions of Baramulla district under the aegis of 'Prashasan Gaon Ki Aur' with a participation of District officers and public.

On the occasion, the respective Sub Divisional heads organised related events at different locations of the district to listen to the public issues, grievances and raise awareness on various schemes including individual beneficiary oriented schemes.

The Programme aimed at sensitizing the local inhabitants of the area and

adjoining areas about different schemes viz. CSS, UT Capex, NABARD etc. run by the Govt.

The objective of celebrating the Block Divas is to assess the progress of developmental works being executed in different sectors besides redressing the public grievances and providing the services to the masses at their door steps to strengthen grass-root level democracy.

At Block Noorkha Uri, Zainger Sopore and Kunzer, the concerned Sub Divisional heads presided over Block Divas at their respective locations wherein the officers of line departments besides PRIs were present in the programme.

The Block Divas is also attended by a large number of local people including from the adjacent villages besides civil society members and prominent citizens.

On the occasion, the representatives of various bodies, general public and civil society members apprised their concerned SDMs, Sub divisional heads regarding various issues and demands and sought their immediate redressal.

The issues and demands of the people were listened by their concerned officers patiently and were assured of redressing grievances of public importance in a time bound manner.

It was asserted by the presiding officers that the Block Divas is a regular feature now and appealed to people to become active participants so that the issues of daily importance are redressed in the minimum possible time.

The Sub divisional Magistrate instructed all the concerned officers to remain sensitive to all the genuine issues and grievances registered by the public.

It was also given out that campaigns will be intensified across the district against Nasha and Corruption besides cleanliness drive shall be launched in the villages by Public and students.

## District Administration Kupwara conducts block diwas events at Zachaldara, Sogam, Teetwal

DDC asks youth to take keen interest in establishing their self income generating units

**JJ NEWS SERVICE**  
KUPWARA, DECEMBER 14: District Administration Kupwara today organized weekly block diwas events in various block headquarters of the district to hear the developmental issues of the people at their doorsteps.

The main function was held at Zachaldara in block Rajwar which was chaired by District Development Commissioner (DDC) Kupwara, Doidee Sagar Dattatray.

DDC Member Rajwar, Mir Sulaiman ACD, CEO, CMO, CAO, AD Food, AD Fisheries, DMO, DSWO, AD Planning, Tehsildar, BDO, Representatives from line departments, besides, BDC Chairperson, PRIs and people in large number attended the block diwas function.

Addressing the function, the DDC said that the aim of holding weekly block diwas is to reach the people living in different areas of the district at their doorsteps to get feed-

back of their developmental and other day to day issues for timely redressal.

He said that the Panchayati Raj System is an important part of the development and urged upon the PRIs to supervise the developmental activities going on in their respective jurisdictions. The DDC said that Block Development Officers have been given magisterial powers by the government to resolve ROW issues so as to make smooth way for the developmental process.

Referring to PMEGP, the DDC appealed to the unemployed educated youth to take keen interest in establishing their self income generating units to earn their livelihood adding that 2500 beneficiaries have already been given loan for establishing their units under the scheme.

He asked the PRIs to submit 20 to 25 proposals from each panchayat so that maximum youth are covered under the employment generation programme.

On the occasion, the DDC distributed sanction cum disbursement letters among 7 PMEGP beneficiaries for establishing their units under manufacturing and service sectors.

Regarding tourism, the DDC said that a District Level Committee have already been framed for giving valuable feedback on tourism development of different areas of the district, especially Bangus.

Regarding water supply, the DDC directed the concerned officer to issue a schedule for providing tanker water supply in the areas wherever required.

The DDC sought detailed feedback from the officers regarding the progress of their developmental activities in the area.

Earlier, DDC Member and PRIs spoke and raised the developmental issues of the area.

The DDC heard their issues patiently and directed the concerned officers to ensure that all genuine issues are timely resolved.

The training was imparted by District Informatics Officer, Anantnag Jan Mubarik. It is pertinent to mention that revenue services can now be processed in online mode up to the patwar halqa level and as such are fully online with no offline interaction required.

## ADDK Kupwara interacts with PM CARES Children Shares delightful moments assures every possible support

**JJ NEWS SERVICE**  
KUPWARA, DECEMBER 14: Additional District Development Commissioner (ADDK) Kupwara, Altaf Ahmad Khan who is Nodal Officer for Grievances of PM Cares Children today visited District Social Welfare Office Kupwara and interacted with PM CARES children.

District Child Protection Officer (DCPO) Kupwara, Hidayatullah Mir was present at the occasion.

On the occasion, the ADDK interacted with the children, enquired about their upkeep, education and health. He also shared delightful moments with the children and asked them about their aim in life,

favorite books and dishes, besides, offered them chocolates and gifts.

He assured every possible support to the children from the District Administration and directed the DCPO to make frequent visits to these children and ensure all measures are put in place for their well-being.

**UNION TERRITORY OF JAMMU & KASHMIR**  
**DEPARTMENT OF INDUSTRIES & COMMERCE**  
**OFFICE OF THE GENERAL MANAGER DISTRICT**  
**INDUSTRIES CENTRE, KATHUA**

**Subject:- Notices to the eligible industrial units for filing online application for registration under New Central Sector Scheme for Industrial Development of Union Territory of Jammu & Kashmir.**

This is to inform all the Industrial Units that the Ministry of Commerce & Industry, Department for Promotion of Industry and Internal Trade, Government of India has announced New Central Sector Scheme for Industrial Development of Union Territory of Jammu & Kashmir vide Notification No. F. No. 1(1)/2020-SSS dated: 19.02.2021. In this context, some of the industrial units have filed their application online ([www.jknis.dpiit.gov.in](http://www.jknis.dpiit.gov.in)) for grant of registration under the scheme to avail the benefits envisaged in this policy. It is worth to mention here that the some of the Industrial units listed in the notice issued by this office on 10.11.2022 are responding to the online queries raised by District Industries Centre, Kathua relating to their online application and their applications are being processed accordingly on verification of the documents uploaded by the applicants. However, many industrial units have neither uploaded all the requisite documents nor responded to the queries due to which this office is not able to process the applications further for registration. As such, it is advised to all the unit holders to visit the portal and respond to the queries raised by this office and upload the requisite documents within 15days failing which your applications shall be placed as it is before State Level Committee (SLC) for decision thereof. The list of such industrial units is mentioned below:-

S.No.	Reference No.	Unit Name	Date of last communication on NCSS portal	Status
1	JKNIS/2022/00028	DARRICK INSECTICIDES LTD	27/07/2022	Returned to Applicant
2	JKNIS/2022/00078	NICER PAPER MILLS	20/07/2022	Returned to Applicant
3	JKNIS/2022/00275	AQUA PARENTAL PRIVATE LIMITED	13/07/2022	Returned to Applicant
4	JKNIS/2022/00274	OPI DERMACEUTICALS PRIVATE LIMITED	13/07/2022	Returned to Applicant
5	JKNIS/2022/00181	OPI PALLETS PRIVATE LIMITED	12/07/2022	Returned to Applicant
6	JKNIS/2022/00169	OPI PHARMA PRIVATE LIMITED	12/07/2022	Returned to Applicant
7	JKNIS/2022/00051	CHETAN ALLOYS	26/03/2022	Returned to Applicant
8	JKNIS/2022/00022	M/S B.J EMBROIDERY	08/02/2022	Returned to Applicant
9	JKNIS/2022/00017	M/s Mani Mahesh Stone Crusher	31/01/2022	Returned to Applicant

DIP/J-12958/22 SD/  
GENERAL MANAGER

## THOUGHT OF THE DAY

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

## JINDRAH IMAGES

## Ensure no laxity in biometric attendance

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

# RELEASE OF RAJIV KILLERS BY SC NEEDS REVIEW

*Individualisation of justice in the case of Rajiv's killers has resulted in conflicting opinions, leading to confusion and uncertainty in law. Doing justice to all parties is the mandate under Article 142. Therefore, questions are bound to be asked about the Centre and the victims of the crime not being heard by the SC before releasing the killers.*

KP SINGH

EXERCISING extraordinary powers under Article 142 of the Constitution, the Supreme Court last month directed the release of former Prime Minister Rajiv Gandhi's six assassins, including four members of the LTTE, a Sri Lankan terrorist organisation. The Central Government has filed a review petition against the order, stating that granting remission to terrorists of foreign origin, duly convicted in accordance with the law of the land for the gruesome offence of killing a former PM, is a matter having international ramifications and falls squarely within the sovereign powers of the Union of India. It is pleaded that the court has erred in enlarging foreign terrorists without hearing the Centre. The Congress is contemplating filing a separate review petition.

The SC confirmed death penalty to four assassins and life imprisonment to three other assassins of Rajiv Gandhi and 14 others in 1999. In the Shatrughan Chauhan case (2014), the SC held that delay in the execution of capital punishment amounted to a violation of the right to life and commuted death sentence of all such convicts to life imprisonment. Consequently, the death sentence of the four convicts awaiting the gallows in the Rajiv case was also commuted to life imprisonment.

Immediately after that, the then CM of Tamil Nadu, J Jayalalitha, exercising her legal powers under Sections 432 and 433 of the Criminal Procedure Code (CrPC), 1973, lost no time in ordering the release of all the lifers serving sentence in the Rajiv assassination case. However, since the case was investigated by the CBI, the orders could not be implemented for want of 'consultation' with the Central Government, as was mandatory under provisions of Section 435 of the CrPC. The Central Government did not approve the action of the Tamil Nadu Government and got the operation of the orders stayed from the SC.

Subsequently, the Union of India filed a petition in the apex court, praying therein to clarify the meaning of the term 'consultation', as



used in Section 435 of the CrPC. A Constitutional Bench of the SC ruled that the term 'consultation' meant primacy of opinion of the Central Government. Accordingly, the Centre rejected the release order passed by the state government.

The state government did not relent and used another route to secure the release of the assassins. On September 9, 2018, the Council of Ministers recommended to the Governor to exercise his clemency powers under Article 161 of the Constitution and commute the life sentence of the assassins. The Governor did not take any action on the recommendations and kept them pending for over two years.

The state government then filed a petition in the Madras High Court, seeking directions for the Governor to act upon its advice. The Madras High Court rejected the petition and held that clemency powers under Article 161 were discretionary and the Governor could not be directed by the state government to exercise the same. Later, the Governor referred the matter to the President of India for his advice. Meanwhile, one of the assassins, AG Perarivalan, approached the SC, seeking directions for the Governor to release him as per the recommendations of

the state government. On May 18, 2022, instead of issuing any direction to the Governor, the SC exercised its powers under Article 142 to do 'complete justice' and set him at liberty after taking into account his prolonged incarceration, satisfactory conduct both in jail and on parole, chronic ailments, educational qualifications acquired by him during incarceration and pendency of his petition under Article 161 for two and a half years. On another petition filed by the remaining assassins, the SC directed their release as well on the principle of parity.

The wheels of justice in the Rajiv killers' case have turned full circle. The dreaded and remorseless assassins have garnered the benevolence and magnanimity of the law. The anguished victims of crime and their families are in a state of helplessness. The State is aggrieved as its 'sovereignty' is alleged to have been compromised. The ordinary man, who is the conscience-keeper of all institutions, is concerned whether all similarly circumstanced convicts would be allowed to walk free from the jails.

In the Delhi Electric Supply Undertaking case (2000), the SC observed that wide powers under Article 142 were given to do com-

plete justice between the parties. Article 142 is curative in nature; the powers under it are meant to 'supplement' and not to 'supplant' the substantive law.

In the case of the Supreme Court Bar Association vs UOI (1998), the apex court states that while exercising powers under Article 142, the role of the SC is that of a problem solver in a nebulous case. A Constitutional Bench in the Secretary, State of Kerala vs Unadevi (2006) case emphasises that 'complete justice' under Article 142 means justice according to law and not sympathy. The SC in the Chanderkant Patil (1998) case has very rightly cautioned that power under Article 142 should be used "only sparingly" and not "frequently".

Individualisation of justice in the case of Rajiv's killers has resulted in conflicting opinions, leading to confusion and uncertainty in law. Doing justice to all parties is the mandate under Article 142. Therefore, questions are bound to be asked about the Centre and the victims of the crime not being heard by the SC before releasing the killers. Legal experts would certainly search for the nebulous areas which necessitated the SC to exercise powers under Article 142 in this case.

## Don't exceed your endurance limit while exercising

RAKESH KOCHHAR

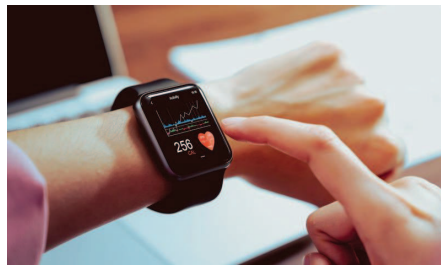
LATELY, there have been a number of deaths of young or middle-aged individuals who succumbed during (or immediately after) a workout in a gym. The recent ones include actors Siddhaanth Surryavanshi, Puneeth Rajkumar and Sidharth Shukla. Such instances keep surfacing periodically and when they claim the life of a celebrity, especially a fitness enthusiast, they attract media attention and create a scare in the public mind.

People take up physical exercise either to lose weight, remain fit and prevent diseases or to build up endurance for sports and bodybuilding. How do these apparently irreconcilable views reconcile: regular physical activity may protect one from heart disease, yet exercise itself may cause sudden death? And the question in everybody's mind is: can one predict it and what is the optimal level of exercise?

Generally, the underlying mechanism of sudden cardiac death during or after exercise is the disparity between the supply and demand of oxygen by the heart. It can be due to asymptomatic atherosclerotic coronary artery disease, heart muscle diseases like cardiomyopathies (hypertrophic and arrhythmogenic) and conduction defects, among other

causes. There are two main types of exercise - aerobic and anaerobic. Aerobic exercise (also known as cardio or cardiorespiratory exercise) uses oxygen and involves repeating sequences of light-to-moderate intensity activities for extended periods of time, like walking, cycling, swimming and jogging and games like tennis and basketball. Aerobic exercises can help strengthen the heart, build stamina, lower cholesterol and blood pressure and reduce risk of diabetes. Anaerobic exercise involves short bursts of fast and high-intensity workouts like weightlifting, calisthenics and short-distance running, which don't make use of oxygen like aerobic activities. It uses the energy that is already stored in one's muscles. Exercise against resistance such as weightlifting also helps improve bone mass and density, making the bones stronger.

The simplest exercise is walking. Walking not only leads to weight loss and improvement in physical well-being, but walking 2,000 to 10,000 steps per day is also associated with a 10 per cent lower cardiovascular event rate. Besides, an additional 2,000 steps per day is associated with a 25 per cent reduction in the incidence of elevation in blood sugar. Overall, if one changes from a sedentary lifestyle to walking 10,000 steps a day, one is close to halving the risk of



death in the ensuing decade.

Public health experts recommend 150 minutes of moderate physical activity per week for all ages along with two to three sessions of resistance training. During moderate-intensity exercise, you can keep up a conversation during the activity. If you can speak three or four sentences in a row without gasping for air, it's a sign that you're maintaining an intensity that is truly aerobic.

Your heart rate should be roughly 50-70 per cent of your maximum heart rate (220 minus your age). For a 50-year-old, the maximum heart rate would be 170; and for moderate exercise, the upper limit of the heart rate during exercise would be 120. For high-intensity aerobic exercise, the

target heart rate is up to 70-85 per cent of your maximum heart rate. At this intensity, you will likely be able to say a couple of words before needing to gasp for air.

A study in the US had found that 16 per cent of the sudden cardiac arrests in the Seattle area had occurred in exercise facilities, with over half of them surviving the event in a supervised exercise facility (well-equipped gym), but only one-third surviving if the event occurred in a public place like a mall. A gym should have certified staff and cardiac resuscitation equipment, such as an automated defibrillator. Both these are a far cry in our country.

In any case, it is incumbent upon the fitness enthusiasts to undergo a

medical examination before resorting to strenuous exercise. To prevent mishaps during physical activity, persons above 40 years of age should ideally have a cardiac screening before initiating vigorous exercises.

Sportspersons aiming for professional sports are also advised to have a cardiac check-up. Any family history of heart disease should be brought to the doctor's notice. The six-pack aspirants are the ones who need to be careful in setting their targets and planning their schedules.

Many a time, there are early warning symptoms, like breathlessness, palpitation, chest discomfort or fatigue which should not be ignored. It is important to plan one's exercise schedule under expert guidance and not exceed one's endurance limit. When trying to lose weight, it's important to create a calorie deficit by consuming fewer calories than one normally does or by exercising more. The best way is to combine the two, eating a little less while being more physically active. On an average, a calorie deficit of 500 calories each day for a week will reduce weight by approximately half a kilogram. Depending upon the individual's weight, walking for an hour at 5 km/hour burns 200-350 calories. More vigorous exercise burns more calories.

One can reduce calorie intake by

cutting on calories in simple carbohydrates, like sugars, and fats. Per gram of each, fats have more than double the calories (9/gram) of carbohydrates and proteins (4/gram each). A high-protein diet makes the body do more work to generate energy for bodily functions and it burns fat and builds muscle. Today, a number of digital and mobile apps are available which can help one keep track of the calories consumed and spent. The "calories in, calories out" concept of weight loss seems simple, but many factors contribute to weight loss or gain, including hormonal changes, genetics, and age. Many fitness enthusiasts use protein and nutritional supplements for weight loss or muscle-building. Many weight-loss supplements contain sibutramine, a drug that increases the risk of cardiovascular events. Some muscle-building supplements contain anabolic steroids which have been linked to multiple organ failure and myocardial infarction in young athletes. It is possible to fulfil most of the nutritional requirements of moderate-to-high physical activity without resorting to supplements. Thus, while exercise is needed to remain healthy and lose or maintain weight, to avoid an untoward event during exercise, one must start gradually, know and remain within the limits and be aware of one's own body.

# Ranveer Singh tells Archana Puran Singh 'mere kapde bi pehan rakhe hai' on The Kapil Sharma Show

Ranveer Singh recently visited the sets of The Kapil Sharma Show along with Cirkus director Rohit Shetty and co-stars Pooja Hegde and Jacqueline Fernandez. He was in a blue sweatshirt with yellow check pants and a red beanie and went on to tease permanent guest Archana Puran Singh who was dressed in a patterned pink and red outfit.

Sony has shared a promo of the upcoming episode on social media. It shows Archana asking Rohit Shetty about not casting him in any of his films after she starred in his 2012 film, *Bel Bachchan*. Rohit explained to her that he had thought of casting her as Ranveer's mom but Kapil cut him short, saying, "Arey hu heroine soch rahi hain (she is thinking about being cast as his heroine)." Ranveer further added, "Mere kapde bhi pehan rakhe hai (she is even dressed like me)."

Kapil also pointed out how Deepika Padukone, who has a



special dance number Current Laga in the film, did not accom- pany the star cast on the show. bana re hain, wo 10 minute ke Hum log 5 ghante ka show liye aajati (we are doing a five

hour-long shoot, she could have come for just 10 minutes," he told Ranveer, leaving him in splits.

The promo also shows Kapil Sharma asking Rohit about the massive starcast of Cirkus which also has Johnny Lever, Sanjay Mishra, Varun Sharma, Siddhartha Jadhav, Vrajesh Hirje, Ashwini Kalsekar, Murali Sharma, Tiku Talsania, Vijay Patkar and Anil Charanjeet among the ensemble cast. As Kapil asked Rohit if he robs a bank to make such big budget films, Pooja Hegde said, "Rohit sir khud ek bank hain (Rohit is a bank in himself)." Rohit targeted Kapil instead and said, "Mujhse bada bank to ye hai (Kapil is a bigger bank than me)."

Cirkus will release in theatres on December 23 ahead of the Christmas festivities. It is based on William Shakespeare's play *The Comedy of Errors* and has Ranveer and Varun in dual roles.

# BTS composer Bobby Jung sentenced to 1 year in jail for illegally filming nude video, faces 5 year of ban



Korean music producer, singer Bobby Jung, also known as Jung Dae Wook of the popular musical duo Autumn Vacation, has been sentenced to 1 year in prison as per report by news outlet, Allkpop. He was being investigated for allegedly filming a woman nude without consent. On Wednesday, the court also directed Bobby to 40 hours of sexual violence education along with a 5-year ban from employment in any facilities involving serving children, youths or disabled people, reportedly.

Bobby has worked on several songs. Among the K-pop idols of the Korean entertainment industry, he has worked with BTS and TOMORROW x TOGETHER. Some of their songs are I'm Fine, Filter, Home, 134340, Dream Glow, Way Home, Roller Coaster and 20 cm among others.

According to the leading website, the Seoul Western District Court said during the final verdict on the case, "Jung filmed victim 'A's body illegally without consent, and the victim is experiencing significant mental shock and humiliation. While the victim's side is requesting severe punishment for Jung's action, Jung did not demonstrate an attitude of reflection."

"Taking into account that Jung did not distribute this footage to anyone, and that he has no similar offense, Jung is hereby sentenced to 1 year in prison," the court also said. Reportedly, the court also ruled that the singer is not found guilty of assaulting 'A' due to 'insufficient evidence.'

# Ankita Lokhande-Vicky Jain on their first wedding anniversary: We want to renew our vows after every three years

Actor Ankita Lokhande and husband, businessman Vicky Jain are celebrating their first marriage anniversary by completing the unfinished business, which is their long pending honeymoon. The couple have jetted off to Europe for a vacation, and they want to make the most of the 15-day long holiday.

"I'm going with my husband. I don't care where I'm going. I just want to go out because we usually don't get time, and our honeymoon has been pending since last year. I was really waiting for this moment. I literally thought I'll put on mehendi and go for my honeymoon, but ditched that plan thinking I will be wearing gloves most of the time," Lokhande says, adding, "We are completing one year together as husband and wife. It is very exciting."

Here, Jain reveals, "Europe is supposed to be one of the most romantic destinations. We both love winter, so we thought it would be better to explore the place in this weather, which not many people do because it is zero degree temperature."

From participating in a reality show to buying a new house, the couple celebrated lots of milestones in the last one year, with Jain exclaiming, "We experienced and lived a lot."

The Pavitra Rishta actor shares, "We have always been very good friends. He has been someone with whom I shared all aspects of my life. Now, when I see Vicky as a husband, I know he is there for me. He is a very responsible husband. I feel lucky to have him in my life... My milestone is that I am trying to prove that I am a very good wife." Lokhande's wedding was an elaborate affair spread over several functions, with the couple making a point to celebrate every festival together. And Jain credits the actor for it.

"As kids, we used to celebrate a lot of festivals together with the whole family, and used to get excited about it. We lost touch with each other as we grew up. But Ankita likes to celebrate everything, invite everybody, make memories, record it. This is how life should be," Jain says.

Lokhande chimes in to reveal that she has a special hard drive where she is collecting all the memories, so that she can revisit them anytime she wants.

# Prabhas delivers his popular line, blows flying kisses to fans on Nandamuri Balakrishna's chat show Unstoppable

Actor Prabhas, who rarely makes public appearances, took out time recently to shoot for an episode of popular Telugu chat show, *Unstoppable*. The show, which is currently running in its second season, is being hosted by actor Nandamuri Balakrishna.

A glimpse of the episode was released on Wednesday and one can see Prabhas having a lot of fun and even mouthing a

popular line from one of his movies. The actor appeared on stage dressed in a casual shirt and denims and was greeted by Nandamuri Balakrishna with a hug. As the fans cheered him, Prabhas sent some flying kisses their way. Actor Gopichand also joined Prabhas on the episode.

The show, which streams on the OTT platform Aha, has teased fans with a glimpse from the episode. In the comments

section, fans expressed their excitement over seeing Prabhas on national television for the first time. One comment read: "What an entry into Indian television." Another comment read: "Going to be the best episode of Unstoppable." Prabhas is currently busy with the shoot of his upcoming Salaar. Following the phenomenal success of his KGF franchise, director Prashanth Neel is now collaborating with

Prabhas for the first time in Salaar, which is rumoured to be a remake of Kannada film *Ugramm*. Shruti Haasan will be seen sharing screen space with Prabhas in the film. In August, Prashanth took to Twitter to announce the release date of Salaar. From Prashanth's tweet, it can also be confirmed that Prithviraj Sukumaran and Sriya Reddy, who was recently seen in Amazon Prime's *Suzhal*, are part of the project.

# Masaba Gupta reveals why being Neena Gupta and Viv Richards' daughter went against her. Here's what she said

Fashion designer-actor Masaba Gupta has spoken about whether being the daughter of actor Neena Gupta and West Indies cricketer Viv Richards has ever been disadvantageous to her. In a new interview, Masaba said that while most of the time it has helped her, there were occasions when it didn't work out for her.

Masaba was raised by Neena Gupta, a single parent, in Mumbai. Neena and Viv Richards were in a relationship in the late 1980s but didn't tie the knot. Neena welcomed Masaba in 1989.

In an interview with News18, Masaba said, "I think 70% of the time it has helped me, and 30% of the time it's gone against me. And the reason it has gone against me is because I think that every time I do a bunch of things people think, 'Oh, she has so much support from her parents financially', or they think I have more doors open for me than other people."

Talking about having her own



podcast, Masaba said, "I know that a lot of people think that I do too many things, but I just do

whatever brings me joy. As I went through the process of learning what a podcast is, I discovered I was able to be the

senger for so many women and their stories. I think that's the

way I express myself. And when I'm an actor, I'm actually a completely different person. I find it a very meditative space where we have the ability to get into the skin of somebody else, and really become a different person."

Recently, Masaba started her podcast, *How I Masaba*, where she talks with women about business, art, culture and more. As quoted by news agency PTI, Masaba had said, "This is going to be really special since I get to talk to women I am inspired by every day. Expect a non-preachy, honest and crazy exchange of ideas, stories, and even mishaps."

Masaba forayed into acting in 2020 with the Netflix series *Masaba Masaba*, which also features her mother. The second season of the show was released in July this year. It is based on the highs and lows of their personal and professional life. She also starred in Prime Video's anthology series *Modern Love Mumbai*.

# When Jacqueline Fernandez called Nora Fatehi a better belly dancer than Katrina Kaif: 'You will go very far'

They may be embroiled in a legal battle now but once upon a time, Jacqueline Fernandez and Nora Fatehi were on very good terms. Back in 2016, when Nora was starting out on her showbiz journey, she competed in the ninth season of talent reality show *Jhalak Dikhhla Jaa*. Jacqueline was one of the judges at that time and she would constantly praise Nora and her dancing

skills. Nora was one of the contestants on *Jhalak Dikhhla Jaa 9*, right after she gained popularity from her appearance on *Bigg Boss 9* the preceding year. During her audition, Nora wowed the judges, particularly Jacqueline Fernandez. The actor said, "My goodness! You are really hot. Your performance was extremely hot. More than hot actually, you are a good performer. You are

very hardworking and it really shows. You will go very far and I am really looking forward to it." A flustered Nora cupping her face with her hands, Jacqueline even gave Nora a hug on stage.

Nora did not win the show but went on to gain popularity from it. She was flooded with dance numbers from Bollywood with her big break coming in 2018 with the song *Dilbar* in the

act, Jacqueline called Nora 'a better belly dancer than Katrina', which led to a shocked Nora cupping her face with her hands. Jacqueline even gave Nora a hug on stage.

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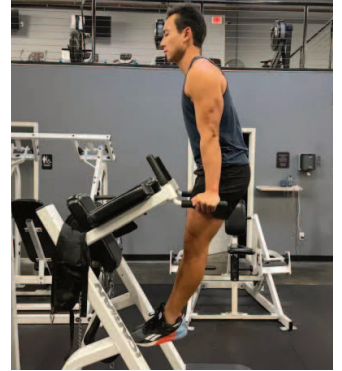
film *Satyamev Jayate*. The following year, she had a cameo in *Salman Khan's Bharat* followed by a larger role in *Street Dancer 3D*. In 2022, five years after she appeared on the show as a contestant, Nora returned to *Jhalak*, but as a judge.

Last year, both Nora and Jacqueline found themselves embroiled in a ₹200-crore extortion case linked to con-man Sukesh Chandrasekhar.



# 4 Supplements You Should Actually Be Taking, According to a Dietitian

## The #1 Calisthenics Workout To Strengthen Your Muscles, Expert Says



Ready to use your body weight to get into shape? That's exactly what a calisthenics workout is about—utilizing nothing but your weight to complete the exercises. According to Healthline, calisthenics movements are done at different rhythm and intensity levels. They're awesome choices to add to your routine if you're looking to improve your strength, flexibility, coordination, and endurance. So in honor of that, we've curated the #1 calisthenics workout to strengthen your muscles. When trying to get fit and build muscle, strength training is the name of the game. Doing strength exercises a minimum of three times every week should do the trick, with an emphasis on full-body workouts. But on days when you're not doing strength work, consider switching things up.

**Gluteus Muscle Strengthening Exercises:** Westcoast SCI Calisthenics is typically a very overlooked, underrated type of workout that delivers solid results if you're looking to get stronger. The exercises can be done just about anywhere and are quite challenging if you choose the right moves. Below is a great calisthenics workout to strengthen your muscles. Perform three to four sets of the following exercises.

**Bodyweight Dips**  
To complete Bodyweight Dips, set yourself up on the dip bar with your arms fully extended and your feet slightly forward. Keep your core tight and shoulders pulled back as you slowly lower yourself by breaking at the elbows with a forward torso lean. Go as low as you can without putting stress on your front shoulders before pushing your body back up, flexing your triceps to finish. If you don't have the strength to perform Bodyweight Dips yet, you can start off with Pushups and Bench Dips. Do three to four sets of eight to 10 reps.

**Neutral Grip Chinup**  
Start the Neutral Grip Chinup by hanging onto the parallel bars with your palms facing each other. Lean back just a bit as you pull your body up to the bar, driving with your elbows. Reach with your chest—not your chin—as you come up, and squeeze your back, biceps, and forearms hard at the top of the motion. Resist on the way back down until you're back into the starting position before performing another rep. Complete three to four sets of six to eight reps.

**Bench Pistol Squats**  
Bench Pistol Squats begin with you sitting on a workout bench. Bend one knee at a 90-degree angle and keep the other leg out straight. Keeping your chest tall and core tight, drive through the heel of your leg that's on the floor to come up, flexing your quad and glute to finish. Lower your body using control until you gently sit down on the bench. Complete three to four sets of 10 reps for each leg.

**Bench Leg Raise**  
Last but not least, it's time to wrap up with the Bench Leg Raise. To set up, lie flat on a workout bench with your hands firmly gripping the end. Keep your feet together, and lift your legs up toward your body.

Once your legs are in front of you, kick them up as high as you can. Flex your abs hard at the top of the "raise," then slowly lower them using control, keeping tension in your core.



Nutrition-related diseases run rampant in our communities today, as most Americans eat an excess of sodium, saturated fats and added sugars. This nutrition imbalance can damage your health, causing us to fall short on critical nutrients like dietary fiber, healthy fats, antioxidants, vitamins and minerals. Only 1 in 10 Americans eat enough fruit or vegetables, according to the Centers for Disease Control (CDC). These gaps in our eating habits have many turning to supplements, which is why the dietary supplement industry made 152 billion dollars in 2021. Some supplements can help get you closer to meeting your nutrition goals, enhance your body's function, increase your well-being and lower your risk of life-altering diseases. But it can be hard to know what's actually worth buying since most are totally unregulated.

Though some supplements can be helpful, they should never become substitutes for eating well but rather should complement a healthy lifestyle by helping to fill in potential gaps in the diet. And if you're wondering if you should take supplements for better health, it's important to first talk with your medical provider or registered dietitian.

Here are four supplements you should consider taking, according to a dietitian.

**1. Omega 3s**  
Omega-3 fatty acids are polyunsaturated fats primarily found in seafood, nuts, seeds and oils. The most common types are eicosapentaenoic acid (EPA), alpha-linolenic acid (ALA) and docosahexaenoic acid (DHA). They've made the top of our list because omega-3 fats are essential to heart, brain and vision health. Your body can't make them, so depending on omega-3-rich foods and supplements is a good way to make sure you're meeting your needs.

Heart disease continues to be the leading cause of death worldwide. The Food and Drug Administration (FDA) approved omega-3 fatty acids as a way of treatment for people with high triglyceride levels, a significant risk factor in heart disease.

A 2019 *Journal Of The American Heart Association* meta-analysis examined 13 studies with a total of 127,477 participants. The study found that omega-3 supplementa-

tion reduced the chances of heart attack, coronary heart disease and dying from heart disease. With only 20% of Americans meeting the American Heart Association's recommendations for eating seafood twice a week, taking an omega-3 supplement could be a good way to stay on top of your health. What to look for: There are many options for getting omega 3s in supplement form, whether in liquid, gummy or capsule form. You can opt for fish oil, algal oil, cod liver oil or seed oil varieties. To avoid fishy tastes, search for products known for good taste, so it's easy to take consistently.

**How to take:** The recommendations for daily intakes of ALA are 1.6 grams for men and 1.1 grams for women. There are no current recommended intake guidelines for EPA or DHA. Speak with your health care team about your personal omega-3 needs.

**2. Vitamin D**  
Known as the "sunshine" vitamin, vitamin D plays a big role in keeping your bones, teeth, muscles, nerves and immune system in tip-top shape. Low levels may be associated with a host of conditions: depression, diabetes, heart disease, auto-immune disease and cancer. Since people generally under eat vitamin D foods, the 2020-2025 Dietary Guidelines for Americans list vitamin D as one of several

nutrients of public concern. About 42% of Americans aren't getting enough vitamin D through their diet, and this number doubles for African Americans (82%), followed by Hispanic Americans (63%). Vitamin D is available in cow's milk, egg yolks, mushrooms, fish, fortified cereals, fortified plant milk, yogurt and fortified orange juice.

**What to look for:** Choose a supplement that contains Vitamin D3 or cholecalciferol. This version of vitamin D is more readily available for our bodies to use than the other type, vitamin D2.

**How to take:** Adults should take at least 600 IUs of vitamin D daily. You can better absorb vitamin D with a meal that contains avocado, nut butter, cheese or another food that has fat. Speak with your medical provider about your personal vitamin D needs.

**3. Probiotics**  
The digestive tract is home to a diverse population of microorganisms like bacteria, viruses and fungi, and a lot of them actually benefit our health. These organisms collectively make up your gut flora. When there's an imbalance of good and bad bacteria in your gut, you're more at risk for inflammation and illness. Fermented foods such as yogurt, tempeh, kombucha and kimchi are sources of probiotics and help bring healthy bacteria to the gut. Research suggests probiotics may

promote heart, mental, digestive, immune and vaginal health. Because gut health is closely tied to the health of our immune system, taking probiotics may be helpful to ward off health risks and maintain harmony in your digestive tract.

**What to look for:** Research suggests it's good to take probiotics with at least 1 million colony-forming units (CFUs) for effectiveness. *Lactobacillus rhamnosus* GG and *Saccharomyces boulardii* are well-researched strains; however, it is best to talk with your medical provider to determine which strains are suitable for your body.

**How to take:** Some probiotics are better to take on an empty stomach, while others may work best taken with a meal. Follow the package instructions of the brand your medical provider recommends.

**4. Turmeric**  
For centuries, turmeric root has been widely used in several types of cuisine and medicine. It's touted for its health benefits from its bioactive compounds called curcuminoids. Its best-kept secret is curcumin, the most crucial curcuminoid turmeric possesses. Studies have seen that curcumin helps fight against oxidative stress by picking up harmful substances in the body called free radicals, preventing inflammation. Oxidative stress is a normal part of your body's work to function, but if it gets out of hand, it can wreak havoc on your health. Turmeric's anti-inflammatory properties may also protect against brain diseases by blocking inflammatory particles in brain and nerve cells. Furthermore, chronic inflammation can increase your risk for many chronic diseases, including diabetes, kidney disease, stroke, cancer and heart disease. Because everyone will experience some degree of inflammation in their bodies, taking turmeric regularly can help manage inflammation levels.

**What to look for:** There isn't a universal consensus on how much turmeric you should take. However, the World Health Organization (WHO) says a reasonable intake is 1.4mg per pound of body weight, which is about 245mg for a person weighing 175 pounds. When shopping for a turmeric supplement, always look for supplements containing black pepper for better absorption.

# Dump the Dumbbell Kickback and Try These 3 Triceps Moves Instead

THERE ARE TONS of different ways to train your triceps muscles (trust us, we've been known to highlight a few of our favorites), but not every exercise is created equal. While some movements might be an A on the grading scale, others might be barely scraping by to pass. Especially if you only have time for one big triceps move in your workout, you don't want to spend time on an exercise better suited for summer school than the Honor Roll. That's why we think the dumbbell triceps kickback is overrated.



Moving heavy weight through a full range of motion is key for

developing a thick pair of triceps, and you won't get the type of stimulus you're hoping for with the kickback, according to Men's Health fitness director Ebenezer Samuel, C.S.C.S., and Mathew Forzaglia, N.F.P.T., C.P.T., founder of Forzag Fitness. It's not inherently harmful or dangerous—but if you're looking for better all-around options when you're pressed for time, look elsewhere than this last resort lift.

"If you have time to do four or five, six triceps exercises, sure, we'll work some kickbacks in," Samuel says. "But if you have

time for one [exercise], and we're really trying to build triceps muscle, let's skip the triceps kickback." Why Dumbbell Triceps Kickbacks Might Not Work for You  
Triceps Kickbacks Offer Limited Time Under Tension  
Working the muscles through a full range of motion is the challenge, and you won't be able to do so with dumbbell triceps kickbacks. The time your muscles spend under tension is limited; the part of the exercise in which your arm is extended straight and locked out is when you're under maximum load.

# Tips To Eat Your Way to a Flatter Stomach After 50, Dietitians Say

As you age, you slowly lose both muscle mass and bone mass," Roxana Ehsani, MS, RD, CSSD, LDN, a registered dietitian nutritionist and a board-certified specialist in sports dietetics, tells Eat This, Not That! "You may lose both at a faster rate, especially if you don't use it by exercising regularly or if you aren't consuming a nutritious diet that helps support both muscle and bone health."

**How You Can Avoid Stomach Bloating**

Ehsani explains that when it comes to a flat stomach, muscle mass is metabolically active. This means having more muscle mass over fat mass in your body, as it can burn more calories at rest than and when active. "Therefore, it can make it more difficult for you to have a flat stomach as you age, as your metabolism also slows as you age," says Ehsani.

However, not having a flat stomach could occur for reasons besides a slow metabolism.

"A protruded belly could appear for many reasons that may not necessarily be associated with weight or fat," adds Bonnie Taub-Dix, MA, RDN, CDN, and the award-winning author of *Read It Before You Eat It: Taking You from Label to Table*. "Some bellies may be protruded due to hormonal reasons, or perhaps a woman has had a C-section in the past. Bloating bellies could also arise because of the food we eat or our eating habits, such as drinking through a straw, chewing gum or eating too many gassy foods or sugar alcohols."

So if you are trying for a flatter stomach, what you eat is an incredibly important factor. Read on to learn which 5 dietitian-recommended tips can help you eat your way to a flatter stomach after age 50. Also, for more helpful guidance on which eating practices to avoid when you want a flat belly, check out *The 6 Worst Eating Habits When You Want a Flatter Stomach*.

Have more high-quality proteins  
If you're not getting enough pro-



tein—or enough of the right protein—it may be hurting your efforts at achieving a flat stomach.

"Protecting muscle is so important as we age, and can be maintained when consuming adequate food sources of protein," says Ehsani. "Consuming lean sources of protein will help you preserve our metabolically active muscle mass, thus help-

ing us maintain a flatter stomach."

She also notes that high-quality protein choices are seafood like salmon, tuna, or chicken breast, eggs, and plant-based sources of protein are beans, lentils, nuts, and seeds.

"Be sure to spread them out throughout the day, and have a high-quality source at each meal and snack time," adds Ehsani.

**Eat high-fiber cereal**

Fiber is extremely important if you want a flat stomach, since it can help you stay regular and prevent bloating. Women and men over 50 should aim to get 21 grams and 30 grams of fiber per day, respectively, according to the USDA's Dietary Guidelines.

So, if you start your morning with a bowl of cereal, unfortunately, Frosted Flakes won't cut it if a flat stomach is your ultimate goal. Instead, opt for cereals that are high in fiber.

"The majority of us don't get enough fiber—at any age. High-fiber cereal can easily make a major deposit in your fiber bank while also adding a variety of other vitamins and minerals," says Taub-Dix. "You can pair it with your favorite plant milk, pulverize it into a flour, and bake with it or sprinkle it on top of yogurt. Be sure to pair your cereal with water to help make it more of a 'moving' experience."

**Consume more seafood**

If you've never been a fan of

seafood but want a flat stomach, it may be a good idea to start looking for creative ways to integrate it into your diet that also appeal to your taste preferences.

"Fish is a high-quality source of protein and a complete source of protein, meaning it contains all essential amino acids, which are protein building blocks. [This] can help support a flatter stomach, since consuming fish keeps us feeling full for longer and provides us with feelings of satiety," says Ehsani.

Ehsani suggests you choosing wild-caught Alaskan seafood, like salmon. Salmon is lean high-quality protein that also key nutrients like vitamin D and anti-inflammatory omega-3 fatty acids. Vitamin D is found in only a few foods, but supports bone health.

When it comes to omega-3 fatty acids, research has found they can help reduce the risk of developing certain medical conditions including obesity as well as support heart and brain health.



## Kavinder urges MoS Finance to boost MSME industry, widen banking network



**JI NEWS SERVICE**  
NEW DELHI, DEC 13: Senior BJP leader and former deputy chief minister Kavinder Gupta on Wednesday called on MoS Finance Dr Bhagwat Karad and urged for boosting MSME industry and widening banking network in J&K.

The BJP stalwart leader from J&K was accompanied by MP Jugal Kishore Sharma, Panikaj Joshi Director Punjab National Bank and Abhinav Sharma

Chartered Accountant during his visit to Parliament House to meet the MoS Finance.

At the outset of the meeting, Kavinder raised the issue of boosting the MSME sector industry in the Union Territory of J&K for the same being vital for rejuvenating economy and also to generate employment avenues.

He said that the COVID pandemic has given major setback to the economy of the region besides snatch-

ing away jobs from the people. He said that boosting the MSME industry can prove bountiful for the people as both aspects viz unemployment and economy will be taken care of through such an initiative. Further, Kavinder asked the MoS Finance to take steps to open bank branches in far flung areas as there are still many places in J&K where people have to travel miles to reach the nearest bank branches. He said for creating an inclusive socie-

ty it is necessary that banking network should reach every nook and corner of the UT. Besides, the senior BJP leader from J&K also demanded special schemes for the youth of J&K to provide assistance in their career progression and uplifting their living standards. He also raised the issue of daily wagers and sought early resolution of the problem through intervention of central dispensation. Other important issues which came to fore in the discussion include issue of Rebbur e Janglat, Rehber e Khel and NYS. After listening to Kavinder Gupta, the MoS Finance appreciated the precise and pointed approach of the BJP leader from J&K towards highlighting the most important issues in a very subtle manner. He assured the delegation that all the issues raised in the meeting will be deliberated upon with concerned quarters and sooner than later the decision on the same will be made public.

## NNM constitutes Kathua Unit, announces office bearers

**JI NEWS SERVICE**  
JAMMU, DEC 14: Namo Namo Morcha Jammu and Kashmir constituted its Kathua unit nominating the office bearers for the same here today. Raj Rattan Raina, President Namo Namo Morcha Jammu and Kashmir while addressing media persons here today said that the ideology of the Namo Namo Morcha is being liked by the people of all spectrums across the J&K Union Territory especially in Jammu province with each passing day. He said that the Morcha was established to strengthen the hands of Prime Minister Narendra Modi Ji who has been the man transforming the nation and its image at the global level. He said that keeping up with the aspirations of the common people, serving whom is the top priority of Namo Namo Morcha; we have decided to go for expansion of the field of the Morcha's activities beginning from Jammu Division. He also threw light on the significant activities carried



on by the Morcha and asserted that the aim and duty of these office bearers would be to strengthen the Morcha at grass roots level. Raj Rattan Raina informed that for Kathua team Subash Chander has been nominated as District President, Kuldeep Raj as District Vice President and Jatinder Sharma as District General Secretary. He added that other office bearers working with the team are Mohit Verma, Madan Lal Sangra, Parveen

office bearers of this unit and asserted that the aim and duty of these office bearers would be to strengthen the Morcha at grass roots level. Raj Rattan Raina informed that for Kathua team Subash Chander has been nominated as District President, Kuldeep Raj as District Vice President and Jatinder Sharma as District General Secretary. He added that other office bearers working with the team are Mohit Verma, Madan Lal Sangra, Parveen

Kumar, Vishvanath, Rajinder Kumar, Gagan, Ashwani Kumar, Madhav Verma, Ashok Kumar, Mamta Verma, Neha Abrol, Sonia, Roji Devi, Kamla Devi, Kamlesh Kumari, Deepika, Bharti Devi and Sunita. Prominent among others present on the occasion were Anju Bhan (Koul), Raveena Mahant, Vijay Kumar, Ashwani Bhagat, Sanjay Dhar, Ranjeev Manhas, Sunil Koul and Samarth Koul.

## CCI lauds police for solving Gandhi nagar dacoity case in a short time



**JI NEWS SERVICE**  
JAMMU, DEC 14: The Chamber of Commerce and Industries (CCI) Jammu has congratulated the Jammu and Kashmir Police for solving the much hyped dacoity case targeting the Aggarwal family of Gandhinagar in a very short span of time. In an urgent meeting held at Chamber House here today, Arun Gupta President CCI Jammu along with his office bearers Anil Gupta, Sr. Vice

President CCI, Sh. Rajeev Gupta, Jr. Vice President CCI, Sh. Gaurav Gupta, Secretary General, Sh. Rajesh Gupta Secretary and Rajesh Gupta Treasurer welcoming the development said that this has proved yet again that Jammu and Kashmir Police is second to none and its efforts especially towards zeroing in on the culprits in the instant case deserve full appreciation. He said that Police establishment has always been on the fore-

front and done played its role marvelously in a highly professional manner whether it is action on the crime front or the terrorism or onslaught against the drugs. Moreover, it has been playing a significant role under its Corporate Social Responsibility to serve the people of this sensitive region. The Chamber President said that the people of the City of Temples have full confidence and faith in the professionalism of the J&K

Police and are sure that they can live peacefully with the men in khaki being ever alert to respond to any emergent situation when required. While offering salutations to police force, he expressed gratitude on behalf of the CCI and the people especially the business fraternity to the police establishment for solving the aforesaid case instantaneously. It is pertinent to mention here that soon after the dacoity incident the CCI delegation had called on the ADGP Jammu Sh. Mukesh Singh on 9th Dec besides also met SSP Jammu Sh. Chandan Khel and demanded immediate arrest of culprits and booking them under law. The ADGP had assured the delegation that the men and machinery of the police force is already on the job and the culprits would be identified and booked under law very soon.

## RLG's Clean to Green™ aims to Sensitize, Educate and Up skill the community in FY 2022-23



**JI NEWS SERVICE**  
KATRA, DEC 14: RLG Systems India, a subsidiary of Munich-headquartered Reverse Logistics Group (RLG) - a leading global service provider of comprehensive reverse logistics solutions, has announced the company's awareness and collection strategy for FY22-23 by introducing Awareness and Collection Drive programme under its flagship campaign, Clean to Green™ (C2G). Under the aegis of

Ministry of Electronics and Information Technology and Digital India, our main objective is to reach out to a diverse audience including educational institutions, corporations, bulk consumers, retailers, Resident Welfare Associations (RWAs), dealers, and informal sector, spreading the word about the Dos, Don'ts and hazards associated with E-Waste. This campaign shall be spreading awareness to the end users with an objective of 'SafeEwaste

Collection and Disposal'. Electronic waste (e-waste) typically includes discarded servers, computer monitors, motherboards, printers, mobile phones and chargers, compact discs, headphones, television sets, washing machines, air conditioners, refrigerators etcetera. India is currently the third largest producer of e-waste[1] in the world. To dispose of E Waste safely with C2G, you can reach out to us on 1800 203 1460. Talking about the com-

pany's latest awareness and collection strategy for FY22-23, Ms. Radhika Kalia, MD, RLG Systems India, mentioned, "As a company, we have been continuously working towards our goals of establishing a formal e-waste management infrastructure in the country. With this latest e-waste awareness program, we are looking at encompassing the entire country by accelerating the pace of spreading awareness about the importance of adopting proper e-waste disposal and recycling methods." The manufacturers/brands associated with RLG India are Microsoft, I.G, HP, Lenovo, Motorola, Fujitsu, Brother, Siemens, Haier, Epson, IIF, Vivo, Oppo, Videjet, Veira, SMT, Bartech, Videotex, Vizin, Solvier, Infinix, Citi Trading, Techno, Iitel and Oraimo and the campaign would actively work with them in promoting safe disposal of e-waste.

## 72 Feet High and Majestic National Tricolor unfurled at Mamun Military Station



**JI NEWS SERVICE**  
JAMMU, DEC 14: As part of "Azadi Ka Amrit Mahotsav" celebrations, 72 feet high and majestic National Tricolor has been unfurled in a ceremonial event at Mamun Military Station on 14 Dec 2022. Pathankot is an important hub of national strategic importance close to the border and Mamun is one of the largest cantonments of the country. The locals have very close association with the cantonment. This immensely nature friendly

'Clean & Green' cantonment has recently actualised complete segregation of waste and functionalised an elaborate Solid Waste Management facility, setting standards aligned with the Swachh Bharat Abhiyan initiative of Gol. Automated labour saving and technology intensive solutions for the cantonment's upkeep are also progressing and it is heartening to see automated cleaning of cantonment roads. In this backdrop, the Unfurling of this majestic,

National flag in the border of Punjab adjoining Jammu & Kashmir and Himalach has instilled great pride amongst the locals and the national fervor was palpable during the event. The ceremony was presided by GOC Gurj Division and Maj Gen Ashim Kohli (Retd) who represented Flag Foundation of India (FFI). The General officer thanked Flag Foundation of India for supporting this initiative and exhorted all to remain committed to the

national cause. A large number of veterans and school children from proximal areas witnessed this momentous event and applauded the unfurling ceremony. An elaborate equipment display was also organized wherein children were thrilled to undertake cross country fun ride on tanks, gun and other military equipment. Several developmental and forward looking projects have been undertaken in the Mamun Military Station in the recent past to include significant upgradation of infrastructure and amenities. In addition, under Women Empowerment initiatives, an upscaling Gurj Army Skill Training Centre has been functionalized which is not only sponsoring numerous skill initiatives but also promoting entrepreneurship by establishing connect with experts and providing opportunities to showcase and market handmade products at Mamun Weekly Bazaar set up every weekend in an extremely festive and unique theme, frequented by large number of visitors.

## Department of Environmental Sciences and Ravi Eco Club organize Intra College quiz competition

**JI NEWS SERVICE**  
JAMMU, DEC 14: Department of Environmental Sciences and Ravi Eco Club has organized an Intra college Quiz Competition on the occasion of National Energy Conservation Day on 14th December, 2022. The theme of the event was Energy Efficient India and Cleaner Planet. The prime objective of organizing this event was to raise awareness among the students about the importance and consequences of not saving energy. About 30 students participated in the quiz and about 100 students and Faculty members witnessed the event. Total number of seven teams was formulated for the event and there were six rounds in the quiz. The students participated very enthusiastically in each round. Prof. Sumanesh Jasrotia, Principal GOC Kathua, presided over the whole event. He stressed on switching to the energy efficient ways for the con-

servation of energy. He also highlighted the importance of celebrating this day to spread awareness on consequences of wasting too much energy. He also appreciated the efforts of Department of Environmental Sciences for organizing Environmental Awareness Programmes on regular basis. Dr. Deepshikha Sharma HOD Environmental Sciences and Convener Ravi Eco Club sensitized the students about need to conserve finite sources of energy for future generation and shifting to the sustainable lifestyle. She emphasized that efficient use of energy will contribute in boosting the economy of the country. Prof. Neeru Sharma coordinated the whole quiz competition. She conducted all the rounds in an organized way and facilitated the students during the event. In the valedictory session prizes were given to the winning teams. First prize was won by team D including Retika Sharma, Simran Sharma, Anam Sumbria

and senior faculty members Dr. SeemaMalpotra, Prof. Rajkiran, Prof. Jasvinder Singh, Prof. Rakesh Jasrotia, Prof. Ritu Bhagat, Dr. Rachna, Dr. Ambica, Dr. Sumit, Dr. Kailash, Dr. Renu, Dr. Shamsheer, Prof. Roma and Prof. Akanksha. Prof. Surbhi Gupta also extended her support in organizing the event and presented the vote of thanks.

## GDC Nagrota organizes speech competition

**JI NEWS SERVICE**  
JAMMU, DEC 14: In continuation with the celebration of World Aids Day, Red Ribbon Club of GDC.NAGROTA organized Speech competition on the theme EQUALISE "Achieving Equity to End HIV/AIDS" under the patronage of worthy Principal Dr. Nalini Pathania on 3rd December 2022. A good number of students took part in the competition. The event was judged by the event was judged by Dr. Manisha Kumari HOD Dogri and Dr. Tarsem Lal HOD Geography. Tamana Sharma Student of Semester Ist won First Position while Aryan Sharma of Semester Ist won Second and Rohit kumar of Semester got 3rd prize in the competition. The event was organized by the members of Red Ribbon Club Prof. Dinesh Singh Chib (Nodal officer Red Ribbon Club), Dr. Manisha Kumari HOD Dogri and Dr. Harmeet Kour HOD Purjabi.

## Rana calls for promoting Dev-Vani Sanskrit in J&K



**JI NEWS SERVICE**  
JAMMU, DEC 14: Senior BJP leader Mr Devender Singh Rana today emphasized the societal role in promoting Sanskrit, the basis of all languages, and advocated for making it mandatory for students from class one so that they remain rooted to their heritage.

"For promoting Dev-Vani Sanskrit, we have to follow the path of Dr. Uttam Chand Shastri Pathak", Mr Devender Rana said while speaking at a mega function at Showa Mata Ranjan Jammal Jammu, held to commemorate the birth of Dev-Vani Sanskrit scholar Dr.

Uttamchand Pathak ji. Rana recalled the invaluable contribution of the great scholar in the promotion and development of Sanskrit across India and said the devotion and dedication of Dr. Uttam Chand Shastri Pathak gave impetus to the language. It is because of his tireless and missionary efforts that the pass outs of his institution have attained excellence in their career development and are currently holding important positions in the UT and Central governments.

Rana expressed happiness that the mission of Dr. Uttam Chand Shastri Pathak ji in promoting Dev-

Vani Sanskrit in Jammu and Kashmir is being carried forward by Chudamani Sanskrit Sansthan with renewed vigour and sense of purpose. He wished the mission all the success, hoping the generations to come will benefit from the richness of this great language.

Speaking on the occasion, Shakti Pathak, Chief Trustee of Chudamani Sanskrit Sansthan said that learning Sanskrit language helps in sharpening the mind and gaining knowledge about the ancient texts and scriptures which are mainly written in this language. Such events will boost the morale of Sanskrit

lovers, he said and appealed to the people to remain united and work for the protection of our culture and our moral values.

Chairman, Shree Kalak Jyotish and Vedic Sansthan Trust, Mahant Rohit Shastri exhorted the government to institute "Dr. Uttam Chand Shastri Pathak State Award in Sanskrit" to honor Sanskrit scholars who make significant contribution to the promotion, dissemination and promotion of Sanskrit language and literature, as this would enable to restore this rich language to its former glory.

RK Chhibber, former Chairman of Jammu and Kashmir Bank, said that the work done by Dr. Uttam Chand Pathak is a role model for the younger generation.

SDM North Dr. Udham Sharma, Master Vijay, Uttam Chand Sharma, Prabodh Sharma, Harsh Vardhan Singh, Raksh Gandra, Ashok Kerni, Vijay Sharma were among the dignitaries present on this occasion.

## Deputy Mayor kick-starts blacktopping of road at Lower Gadigarh



**JI NEWS SERVICE**  
JAMMU, DEC 14: Baldev Singh Billawaria, Deputy Mayor Jammu kick-started the blacktopping work for Lower Gadigarh area and said that this is an important part of the development of the said area and I am happy to be here and witness the start of this process. The Deputy Mayor, Jammu Billawaria was accompanied by Ward 10 Corporator Anil Masoom, Former Sarpanch Vijay Sharma, Rinku Sharma, Rakesh Sharma, Sarvan Kumar, Bhushan Kumar, Mulkh Raj, Suraj Prakash, Kesar Lal and PWD officers. This is an important step and I am confident that it will help improve the living conditions for the people of Lower Gadigarh. Deputy Mayor Jammu said that I thank the authorities for their efforts and commitment to this work. I am sure that this will be beneficial to the people of Lower Gadigarh and will help improve the quality of life for them.

Deputy Mayor Jammu said that Black topping of roads are the need of the hour for the development of the said area. He further added that the roads

should be made accessible to all sections of the society. He also mentioned that the Municipal Corporation of Jammu is taking all necessary measures to ensure that the roads are constructed according to the standards set by the government. The Deputy Mayor also informed that the Corporation has already taken up several initiatives to improve the roads in the Jammu city. He said that the Government has also identified certain areas in Jammu which will be given priority for road construction. He also added that the Government is also in the

process of creating a database of all roads in the city and the condition of each one. This will help in proper planning of road works in the future.

Former Sarpanch Vijay Sharma, while appreciating the efforts of the Deputy Mayor, Jammu said that Baldev Singh Billawaria is always ready to provide support to his workers.

Later, Baldev Singh Billawaria, Deputy Mayor, Jammu conducted a tour of Ward 55, Arjun Vihar in RS Pura-Jammu South Constituency. The Deputy Mayor took stock of the development works going on in these areas and lis-

tened to the problems of the residents.

The people apprised the Deputy Mayor, Jammu that most of the roads in their areas are in a dilapidated condition and there is an urgent need for repair of roads in their areas. He said that Jammu Municipal Corporation has undertaken all necessary measures and directed all concerned authorities for immediate developmental works. He assured the residents that their grievances will be addressed shortly.

Local residents thanked Billawaria for visiting them and listening to their problems.

## Fast track recruitment on all vacant posts in Jammu and Kashmir: Amit Kapoor

**De-freeze the frozen posts in the education department: AAP**

**JI NEWS SERVICE**  
JAMMU, DEC 14: Senior Aam Aadmi Party leader and Vice President of Jammu Province, Amit Kapoor has demanded fast track and transparent recruitment of all vacant posts in the Jammu and Kashmir government. Expressing serious concern over the rising unemployment, Kapoor said the unemployed youth are worried about their future due to lack of employment opportunities in the government sector. Along with this, he also demanded to de-freeze the frozen posts in the Education Department.

He said this while addressing a press conference in Jammu. He said that recruitment has not taken place for the last several years. Even if some recruitments were done, they turned out to be a big scam and hence the recruitments for JKPSI and others were canceled and the investigation was handed over to CBI to probe the allegations.

He welcomed the government's decision to order an inquiry into JKSSP's recruitment for irregularities in changing the terms and conditions of tenders. He said that the culprits



should be booked and punished but at the same time the government should formulate a policy to ensure recruitment on fast track basis for lakhs of vacant posts in all government departments.

Amit Kapoor said that there are very few opportunities in private sector in J&K especially due to inflation rate and educated youth are dependent on government jobs which have turned into scams. He said that the previous governments had introduced a system for the recruitment process. He said that recruitment in JKP and other security forces has also not taken place and this has put in doubt the future of the

scams and unfair selection in government jobs.

He said that due to lack of employment opportunities in Jammu and Kashmir the youth have become disheartened and the educated youth are getting overage which is not a good sign for the future. He further said that as the future is uncertain, the youth are demanding recruitments and checks on the streets and the government should listen to their concern and fill all the vacancies by advertising them in a transparent manner. He said that recruitment in JKP and other security forces has also not taken place and this has put in doubt the future of the

youth who want to join the defense forces. He also expressed serious concern over the suspension of recruitment in the education department, due to which unemployed educated youth have been deprived of their desired jobs. He demanded that the frozen jobs in the Education Department should be de-frozen with immediate effect in the interest of the unemployed in Jammu and Kashmir.

He said that rising unemployment has given rise to many social evils and we will work to protect the future of educated and young generation irrespective of any kind of differences.

## Langeh lauds Party High Command on being appointed as President BJP SC Morcha J&K UT

**JI NEWS SERVICE**  
JAMMU, DEC 14: After being appointed as President of Bharatiya Janata Party (BJP) SC Morcha, Jammu and Kashmir, Neelam Langeh has expressed profound gratitude to the BJP organization for his appointment. In a statement issued to media here today the senior Bharatiya Janata Party leader said, "I am highly grateful to the Party and the senior leaders for reposing faith in me for appointment to the coveted



post of high responsibility." He said that on my appointment as President of Bharatiya Janata Party (BJP) SC Morcha, Jammu and Kashmir I express my special thanks and grati-

tude to the Party's National President J.P. Nadda ji, J&K BJP President Ravinder Raina, Party Organization General Secretary Ashok Koul, Union Minister Dr. Jitendra Singh ji, former health minister and BJP State General Secretary Dr. D.K. Manyal for their undaunted support to me. He also expressed profound thanks to the senior party workers and party activists who always supported and blessed him. Neelam Langeh assured the top leadership of

Bharatiya Janata Party of trying his best to live up to the trust and expectations of the Party Cadre and will leave no stone unturned in further expansion of the party at the grass roots level. He also assured to work relentlessly as party's foot soldier and ensure that the policies and schemes launched by the Modi Govt for the welfare of SC community in the Union Territory are taken to the last person standing in line right up to the grassroots level.

## Confederation slams BJP, Congress, LG Admin; questions their policies for Bahujan

**JI NEWS SERVICE**  
JAMMU, DEC 14: All India Confederation of SC/ST/OBC Organisations, J&K made a statement today that they are least concerned about the Amrit Kal launched by Prime Minister of India, backed by BJP, and Bharat Jhodo Rally run by Congress and usage of Ambedkar, Bhagat Singh and his sons by Aam Aadmi party. We are only concerned about how the two major political parties are accommodating the issues of Bahujans. We are only concerned about the increasing privatisation of government sectors, dilution of fundamental rights and constitution, 60 lakh backlog, lapse of Plan, Non-plan funds for



SC/STs, among others. RK Kalsotra, State President Confederation J&K, said that the LG administration in J&K has failed to deliver what it claimed to achieve. Reservation in Promotions is not implemented, backlog of 1.5 lakhs is still not

filled, 27% OBC reservation is not available, cases of caste based atrocities are on the rise. Moreover, SC/ST employees posted in Kashmir are being targeted and killed but still the administration has warned them to join back without

caaring for their security. It is a shame that the administration claims to be looking for the vulnerable sections but is not doing enough in reality. It is a failure of the administration that they are not being accommodated in their own places, or via online mode as was the case during pandemic. In case these issues are not addressed, the confederation will be left with no choice but to gherao the Raj Bhawan and demand justice for such employees.

Kalsotra also said that the public should look out for the propaganda in these campaigns and LG admin should immediately address the issues of the aforementioned employees.

## Godrej Appliances launches Air Conditioners with Hot & Cold Technology

**JI NEWS SERVICE**  
JAMMU, DEC 14: Godrej Appliances, business unit of Godrej & Boyce, the flagship company of the Godrej Group has launched Godrej Hot & Cold Air Conditioners to maintain the desired room temperature in both summers and winters. The AC can cool your room in the scorching summer heat when temperatures can soar higher than 50°C, and can warm the room in chilling winters even as the ambient temperature reaches sub-zero temperatures as low as -7°C. The ACs are well suited for territories which tend to use heaters during winters.

Godrej Hot and Cold Air Conditioners are available in 1.5 Tr. 3-Star with Twin Rotary Inverter Compressor for efficient refrigerant flow. It uses Quick Defrost Technology for a shorter defrost cycle and its 5-in-1 Convertible Technology gives you 5 different cooling/ heating requirement basis

the weather, number of people in the room and your personal temperature preference. Other key features include Nano Coated Anti-Viral filter that eliminates 99.99%+ viral particles from the air to provide safety to the consumers, 100% Copper coils and connecting pipe for more efficiency and durability, Anti-corrosive blue fins that resist corrosion for a longer time. In keeping with Godrej's commitment to the environment, this AC uses eco-friendly R32 refrigerant that has zero ozone depletion and low global warming potential.

Speaking about the new offering, Kamal Nandi, Business Head and Executive Vice-President at Godrej Appliances, a flagship company of Godrej & Boyce, said, "Our new Hot & Cold ACs will provide greater comfort to consumers throughout the year and have been designed thoughtfully with a curated set of features. Our strength in service is an added advantage for us when it

comes to this segment. Owing to its relatively niche nature, this segment has lesser offerings and we wanted to give more options to the consumers. The offering is more efficient and in sync with consumer's lifestyles compared to the currently used option of heaters."

Additionally, Subyashchi Gupta, Product Group Head- Air Conditioners, Godrej Appliances said, "We are delighted to introduce Godrej Hot & Cold Air Conditioners and offer our consumers greater convenience at the click of a button. The segment accounts for 8-10% of the room AC market in India. And with growing uncertainties in weather conditions experienced in several seasons and territories, as well as change in consumer's lifestyles, the demand for 'Hot & Cold Air Conditioners' is expected to grow. With this product launch, we expect to capture 10% market share of the Hot & Cold Air Conditioners by end of FY 22-23."

## Truecaller: Verified government contacts to help connect citizens and government

**JI NEWS SERVICE**  
JAMMU, DEC 14: Truecaller launches its digital government directory to support seamless interaction between citizens of India and the Government by giving easy access to thousands of verified contacts of government officials. This is an important step to build trust in citizen services by protecting users from any scams, fraud and spam.

The digital government directory gives access to helplines, law enforcement agencies, embassies, educational institutes, hospitals, and other key departments of about 23 states including union territories to Truecaller app users. This information has been sourced directly from the government,

and official government sources. This initiative is aimed at helping and streamlining public access to government representatives and assisting over 240 million Indian Truecaller users in connecting with the government in a hassle-free manner. Based on interactions with netizens and relevant stakeholders, Truecaller has learnt that one of the most pervasive scams on the phone involves impersonation of government officials. The creation of a verified government contact directory is a continuation of Truecaller's efforts to build trust in communication and protect our users from frauds and scams. Users will see a green background and a blue tick, indicating that the number is verified.

Truecaller is working with different government departments to expand the directory and is looking at adding contacts at the district and municipal levels in the next phase, based on user feedback. Truecaller has also created a simple process for any government agency to share information and get verified on the directory.

Commenting on the launch of the feature, Pragya Misra, Director of Public Affairs, Truecaller said that "Truecaller has evolved to become more than just a Caller Identification app and is today bridging the digital divide between the urban and growing semi-urban/rural markets in India by enabling trust in digital communication.

## Students of GDC Kilhotran visit GHSS for awareness against the drug abuse



**JJ NEWS SERVICE**  
JAMMU, Dec 14: In continuation with the extension activities of the College, a visit of some students of various classes from Govt. Hr. Secondary School Kilhotran was organized on 14th Dec. 2022. The

basic objective of the visit was to motivate the students towards higher education, inculcate life skills and discipline, and enhance awareness against the drug abuse. The programme was organized under the patronage of College Principal Dr.

Javid Iqbal Zargar. The students were accompanied by Mr. Sandeep Manhas, Vocational Trainer and Mr. Ishfaq Ahmed Mir, Teacher Counselor of the school.

The children were made to visit Botany lab besides the library of the College. Dr. Javid Iqbal Principal of the College spoke on the occasion and emphasized on the value based education and personality development, which shape the future of the students and enhance their capabilities to tackle difficult situations with ease. He also highlighted the role of education in the development of mutual brotherhood and religious tolerance. He also advised the students to adhere to these positive traits. Dr. Barkat Ali, Associate Professor of Botany introduced the students to the use of ICT in teaching-learning process and highlighted the importance of the technology. The programme was arranged by Convener IQAC Cell of the College, Dr. Tanveer Hussain, HOD History and the formal vote of thanks was delivered by Dr Barkat Ali, HOD Botany of GDC Kilhotran.

## Popular govt alone is the panacea for ills afflicting J&K: Harsh Dev



**JJ NEWS SERVICE**  
CHENANI, DEC 14: Accusing the present regime for its indifference and neglect of the common masses facing denial of even the basic amenities, both in urban and rural areas, Mr. Harsh Dev Singh, Former Minister and senior AAP leader said that a democratically elected govt alone was the panacea for the ills afflicting the centrally ruled UT of J&K. He said that babus requisitioned from other states mostly UP and Bihar had hardly any idea about the peculiar problems of the

UT's diversities and had failed to satisfy the urges of the people. While the common masses had hardly any access to the 'babus' operating from their cocooned Chambers, the latter too seemed to have abdicated their responsibilities of interacting with public so as to ascertain their difficulties and to take the appropriate remedial action for redressal of their genuine grievances, asserted Mr. Singh. He was addressing huge gatherings in Mada and Bhatla villages of Chenani constituency today.

"While the frequent power outages and acute drinking water problems had made the lives of people a living hell, the helmsmen seemed to be least bothered about the sufferings of the public. As the affected people were protesting on roads on day to day basis, a highly impudent and apathetic bureaucracy preferred to remain cocooned in their sanitized environment quite unmindful of the woes of the agitating masses. Not only was the common man annoyed over the administrative apathy towards

their basic concerns but varied sections of society had expressed their disapproval with the proxy rule of the centre. The unemployed youth including the contractuales, consolidated and daily wagers assured of a fair deal had all felt betrayed and cheated and were fighting for their rights on roads and streets with none to listen to their woes.

Singh maintained that the people in the rural areas in particular were the worst victims of govt apathy with none to respond to their shrill cries for justice.

Deprived of proper connectivity and communication, the people residing in several remote and far-flung areas had lost contacts with the civilized world due to road blocks and disruption of traffic on damaged roads for months together. Sadly there were no takers for even the staff deficient and defunct schools thereby jeopardizing the careers of rural students.

## BJP nominated Rinku Choudhary as Jammu Border District General Secretary

**JJ NEWS SERVICE**  
JAMMU, DEC 14: Bhartiya Janta Party (BJP) today nominated Rinku Choudhary as Jammu Border District General Secretary. Rinku Choudhary was earlier holding the position of state Vice President J&K, BJYM since April 2020 to December 2022. He work with complete dedication and zeal for the strengthen-

ing of party and impressed upon by this the party has decided to promote him to the post of Jammu Border District BJP General Secretary. Earlier Choudhary has served on different posts and position in the BJYM. He remained District Vice president BJYM R S Pura District from March 2016 August to 2017. Later from 2017 march to 2018



December he served as District General Secretary R S Pura District. After proving his efficiency he

was promoted as District President BJYM R S PURA from District 2019 December to 2020 April. Rinku Choudhary expressed gratitude towards party leadership for showing confidence in him and assured that he will leave no stone unturned for strengthening party at grass root level and resolving the issues of border belt dwellers.

## Abrogation of Article 370 strengthened the identity of J&K: Vibodh

**JJ NEWS SERVICE**  
JAMMU, DEC 14: BJP today hit out at Jammu and Kashmir's former Chief Minister Omar Abdullah for his remarks on Public Safety Act and J&K's identity.



al secretary Vibodh Gupta while addressing a media interaction. Referring to the Public Safety Act remark of Omar Abdullah Vibodh told that Omar Sahib needs some history lessons on Jammu and Kashmir. It was his grandfather Sheikh Abdullah who introduced the Public Safety Act in Jammu and Kashmir in 1978 and dominantly used it to curb the nationalist voices of the Union territory and to settle the political rivalries. He accused National Conference's misgovernance of the "killing" thousands, sanctioning 16,000

cases under the Public Safety Act. "They made Kashmir a 'terrorism paradise', BJP made it a tourism paradise", he added. Vibodh strongly asserted that National Conference and PPP have lost ground in Jammu and Kashmir as people have started to hold their leaders accountable for their sins. The delivery of rights to women, Valmiki Samaj, Gujjar-Bakewal, Paharis, West Pakistan Refugee, and other ignored and marginalized sections have established BJP as the most popular party among the people of the Union Territory.

## True Indian Secular Sun Shines In Jammu



**JJ NEWS SERVICE**  
JAMMU, DEC 14: Various religious scholars reflected unique unified diversity of cultures and religions practiced in J&K UT. An adorable bouquet of Muslims with Hindus, Jains, Sikhs and Christians, that live together here happily and amicably as Dogras were seen in a healthy mix of all the religions. We are proving the verdict of the last Maharaja, Hari Singh who aptly said, quote "All religions are my religions & my religion is justice" unquote, reminded Th. Gulchain Singh Charak, President Dogra Sadar Sabha (DSS) and former minister of J&K Govt. For the first time J&K witnessed two Governors together on a stage proving the dictum of Kerala to Kashmir' one India.

bound with his very impressive talk on ancient Indian values that bound us together as a nation. Our own Lt Governor also in his purposeful talk gave a clear message against any divisive forces and terror mongers. "Peace is not bought, but established" said he, without mincing words. The 118 years old DSS, an apolitical, secular social organisation has once again successfully endeavored to keep the diverse populations of this region together in mutual respect and brotherhood.

Message of Humanity at Teachers Bhawan Jammu. It was a grand success in fostering and strengthening ties of equitable and mutual love among various cross sections of Duggar Land as the Hon'ble Governor Shri Arif Mohammad Khan and the J&K Lt Governor Shri Manoj Sinah were seen together with the luminaries of all the four prominent religions of the nation. It has boosted our traditional brotherhood and gave a clear cut message to one and all when the climate is getting surcharged with elections expected shortly in J&K UT.

Overwhelmed with the unity in diversity prevailing in J&K Governor Kerala Shri Arif Mohd Khan held the audience in jam packed hall spell

It was proved again by bringing together national warriors, intelligentsia, religious heads and learned well meaning prominent citizens from all trades and walks of life on one platform. DSS has stood firm by their message of unconditional 'Humanity and amicable brotherhood' by organising what they called "Payam-e-Insaniyat/Manavta ka Sandesh/

The opening address was given by Incharge DSS Youth Wing Shri Gambhir Dev Singh Charak. The religious luminaries that enlightened the audience included S/ Shri Vishwa Murti Shastri, Maulana Shehzad Anwari Qasmi, Maulana Gulam Hussain Rizvi, S. Ranjeet Singh Tohra, Rev. Fr. Lawrence Tharsis & Shri Sandeep

Jain. College and School students gave very impressive presentations on the theme of 'Message of Humanity'.

The grand event was addressed by highly decorated national warriors like our legendary warrior Col Dr Virendra K Sahi, VrC & CI Champion Col Rajinder Sharma KC, SC, SM. Present among them were also veteran Generals Sh. G.S. Jamwal, Sh. R.K. Sharma, Sh. L.M. Arora, Mrs. Sunita Kapoor and others, besides, large number of educationists, Legal luminaries, Artists, Writers and representatives of Trade and Social organisations. Earlier Th. G.S. Charak and Sh. Abdul Majid along with members of the reception committee felicitated the Hon'ble Governor Sh. Arif Mohd. Khan and Hon'ble Lt. Governor J&K by offering them Dogra Turbans and presenting Shawls.

Sabita leaders also disclosed that they will continue their efforts to spread this message of humanity among the public of this region by organising such conferences in different areas. Prominent among others present during the Press Conference were, Sh. Abdul Majid, Col K.S. Jamwal, Sh. Prem Sagar Gupta, Brig. M.S. Jamwal, Sh. G.A. Khawaja, Sh. Gambhir Dev Singh Charak and Sh. Amanat Ali Shah.

## CEO Poonch conducts surprise check at Dozens of govt schools

**JJ NEWS SERVICE**  
JAMMU, DEC 14: In order to check the functioning of schools and inspect whether students are availing the best benefits from classroom teaching or not, the Chief Education Officer (CEO), Poonch, Sh. Bishambhar Dass, conducted surprise visits of Government Higher Secondary School Poonch, PS Mohalla Panditan, GPS Nai Basti,

MPS Diet Poonch, GMS Mohalla Azad, GPS Temple Zone Kanuyian, GPS Mangnarp, GMS Hayat Pura, HS Mangnarp and High School Kanuyian here today. During his visit to various schools, he interacted with students of different classes to take stock of the classroom teaching in different subjects and other facilities being provided to them in the schools. He

asked questions from the students regarding the basic concepts of different subjects including English, mathematics, EVS, science, and Urdu. He also took rounds of the Examination Centres created in Boys HSS Poonch and HS Mangnarp for the National Means Cum Merit Scholarship Examination and asked the staff on duty to provide all sorts of basic facilities to the students

taking part in the examination. The CEO also checked the attendance of staff, students, school record, sanitation and Midday meal. He held meetings with the school heads and staff to discuss the shortcomings in classroom teaching. He asked the school heads to exert their nerves to bring in qualitative improvement in the classroom teaching.

## Why Azad himself didn't take action against those involved in Anti-National activities: Tony

**Says no action by Congress Govt serious allegation, asks BJP to initiate action against leaders listed by Azad**

**JJ NEWS SERVICE**  
JAMMU, DEC 14: Why Gulam Nabi Azad himself didn't take action against those involved in anti national activities and why Congress government failed to take action against list submitted than Azad when he was chief minister and why BJP is also silent now and not taking any cognizance. These questions have been asked by Aam Aadmi Party leader and DDC member, TS Tony while addressing a press conference over recent statement by Gulam Nabi Azad regarding a list of political leaders have terror links that he submitted before Government of India for

domain that include police, intelligence agency but he took no action against these leaders nor he issued any statement when he was in congress but now he issued this important statement which is the serious cause of concern in terms of national security." Tony questioned Congress for not taking action when party was in power and said that Gulam Nabi Azad is claiming to have submitted this list to Prime Minister Manmohan Singh and than Home Minister Shivraj Patel but no action was taken and this is a serious allegation of inaction against those involved in anti national activities. "Now only

Congress, even present BJP Government has done nothing in the case so far with no cognizance has been taken even after tall claims of zero tolerance against terrorism by Government of India and Jammu and Kashmir Government." Tony further said TS Tony also said that being a terror sympathizer is a serious issue as it equates waging war against India and there should be a zero tolerance policy against these black sheeps. He further demanded that Gulam Nabi Azad should himself issue the list of these political leaders so that every-one should remain aware of these black sheep who are enemies of nation.

domain that include police, intelligence agency but he took no action against these leaders nor he issued any statement when he was in congress but now he issued this important statement which is the serious cause of concern in terms of national security." Tony questioned Congress for not taking action when party was in power and said that Gulam Nabi Azad is claiming to have submitted this list to Prime Minister Manmohan Singh and than Home Minister Shivraj Patel but no action was taken and this is a serious allegation of inaction against those involved in anti national activities. "Now only

## SP College in collaboration with the Central Library organises Book Donation Camp

**JJ NEWS SERVICE**  
SRINAGAR, DECEMBER 14: A three day Book Donation Campaign was successfully organized by Deans Student's Welfare S.P. College in collaboration with the Central Library of the College under the aegis of the Principal of the Institute. The aim of the Campaign was to strengthen the lost Library collection due to the devastating floods of 2014. Due to overwhelm-

ing response of the contributors from all walks of life, more than thousand books were collected. In a concluding ceremony which was conducted today, the Head of the Institute Dr. Khurshid A. Khan wholeheartedly, thanked the magnanimous contributors and acknowledged the rich book collection as a valuable treasure of knowledge. Principal Dr. Khurshid A. Khan

donated a good number of books to an organization namely 'Lets Talk' working for the underprivileged students. In addition to the respective Deans Dr. Jan Shabir, Dr. Khalid Hassan, Prof. Shariza Mushtaq and Librarian of the Central Library Iram Mahajan, the concluding session was attended by many of the Senior Faculty Members and students of the Institute.

# Alok Kumar inaugurates Kala Utsav at Jammu

Says 'Pariksha Pe Charcha' ensures unique individuality of each child is celebrated, encouraged, allowed to express itself fully

### JJ NEWS SERVICE

JAMMU, DECEMBER 14: Principal Secretary, Education, Alok Kumar, today inaugurated 3 day UT level Kala Utsav 2022 at Teacher Bhawan organized by the Samagra Shiksha, Department of School Education J&K.

The programme started with National Anthem followed by a cultural bonanza reflecting varied cultural flavours of different socio-geographical regions of J&K.



The students belonging to different districts, who performed best at divisional level Kala Utsav competitions, are participating in this 3 day event with mesmerizing performances. A total of 40 performances would be presented during the event. The best among them under various categories of art forms, one male and one female (in each category), shall be shortlisted for National level event which is scheduled to be held in the month of January, 2023 at Bhubaneswar, Orissa.

Principal Secretary congratulated all the participants and encouraged them to put in their best efforts during the final performances at national level.

He informed that Government of India is implementing various schemes for providing better platforms to children for showcasing their talent in different fields. He stressed upon teachers and parents to avail maximum benefit out of these schemes for overall nurturing of children.

Principal Secretary reiterated that Pariksha Pe Charcha, is a part of larger movement 'Exam Warriors' led by Prime Minister, Narendra Modi, to create a stress free and comfortable atmosphere for youngsters where unique individuality of each child is celebrated, encouraged and allowed to express itself fully. He regarded PPC as much awaited and joyful event for all.

Alok Kumar said that Nation is moving towards new directions under the innovative leadership of Prime Minister Narendra Modi, who shall be hosting the presidency of forthcoming G-20 Summit, which is matter of pride for every citizen of India. He said that young talent needs to be explored and School Education Department shall continue the exercise in the coming days as well.

## DC Ganderbal chairs coordination meeting with police department

### JJ NEWS SERVICE

GANDERBAL, DECEMBER 14: Deputy Commissioner Ganderbal, Shyamir today chaired a meeting of Revenue and Police department to discuss various issues pertaining to District Police Ganderbal. At the outset, brief discussion was held on various issues including land transfer cases, security to protected persons, illegal mining, security to revenue officers and drug de-addiction activities. After a thorough discussion the DC asked the SSP Ganderbal to provide sufficient protection to the protected persons and government officers in the district. To curb the illegal mining, police department was asked to put up nakas at identified locations and take strict action against persons involved in illegal mining as per law. While discussing the Revenue cases, the ADC said that revenue papers are submitted to the SSP office for authentication and other formalities for which the DC asked the SSP to process the cases at an earliest.

Regarding drug abuse activities, the SSP Ganderbal said that police department is organizing awareness programmes and other activities regularly in collaboration with other departments besides strict action is initiated against drug peddlers.

## DIPR's Cultural wing organises devotional songs program at Mata Temple Bahu Fort



JJ NEWS SERVICE JAMMU, DECEMBER 14: Cultural Wing of Department of Information and Public Relations organised a devotional cultural program at Mata Temple Bahu Fort Jammu, the other day.

Artists of Cultural Wing Information Department presented Bhajans filling the atmosphere with spiri-

tual ambience. President Bahu Fort Development Committee, Rajiv Charak was the chief guest on the occasion. Speaking on the occasion, the Chief Guest lauded the Cultural Unit of the Department of Information and Public Relations for organizing such a Devotional Cultural program. Among others, mem-

bers of Bahu Fort Development Committee Sumit Bajrangi, Naresh, Captain Moti Lal, Sher Singh, Mukhtyar Singh, Kuldeep Raj Gupta, Ajay Sharma and a large number of audience witnessed the program. The whole program was conducted under the supervision of Cultural Officer Jammu, Parul Khajuria.

## ADDC Kishwar reviews progress under District Capex Plan 2022-23

### JJ NEWS SERVICE

KISHWAR, DECEMBER 14: Additional District Development Commissioner (ADDC) Kishwar, Sham Lal on Monday chaired a meeting of officers to review the progress of works under the District Development Plan/District Capex budget for the year 2022-23.

During the meeting, the ADDC took sector wise review of Physical and financial progress of works in RDD, Education, YS&S, Health and other sectors under District Capex.

The ADDC took a detailed review of allotment of works, works started on ground and works completed, tendering and other related

issues. He directed the officers to achieve the completion targets of the works and ensure expenditure of funds released. He also asked them to personally monitor the quality and progress of all allotted works.

The ADDC stressed upon officers to take all possible measures to accelerate the pace of ongoing works for their time-bound completion. During the meeting, JD-Planning informed that 2200 number of works are approved under District Capex for financial year 2022-23 and all the works have been taken-up and are at different stages of progress.

## Secretary Health reviews implementation of Ease of Doing Business initiatives, status of e-Unnat

### JJ NEWS SERVICE

JAMMU, DECEMBER 14: Secretary, Health and Medical Education, (H&ME), Bhopinder Kumar, today reviewed implementation of Ease of Doing Business (EODB) initiatives including status of e-Unnat in the Health and Medical Education Department. Dr Shaikat Khan, Additional Mission Director, Ayushman Bharat Digital Mission J&K briefed the Secretary that e-Unnat is a unified online service portal for providing integrated, accessible and transparent public services. In Health and Medical Education Department, 17 services are being provided at District and State Level through

online mode at present which includes age certificate, disability certificate and physical fitness certificate besides various licenses under the Drug and Food Control Organization. After detailed review, Secretary emphasized that main objective of providing the public services through online mode is to reduce compliance burden through G2B (Government to Business) and G2C (Government of citizen) services by way of process reengineering for seamless and hassle free delivery of services. He issued on spot instructions to give wide publicity to these online services available for the citizens through various mass media interventions.

## Introduction of new varieties of crops will boost the income of farmers: Director Agriculture

### JJ NEWS SERVICE

SRINAGAR, Dec 14: The Director Agriculture Kashmir Chowdhury Mohammad Iqbal said that we have to introduce new crops and varieties to our menu because this will boost income of farmers and will help us to explore the unique agro-climatic conditions of the region. These views were expressed by Director Agriculture Kashmir during his visit to Banday Bagh and other areas of district Budgam.

Director visited the agricultural fields of different areas in the district and took stock of agriculture activities, feedback from the concerned farmers. During his exchange of views with the farmers of different areas, he highlighted the importance of

## DC presides over weekly Block Diwas at Panchayat Kolsar in Block Pouni

### JJ NEWS SERVICE

REASI, DEC 14: Deputy Commissioner, Reasi, Babila Rakwal today visited panchayat Kolsar in Block Pouni and listened to the public issues and demands at the weekly Block Diwas program.

The PRIs members including general public of adjoining panchayats put forth their issues and sought establishment of Sub Centre in village Ghan, Up-gradation of Middle to High School, Land Compensation, proposal of Khul at Kolsar, providing transport facility from Kolsar to Reasi, Shortage of Teaching staff, measures to end Monkey menace, Clearance of pending salary of Anganwadi workers, Maintenance &



Completion of boundary wall of School buildings etc.

The PRI members as well as the general public of the area hailed the efforts of district administration for organising

awareness camps regarding inheritance mutation and other camps.

The DC laid emphasis on effective implementation of Central Sponsored Schemes and timely execution of UT Capex bud-

get works to benefit the general public. "The departments need to put in extra efforts to ensure that the benefits reach to end users in a more transparent and efficient manner," the DC said.

The ZEO was directed to rationalize staff in all the schools of Block Pouni, besides XEN PDD was directed to electrify the left over households in the block area. The Horticulture department was asked to organise panchayat wise awareness camps for the welfare of the farming community of the area. The DDC directed the PHE department to gear up men & machinery of all JJM works to complete the same in the stipulated time frame.

## State Taxes Department launches Online Portal to monitor compliance of timely payment of GST by works contractors against payments made by Govt agencies

### JJ NEWS SERVICE

JAMMU, DECEMBER 14: On the directions of Commissioner State Taxes Dr. Rashmi Singh, the State Taxes Department in collaboration with NIC, J&K has developed an Online Web application namely 'APNA TDS' portal to identify payment made to works contract service providers by DDOs through JKPaySys portal. Currently DDOs are mandated to deduct a particular percentage of the tax payable at source while

making payments above a particular threshold. Subsequently they have to file a monthly return for such deductions made.

However this deduction happens outside the GST system; as a result the GST system only has the information for those deductions against which return is filed by the DDO concerned.

Now APNA TDS portal gives the State GST department a window directly to the JKPaySys system to find as and when TDS is done

against work contract payments.

This information then can be followed up to ensure that the DDO concerned who has done TDS files the monthly return in time (by 10th of next month) and that the contractor concerned actually files his own return afterwards and clears the total tax liability besides the two percent deducted at source. The initiative for designing of this portal was led by Shakeel Maqbool, Additional Commissioner, State

Taxes (Adm. and Enf.) Kashmir, while Sunil Bhagat, Programmer, State Taxes Department was the nodal officer of the department for coordinating with NIC on making the portal. It is hoped that this portal when properly used will revolutionise the process of tax collection from works contractors and other taxpayers eligible for TDS. This in the long run will play a vital role in augmentation of tax revenues collected by the department.

### NORTHERN RAILWAY

#### Notice Inviting Tender

Sr. DEE/TRD/FZR acting for and on behalf of the President of India invites E-Tenders for the works as under. Bidders will be able to submit their original/revised bids upto closing date 06.01.2023 at 15.00 Hrs only. Manual offers are not allowed against this tender and any such manual offer received shall not be considered.

Tender No.	Name of work	App. Cost (Rs.)	Cost of Tender (form/%)	Date & time for submission of bids	Earnest Money (%)	Completion period	Opening of tender	Website Particulars
413-TRD-FZR-2022-23	Design, supply, erection, testing and commissioning of 50Hz, Single Phase 25 KV AC OHE regarding TRD work in c/w Upgradation of signaling from standard-I to Standard-IIIR at 05 stations i.e., Sarna (SRM), Jakolari (JK), Dina Nagar (DNN), Gurdaspur (GSP) & Dharwal (DHW) stations in Amritsar-Pathankot section of Firozpur division	1,52,18,261.26/-	NIL	Upto 06.01.2023 15.00 Hrs.	2.26,100/-	06 Months	06.01.2023 after 15.00 Hrs.	www.irps.gov.in

Note:- Tenderer(s) may please note that offers received without Bid Security either in cash through e-payment gateway or as Bank Guarantee bond from a scheduled commercial bank of India or as mentioned in tender documents (as per Annexure-21) valid for a period of 90 days beyond the bid validity period, will be considered as incomplete & invalid offer and for which contractor shall have no claim on Railway.

No. 413-TRD-FZR-2022-23 Dated: 14.12.2022 3320/22

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### NORTHERN RAILWAY

#### E-Tender Notice

Sr. DEN-IV/FZR acting for and on behalf of the President of India invites open tenders (E-Tenders) against below titled tenders and available on www.irps.gov.in with closing date-05.01.2023 upto 15.00 Hrs. Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tenders, and any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cost and earnest money only through online payment mode available on www.irps.gov.in (portal like net banking, debit card, credit card etc). Manual payments through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more information login to www.irps.gov.in

Tender Type	Tendering Section	Bidding System
Open	Works	Single Bid System
Date of Uploading Tenders	Bid Starting Date	Bid Closing Date/Time
12.12.2022	22.12.2022	05.01.2023/15:00 Hrs

S.No.	Tender No.	Details of Tender	Advertised Value (Rs.)	Earnest Money	Validity of Offer	Period of Completion
1	291-2022-23-JAT-DRM-FZR	TRR(P) 3.968 Km of the existing single, two rail 52 Kg 90 UTS panels laid on steel channel sleepers to M+8 density with 52/60Kg 90 UTS rails LWR on girder Bridges with in BHRL-JAT section under ADEN/JAT.	4255818.43/-	85100/-	60 Days	06 Months
Similar Nature of work :- Nil						
2	316-2022-23-BDGM-DRM-FZR	Raising of boundary wall 2 feet height with concertina wire around Railway colony at Sadura, PGJM, SINA, BRML Railway station on BAHL - BRML section under ADEN/BDGM.	5757741.08/-	115200/-	60 Days	05 Months
Similar Nature of work :- "Any civil work other than track work".						
3	317-2022-23-BDGM-DRM-FZR	Construction of 10 Nos. Morcha for RPF post at Quazung, Anantnag, Bijbehara, Panigam and Sadura Railway station on BAHL - BRML section under ADEN/BDGM.	1490632.60/-	29800/-	60 Days	03 Months
Similar Nature of work :- Nil						
4	318-2022-23-BDGM-DRM-FZR	Construction of boundary wall with 8 feet height with concertina wire around the RPF post at Quazung, Anantnag, Bijbehara, Panigam & Sadura Railway station on BAHL-BRML section under ADEN/BDGM.	3992722.16/-	79900/-	60 Days	05 Months
Similar Nature of work :- Nil						

Note 1:- Before bidding, bidders to check for any corrigendum issued against tender.

Tender Notice No:- 779-W169/WA/FZR/2022-23 Dated: 13.12.2022 3324/2022

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