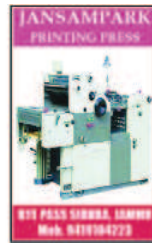


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BRIEFLY

Three Boys Drown While Bathing In River In J&K's Kathua

JAMMU, Nov 25: Three boys drowned while taking a bath in a river in Jammu and Kashmir's Kathua district, officials said.

Pankaj Sharma, Pankaj Kumar and Sheetal Kumar, all residents of Billawer, were swept away into the

IED found in minibus on highway in J&K's Ramban, destroyed

JAMMU, NOV 25: Police found an improvised explosive device (IED) in a minibus that was carrying around 20 passengers on the Jammu-Srinagar national highway in Ramban district on Friday, officials said.

Govt announces winter vacation for schools from Dec 5 in phased manner



SRINAGAR, NOV 25: Following the proposal of winter vacations, the School Education Department has decided to announce the closure of schools in a phased manner in Kashmir and winter zones of Jammu division

Pensioners to get cashless health treatment under CGHS in J&K

SRINAGAR, NOV 25: All the central government pensioners will be enrolled under the benefit of cashless Central Government Health Scheme (CGHS) in Jammu and Kashmir's territory care hospital, officials said.

Union Minister Dr Jitendra Singh to inaugurate 25th NCEG at Katra



Theme of the two-day Conference is "Bringing Citizens, Industry and Govt closer", says Secretary DARGP

KATRA, NOV 25: Secretary, Department of Administrative Reforms & Public Grievances (DARGP), V. Srinivas today informed that the Department of Administrative Reforms & Public Grievances (DARGP) and Ministry of Electronics & Information Technology (MeitY), Government of India, in association with the Government of the Union Territory of Jammu & Kashmir is going to

organize the 25th National Conference on e-Governance (NCEG) from 26th - 27th November, 2022 in Katra, Jammu & Kashmir. The Secretary informed this while interacting with media during a press briefing held at Sri Mata Vaishno Devi University, Katra.

While interacting with media, V. Srinivas said that the theme of this Conference is "Bringing Citizens, Industry and Government closer" and the Conference will be inaugurated by Dr. Jitendra Singh, Minister of State (Independent Charge), Ministry of Science and Technology, Ministry of Earth Sciences, Minister of State in the Prime Minister's Office, Minister of State of Personnel, Public Grievances & Pensions, Department of Atomic Energy and Department of Space, Government of India.

The Secretary also said that as 26th November is being celebrated as the Constitution Day to commemorate the adoption of the Constitution of India, Union Minister, Dr. Jitendra Singh will be administering reading of the Preamble to the Constitution with all the participants during the Inaugural Session of the 25th NCEG.

The Valedictory Session will be presided over by Shri Manoj Sinha, Lieutenant Governor, Jammu & Kashmir on 27th November, 2022 in the 25th NCEG. Chief Minister of Haryana will be attending the Valedictory Session which will

Final electoral roll of J&K published with highest-ever net increase of 7.72 lakh voters



- 613 New Polling Stations added
- Highest ever additions made in the Electoral Roll in the UT of J&K
- 301961 Electors in the age group of 18-19 added
- Gender Ratio improves by 27 points to reach 948

JAMMU, NOV 25: After the completion of Delimitation exercise in the UT of Jammu and Kashmir, the Election Commission of India ordered Pre-Revision activities in the UT of Jammu and Kashmir on 10th June 2022, which primarily included the task of mapping the existing Electoral Rolls of 83 pre-delimitation constituencies to the post-delimitation 90 Constituencies, in accordance with the Delimitation Commission's Order, rationalization of polling stations and integrations of the electoral rolls. On completion of post delimitation follow-up and pre-revision activities, the Commission ordered Special Summary Revision of Photo Electoral Rolls in the Union Territory of Jammu and Kashmir, with reference to 01-10-2022 as the qualifying date.

which resulted in the total Polling Station count as 11370 for the UT of J&K. Total Electors on Draft Electoral Rolls were 7586899 out of which 3948525 were Male Electors, 3638262 were Female Electors and 112 Third Gender Electors. A total of 39192 Electors were flagged as PwD and 1226 as Marked Electors. Photo coverage in the Electoral Roll stood at 99.99% as compared to 96.81% during final publication 2019. Gender ratio of the Draft Electoral Roll was 921 as compared to Census Gender ratio of 914, as per the projected population. Elector Population Ratio of the Draft Electoral Roll was 0.52.

The emphasis of the Commission led by Chief Election Commissioner, Sh. Rajiv Kumar on registration of young voters as well as the marginalized sections of society including Persons with Disabilities, Third Gender, Women, etc., has yielded positive results. Claims and Objections were accepted from 15th September, 2022 to 25th October, 2022, i.e. for a period of 40 days.

60 percent work completed on India's longest rail tunnel in J&K



JAMMU, Nov 25: Indian Railway has completed nearly 60 percent work on India's longest rail tunnel which is 12.75 km long on

It surpasses the Peer Panjal Tunnel (11.2km) in length.

Afcons Infrastructure Ltd has constructed 732km of the total tunnel which is nearly sixty per cent of the entire tunnel length. Besides the main tunnel, Afcons has also constructed two adits, twenty cross passages, two bridges, and a station yard among others.

The tunnel passes through the mighty Peer Panjal ranges in the Lower

IG Ladakh meets Dr Jitendra, discusses upcoming Night Sky Sanctuary

NEW DELHI, Nov 24: The work on India's first-ever Night Sky Sanctuary, being set up by CSIR under Union Ministry of Science & Technology, in Ladakh's Hanle is going on in full swing and shall be complete in over a month's time.

This was stated by Union Minister of State (Independent Charge) Science & Technology: Minister of State (Independent Charge) Earth Sciences; MoS PMO.

SC seeks response of Centre on pleas seeking recognition of marriage involving gay couple

NEW DELHI, NOV 24: The Supreme Court on Friday issued notice to the Centre and Attorney General R Venkataramani on two pleas by gay couples seeking a direction that their marriage be recognised under the special marriage law. A bench comprising Chief Justice D Y Chandrachud and Justice Hima Kohli heard the brief submissions.

India's efforts to sanction perpetrators of 26/11 attacks blocked for 'political reasons': Kamboj



Centre releases Rs 17,000 crore of GST compensation to states and UTs

NEW DELHI, Nov 25: The central government has released an amount worth Rs 17,000 crore to states and Union territories towards the balance GST compensation for the period April to June 2022.

No institution in constitutional democracy including collegium is perfect: CJ Chandrachud

NEW DELHI, NOV 25: No institution in a constitutional democracy, including the collegium, is perfect and the solution is to work out within the existing system, Chief Justice of India D Y Chandrachud said on Friday. Speaking at the Constitution Day celebrations organised by the Supreme Court Bar

J&K To See Major Boost In Business, Tourism Investment: Officials

JAMMU, NOV 25: The Jammu and Kashmir administration is working to boost business investment and enhance income of the local population by simplifying rules and procedures, and digitising records, senior officials said.

At minus 1.4°C, Srinagar records season's coldest night



SRINAGAR, Nov 25: Cold conditions prevailed in Jammu and Kashmir as Srinagar, the summer capital of J&K, recorded sea-

DB directs authorities will ensure completion of projects for the convenience of public and for de-congestion of traffic in Jammu city

JAMMU, Nov 25: In a Public Interest Litigation (PIL) filed by Citizen Forum through its President RK Chadha regarding fly-over project from Shakuntla-Janipur fly over proposed in 2008 has been abandoned for some extraneous reasons and regarding -congesting/widening of the Amphalla-Janipur road and regard to de-congesting/widening of the Janipur-High Court Road.

for the UT, disposed of the PIL with the direction that the authorities will ensure completion of the projects for the convenience of public and for de-congestion of traffic in Jammu city.

When the PIL Came-up for hearing, DB observed that the respondents have given the details about the approach for widening of the aforementioned roads from the year 2007-2008 at the project cost of Rs. 18.04 Crores, as also for construction of a flyover projects.

and Kashmir Economic Reconstruction Agency (in short ERA). It has been further stated that looking to the traffic problems, widening of the B.C. road was envisaged to make it 8 lane road. However, since the project involved acquisition of about 53 Kanals of land as also re-settlement and relocation, the same translated into huge costs. The projects for the development of the city have also been stated to be financed by Asian Development Bank (ADB), wherever the land acquisition and resettlement issues are settled on the guidelines issued by the Government from time to time.

the pendency of the instant PIL, this Court noticed that proposal with regard to widening of B. C. road-Amphalla-New Plot-Janipura road was not reflected in any of the projects on account of reasons stated for involving huge amount of acquisition and relocation. DB further observed that in terms of order passed on 18.03.2021, the Court sought examination of the issues involved in this PIL with reference to being covered under the Master Plan directly or indirectly or the Smart City Project and the time frame, the issues would be dealt with under the said project.

5th NATIONAL e-GOVERNANCE CONFERENCE
26-27 November, 2022

Bringing Citizens, Industry and Government Closer

1 DAY LEFT

Shri Mata Vaishno Devi University (SMVDU), Katra, Jammu & Kashmir

FOR MORE DETAILS VISIT www.nceg.gov.in www.dargp.gov.in, www.jkitn.in

Operation of 8 establishments suspended for violation of license norms

Drug Control Deptt conducts massive checking drive in Jammu City

JI NEWS SERVICE
JAMMU, NOVEMBER 25: In continuation to its efforts to ensure availability of quality, safe and efficacious drugs to the general public, District Drug Control Office Jammu today conducted a special drive in the Jammu City. The teams of Drugs Control Officers under the overall supervision of Mohammad Iqbal Palla, Deputy Drugs Controller, Jammu & Archana Mujoo, ADC (HQ) Jammu were deputed to different areas of Jammu City to lift statutory drug samples of fast moving brands particularly Antisputive, Antipyretic Pediatric Syrups, Cough Syrups, Antibiotics etc. During the drive, Statutory Drug samples of nearly Hundred pharmaceutical preparations were lifted from supply chain

(Retailers as well as Wholesalers) for determination of strength and purity. These samples were referred to Drug Testing Laboratories for framing legal opinion to ascertain their quality parameters. Moreover, procurement records of pharmaceutical preparations were put on scrutiny to ensure that drug formulations are being purchased from regulated channels only. The Pharma Trade Fraternity was impressed upon to ensure that the drugs shall only be procured from the authorized stockist through regulated channels, to ensure that spurious /not of standard quality drugs don't find entry in the market through unscrupulous /clandestine channels.

Moreover, Acting swiftly on the inputs that a Pradhan Mantri Bhartiya Jan Aushadi Kendra being run through a prominent Public Institution in Jammu City is selling some pharmaceutical preparations other than that of Pharmaceuticals and Medical Devices Bureau of India (PMBI), immediate action was taken and operations of the Kendra were disallowed to give a loud and clear message to all Jan Aushadi kendras, that they would not be allowed to defeat the noble cause of

this pro public and pro patient initiative of providing Jan Aushadi medicines at affordable prices to the general public.

Operations of a Pradhan Mantri Bhartiya Jan Aushadi Kendra have also been disallowed as the said Kendra was found to be indulged in sale of drug formulations other than the permitted ones.

Lotika Khajuria, State Drug Controller has once again impressed upon the trade fraternity to procure drug formulations from regulated channels only and sell the pharmaceutical preparations against the prescription of RMP's issued and as per advisories only from time to time, failing which strict action as contemplated under rules shall be initiated against the defaulters.

Commissioner inaugurates database for Recovery Wing, Kashmir

JI NEWS SERVICE
SRINAGAR, NOVEMBER 25: Commissioner State Taxes, Dr Rashmi Singh, today inaugurated database for Recovery Wing of Kashmir division.

Perthently, the database has been developed by a team of officials led by Shakeel Maqbool Yatoo, Additional Commissioner State Taxes, Kashmir division. The initiative is aimed at digi-

tising and safeguarding legacy data of previous tax regimes related to tax defaulters besides enhancing government revenue as a result.

Speaking about the database facility, Yatoo said that it was developed at zero cost by his team in a short span of time. The facility, if outsourced, would have put unnecessary financial burden on government exchequer besides

being time consuming.

He added that the database will safeguard the data related to recovery certificates and also ease the whole process of its issuance.

He concluded that such facilities are developed to save any possible loss to the government exchequer and to contribute to the overall infrastructure of e-governance in the department.

GDC Neeli Nallah celebrates Communal Harmony Week

JI NEWS SERVICE
UDHAMPUR, NOVEMBER 25: NSS Unit 'Sewak', Government Degree College Neeli Nallah Udhampur organised a series of activities from 19th of November to 25th of November under the aegis of Communal Harmony and National Integration Week Celebrations.

The week-long activities were carried out under able guidance of the Principal of the College, Prof. Hans Raj. During the week-long celebrations, various activities were organised on the theme 'Communal Harmony: Need of the Hour' such as

Essay writing competition, Symposium, Poster Making & Slogan Writing Competition, Cleanliness of the Campus and Rangoli Making Competition.

The weeklong celebration ended with an awareness rally on Communal Harmony and National Integration which was flagged off by the Principal of the College.

During the rally, students were carrying placards depicting the message of national unity; brotherhood and Communal harmony and students were also raising these slogans. During the valedictory function, the

Principal of the College appreciated the efforts of NSS PO and Organising Committee members for holding such a Mega event and also congratulated the students for their participation in the event with zeal and enthusiasm.

Dr. Radha Rani, NSS PO, coordinated the whole event. Prof. Swati Dutt, Prof. Shasta Yasmeen and Manisha Kancharu were the members of the organising committee. Dr. Renu Gupta, Imtiaz Bhatti, Dr. Ranjeeta Langey, Parul Chibber and Shalika Jamoria also participated in the celebration.

95 Doda women entrepreneurs complete training to avail benefits of Tejaswini Scheme

JI NEWS SERVICE
DODA, NOVEMBER 25: A group of 95 women aspirants completed their training under Tejaswini scheme of Mission Youth initiative under the Entrepreneurship Development Program (EDP).

The EDP was held at JKEDI, District Centre, Doda with effect from October 29 to Nov 11, 2022 in which women aspirants within the age group of 18-35 years were trained for self-employment and entrepreneurship development. The candidates were trained for services, trading, manufacturing and agri-allied activities under the Tejaswini (the Radiant scheme of the Mission Youth J&K).

The training program based on Entrepreneurship lasted for 10 days and the trainees were provided basic business training to help them establish small business ventures like retail outlets of readymade garments, boutiques, salons, electrical goods, provisional stores, poultry, sheep and dairy farms in different areas of Doda. The services of various guest faculties from line departments were utilised during the EDP. An interaction and experience sharing of a successful entrepreneur sponsored by JKEDI was also part of the program to motivate these young aspirants towards self-employment.

The EDP certificates were distrib-

uted in an impressive valedictory function at Conference Hall of DC office, Doda by District Development Commissioner Vishesh Paul Mahajan, in presence of ADDC, Pran Singh, Deputy Director Employment, Idrees Lone, DIO, Ashraf Wani, Cluster Head JK bank, Majid Pervaiz, Nodal Officer JKEDI, Abid Hussain Khan, Office Associate JKEDI, MR Vinod Shant Employment officer DF&CC Doda and other officials of line departments, Doda.

DDC and ADDC Doda also interacted with women entrepreneurs and discussed with them about their future plans regarding business establishment and management.

Doda Admin goes tough against absenteeism

Conducts surprise inspection of offices to check attendance, delivery of services

JI NEWS SERVICE
DODA, NOVEMBER 25: To evaluate the public service delivery in the government offices including Schools and Hospitals, District Administration Doda, under the directions of Deputy Commissioner

Vishesh Paul Mahajan, conducted inspection of the government offices, schools and hospitals across the district. ADM (ADC Doda) inspected the offices in Doda town, while ADM (ADC Baderwah) inspected offices in the Baderwah

town. All SDMs and Tehsildars visited the government establishments in their respective jurisdiction.

The officers conducted special inspections to check the attendance and effectiveness of public services delivery.

The ADC Doda said that the inspections would be made a regular activity in future and maintained that the District Administration was committed to make available best services to the citizens, especially during ensuing winter.

RBI conducts intensive consumer financial awareness program at Doda

JI NEWS SERVICE
DODA, NOVEMBER 25: Reserve Bank of India, Jammu today conducted an awareness event under Nationwide Consumer Financial Awareness Programme, here at Community Hall Doda.

The programme aims at improving customer relation with financial institutions and general awareness on extant regulations to protect consumer interests, alternative grievance redress mechanisms, safe banking practices, etc., under the aegis of "Azadi Ka Amrit Mahotsav", RBI

Kehta hai, Jankar Baniye, Satrak Rahiye Programme being organised by various Banks and RBI in all over India from 1st Nov to 30th Nov.

Deputy Commissioner, Vishesh Paul Mahajan was the chief guest on the occasion, besides RBI ombudsman, RM SBI, LDM, Cluster Head JK Bank Doda, Director RSEI, SBI BM Doda, and Branch Manager PNB, EDB, ICICI attended the program.

RBI Ombudsman Ramesh Chand discussed in detail about complaints & redressal mechanism, Digital frauds and avenues available to cus-

tomers. Sushil Kumar Hans, RM SBI discussed customer grievances Redressal mechanism, customers' rights and other issues related with financial institutions working under RBI.

In his address, the DC urged the public to stay vigilant against cyber frauds and asked the RBI officials to give wide publicity to the safeguards available for the customers and circulate the helpline number(s) among them through which they can register their complaint in case they feel cheated.

CHC Katra, SMVDCON observes Int'l Day for Elimination of violence against Women



JI NEWS SERVICE
KATRA, NOVEMBER 25: Community Health Centre Katra and Shri Mata Vaishno Devi College of Nursing, (SMVDCON) today organised an awareness event to observe International Day for Elimination of Violence Against Women and Girls.

The event was held under the guidance of Block Medical Officer Katra, Dr. Gopal Dutt; Principal SMVDCON,

Shailla Cannie and Tutor Nursing, Sushma Kumari.

The speakers elaborated the objective of observing the International Day for the Elimination of Violence Against Women and Girls. They said that the day is observed to educate the public about one of the most widespread, persistent and devastating human rights violations in society. "It might take the shapes like intimate partner vio-

lence, sexual violence, human trafficking and child marriage etc. Most of the time violence against women and girls remains unreported due to impurity, silence, stigma and shame surrounding it" they said.

The speakers also elaborated on the adverse psychological sexual and reproductive consequences of Violence on women at different stages of their life. "Violence against women continues to be an obstacle in achieving equality, development, peace as well as to the fulfillment of women and girl's human rights," they said.

During the event students of SMVDCON presented a beautiful skit role-play depicting and displaying the various issues related to VAW&G.

A large number of visitors, patients and officials/officers of CHC attended the programme with a pledge to support every initiative which would curb violence against women and girls to make our society happier and healthier.

Director RDD visits Kathua to review implementation of PMAY scheme

JI NEWS SERVICE
KATHUA, NOVEMBER 25: Director Rural Development Department (RDD) Jammu Mohammad Mumtaz Ali today conducted surprise visit to Nagrota Gujroo, Mandli and Billawar blocks of District Kathua to check the verification of the beneficiaries under PMAY G/Aawas plus being done by implementing PMAY G Camps.

The Director also inspected a capacity building cum training programme organized under RGSA scheme of RDD at Panchayat Lakri of Nagrota

Gujru. He also visited panchayat Gurah Kalyal of block Mandli and panchayat Dher of block Billawar. The Director impressed upon all the officials and PRI members to adopt an honest approach while effecting the additions and deletions under PMAY/Aawas.

The Director also reviewed the overall progress of the District with regard to PMAY G and Aawas plus at Billawar. He enquired from the PRI Members and general public regarding the ongoing verification process under Aawas plus which is underway across

the District wef 20.11.22 and shall conclude on 27.11.22.

The Director asked the concerned officers to work in a mission mode for the successful implementation of the scheme and ensure that the benefit of the same reach to the last eligible person.

The Director further said that PMAY is a flagship housing scheme of the Government and the concerned Departments have to play a proactive role in ensuring that the beneficiaries complete constructions in a time bound manner.

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DDC Rajouri reviews progress of Adhar enrollment

JI NEWS SERVICE
RAJOURI, NOVEMBER 25: District Development Commissioner Rajouri, Vikas Kundal today chaired a meeting of the concerned officers to review the progress of Adhar enrollment.

Aadhaar system provides single source offline/online identity verification across the country for the Indian residents.

Once residents enroll, they can use their Aadhaar number to authenticate

and establish their identity multiple times using electronic means or through offline verification.

Seeking the status of Adhar enrollment of 0-6 year age group, the DDC asked the concerned officers to take effective measures to ensure that all eligible children in the said age group are enrolled for Adhar.

The concerned officers from the Health Department were asked to organise special camps in Anganwadi

centres and pre primary schools to ensure that no child in 0-6 age group is left out from getting enrolled under Adhar.

Officers present in the meeting were SSP, Mohd Aslam; ADDC, Pawan Kumar; PO ICDS, Shoket Mehmod Malik; CPO, Mohammad Khurshid; CEO Education, Shailesh Kumari; DSEO, Sandeep Sharma; CMO, Dr Abdul Hamid Zargar; LDM, Sanjeev Bhasin and other concerned officers.

DDC Chairman directs Tehsildar to inquiry into damage caused to cremation ground at Barshalla

JI NEWS SERVICE
DODA, NOVEMBER 25: District Development Council Chairman Doda, Dhanantar Singh Kotwal today visited Barshalla, Thathri to take stock of the extent of damage caused to local Cremation Ground (Shamshan Ghat)

due to ongoing construction work of Kishtwar Highway.

As per the public the Contractor company has dumped material alongside the road resulting in damage to the Shishu Samadhi and Shamshan Ghat of the area. DDC Chairman

directed the Tehsildar Thathri to initiate enquiry in the matter and redress the genuine grievances of the public.

DDC Thathri, Tehsildar Thathri, Sarpanch of Barshalla and Balwana panchayats and the public were present on the spot.

DIET Kathua organises District Level INSPIRE Award Exhibition

8 Models selected for Divisional Level Competition

JI NEWS SERVICE
KATHUA, NOVEMBER 25: District level INSPIRE Award exhibition was organized by DIET Basohli at Government Middle School Chak Sheikhana, Kathua today.

The students from different schools of the Kathua and Samba districts put in their best efforts to showcase their scientific understanding through projects and models.

A total of 75 scientific models and projects were displayed in the exhibition of which 58 models were made by the participants of district Kathua whereas 17 models were displayed by students of district Samba.

CEO Kathua, C.I. Thappa, who was the chief guest, in his address, said that students are the upcoming scientists of the country. He said, "Success and failure go side by side but to be successful you need to put in endless efforts to achieve



your goals." Principal DIET Basohli, Nand Kishore, in his welcome address, shared the status of various training programmes conducted during the academic session 2022-23. He also shared the achievements of the students of district Kathua at Divisional and National level events organised from time to time.

The participant students have prepared their models based on innovative ideas under the guidance of their mentor-teachers. Budding

scientists displayed their models and projects based on solar energy conservation, water conservation, disaster management, modern agriculture, digital India, overloading detector, tsunami predictor etc. in the exhibition.

Appreciation certificates were given to District Resource Persons for their contributions in various training programs being organized by the DIET.

At the end, participation certificates were given to all the participating students and the best 8 models were selected for divisional level exhibition.

Models selected for divisional level competitions are of Arun Sambyal of MS Chack Nathal, Sakshi Thappa of MS Chack Nathal, Jatin Sharma of HS Prangoli, Sakshi Rajput of HS Bhed Bhalore, Isha Devi of HSS Forelain, Stadia Akhter of MS Lakhampur, Afsa Malik of Bhati Public School Samba, Deepak Pandotra of HS Badhori.

PSPS Govt PG College organises awareness event to celebrate Constitution Day

JI NEWS SERVICE
JAMMU, NOVEMBER 25: The Department of Political Science, Padma Shri Padma Sachdev Government P.G. College for Women, Gandhi Nagar Jammu, in collaboration with IQAC celebrated 'Constitution Day' to commemorate the 72nd anniversary of the adoption of the Constitution of India with great fervor and gaiety.

The event was held under the banner of Azadi Ka Amrit Mahotsav and under the patronage of the College Principal, Prof. Minu Mahajan. She applauded the Ministry of HRD, Govt. of India for celebrating Constitution Day, an innovative thought to make all the citizens of India aware of their rights and duties.

The Committee members of Azadi Ka Amrit

Mahotsav comprising Prof. Sujata Sathia, HOD Economics, Prof. Mala Bhasin, HOD Botany, and Dr. Roopali Sathia, Physical Director, and IQAC convener Dr. Yash'Paul and all the faculty members also graced the occasion.

Event coordinator Dr. Harmeet Singh, Assistant Professor from the Department of Political Science, presented the welcome address and delivered a speech on the brief history of the framing of Indian Constitution and read the Preamble of the Constitution.

The staff members and students joined him for a pledge ceremony. He mentioned that Constitution Day, also known as 'Samvidhan Divas', is celebrated in our country on 26th November every year

to commemorate the adoption of the Constitution of India.

On 26th November 1949, the Constituent Assembly of India adopted the Constitution of India, which came into effect from 26th January 1950. Dr. Harmeet Singh also applauded the freedom fighters and the members of constituent assembly for their contribution in making this day possible for us.

Several students and volunteers from the Department of Political Science presented speeches on the formation of the Indian Constitution. Aishpreet Kour of 3rd semester anchored the event. She also highlighted the role played by the members of the Indian constituent Assembly in the framing of Indian

Constitution.

Around 12 students from the 1st sem Political Science participated in the event, namely Kanika, Madhvi Sharma, Shriya Gandotra, Ambika Kesar, Anamika Abrol, Shriya Sharma, Sanjeevani, Khushi, Jiya, Priti Bhai, Sonali Sharma and Sanjya. All the students highlighted the key features of the Constitution and its spirit, which have enabled us to enjoy the benefits of a free society, free speech, and freedom to practice religions.

The Members of the organizing Committee Prof. Paramjeet Singh, Dr. Harmeet Singh, Dr. Vandana Sharma and staff members were also present.

The program was concluded with the vote of thanks proposed by Joyleen Kour of 5th sem.

2-day Workshop on "India-the Mother of Democracy" Commences at GCW Udhampur

JI NEWS SERVICE
UDHAMPUR, NOVEMBER 25: To generate awareness about Political Code, Structure, Procedure, Powers and duties of Govt, fundamental rights, Directives principles and duties of Citizens, a two day workshop on the theme "India: The Mother of Democracy" was held at Government College for Women Udhampur to celebrate Constitution Day, Sawidhan Diwas 2022.

The event was organized by Shikshit Bharat club and Department of Music, in collaboration with the department of political science, as Jan Bhagdiari.

Workshop was formally inaugurated by the College Principal, Dr. Monika Sharma by lighting ceremonial lamp as the chief guest.

In her address, Dr. Monika stressed that the constitution has written laws accepted by people living together in a country and it generates trust and coordination between the government and the citizens. She further added that the constitution specifies the type of government for a country and it also lays



down the supreme law of the country and envisages the fundamental rights and duties of the citizens.

Day 1 of the Workshop was divided into two sessions. In the first session, an Intra Collegiate Quiz Competition was organized, in which five teams of different semesters took part. In the second session of day one an awareness lecture about basics of Indian constitution was delivered by Dr. Shevata Sharma (HOD Pol. Sc.) as the resource person. Addressing the large gathering of students and staff, Dr. Shevata said that

the constitution declares India a sovereign, socialist, secular, equality and liberty and endeavours to promote fraternity. She also highlighted the themes of the constitution i.e. popular sovereignty, republicanism and separation of powers.

Dr. Mool Raj and Arun Gupta Acted as Scorer during quiz contest. While proceeding of the programme were conducted by Miss. Pooja Bharti (HOD Geography) and Miss. Sandhya Thakur. The entire program was organized Assistant Prof. Music and conducted under the con-

venorship of Prof. Yash Paul [HOD History], Yash Kumar Assistant prof. of Music was Co-Convenor, Vote of thanks on this occasion was presented by Shamma Rani Assistant Prof. of Dogri.

Among others remain present on this eve were Dr. Seema Sharma, HOD Music, Keval Kumar, HOD Chemistry, Dr. Sanjeet Kour, HOD Zoology, Prof. Sanjay Kumar, Mushtaq Ahmed, HOD Hindi, Taniya Akhtar, HOD English, Dr. Sanjay Kumar, Other senior faculties and large number of students.

Calamity Relief cases reviewed at Bandipora

JI NEWS SERVICE
BANDIPORA, NOVEMBER 25: The Additional District Development Commissioner (ADDC) Bandipora, Ali Afzar Khan today convened a meeting of SOP committee to review and discuss the calamity relief cases of the damages caused to private property/livestock due to natural calamity.

The meeting was attend-



ed by Additional Deputy Commissioner Bandipora

Waseem Raja, Tehsildar Bandipora/Aloosa Sheikh Tariq, District Treasury Officer Bandipora, Tehsildar Bandipora, Executive Engineer R&B Bandipora and other concerned.

The agenda of the meeting was discussed threadbare and 03 cases were considered and recommended for financial assistance under SDRF norms.

Sarmad Hafeez reviews preparations for winter season at Gulmarg

More slopes, skiing facilities, other snow activities being made available this season, local hoteliers assure full support to make season memorable

JI NEWS SERVICE
SRINAGAR, NOVEMBER 25: Secretary, Tourism & Youth Services & Sports, Sarmad Hafeez today took a detailed review of the preparations made by respective Departments for the upcoming winter season at the World famous resort of Gulmarg.

Sarmad Hafeez took a detailed review of the arrangements made by the Tourism Department, JKTCDC, Gulmarg Development Authority & Cable Car Corporation, Youth Services & Sports to make the winter season at the famed destination more interesting and hassle free for visitors.

Addressing the meeting, the Tourism Secretary impressed upon the concerned Departments and agencies to work together as a single entity to ensure that all facilities at Gulmarg are kept in a state of readiness and visitors leave the destination with memorable experiences.

MD, JKTCDC, Menga Sherpa; Director, Tourism, Kashmir, Fazlul Haseeb; CEO, Gulmarg Development Authority, Ghulam Jeelani, officers of Tourism Department, Youth Services & Sports, JKTCDC, Indian Institute of Skiing & Mountaineering were present in the meeting.

Sarmad Hafeez asked the concerned Departments to work on innovations and new ideas for making the coming season memorable for visitors. In this regard, he suggested working on concepts like illuminations, winter carnival, snow activities, skiing, cuisine, music etc besides quality services in different segments of the tourist interface.

The Tourism Secretary also took a detailed review of the logistics at the destination and directed their upgradation and proper upkeep. He reviewed the snow clearance plan and road connectivity, drinking water supply, homologation of slopes, signages at the

destination, snow safety, working of ski patrols and rescue teams, medical facilities etc. at the destination.

Sarmad Hafeez also reviewed the status of facilities and services available at the local club and other outlets of the JKTCDC and directed constant monitoring and innovation.

He also reviewed the calendar of skiing courses being run by the Youth Services Department and directed close coordination between them and the Tourism Department for optimal results.

The Tourism Secretary asked the local hoteliers to prepare for the coming season in their own way and make improvements in services, rates and experiences to the tourists. He sought their support in creating new experiences at the winter destination so that tourists return back with joyful memories.

The representatives of local hoteliers, who attend-

ed the meeting, assured the Tourism Secretary of their cooperation and support in making the coming winter season at the famed destination a success. They also appreciated the efforts by the Department for improving and strengthening the infrastructure and facilities at the destination.

The meeting was informed that two more slopes with lifts are being added to the facilities which would ensure availability of much more and dispersed skiing facilities to the visitors at the world famous ski resort besides work at the historic church is nearing completion.

The meeting was also informed that a snow clearance plan has already been prepared in consultation with concerned Department and district administration. A medical ambulance has already been made available by the Cable Car Corporation for evacuation of the sick tourists, the meeting was informed.

Elderline hosts Sensitisation programme at Kishtwar

DC asks for providing shelter to homeless Senior citizens

JI NEWS SERVICE
KISHTWAR, NOVEMBER 25: An Awareness-cum-Sensitisation programme on Elderline 14567 was held today here in the VC room of DC office complex Kishtwar.

Deputy Commissioner, Dr. Devansh Yadav also reviewed the functioning of the Elderline in the District and held a series of deliberations.

Among others, the programme was attended by: ADM SP Rajinder Singh; SDM Chhatroo, Inderejeet Singh Parihar; SDM Paddar, Dr Rishi Kumar Sharma; SDM Marwah, Dr Mohsin Raza; DSWO, Zubair Ahmed; Tehsildar Kishtwar,



Umar Muneeb, TSWOs and Field Response Leader (FRL) JK Elderline.

Besides, the Tehsildars of other tehsils attended the meeting through virtual mode.

Elderline is an initiative of the Ministry of Social Justice and Empowerment Government of India and it

is being implemented by HelpAge India in collaboration with the Department of Social Welfare Government of J&K. The helpline number 14567 is available for elderly and senior citizens from 8 am to 8 pm, to seek any legal, medical, emotional or any other kind of help.

On this occasion FRL, JK

Elderline gave a detailed powerpoint presentation on the functioning of Elderline. He also discussed the role of different stakeholders involved in the scheme.

The Deputy Commissioner instructed the SDMs to designate a room in all the PHCs as a temporary shelter place for homeless Senior citizens till they are shifted to Senior Citizen Home established at District Headquarter Kishtwar.

The Deputy Commissioner instructed FRL, JK Elderline to send regular inputs to the ministry and suggested making the helpline operational round the clock.

JMC seals Jewellery Showroom at Channi Himmat

JI NEWS SERVICE
JAMMU, NOVEMBER 25: The Jammu Municipal Corporation today sealed the showroom of Roshan Shah Jewellers at Channi Himmat for violating the building nor

As per the JMC, Roshan Shah Jewellers was carrying out the commercial activity in its building at Channi Himmat in violation of the set norms.

"After following due course of law under provisions laid down under Control of Building Operations Act ,1988, the Enforcement wing of Jammu Municipal



Corporation sealed the Building to restrain the violator to undertake any commercial activity," the JMC

stated. "Jammu Municipal Corporation, in its endeavor to make the City encroachment and violation free, fervently appeals the residents to adhere to the extant Building and Civic laws" it stated further.

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PMGDISHA: 7202 persons covered under digital literacy mission in Kishtwar district

DC asks for target driven approach to saturate targeted population



JI NEWS SERVICE
KISHTWAR, NOVEMBER 25: To review the progress in the implementation of the Pradhan Mantri Gramin Digital Saksharta Abhiyan (PMGDISHA) in the district, Deputy Commissioner Kishtwar Dr. Devansh Yadav today chaired the meeting of District Level Committee, here.

The meeting was attended by SDM

targeted 25400 have been covered under the digital literacy mission in the district so far.

The DC asked the District Manager CSC to mobilise the VLEs in the rural areas to cover all the eligible persons under the scheme as per the guidelines issued by the government.

He stressed on adopting a target driven approach at each Panchayat to saturate the target group with this digital/e-literacy scheme in a time-bound manner.

Further, all the concerned Departments were asked to work in a collective and responsible manner and involve local PRIs, ASHAs, AWWS, SHG members, Youth Clubs and designated VLEs to ensure the effective implementation of the e literacy mission in rural areas.

Paddar, Dr Rishi Kumar Sharma; DPO, Sunil Bhatyal; DSWO, Zubair Ahmed; CMO, Dr Chandner Prakash; Tehsildar Headquarters, Chandner Shekhar Sharma; DIO/ALC Amit Kumar; District Manager, Suman Kapoor; District Coordinator Shagufta Malik, and other representatives.

At the outset, the meeting was informed that 7207 persons against the

targeted 25400 have been covered under the digital literacy mission in the district so far.

The DC asked the District Manager CSC to mobilise the VLEs in the rural areas to cover all the eligible persons under the scheme as per the guidelines issued by the government.

He stressed on adopting a target driven approach at each Panchayat to saturate the target group with this digital/e-literacy scheme in a time-bound manner.

Further, all the concerned Departments were asked to work in a collective and responsible manner and involve local PRIs, ASHAs, AWWS, SHG members, Youth Clubs and designated VLEs to ensure the effective implementation of the e literacy mission in rural areas.

Final Photo Electoral Rolls published in Ramban district

JI NEWS SERVICE
RAMBAN, NOVEMBER 25: The Final Photo Electoral Roll for twin Assembly Constituencies of AC-54-Ramban and AC-55: Banihal was published today by the District Election Department



Ramban.

The Final Photo Electoral Rolls with October 1, 2022, as a qualifying date, was published in presence of the District Election Officer, Musarrat Islam at district headquarters.

Additional Deputy Commissioner, Harbans Lal Sharma; Dy.DFO, Lal Chand; ERO, AC-54-Ramban, Giasul-Haq, and AEROs Rafiq Ahmad were also present on the occasion.

The Final Photo Electoral Rolls have also been published at ERO offices AC-54-Ramban and AC-55-Banihal, AERO offices at Rajgarh, Batote, Ramban, Ukhral, Ramsoso, Khari, Banihal, and Gool. The Booth level officers also published final photo electoral rolls at their respective polling stations.

The Election Department also made available the final photo electoral rolls on the official website of the District Administration Ramban at the given link URL://ram-ban.gov.in/.

Additional Deputy Commissioner, Harbans Lal Sharma; Dy.DFO, Lal Chand; ERO, AC-54-Ramban, Giasul-Haq, and AEROs Rafiq Ahmad were also present on the occasion.

The Final Photo Electoral Rolls have also been published at ERO offices AC-54-Ramban and AC-55-Banihal, AERO offices at Rajgarh, Batote, Ramban, Ukhral, Ramsoso, Khari, Banihal, and Gool. The Booth level officers also published final photo electoral rolls at their respective polling stations.

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FROM THE FRONT PAGE

Union Minister...

witness Launch of digital J&K initiatives and Signing of MoUs by the J&K Government.

The National Awards for e-Governance (NAeG) will be presented under 5 categories of the NAeG Scheme - 2022 to 18 e-Governance initiatives at Central, State and District levels, Academic & Research Institutions and Public Sector Undertaking, the Secretary informed.

The Secretary also said that the digital innovation will play an important part in the next decade for governance to transform India into a digitally empowered society and knowledge economy. This will necessitate conversations around topics and technologies which would shape Digital Governance in the future to enhance the delivery of Government services to citizens, he added.

This conference will be a platform for discussion on some of these technologies by inviting distinguished speakers to share their knowledge and insights on the subject, the Secretary said.

He further said that the conference would provide considerable momentum to the e-Governance initiatives across the country including J&K, providing opportunities for civil servants and industry captains to showcase their successful interventions in e-Governance in improving end-to-end service delivery.

Discussions will be held on ten sub-themes in Plenary sessions on Digital Governance Across Whole-of-the-Government, Digital Economy Strengthening Start-up Ecosystem & Employment Generation, Modern laws to promote national growth and to secure citizen's rights, Transparent and Real-time Grievance Management System, 21st Century Digital Infrastructure for next-generation services and security in cyberspace, Shifting the gear on emerging technologies from exploration to population scale solutions, the role of e-Governance in bridging the digital divide, Digital Governance for Enhancing Ease of Doing Business and Ease of Living, J&K State: Digital Transformation in Jammu & Kashmir, and e-Governance Initiatives in J&K.

Delegates from Central Ministries/Departments and 28 States and 8 Union Territories have confirmed their participation in the Conference, over 1600 delegates are expected to attend this Conference at Katra, the Secretary informed.

He further informed that an Exhibition will also be organized during the event to showcase India's achievements in the field of e-Governance, along with a Wall of Fame/ photo exhibition on the award winners.

Senior Secretaries from the Government of India including Shri Alkesh Kumar Sharma, Secretary, Ministry of Electronics and Information Technology; Shri Arun Kumar Mehta, Chief Secretary, Government of Jammu & Kashmir; Shri Amar Nath, Additional Secretary, DARRG, Dr. Saurabh Garg, CEO, UIDAI, Dr. Rajendra Kumar, DG, ESIC, Ms. Prema Puri, Commissioner/Secretary, IT, Government of Jammu & Kashmir, Shri J R K Rao, CEO National Institute of Smart Governance and Dr. S.N. Tripathi, DG, IIPA will also address the Conference, the Secretary informed.

Commissioner Secretary, Department of Information Technology, Prema Puri who was also present during the press briefing said that it's a matter of pride for J&K that 25th National e-Governance Conference is being held at Katra in J&K, also when J&K would be receiving two awards in this national conference.

Besides officers and officials from various departments, CEO, JaKeGa, Abhishek Sharma, Assistant Director, PIB Jammu, Ayushi Puri and Media & Communications Officer, PIB Jammu, Sh. Sheikh Mudasir Amin were also present.

Final electoral...

This was followed by a period of 15 days till 10th November, 2022 for the disposal of all claims and objections.

During this period a record 1140766 claims were received through Form-6 for inclusion of names in the Electoral Rolls across the UT. Out of these, 1128672 claims were accepted and only 12096 claims were rejected. This included 301961 claims of inclusion in the age group of 18-19. A total of 412157 requests for deletion were received out of which 358222 were accepted and 53935 were rejected.

This resulted in a net increase of 772872 electors in the Final Electoral Roll, i.e. a 10.19% net increase of the registered electors over the Draft Roll.

The final Electoral Rolls have a total of 8359771 electors, out of which 4291687 are Male, 184 are Third Gender and 4067900 are Females. The Elector Population Ratio has increased from 0.52 to 0.58 during this SSR. The Gender Ratio of the Final Electoral Roll has increased from 921 to 948.

This was for the first time in the history of J&K that more than 11 lakh names were included in a single SSR period.

India's efforts...

to China's repeated moves to block New Delhi's efforts to blacklist Pakistan-based terrorists at the UN.

India's Permanent Representative to the UN, Ambassador Ruchira Kamboj, said terrorism continues to pose a "grave threat" to international peace and security, as IS15 and al-Qaeda affiliated and inspired groups, particularly in Asia and Africa, continue to operate and target civilians and security forces.

"Lest we forget, in November 2008, 10 terrorists entered the city of Mumbai through sea route from Pakistan, ravaging the city for 4 days, killing 166 people, including 26 foreign nationals," she said on Wednesday in her remarks to the UN Security Council Joint Briefing by the Chairs of the 1267/1373/1540 Committees to the Security Council.

Her remarks came ahead of the 14th anniversary of the 26/11 terror attacks in India's financial capital Mumbai.

"Our efforts to sanction the perpetrators and facilitators of these terror attacks were blocked in the past for political reasons. These actors continue to walk free and have been organising further cross-border attacks against my country," she said, amid repeated holds by China on bids by India and the US to designate Pakistan-based terrorists and entities.

SC seeks response...

of senior advocate Mukul Rohatgi before issuing the notices on the pleas.

"Issue notice returnable in four weeks. Liberty to serve the central agency. Notice is also issued to the Attorney General for India," the bench said.

The pleas sought direction seeking recognition of the marriage of two gay couples under the Special Marriage Act.

One plea was filed by gay couple Supriyo Chakraborty and Abhay Dang who live in Hyderabad.

The second plea was filed by gay couple Parth Phiroze Mehrotra and Uday Raj.

They seek a direction that the right to marry a person of one's choice be extended to persons belonging to LGBTIQ (lesbian, gay, bisexual, and transgender and Queer).

The plea said that non-recognition of same-sex marriages is violative of right to equality and right to life under articles 14 and 21 of the Constitution. A five-judge Constitution bench of the Supreme Court in 2018 had unanimously decriminalised part of the 158-year-old colonial law under Section 377 of the IPC which criminalises consensual unnatural sex. (Agencies)

Centre releases...

Cess collection till October, 2022 is only Rs.72.147 crore and the balance of Rs. 43,515 crore is being released by the Centre from its own resources. With this release, the Centre has released, in advance, the entire amount of Cess estimated to be collected this year till March-end available for payment of compensation to States," the statement added.

This decision was taken to assist the States in managing their resources and ensuring that their programmes especially the expenditure on capital is carried out successfully during the financial year.

"Even in May this year, the Central Government had released Rs. 86,912 crore as provisional GST compensation to States for the period Feb-May 2022 despite the fact that there was only about Rs. 25,000 crore in the GST Compensation Fund, by making arrangement of funds of around Rs. 62,000 crore from its own resources," the statement said.

Goods and Services Tax was introduced in the country with effect from July

1, 2017 and states were assured for compensation for loss of any revenue arising on account of implementation of GST as per the provisions of the GST (Compensation to States) Act, 2017 for a period of five years.

For providing compensation to States, Cess is being levied on certain goods and the amount of Cess collected is being credited to Compensation Fund. Compensation to States is being paid out of the Compensation Fund with effect from July 1, 2017.

In other news, Union Finance Minister Nirmala Sitharman has chaired a pre-budget meeting with the finance ministers of all States and Union Territories today for taking their inputs and suggestions for the upcoming Budget for 2023-24.

Besides Sitharaman and state/UT finance ministers, Union MoS for Finance Pankaj Chaudhary and Bhagwat Karad, secretaries from various arms of Union finance ministry, Chief Economic Advisor Anantha Nageswaran, among others attended the meeting.

The Budget for 2023-24 is likely to be tabled on February 1. Notably, it will be the last full Budget for Modi 2.0 government before the Lok Sabha elections to be held in April-May of 2024. (Agencies)

LG Ladakh meets...

Personnel, Public Grievance-nces, Pensions, Atomic Energy and Space, Dr Jitendra Singh, when Lieutenant Governor of Ladakh, R K Mathur called on him at North Block today.

The Night Sky Sanctuary will attract tourists from across the world to the picturesque Union Territory of Ladakh and also boost astro-tourism in the region. It will offer a rare opportunity to watch the sky in its full glory of stars and planets in the night from a height of about 15,000 feet in a sparkling background with not an iota of air pollution or atmospheric moisture.

This was a follow-up to the meeting held between the two in the month of September this year, when the Union Minister had announced that the setting up of India's first-ever "Night Sky Sanctuary" in Ladakh, the Dark Sky Reserve will be completed within 3 months. The two leaders also discussed a wide range of development related issues pertaining to the Union Territory.

RK Mathur apprised the Union Minister Dr. Jitendra Singh about the Rozgar Mela held on 31st October in Ladakh where the UT Administration gave away appointment letters to around one thousand local youth, furthering the call of Prime Minister Narendra Modi to give jobs to the deserving youth of the country.

While discussing the various projects, Dr. Jitendra Singh said, Prime Minister Narendra Modi has always accorded highest priority to Ladakh and other peripheral regions.

Dr. Jitendra Singh appreciated the efforts of RK Mathur-led Ladakh administration in carrying out development work in various spheres in Ladakh. The Union Minister assured all possible assistance of the Centre in completion of development projects in the UT.

Mathur informed the Union Minister Dr. Jitendra Singh about the status of several public welfare and developmental projects in Ladakh.

In a unique and first-of-its-kind initiative, the Department of Science & Technology (DST), Govt of India, has undertaken to set up India's first-ever "Night Sky Sanctuary" in Ladakh. The proposed Dark Sky Reserve will be located at Hanle in Ladakh as a part of Changhang Wildlife Sanctuary. It will boost Astro tourism in Ladakh and will be one of the world's highest-located sites for optical, infra-red, and gamma-ray telescopes.

No institution in...

Association (SCBA) here, he said judges are faithful soldiers who implement the Constitution.

Since 2015, November 26 is observed as Constitution Day to commemorate the adoption of the Constitution by the Constituent Assembly in 1949. Earlier, the day was observed as Law Day.

On the issue of collegium, the CJJ said: "Finally, criticism about the collegium. I thought I will reserve the best for the last. No institution in a constitutional democracy is perfect. But we work within the existing framework of the Constitution as it is interpreted and given to us. All the judges of the collegium including me, we are faithful soldiers who implement the Constitution. When we talk of imperfections, our solution is to work our way within the existing system."

He said getting good people in the judiciary and paying them high salaries would not reform the collegium system.

"The president (of SCBA) raised a query about good people. Getting good people to enter the judiciary, getting good lawyers to enter the judiciary is not just the function about reforming the collegium. Getting to be judges is not a function of how much salary you give judges. However high you pay judges, it'll be a fraction of what a successful lawyer makes at the end of one day," the CJJ said adding that people become judges for a sense of commitment to public services.

He also said becoming a judge is a call of conscience.

"Getting good people to become judges is first and foremost about inculcating upon minds of young members of bar about the limitless ability which lies in the power of every judge to give good society.

"Good judging is about being compassionate, Good judging is about understanding problems of people, not being judgemental about people whose lives you may not agree with. Good judging is about understanding why a criminal becomes criminal. When we need to have good people within the system, the answer lies somewhere else. That answer lies in mentoring young people by giving them the ability to become judges," he said.

60 percent work...

Himalayas, in J&K.

Afcons spokesperson said, "We have constructed 7.32km of the tunnel from the north portal (Arpinchala Village) which is at an altitude of 1,600M."

Chandra Shekhar Dixit, Afcons' Project Manager said, "One of the major challenges was the pouring of overt gantry concrete from an upward gradient to a downward gradient. The pouring rate of overt gantry concrete should not be more than 5.8 cum/hr. If the pouring rate is increased then there are chances of bulging of the gantry which will lead to misalignment. To avoid this, the team effectively and meticulously ensured accurate pouring rate, and the gantry mechanism was minutely surveyed."

There were other geological challenges like cavity formation due to the presence of a shear zone in the escape tunnel. The construction activities were also impacted by huge water ingress.

The spokesperson said, "Despite numerous challenges the breakthrough of the tunnel was achieved in February this year."

T49 Highlights

T49 is the longest railway tunnel in the country

The tunnel is 12.75 km long and surpasses the Peer Panjal Tunnel (11.2 km)

It is part of the USBRL project

Breakthrough of the tunnel was achieved on February 15, 2022

Afcons has constructed 7.32 km (nearly 60%) of the total tunnel

Afcons has constructed the tunnel from the north portal which is at an altitude of 1,600 m

At minus 1.4°C...

on the previous night. The temperature was 1.5°C below normal during this time of the year for the capital city so far, he said.

Qazigund recorded a low of minus 2.2°C against minus 2.0°C on the previous night. The temperature was 2.3°C below normal for the gateway town of Kashmir, he said.

In Pahalgam, the mercury settled at minus 3.6°C against minus 4.4°C on the previous night and it was 1.2°C below normal for the south Kashmir resort.

Kokernag recorded a low of minus 0.5°C against minus 1.0°C on the previous night and it was 1.1°C below normal for the place, he said.

Gulmarg recorded a low of 0.0°C against minus 2.4°C on the previous night. It was 2.1°C above normal for the world famous skiing resort in north Kashmir's Baramulla district, the official said.

In Kupwara town, the mercury settled at minus 2.4°C, the same as on the previous night, the official said. It was 1.9°C below normal for the north Kashmir place, he said.

Jammu recorded a low of 9.8°C against 9.1°C on the previous night. It was 1.7°C below normal for J&K's winter capital, he said. Banihal recorded a low of 5.0°C (2.6°C above normal), Batote 5.6°C (0.8°C above normal), Katra 9.8°C (0.1°C above normal) and Bhardarwah 3.4°C (1.3°C above normal).

In Ladakh, Kargil recorded a low of minus 11.3°C, Leh minus 8.8°C and mercury in Drass, the world's second coldest place after Siberia, settled at minus 12.7°C, the official said.

The MeT department has forecast mainly dry weather for next 24 in J&K and said that no large change was expected till the end of this month. (Agencies)

J&K To See...

erstwhile state of Jammu and Kashmir in 2019, has received investment proposals from various business houses to the tune of about Rs 56,000 crore while sanctions have been granted to proposals worth Rs 38,000 crore, they said.

The work is already on for projects worth about Rs 12,000 crore, a top official of the administration said.

He said Jammu and Kashmir Lieutenant Governor Manoj Sinha has directed officials and authorities to ensure that all activities that are linked to the people are made "vibrant and viable".

The government is translating land records into as many as 22 Indian languages so that investors can readily use them and even locals can peruse them, a senior revenue department official said.

For this purpose, software developed by C-DAC is being used, he added. Officials said the Union Territory (UT), over the last three years, has attracted investments mainly in the manufacturing and food processing sectors, and some projects in automobile and allied sectors are being discussed at present.

"The aim is to boost the overall economy of the state. At the same time, we are working on the tourism sector and development sector in a major way so that the income of locals can be boosted. The government has recently relaxed and streamlined guidelines related to opening of home stays in the Kashmir Valley, including in remote areas," a senior officer said.

People having four or less rooms with basic living amenities for tourists can obtain the licence by applying on the tourism department portal, he said. We are holding hospitality-related training for the hosts, the officer said.

Some new locations for adventure sports are being developed and the infrastructure present at Gulmarg and other locations is being bettered, the officer said.

"The aim of all these initiatives is to ensure that the local youth does not drift towards terrorism and at the same time, Kashmiris get the benefits of what they deserve. Defining Kashmir only through the security scenario should end," another officer said. (Agencies)

DB directs...

submitted by the Jammu Municipal Corporation to the Principal Secretary to Government Housing and Urban Development Department, Civil Secretariat, Jammu, regarding the various projects under Smart City Plan (SCP). In the compliance report, it is stated that there is no proposal under the Jammu Smart City Project for construction of flyover from Shakuntla Chowk-Balwinder Chowk-Amphalla, Jammu connecting Jail Road and New Plot, Janipur. However, the MetroLite Project for Jammu City encompasses the following proposal-

"The Proposed Jammu MetroLite under its comprehensive Mobility Plan (CMP) includes the development of Bantalab-Greater Kailash-Bari Brahmna Corridor, which includes the target area of the PIL No. 43/2013 and the projected designated capacity of the MetroLite for the route is sufficient to accommodate the total traffic of Public Transport along with this Corridor. All the documents related to Jammu MetroLite viz DPRs approved by the AC, the comprehensive Mobility Plan (CMP) and the Alternative Analysis Report have been forwarded to MoHUA, Government of India for appraisal and funding of the project.

A copy of the OM No. HUD-LITOMISC/85/2021-12504 dated 10.09.2021 is enclosed.

Advocate General DC Raina submitted that the Jammu MetroLite under its comprehensive Mobility Plan (CMP) includes the development of Bantalab-Greater Kailash-Bari Brahmna Corridor and all the documents related to Jammu MetroLite viz DPRs approved by the Administrative Council (AC), the comprehensive Mobility Plan (CMP) and the Alternative Analysis Report have been forwarded to Ministry of Housing and Urban Development Department, Government of India for appraisal and funding of the project. The communications referred along with the projects showing future of the projects have also been enclosed with the status report.

Adv Aditya Sharma appearing for the petitioners submitted that in the event the de-congestion of traffic in the Jammu city is ensured in terms of the MetroLite Project, the petitioners shall also feel satisfied, however, the perusal of the compliance report reveals that same is dependent on the release of funds by the Government of India.

DB satisfied with the stand taken by the Government of Jammu and Kashmir in consultation with the Government of India, in meeting the requirement of congestion of traffic in the city of Jammu and widening of roads as also the road connectivity as extended to large extent, we feel that the approach adopted by the Government of J&K and Government of India in dealing with the interests of the people shall satisfy the petitioners to the extent they have projected in this PIL and ordered that

there is no further requirement to proceed in this PIL, as such, the same shall stand closed. However, DB hope and trust that the authorities will ensure completion of these projects for the convenience of public and for de-congestion of traffic in Jammu city. JNF

Three Boys Drown...

deep waters of the Bhini river while bathing, they said.

Police launched a search operation after they received information about the incident from locals and fished out the bodies from the river, they said.

IED found in minibus...

SSP Ramban Mohita Sharma told reporters here.

"It was wrapped in plastic and concealed in a box. The IED was later destroyed safely in a controlled explosion. It was a narrow escape for passengers of the minibus," she added. "We have detained the driver and conductor of the minibus for questioning," the SSP said. The bus was intercepted at the Nashri checkpoint. An investigation is on to find out what material used in this IED, the SSP said.

Govt announces...

from December-05 to 19. Top officials in the administration said that it has found it appropriate to announce the closure of schools for winter vacations in a phased manner from December-05. "For primary level classes upto 5th standard, the vacations will be announced from December-05," the official said.

It also said, "For 6th to 8th standard, the closure of schools for winter vacations will be announced and applicable from December-12."

The official further said that in case of secondary and senior secondary level students, vacation will be announced from December-19.

Pertinently, a day before, Directorate of School Education Kashmir (DSEK) had proposed the government to announce the winter vacations in a phased manner between December-01 to 10. (KNO)

Pensioners to get...

(SKIMS), Srinagar Prof. Farooq A. Jan said that all Central Government Pensioners will get benefited under CGHS scheme who will be provided cashless treatment. All the modalities in this regard have been finalized, he added.

A meeting via Google link was held on Friday between officials of SKIMS included Prof Parvaiz Koul Director, Prof Farooq A Jan Medical Superintendent, Dr Samina Mufti Administrative incharge OPD and MRD, Er Farooq A Wani Superintendent Eng IT, Bilal Chief Accounts officer and Dr. Ashwani AD CGHS Chandigarh.

Student induction program concludes at GCET Jammu

J1 NEWS SERVICE
JAMMU, NOVEMBER 25: Two-week student induction program for B.E. first year students, 2022 batch, organized by the student induction program cell, GCET, Jammu, as per the guidelines of AICTE, culminated today. The program was organized under the Patronage of Prof. (Dr) Samera Sharma, Principal GCET.



During the valedictory function, Prof. (Dr) Samera Sharma, appreciated students for their enthusiastic participation in the induction programme for their inclusive development of personality. She further stated that it was designed not only to guide students for various job prospects but also to explore their latent talent and creativity. On this occasion Prof. (Dr) Bhopinder Singh interacted with the students and motivated them to be focused in their studies, to achieve their goal.

The closing address was delivered by Prof. (Dr) Anita Brar, Coordinator for Student induction program. She highlighted the objective of the programme to make students inquisitive learners, socially conscious, ethically and morally upright individuals.

The program was followed by lectures and inter-

active sessions by experts and eminent speakers from reputed institutes/ companies across the country. Several doubts and queries were raised by the students during the interactive session and were answered amicably by the experts. All the sessions were interactive, motivating and insightful. Interactive sessions on "Stress Management" were given by Dr. Meenakshi Kotwal and Prabha Salathia. Suraj Parkash Rakhwal and Sukhmini Pal Kour delivered lectures on "Time Management" and motivated students to give impetus to their creative pursuits.

An energetic session by Sandeep Sharma and Sanjeev Kumar on "Yog" was well received which

stimulated the minds of students for a healthy and stress free life. Enlightening sessions on "Personality Development, Communication Skills and Interpersonal Relationships" were shared by Dr. Neena Gupta Viji, Dr. Jaya Bhasin from Central University Jammu and Dr. Nancy Handoo. Immediate attention grabber and motivational lectures on how to be a successful entrepreneur and the exposure of campus to corporate were shared by Dr. Sahid Mustafa, Joy Ganjoo and Er. Pankaj Sharma.

Faculty from Host College also held sessions on various topics like "counselling and T&P activity by Dr. Ajay Abrol and Er. Manoj Gupta where as Dr. Sarjesh Singh talked about Innovation and startup followed by an energizing session on Music and laughter therapy by Er. Niraj Dubey. All the sessions were appreciated by the students. Certificates were given to all the eminent speakers and to the student winners of different events.

Lok Adalat settles 22 cases in Poonch

J1 NEWS SERVICE
POONCH, NOVEMBER 25: A Lok Adalat under supervision of Pr. District & Sessions Judge Poonch Ashok Kumar Shavan was organized today in District Courts Poonch, in which Judicial Officers, Bar Members, Bank Employees, litigants and general public participated with full enthusiasm.

While starting Lok Adalat, Chairman DLSA Poonch, Ashok Kumar Shavan (Pr. Distt & Sessions Judge) Poonch

highlighted the positive aspects of Lok Adalat and described it as the need of the hour and stressed upon the general public to come forward to take benefit of these Lok Adalat.

In all two benches were constituted to hear the cases. At District H.Q. the bench was presided by Ashok Kumar Shavan Chairman DLSA (Pr. Distt & Sessions Judge) Poonch.

At Surankote, the bench was presided over by Manzoor Ahmed Khan,

Chairman TISC Surankote.

A total of 51 cases were taken up in today's Lok Adalat including civil, criminal, Bank Recovery, Pre-Litigation and other cases. Out of these 22 cases were settled by the two benches by way of Mediation, Conciliation and compromise. In Bank Recovery 2 cases were settled, 6 Criminal cases, 4 civil cases were also decided and an amount of Rs. 1,90,000 was settled. Light refreshment was also served to all the participants.

Power shutdown

J1 NEWS SERVICE
JAMMU, NOVEMBER 25: Chief Engineer (Distribution) JPDCL Jammu has issued curtailment schedule of Jammu Province (Rural Feeders) on daily basis. According to the curtailment schedule, the areas of Jammu Province (Rural Feeders) are divided into four Groups-A, B, C and D.

As per the schedule, the power supply to the areas of Group A and B, which are Dharmari, Mahore, Arnas, Thuroo, Chinkha, Batote, Sanasar, Dharmoud/Siraj, Boonwari Champa, Assar, Siraj Baggar, Thandapani, Rajgarh, Peera Chanderkote, Gulab Garh, Mahore Back, Badder, Chassana, Reasi, Mahadev, Reasi Rural, Bidda, Katra Back, Old Chanderkot, Karol, Ramban, Batterychashma, Old Gool, Thatharka, Sangaldan, Gool, Dharam,

Parnote, Tanger and Gandhri shall remain affected from 5 am to 8 am, 1 pm to 3 pm, 5 pm to 6.30 pm and 8 pm to 9.30 pm.

Similarly, the power supply to the areas of Group C and D, which are Pouni, Bharakh, Talwara, Bharakh Back, Ransoo Kotla, Sangarh, Hingal, Old Nowgam, Banihal, Sherbibi, Bankoot, Chareel, Nowgam, Lather, Kalidhar, Kottli, Aghar Jitto, Sugal, Gahti, Sundhrani, Panthal, Searly, Nachalana, Old Ukhal, Ramsoo, Paristan, Pogal and Ukharl shall remain affected from 8 am to 11 am, 3 pm to 5 pm, 6.30 pm to 8 pm and 9.30 pm to 11 pm. Meanwhile, the power supply to Jourian, Troli, Muthi, Mara, Bakora, Rakh Muthi, PHE, BSF, Border Migrant, Sohal and adjoining areas shall remain affected on November 26

from 9 am to 2 pm.

Similarly, the power supply to Roop Nagar, lower Roop Nagar, Housing Colony, Boota Nagar, Chinore, Durga Nagar, Areas fed from 33KV feeders Medical, Chatha, Satwari, Toph, Shakti Nagar, Co-Bagh, Canal and adjoining areas shall remain affected on November 26 from 8 am to 2 pm.

However, the Superintending Engineer (Distribution) JPDCL, O&M Circle Kathua has informed that the power supply to Raj Bagh, Jasrota Village, Rakhushari, Karandi Kala, Hamirpur, Amala, Ganvary, Dhaloti shall remain affected on November 26 and 27 from 10 am to 5 pm.

Similarly, the power supply to Nanak Chack, Supwal, Barian etc shall remain affected on November 26 from 8 am to 1 pm.

UNION TERRITORY OF JAMMU AND KASHMIR OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI (PHE) MECH. DIVISION KATHUA NOTICE INVITING TENDER

e- NIT No. 137/JSPHEMK dated: 23-11-2022

Executive Engineer Jal Shakti PHE Mechanical Division Kathua, on behalf of Lieutenant Governor of Union Territory of Jammu & Kashmir, invites tenders by e-tendering mode from registered/ reputed firms.

Name of the Work	Name of the Division	Cost of Tender Document/Tender Fee (In Rs)	Earnest Money	Estimated Cost	Bid Validity
1	2	3	4	5	6
Design, fabrication, installation, testing and commissioning of LT Distribution box cum Switch Fuse Unit, Earthing and Topping up of T.Oil at various stations under Mahanpur Sub Division.	Jal Shakti PHE Mech. Division Kathua	Rs. 200.00 (Non-Refundable) In the shape of Treasury Challan in favour of the Executive Engineer, Jal Shakti PHE Mechanical Division Kathua & also mentioned the e-NIT No. and date	4088/- (pledged to Executive Engineer, Jal Shakti PHE Mechanical Division Kathua)	2.044 lac	Bid shall be valid for 180 days

- Bid documents can be seen at and downloaded from the website <http://jktenders.gov.in> from 23-11-2022 (06:00PM) and uploaded from 23-11-2022 (6:00 PM) to 05-12-2022 (04:00 PM). The complete bidding process will be online <http://jktenders.gov.in>.
- Bids must be accompanied by bid security and cost of Tender Document as specified in column 3 & 4 of the table.
- The bid shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/tenderer withdraws his bid/ tender before the said period or makes any modifications in the terms and conditions of the bid, the tenderer shall be debarred from participating in tendering process for a period of 1 year.
- The Technical Bids of the tender document received shall be opened online in the office of Executive Engineer Jal Shakti Department PHE Mechanical Division Kathua on 06-12-2022 at 01:00 P.M or any other day convenient to the Ex. Engineer in the Office chambers of Executive Engineer, PHE Mechanical Division Kathua.
- The Financial Bids of the tender document of the qualified bidders shall also be opened online in the office of the Executive Engineer Jal Shakti Department PHE Mechanical Division Kathua during office hours and shall be communicated separately.
- Other details can be seen inside the detailed tender document.

No: JSPHEMK/2644-07
Dated: 23-11-2022
DIP/J-12173/22

SD/
EXECUTIVE ENGINEER,
JAL SHAKTI (PHE) MECH. DIVISION,
KATHUA

Measles Rubella elimination program

DC Kishtwar chairs meeting of District Task Force for Immunization

J1 NEWS SERVICE
KISHTWAR, NOVEMBER 25: Deputy Commissioner Kishtwar, Dr Devansh Yadav today chaired a meeting of District Task Force for Immunization (DTFI) to review the implementation of "Measles Rubella elimination programme in India by 2023".

During the meeting, a range of issues related to the challenges and difficulties in achieving the targets under

Measles Rubella immunization were discussed thereabout.

All the Block Medical Officers were directed to complete the line listing of left out / drop out children in the 0-5 year age group by the 5th of December 2022 in all accessible areas and by 10th of December of hard to reach areas also.

Besides, stress was laid on taking all necessary measures for successful

implementation of "Roadmap to Measles Rubella elimination in India by 2023" in District Kishtwar.

The meeting was attended by CMO Kishtwar Dr. Chandar Parkash, PO ICDS Dr Rishi Sharma, WHO representative RRT Jammu Division Dr. Mehak, BMO Kishtwar, Dr. Sat Lal Manhas, BMO Paddar, Dr. Anil Kumar Sharma, Representative of BMO Dachhan and other health officials.

JMC Committed to welfare of its Employees: Mayor

J1 NEWS SERVICE
JAMMU, NOVEMBER 25: In a major development, the long pending demand of casual employees of Jammu Municipal Corporation has been fulfilled as Jammu Municipal Corporation issued notice as per clause 10 of Jammu Municipal Corporation, class 4 of Service Regulations - 2014.

This is the first step towards regularisation of employees of Jammu Municipal Corporation announced today by Mayor, JMC Rajinder Sharma at a press conference held in the Conference Hall of JMC.

He was accompanied by Deputy Mayor, Baldev Singh Billawaria and Chairmen of Standing Committees of JMC, Raj Kumar Tarkhan, Hardeep Singh Mankota and Ajay Gupta.



The Mayor said about 600 employees whose regularization demand was long pending will soon be regularised and this will be the biggest gift from JMC to its employees specially the Safaisathis. As per rules, those who have completed seven years of service as casual wagers are to be regularised in their respective departments, added the Mayor. "I believe the step being taken is going to be historic. This is the

first time such mass regularization will take place," the Mayor added further. The Mayor said "We are committed to resolve all the issues of the employees of JMC and steps are being taken to sort out the genuine grievances of all the employees."

Responding to the Media queries, the Mayor assured that JMC will take every step to provide better facilities to the Jammuites.

SDM Khour visits Pargwal to finalize Land Acquisition cases; disbursement of compensation

Chairs meeting of sectoral officers to discuss various issues

J1 NEWS SERVICE
PARGWAL, NOVEMBER 25: To finalize the documents of various land acquisition cases, SDM Khour, Anil Kumar Thakur today visited Telsid Pargwal.

Compensation cases w.r.t Border Fencing (135 feet wide strip) were also discussed to finalize the disbursement to the land owners.

Various works under the Aspirational Blocks

Development Plan were also inspected by the Sub Divisional Magistrate.

Later, he chaired a one to one meeting of Sectoral Officers along with PRIs to discuss various public issues.

Sectoral officers from PHE, Irrigation, Flood Control, Animal Husbandry and Agriculture departments attended the meeting. Nisha Kumari, BDC Chairperson Pargwal;

Manjeet Singh, Tehsildar Pargwal;

Meenakshi Sarwal attended the meeting.

Bhopinder Singh, Sarpanch Pargwal;

BDO Pargwal and

NOTICE

I Rani Devi C/o Darshan Kumar near Lucky Baba Temple Ward No 31, Bhagwati Nagar Jammu have lost my documents of class 10th diploma session march april 1981, roll no. 6744. I have applied for duplicate, objection if any may be conveyed to Secretary Education Board Jammu within 7 days from date of publication.



GOVERNMENT OF INDIA UNION TERRITORY JAMMU & KASHMIR OFFICE OF EXECUTIVE ENGINEER, MECHANICAL DIVISION, JAMMU Tele-fax: +91-191-2453122, Email: xen-mdjammu@jk.gov.in / mdjxen@gmail.com

NOTICE INVITING TENDERS

E-NIT No: MDJ/Tech/e-NIT/2022-23/80 Dated: 23/11/2022 Due on: 02/12/2022

On behalf of the Lieutenant Governor, Government of Jammu & Kashmir Bids are invited by Executive Engineer Mechanical Division Jammu by e- Tendering mode for undertaking the work as per SBD/BOQ.

S.No.	e-NIT No.	Description of work	Cost of tender	Time of completion	Tender opening authority
1.	MDJ/Tech/e-NIT/2022-23/80	Renovation of Guest House building by way of white washing, repair to wash room fittings, drainage system, carpentry works along with other allied works to make it suitable for housing of Transport Sub Divisional Office.	200.00	30 Days	Executive Engineer Mechanical Division Jammu

The e-NIT consisting of qualifying information, eligibility criteria, specifications, terms & conditions, bill of quantities can be seen / downloaded from J&K Govt. website www.jktenders.gov.in. All other information regarding the e-NIT can be had from the office of the undersigned on any working day during the working hours before due date.

SD/
EXECUTIVE ENGINEER
MECHANICAL DIVISION
JAMMU.
DIP/J-12198/22

THOUGHT OF THE DAY

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

JINDRAH IMAGES

THE GUJARAT POLL NARRATIVE

The battle for Gujarat got all the more interesting with the presence of two BJP chief ministers (and the party's star campaigners) into the electoral battlefield. Both the UP CM Yogi Adityanath and Assam CM Himanta Biswa Sarma have been campaigning in Prime Minister Modi's homestate. But their focus was not so much on development and local issues as it was to raise the Hindutva stakes. One came with bulldozers and the undertone of his speech was the UP Model of campaigning; while the other raised the Shradha murder as a case of love jihad. Sarma's point being that the nation needs a strong leader like the Prime Minister, otherwise an Aftab Poonawalla would emerge in every city. "If the country does not have a strong leader today, a government that respects the nation as a mother, such Aftabs will emerge in every city and we will not be able to safeguard our society," said Sarma. From the other side too, the dialogue has been polarised with the Aam Admi Party leader Arvind Kejriwal who began his Gujarat campaign flirting with Hindutva, talking about putting Ganesh and Saraswati pictures on Indian currency notes. Rahul Gandhi, on the other hand, made a late entry into the Gujarat campaign but came in the wake of his controversial comments criticising Hindutva icon Veer Savarkar. This pitches the Congress firmly on the left side of this debate. If you recall during the 2017 Gujarat polls where the Congress crossed 70 seats and kept the BJP confined to double digits, Rahul Gandhi had led that campaign talking economics—as it was also soon after an unwieldy GST was implemented by the BJP government at the Centre. And he had also visited as many as 26 temples in the state, talked about being a janeu-dhari Brahmin as an attempt to adopt Hindutva as part of the poll strategy. While no one is asking him to start praising Savarkar (if he is so firmly against all that Savarkar stood for), why rake up the Hindutva icon at all. It has endangered his alliance with the MVA in Maharashtra and one is not quite sure what benefit it will give him in neighbouring Gujarat. If the Congress did not want the campaign to be polarised on religious grounds, then wouldn't the party have been better off keeping the focus on jobs, employment, the economy and rights for tribals, backwards, Patidars and other targeted vote banks that are not very pleased with the BJP. In fact, before he was diverted to Delhi to contest the Municipal polls, to give the AAP credit, there is one thing that Arvind Kejriwal had been successful in doing and that was setting the narrative for the Gujarat polls. It was his promise of delivering 300 units of free electricity, the Delhi school and mohalla clinic models that became the talk in the poll-bound state with locals even asking the reporters from the capital about the Delhi model. And those who claim that Kejriwal doesn't have enough boots on the ground in terms of workers and cadres should think again, because that has never been Kejriwal's strength. And yet he has managed to win Delhi and Punjab. The Congress does have a strong presence on ground, what it misses is a consistent leadership. And that is the BJP's biggest advantage and one that is helping it combat a 27-year-old anti-incumbency. That leader is of course the Prime Minister himself, aided by Home Minister Amit Shah. Without the duo, the BJP has seen a pretty rapid round of musical chairs of leadership in the state. But in the end, it comes down to Modi vs the Rest. And that remains the dominant narrative of the Gujarat polls.

CURBING CRIME AGAINST WOMEN NEEDS IRON WILL

Married or not, a woman is always vulnerable to violence, including rape and sexual harassment, both in public and private spaces. According to the National Crime Records Bureau, India recorded an average of 86 cases of rape daily in 2021, while around 49 cases of crime against women were registered every hour.

SUSHMA RAMACHANDRAN

The horrific murder of Shradha Walkar in New Delhi by her live-in partner Aaftab Poonawala, who allegedly chopped her body into 35 pieces, has brought into sharp focus violence against women. This violence includes physical, emotional, sexual or psychological abuse by close partners or acquaintances, including current or former spouses, cohabiting partners, boyfriends etc.

Violence is inflicted on a woman in various ways throughout her life and in fact even before she is born — in the form of pre-natal sex selection and female foeticide — followed by child marriage, forced marriage, dowry-related violence, human trafficking, sexual harassment in public places and the workplace, 'honour killings', acid attacks and rape.

Social practices highlight a pattern of daughter aversion and son fixation. Research has documented a trend of declining girl child sex ratio from 962 per 1,000 males in 1981, to 945 in 1991, 927 in 2001 and 914 in 2011. Patriarchal norms and socio-economic factors have fuelled the decline. The desire for sons has led to a 'policing' of pregnancies by spouses and families through prenatal monitoring systems. The results can lead to sex-selective abortions, which are often forced on women in violation of their sexual and reproductive rights. Despite specific legislation to address this problem, including stringent measures in case of contravention, there is a continuing prevalence of sex-selection practices in many states.

Although the Prohibition of Child Marriage Act, 2006, has resulted in reduction in the overall number of early marriages, the prevalence of such marriages continues to endanger the lives of girls, whether in respect of domestic violence, marital rape or early pregnancies. It also deprives them of numerous human rights, including the right to education.

Married or not, a woman is always vulnerable to sexual violence, including rape and sexual harassment, both in public and private spaces. According to the National Crime Records Bureau, India recorded an average of 86 cases of rape daily in 2021, while around 49 cases of crime against women were registered every hour.

Many victims of sexual violence carry a deep sense of shame, which is exacerbated by the stigma and exclusion they experience, especially from family members and the community, and which may lead to suicide or other acts of self-inflicted violence.

Resistance and denial of sexual favours make a woman a victim of acid attacks. Victims of acid attacks are predominantly those women who challenge patriarchal norms, including opposing a marriage or a suitor's proposal.

Violence against members of certain groups is also alarming. Women belonging to Scheduled Castes, Scheduled Tribes and Other Backward Classes are frequent victims of various forms of discrimination as well as violence. Caste-based



discrimination, which also includes intra-caste hierarchy, continues to be pervasive and widespread.

Legal measures have been instituted to address women's complaints. The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, provides for a complaint committee at all workplaces employing at least 10 persons. Moreover, while penalties are prescribed in the event of a false or malicious plea, the Act seeks to prevent the 'revictimisation' of victims who are unable to provide adequate proof or substantiate a complaint.

Addressing violence against women became a top priority at the national level following the 2012 gangrape-murder.

The outrage and condemnation that followed in India led to the Criminal Law (Amendment) Act, 2013, which recognised acid attacks as a 'specific offence' and provided for penalties for sexual harassment, assault against or use of criminal force on a woman with the intent to disrobe, voyeurism and stalking. The Act improved the legislative framework significantly, introducing new criminal offences and stronger sanctions.

The implementation of the legislation has left a lot to be desired. Under the Protection of Women from Domestic Violence Act, victims require the assistance of a protection officer to lodge a complaint and file a domestic incident report. The recruitment and deployment of protection officers in the country are inadequate; they often work part-time and lack the resources to assist victims to file complaints.

For instance, in Rajasthan, with its population including around 3.2 crore women, there are only 600-odd designated protection officers and about 120 organisations registered as service providers.

Concerns have been raised with regard to the investigation of cases and the prosecution and punishment for crimes committed against women.

Yet, the proportion of women in the police and in the judiciary is seriously low, which contributes to a lack of attention to women's issues. Deeply entrenched patriarchal attitudes of police officers, prosecutors, judicial officers and other civil servants with regard to the handling of cases lead to victims not reporting, withdrawing complaints or not testifying.

The inability to ensure redress for the hapless victims has led to an increase in violence against women and their discriminatory treatment.

The persistence of harmful practices, pervasive gender stereotypes and a patriarchal mindset is of serious concern. Based on the idea of superiority of men over women, such manifestations worsen women's subordination and significantly obstruct effective implementation of relevant legislative and policy measures.

Without comprehensive efforts to address these issues in educational institutions, at the workplace, in the family, in the community and in the media, the elimination of violence against women remains a huge challenge. It is essential that the authorities do not underestimate this challenge in their endeavour to end all forms of violence against women.

Dispirited Oppn seems muted against loud BJP

SABA NAQVI

The hegemony of the BJP is all too visible in travels across Gujarat, not because all people are deliciously happy with the uninterrupted 27-year reign of the party; some indeed are die-hard fans of what can be called 'Moditva', which combines personality worship of the Prime Minister with regional and Hindutva pride. But there are also many among the Adivasis, Dalits and Muslims and a section of the urban working class who are distressed by price rise, unemployment and poor public infrastructure in education and health. They could stay with the Congress, the traditional opposition, or explore the Aam Aadmi Party (AAP) the second time. Yet, scratch beneath the surface and they too believe that neither opposition party is in a position to eventually defeat the BJP.

Therein lies the rub for when people do not believe that there can be a change through the electoral process, what we get is a relatively dull election in Gujarat. Never mind the razzmatazz of the many rallies of the PM: he is out there campaigning because he would know there is a certain ennui among the electorate and the huge cadre mobilisation is designed to change that, add an edge to the process, and bring voters to the polling booth. It is a particularly flat election com-

In spite of the presence of committed young leaders in the Congress, the party's overall image is that of a jaded force. It may be rooted in Gujarat, but it lost its credibility after defections from its ranks on many seats. Except for some individually wealthy candidates, the party is also stretched for resources and even the rally of Rahul Gandhi, held on November 21 in a tribal pocket of Gujarat, was organised on a modest scale.

pared to the last contest in 2017, when the Patidar agitation, led by Hardik Patel, had made a strong impact and resulted in the worst-ever performance of the BJP, which got just 99 seats in a House of 182 (more were added later through defections from the Congress, but that is now a routine story). Many observers believe that the Congress could have won that election, had it not been for some last-minute reversals in the Surat belt. Since then, Hardik Patel has become a spent force who lamely joined the very BJP he abused day and night. Ahmed Patel, long-time Congress treasurer and financier of all campaigns in Gujarat, has passed away and there is none among the traditional state leadership who can do anything beyond attempting to maintain the status quo.

Still, it's not as if there are no exciting young figures in the Congress. There is 42-year-old MLA Anant Patel (an Adivasi Patel), who led a strong protest against the Par-Tapi-Narmada river-linking project in tribal areas outside Surat and compelled the Narendra Modi-led Central Government to with-



draw it for now. Union Finance Minister Nirmala Sitharaman had announced the project in her Budget speech and instantly a protest erupted in the tribal pockets of south Gujarat along the Narmada and Tapi rivers. The Congress was at the forefront of those protests and has its hopes pinned on doing well in the Adivasi belt.

Also, there is 41-year-old Jignesh Mevani, a Dalit politician, contesting

this time on the Congress ticket from his constituency Vadgam in Banaskantha district of north Gujarat. He had won the seat in 2017 as an Independent, but given the huge machinery that the BJP is unleashing against him, it is a David versus Goliath contest in which Mevani is short of resources. So much so that he has started a crowd-funding initiative to finance his campaign and can be

seen poring over every bill in the midst of electioneering. An advocate of land reforms and labour rights, he runs platforms and agitations for the Dalit community and was prominent in the protest against the public flogging of Dalits at Una, Gujarat, in 2016. A former journalist, he was arrested by the Assam police in April for a tweet criticising the PM.

In spite of the presence of committed young leaders in the Congress, the party's overall image is that of a jaded force. It may be rooted in Gujarat, but it lost its credibility after defections from its ranks on many seats. Except for some individually wealthy candidates, the party is also stretched for resources and even the rally of Rahul Gandhi, held on November 21 in a tribal pocket of Gujarat, was organised on a modest scale. What the Congress is spending is peanuts, grown in abundance in Gujarat, compared to the BJP in an age when the wealthiest businessmen of India are from Gujarat (there is a road in Ahmedabad referred to as Billionaire Street).

The AAP, meanwhile, has the ener-

gy and audacity that the Congress is missing in this campaign. Party leader Arvind Kejriwal has set the agenda, but AAP does not have the necessary organisational base to make a mark in many parts of Gujarat. Meanwhile, conventional wisdom says that the young party could cut into the Congress' vote share. But if it does well in Surat, where it is visibly in the contest, it would also be damaging the BJP that dominates the city and indeed all urban centres in the nation's most urbanised state.

Congress candidates admit that there is public interest in AAP and it's hard to predict how much impact the new party will eventually have in the election. A visit to an AAP office, however, also reveals the troubles confronting the party: as the countdown to the voting day begins, some volunteers have vanished due to pressures from family, community and fear of reprisal. The starkest example of this was the 'disappearance' of AAP candidate from Surat East, Kanchan Jarivala, who later turned up to withdraw his nomination at the last minute.

Watch: Vicky Kaushal, Kiara Advani's sizzling chemistry in electrifying song Bijli, fans reminded of Katrina Kaif

Makers of the Vicky Kaushal starrer 'Govinda Naam Mera' unveiled the first song 'Bijli' on Friday.

Taking to Instagram, Vicky Kaushal treated fans with the first song video from his upcoming next. The video begins with Vicky introducing Kiara's 'Bijli' from Kollapur, who has come to add spark and fire to their locality. Vicky could be seen in a never seen before avatar.

Sharing the video, he wrote, "It's time to groove to the most electrifying tune of the season! #Bijli SONG OUT NOW! #GovindaNaamMera streaming from 16th



December, only on @disneyplustar!"

Here's the post: Kiara looks similar to Katrina Kaif in song 'Chikni Chameli' from 'Agnepaath' movie.

The song was beautifully sung by Mika Singh, Sachin-Jigar along with Neha Kakkar and composed by Sachin Jigar.

Helmed by Shashank Khaitan, the film, which also stars Bhumi Pednekar, is touted to be a quirky murder mystery, which is all set to stream exclusively on the OTT platform Disney+ Hotstar from December 16, 2022. Recently, the makers unveiled the official trailer which got massive responses from the audiences.

In the almost two-and-a-half minute-long trailer of the film, Vicky's character is torn between a woman (Kiara) who wants to marry him, his abusive wife (Bhumi), and his unhappy mother. However, all is well until Vicky and Kiara's characters end up becoming suspects in a murder.

'Govinda Naam Mera' marks Vicky's second film under the Dharna Productions banner after the horror flick 'Booth Part One: The Haunted Ship', which drew a positive response from the audience. This film will be Vicky's second digital release after his much-acclaimed 'Sardar Udham'.

DJ Snake: India Is Like My Second Home, Would Love To Do A Track With Jacqueline Fernandez

French Algerian record producer, DJ and songwriter William Sami Étienne Grigahcine, known by his stage name DJ Snake, this year, announced a massive six-city India tour with Sunburn Arena.

The 'Turn Down For What' hitmaker is currently in India. He started off the India tour with Ahmedabad on November 18, followed by a show in Delhi NCR on November 19, then Hyderabad on November 20. The tour will then head to Pune on November 25, followed by Mumbai on November 26, to finally wrap up in Bengaluru on November 27.

In a recent chat with Outlook, the renowned producer-DJ opened up on coming back to India with his recent tour, reaction from the audience, and what keeps him going forward. Excerpts from the interview:

You were in Mumbai in 2019 at the Sunburn Holi and returned later that year to perform at the Sunburn Festival Goa 2019. How does it feel to be back in India again?

Honestly, the energy I feel when I am in India is one of the most amazing things. I would say the culture and energy is what keeps me coming back! India is like a second home to me. I feel so comfortable and welcomed here. I'm excited to be back, visit and experience new cities, meet more of the people, hear more of the music, and see more of the country that has influenced me so much.

Your tracks 'Turn Down', 'Get Low' and 'Taki Taki' have been immensely popular. Have you been able to gauge the audience's taste by now? I make what I love and then share it with everyone. Again, it's about the feeling a song gives you while listening above all else. You have a dedicated fan base now, but after so many years, what motivates you to keep going forward and compose new music?

To be honest with you, I've always been listening to a lot of different things. Growing up in my neighbourhood in Paris, you know, I've grown up with different people from different origins such as India, West Indies to the Caribbean, Africa and the Middle East. We've always been inspired by each other. When I became a DJ, travelling was the most inspiring thing; you meet a lot of different people, you see the different types of cultures and vibes, and I'm like a sponge. I like to pay homage to different cultures and this is what I do, and this is what I'm trying to do - this is my thing and I'm having fun with it.

Chinese-Canadian pop star Kris Wu sentenced to 13 years in jail for sex crimes

Kris Wu, the Chinese-Canadian music and acting star, was sentenced to a 13-year jail term by a Chinese court on Friday.

He was found guilty of rape and group licentiousness. The court said that he will be deported after serving his sentence. Wu was arrested and formally charged in August last year, reports Variety.

His case was heard in June in a case without media access.

Allegations against Wu were made in July 2021 by Du Meizhu, 18, a beauty industry influencer. The woman used social media to accuse the musician and actor of date-raping her while she was 17 and at a time when she was drunk.

Du later also accused him of doing the same to other young women, including two minors. (China's age of consent is 14.)

Wu denied the charges at the time and police initially appeared to side with the star. But two weeks later, the Chaoyang District People's Procurator in Beijing issued an official statement saying that it had approved Wu's arrest "after investigation in accordance with the law." In China, the crime of rape normally incurs a sentence of three to ten years in prison, though in particularly egregious cases the sentence can run to life imprisonment or even the death penalty. Group licentiousness, defined as sex involving three or more participants over the age of 16, carries a jail sentence of up to five years.

Media reports at the time of the trial in June suggested that Wu risked a jail term of three to ten years. The 13-year sentence is longer than that and may point to aggravating factors or a decision by the court to make an example of a celebrity.

ARJUN RAMPAL BIRTHDAY SPECIAL: 5 CAREER BEST PERFORMANCES OF THE NATIONAL FILM AWARD-WINNING ACTOR

We are all aware of Arjun Rampal's brilliance and talent as a supermodel, but he is also a terrific actor and he has proved that through his films ever since he made his debut with 'Pyar Ishq Aur Mohabbat'. Throughout his film career, he has given us many incredible performances. The actor has displayed versatility in his roles. He has performed many roles, including a lover boy, a jealous big brother, a father, a villain, and whatnot. When it came to his acting roles, he may have done lesser films, but he definitely has given some of the best performances onscreen whenever he came up with a film.

Today on his birthday, let's look at his top 5 career-best performances!

'Om Shanti Om'
The first item on the list is a powerful rendition of Arjun's look from 'Om Shanti Om'. His intimidating appearance is unmatched by any other antagonist. Arjun has captivated all of our hearts and minds, from the time-lapse look to his youthful, fully enraged look. The appearance of Mukesh, often known as Mike, as a villain is absolutely perfect.

'Ra-One'
Yes! Arjun Rampal's amazing appearance was unquestionably included on our list. Playing the

role of a very strong virtual character who is trying to beat the game and kill G-One, Arjun was again at his best. No other actor could have performed as well as Arjun in the role of Ra-One. It was probably one of the best negative characters to have come up in the last decade.

'Raajneeti'
Arjun Rampal in 'Raajneeti' is definitely one of the most iconic roles played by him. Playing the role of a sly and tactful politician is definitely not easy, as Arjun plays the role with zeal and charm even though being a grey-shaded character. As Prithviraj Pratap, the character he played, Rampal definitely grasped all our



attention towards him.

'Rock-On'
Although it might be the first, it didn't feel that way. Given that he played the role of Joseph Mascarenhas, Arjun Rampal's appearance and persona in the musical film 'Rock On' were unexpected. But this new persona of his certainly left us in awe.

What else are we to anticipate from him now that he is holding the guitar and sporting a rock star expression? He went on to win a Nation Film Award for Best Supporting Actor for this movie.

Hansal Mehta Opens Up Anti-Bollywood Sentiment, Says Some Of It 'Endorsed By Our Own Colleagues'

Hansal Mehta talks about the current 'disturbing' Bollywood phase, adding that the industry will emerge from it.

Since the past few months, the Hindi film industry has been a victim of the "boycott Bollywood" trend with celebs like Aamir Khan, Ranbir Kapoor to Akshay Kumar coming under its radar. It has led to their films being boycotted, thereby leading to a lower foothold in the theatres. Several filmmakers now worry about telling the stories they want amid the anti-Bollywood wave.

However, filmmaker Hansal Mehta, who has been working in the industry for three decades, is of the opinion that it's a "transitory" phase for Bollywood and the industry



will emerge stronger out of it.

"It is disturbing to say the least," Mehta told agencies, adding, "The kind of stuff that is written on social media, some of it even surreptitiously and otherwise, with

the endorsement of some of our own colleagues. It is disturbing but I do also feel that a lot of it is also social media, very manufactured." The filmmaker maintained that a good film will draw an audience no

matter what. For instance 'Brahmastra', which was released amid heavy social media hate, managed to rake in huge numbers, and turned out to be one of the biggest Bollywood hits of the year.

Mehta asserted that Bollywood is not unaware of setbacks. It was under heavy scrutiny in the late '90s after music mogul Gulshan Kumar was shot dead, and in early 2000s when film financier Bharat Shah was arrested for his alleged nexus with the underworld.

"What is happening in this diversion, this madness, our fear is getting the better of us in being able to tell our stories the way we want to, in making the films the way we want to."

It is a transitory phase; we will emerge out of it. It is a resilient industry," he said.

Mehta signed off, "What is important is to not lose focus of our main job: That is to tell stories, whatever the counter point. Whether your film is out and out propaganda, or it is completely counter to the propaganda that is being fed to us.

'Jhalak Dikhhla Jaa 10': Rashmika Mandanna To Janhvi Kapoor – Celebs Who Dazzled As Celebrity Guests

Time flies, but memories last a lifetime! Making special moments with the grand finale around the corner, the tenth season of 'Jhalak Dikhhla Jaa' has attracted a huge buzz with new elements that adorned it. Revived after a hiatus of 5 years, the 10th edition scaled up the entertainment quotient with fun-filled twists that took viewers by surprise. This year the 10th season of this reality show witnessed the appearances of celebrity guests, who graced the stage with their presence.

As the show races towards its finale, Bollywood biggies such as Ayushmann Khurrana, Jaideep Ahlawat, Varun Dhawan, and Kriti Sanon, will make their way onto the stage to end this season in style! But before the big day finally arrives, let's look at some of the amazing celebrities who rocked the show with their special talents.

Sidharth Malhotra
The Bollywood star got a warm



welcome on 'Jhalak Dikhhla Jaa 10'. Gashmeer Mahajani's performance on the chart-topping number 'Zingaa' put Sidharth on the edge of his seat. He enjoyed his performance and joined him for a face-off on stage later accompanied by Amruta Khanvilkar.

Ajay Devgn And Tabu
For the promotion of 'Drishyam 2' Ajay Devgn and Tabu graced 'Jhalak Dikhhla Jaa 10' and filled the room

with their charm and aura. During a quiz show led by host Maniesh Paul, the actors roasted each other and spilled the beans on some secrets for the viewers.

Parineeti Chopra And Harrry Sandhu
'Code Name Tiranga' cast Parineeti Chopra and Harrry Sandhu made an appearance on the show 'Jhalak Dikhhla Jaa 10' and raised the roof

with some amazing moments with the contestants. The outstanding performance of Gunjan and Tejas compelled Harrry to groove with the duo on his hit track 'Bijlee Bijlee'. Parineeti made a special request to Ada Malik to dance to one of her favourite songs 'Drama Queen'.

Neetu Kapoor
On the 'Kapoor Special episode', one of the most iconic stars and evergreen beauty of the Kapoor family, Neetu Kapoor joined the show as a celebrity guest judge and watched the contestants pay tribute to one of the most illustrious film families. Watching some flawless acts by the contestants Neetu Kapoor couldn't resist joining Madhuri Dixit Nene, Maniesh Paul, and Amruta Khanvilkar on stage for a performance on 'Nach Punjab'.

Rashmika Mandana
'Pushpa' actor Rashmika Mandana arrived on 'Jhalak Dikhhla Jaa 10' for the promotions of 'Goodbye'. She

cheered contestant Shilpa Shinde as she performed in the family special episode. She also fondly reminisced about her childhood days, being a Madhuri Dixit fan and learning facial expressions from her.

Sonakshi Sinha And Huma Qureshi
Everyone on 'Jhalak Dikhhla Jaa 10' held their breath as the dazzling Bollywood divas Sonakshi Sinha and Huma Qureshi hit the stage to promote Double XL. They not only had a lot of fun and masti but also grooved to the song 'Tali Tali' with the cutest contestant Gunjan Sinha.

Rohit Shetty
Mahasangam of 'Jhalak Dikhhla Jaa 10' and 'Khatron Ke Khiladi 12' brought its celebrations with an unlimited dose of entertainment. The host of the stunt-based reality show Rohit Shetty and its finalists Tusshar Kalia and Jannat Zubair had joined forces with this dance reality show. Raising the ante on the dance battle, Rohit Shetty introduced various kha-

tra elements to challenge the contestants during their act and it was an evening to remember.

Kajol
Gracing the semi-final with her big queen energy, the powerhouse actor Kajol joined the 'Jhalak Dikhhla Jaa' as a guest judge. Kajol and Karan, the renowned actor-director duo was seen surprising everyone on the show by spilling each other's lesser-known secrets.

Host Maniesh Paul jumped at the chance to perform the song 'Gerau' with her.

Vicky Kaushal And Bhumi Pednekar Pumping more masti into the semi-final episode, the stage of 'Jhalak Dikhhla Jaa 10' was studded with stars such as Vicky Kaushal, Bhumi Pednekar, and film director Shashank Khaitan joined it for the promotion of their upcoming film 'Govinda Naam Mera'. The trio launched the first song of their movie 'Bijli Bijli' on its stage.

High food prices could have negative long-term health effects on Canadians

Recent high food price inflation has plagued many Canadian families, especially those on tight budgets. Statistics Canada reported in October that in-store food prices increased at a faster rate than the all-items Consumer Price Index for the 11th month in a row.

The Ontario Student Nutrition Program, which feeds 28,000 students at 93 participating schools, has been hit hard by inflation and is in need of more funding and volunteers. The school breakfast that used to cost \$1.20, now costs over \$2.

A recent study from the non-profit Angus Reid Institute found nearly 60 per cent of Canadians are struggling to provide food for their families. When they can afford to buy food, many cannot afford to buy enough, or buy the food they want.

They end up skipping meals, eating old and low-quality foods, visiting different grocery stores to find cheaper options, which results in insufficient nutrition. A Dalhousie University study of 5,000 Canadians found that 23.6 per cent of the population cut back food purchases and 7.1 per cent



skipped meals due to inflation.

Generally speaking, moderate inflation is not bad. The Bank of Canada targets a two per cent inflation rate – the midpoint of its one and three per cent range. The Bank of Canada influences the inflation rate by manipulating the interest rate.

However, the current high inflation is different – the Bank of Canada itself has acknowledged this. In a recent speech, the central bank's governor, Tiff Macklem, said, "high inflation is making life more difficult for Canadians, especially those with low or fixed

incomes." Food, shelter and transportation account for over 60 per cent of a household's expenses. If only food prices were subject to high inflation, households would be able to divert income from shelter and transportation to cover it. At the moment, however, high inflation spans across all three areas, meaning Canadians are having trouble putting food on the table, keeping a roof over their heads and affording transportation.

A pie chart showing how much the average Canadian household spends on expenses including food, shelter and transportation

According to the Consumer Price Index, food, shelter and transportation account for over 60 per cent of a household's expenses. (Statistics Canada) Author provided The amount of money that middle-income households spend on transportation and food makes them vulnerable. But the recent interest rate increases are not helping low-income people either. Canadians spend the highest proportion of their income (nearly one-third) to keep a roof over their head. The recent increases in lending rates have driven up housing costs. Canada's Food Price Report indicates that, historically, Canadians spend less than 10 per cent of their income on food. But that has changed – Canadians now spend 16 per cent of their income on food. The report also states that the food inflation index has outpaced general inflation over the last 20 years. The price of a typical grocery bill rose by 70 per cent between 2000 and 2020.

Canadian health suffering A key side-effect of rising food price inflation is its impact on health and nutrition. When the cost of food increases, it restricts the availability of nutritious foods

for low-income people. Eventually, this can lead to long-term impacts on human health and puts added pressure on Canada's already strained health-care system. According to research from the University of Toronto, an insecure food supply increases vulnerability to a variety of diseases and health conditions, including infectious diseases, poor oral health, injuries and chronic conditions like depression and anxiety, heart disease, hypertension, arthritis and chronic pain.

Two women pushing shopping carts down the aisle of a grocery store. Historically, Canadians spend less than 10 per cent of their income on food. But due to inflation and the rising cost of living, Canadians now spend 16 per cent of their income on food. Similarly, a study by researchers from the Harvard Center for Population and Development Studies, found that nutrition, especially in the postnatal state, is the most important factor affecting human growth. This indicates that shorter adult height in low- and middle-income countries is linked to environmental conditions like nutrition.

You only need these six moves to build muscle without weights

This short resistance band workout builds upper body muscle and core strength



Common wisdom suggests that you need to spend hours at the gym lifting weights if you want to build muscle. But that's not the only way. Instead, you can use this six-move resistance band workout to develop strength across your whole body.

You can use a set of the best resistance bands (opens in new tab) as an alternative to weights, as the graded bands come in different strengths, allowing you to still use the progressive overload (opens in new tab) technique to increase the load as you get stronger.

Although resistance bands are generally a lot more affordable than weights, this Black Friday deal on the Whatafit Resistance Bands Set is half price at Amazon (opens in new tab) right now, bringing the cost of a five-band set down to less than \$20.

This set comes with five bands, ranging from 10lbs up to 50lbs. There's a clip and handle for each one, so you can use them alone or attach the included door anchor and ankle straps. You even get a carrying bag to keep everything collected together for easy storage.

Once you've got a set of bands to hand, you'll be ready to take on fitness YouTube's Tiff x Dan's (opens in new tab) resistance band workout. There are just six moves, and you'll aim to do between 12 and 15 repetitions of each and repeat the routine three times for muscle-building results without weights.

According to the duo, to get the most from your training, you can "deter-

mine the resistance with your hands, but try to push yourself to get a little stronger by increasing your resistance and time under tension throughout this workout."

There are some workout staples like deadlifts and good mornings alongside bent-over row variations. If you're new to strength training or could use a refresher, you can use Dan's demonstrations to practice your technique before starting.

Although the routine focuses mostly on your upper body, it can also strengthen your lower half. You might have learned how to deadlift with dumbbells (opens in new tab) before, and the process is similar here, except you loop a single band around your feet and hold onto it with both hands.

Deadlifts are a type of compound exercise where you work multiple muscles simultaneously. This makes them an efficient way to build full-body muscle, even when you're primarily strengthening your chest, arms, back, and shoulders.

If you want to dedicate some time to your legs and core, this lower-body resistance band workout (opens in new tab) is an excellent option. Alternatively, if you enjoy working out with weights and have one of the best kettlebells (opens in new tab) nearby, learning how to do kettlebell swings (opens in new tab) is a great way to work your whole body and boost your metabolism. This compound move builds core strength, raises your heart rate, and develops full-body muscle.

Skipping Meals, Fasting and Eating Meals Too Closely Together May Be Linked to Increased Mortality Risk

Skipping breakfast is associated with higher risk of cardiovascular disease mortality and missing lunch or dinner with all-cause mortality.

Even among individuals who eat three meals daily, eating two adjacent meals less than or equal to 4.5 hours apart is associated with a higher all-cause death risk.

"At a time when intermittent fasting is widely touted as a solution for weight loss, metabolic health, and disease prevention, our study is important for the large segment of American adults who eat fewer than three meals each day. Our research revealed that individuals eating only one meal a day are more likely to die than those who had more daily meals.

Among them, participants who skip breakfast are more likely to develop fatal cardiovascular diseases, while those who skip lunch or dinner increase their risk of death from all causes," noted lead author Yangbo Sun, M.D., Ph.D., Department of Preventive Medicine, The University of Tennessee Health Science Center,



Memphis, TN, U.S. "Based on these findings, we recommend eating at least two to three meals spread throughout the day."

The investigators analyzed data from a cohort of more than 24,000 American adults 40 years old and older who participated in the

National Health and Nutrition Examination Survey (NHANES) between 1999 and 2014. An ongoing, nationally representative health survey of the non-institutionalized US population, NHANES collects a wide range of health-related data to assess diet,

nutritional status, general health, disease history, and health behaviors every two years.

Mortality status and cause of the 4,175 deaths identified among this group were ascertained from the NHANES Public-use Linked Mortality File. The investigators observed a number of common characteristics among participants eating fewer than three meals per day (around 40% of respondents) – they are more likely to be younger, male, non-Hispanic Black, have less education and lower family income, smoke, drink more alcohol, be food insecure, and eat less nutritious food, more snacks, and less energy intake overall.

This shows heart shaped waffles Dr. Bao explained that skipping meals usually means ingesting a larger energy load at one time, which can aggravate the burden of glucose metabolism regulation and lead to subsequent metabolic deterioration. Image is in the public domain

"Our results are significant even after adjustments for dietary and lifestyle factors (smoking, alcohol

intake, and diet quality) and food insecurity," said the study's senior investigator Wei Bao, MD, Ph.D., Department of Epidemiology, College of Public Health, University of Iowa, Iowa City, IA, U.S. He noted, "Our findings are based on observations drawn from public data and do not imply causality. Nonetheless, what we observed makes metabolic sense."

Dr. Bao explained that skipping meals usually means ingesting a larger energy load at one time, which can aggravate the burden of glucose metabolism regulation and lead to subsequent metabolic deterioration. This can also explain the association between a shorter meal interval and mortality, as a shorter time between meals would result in a larger energy load in the given period.

Dr. Bao commented, "Our research contributes much-needed evidence about the association between eating behaviors and mortality in the context of meal timing and duration of the daily prandial period."

Air Bike Vs. Rower — The Ultimate Cardio Showdown

The air bike and the rower – two cardio machines that are both beloved and dreaded. They're beloved because they're quick and dirty ways to push yourself to the limit while getting stronger and better conditioned. Using either of these machines will make you a better athlete.

A person exercises on an air bike in the gym. Credit: Vladimir Sukhachev / Shutterstock

But say you've only got a limited amount of time. Or you've got a home gym budget or space consideration that only allows you to buy one of your dream machines. Alternatively, you might be a minimalist who wants to get in and out of the gym only performing the best, most effective exercises for your goals and your body.

Here's how to choose between the air bike and the rower, depending on your goals, your strength sport, and your experience level.

That really loud beast in the corner of the gym that you've definitely seen at the CrossFit Games is likely an air bike. It roars when you use it because it uses a fan to create wind resist-

ance – the harder you pedal, the more resistance the air bike will give you.

Sometimes referred to as an Echo Bike or Assault Bike (depending on which manufacturer one is thinking of), the air bike requires you to pedal with your legs while pushing and pulling handles with your arms. Even if the pace is relatively slow, even the strongest of athletes will often get winded within 10 or 15 seconds on this machine.

The rowing machine is a bit tamer than the air bike. Yes, you can get an incredibly hard workout on a rower, which has you push off with your legs and then finish the pull with your arms. But it's typically easier to perform a low-intensity session with the rower because you're not working your arms and legs at the exact same time.

On the rower, your legs get a moment of recovery while your arms take over, and vice versa. There's no break time on an air bike. This is great news if you have the baseline capacity to take it to the next level, but not so great if you're looking for a slower, steady session.

The basic differences between



the rower and the air bike have big consequences in terms of training. Here's what the science says about what each machine is good for.

Is the Air Bike or Rower Better for Muscle-Building?

There aren't a significant number of studies examining the effectiveness of the air bike for muscle-building. But research does suggest that air bikes require athletes to use a great deal of muscle mass. (1)(2) This is due to the constant pushing and pulling with the upper limbs and pedaling with the lower limbs. (1)(2)

This may also create a large capacity to generate power with the air bike, which is a good

muscle-building recipe. (1) On the other hand, a rowing machine only involves upper-body pulling. But just because it's pulling only with your upper body doesn't mean rowing doesn't build muscle.

Studies suggest that rowing machines engage muscles throughout your entire body – from your elbows, shoulders, and knee joints all the way through your back and related muscle groups. (3) With all those muscles being activated, it's a good bet that you'll be building a bunch of muscle.

Is the Air Bike or Rower Better for Strength?

The air bike isn't only going to get you out of breath. It's also

going to get you strong. Performing a 10-minute high-intensity interval training (HIIT) session twice a week with 15 to 45-second work intervals on an air bike has been shown to pro-

duce significant strength increases. (4)

Specifically, this protocol can increase both your back squat and bench press one-rep max. (4) Pulling strength, as measured by a pulling strength dynamometer, also increased in this study. (4)

But the rowing machine is no slouch in the strength department. Combined with steady-state cardio. So if you're looking for a low-impact alternative to running that will allow you to have longer cardio sessions, rowing is going to be your best bet. (7)(5)

Is the Air Bike or Rower Better for Fat Loss?

Rowing machines may be excellent for a lot of things, but there are likely more effective ways to spur fat loss. If you're thinking about fat loss as a rate of calories burned during exercise – which can help you out when you're trying to create a small deficit each day – running may be more effective than row-

ing. (8) This seems to set the air bike up for a potential win here. Air bikes are also relatively low-impact, as your limbs will be working hard but not pounding on anything (as with running). That said, intensive air bike intervals seem to be very effective at burning calories. (2)

A training protocol including 15 minutes on an air bike with 10-second bursts of sprints can burn more calories than a more traditional 21 work-to-rest ratio HIIT session. (2) This might give air bikes the advantage over rowers in the realm of fat loss.

Is the Air Bike or Rower Better for Strength Athletes?

You know what the air bike and rower can do for you based on your goals. But goals aren't the only factor to consider.

Building muscle has a different meaning for a competitive bodybuilder than for the average gymgoer or for a powerlifter. Muscle mass is a bodybuilder's centerpiece, whereas muscle mass for a powerlifter is potentially helpful at adding some strength to the big three lifts. It's also an aesthetic addition that

AAP holds protest against BJP Govt-ECI outside Nirvachan Bhawan

Vested interests denying democratic rights to people of J&K: Harsh Dev

J1 NEWS SERVICE
JAMMU, NOV 25: Aam Aadmi Party (AAP) held a massive protest outside Nirvachan Bhawan Jammu against the continuance of proxy rule in J&K and denial of democratic govt in the erstwhile state for the last four years. The protestors led by Mr. Harsh Dev Singh, Former Minister and Chairman AAP J&K State Co-ordination Committee held the BJP-ECI nexus responsible for delaying and denying elections in J&K. They raised slogans of "BJP Govt Hai Hai", "Modi-Shah Hai Hai", "ECI Hai Hai", "Jammu Kashmir mein Jamhooriyat bahal karo, bahal karo" and so on.

Alleging subversion of democracy and denial of popular govt in J&K, Mr. Singh said that BJP led govt was inventing one excuse after the other to deny democratic rights to the people of erstwhile state and to continue its proxy rule through backdoor. He said that while no initiative had been taken to restore popular rule in J&K, the govt in the UT seemed to have been outsourced to bureaucrats mostly from outside the state, having hardly any connect with the general masses who were suffering for even the basic amenities. The silence of Govt and ECI over J&K while announcing Elections for HP and Gujarat amply revealed the intentions of the centre which seemed hell bent to continue its indirect rule in J&K through these bureaucrats. He said that with the political process having been rendered defunct in the new UT, political parties discredited and discouraged and opposition parties suppressed, the democracy



had been reduced to a farce in J&K which had eventually given rise to present tensions in the valley and elsewhere in J&K. So much so that even the post of Chief Electoral Officer (CEO) was deliberately kept vacant and remained unutilised for the last around 3 months, asserted Mr. Singh.

Maintaining that legitimate, elected govt. alone could deal with obsequious challenges posed by the rogue nation, Mr. Singh questioned the rationale behind repeated postponement of Assembly Elections in J&K. Strongly condemning the escalation in militancy related activists, he called upon the centre to initiate political process in J&K and ensure restoration of popular rule in the erstwhile state at the earliest. Rather than suppressing the mainstream political parties, these should be encouraged and taken into confidence for restoration of normalcy in the UT. Remember, the proxy rule through outside bureaucrats was not the solution to the woes afflicting J&K. The Advisors and bureaucrats had hardly any access to the general public who were feeling alienated. An elected govt therefore alone, in view of its accessibility and proximity with

the common masses, could enlist their support in fighting cross border terrorism exported by the hostile neighbour. Questioning the rationale behind repeated postponement of Assembly Elections, Mr. Singh said that vested interests in the present bureaucracy were among the biggest stumbling blocks in restoration of democratic govt in J&K.

Singh said that the Election Commission had earlier taken a call for simultaneous polls of Assembly and Parliament which however did not materialize due to the interference by one political party. ECI later issued a statement on 4th June, 2019 stating therein that the EC "after the conduct of Amarnath Yatra will announce the election schedule for the conduct of Assembly Elections in J&K", revealed Singh adding that it too turned out to be a damp squib. He reminisced that during the visit of the Full Election Commission headed by CEC to J&K in February, 2019 all political parties except BJP had favoured Assembly Elections in J&K in April-May, 2019. He regretted that the said Elections were avoided at the behest of BJP alone to keep the ruling party in good humour.

Likewise, statements of early Assembly polls were issued by the central govt, Governor and the Lt. Governor of J&K also, which too created only cynicism amongst the masses in view of the frequency with which they were made and then forgotten.

Yash Paul Kundal while pointing towards the euphoria created post Article 370 abrogation in the name of fresh Delimitation of Assembly constituencies said that it too had petered out as hardly any progress had been achieved in ensuring the restoration of popular rule in J&K.

Asserting that a people's govt alone could fulfil the aspirations of the general masses, Mr. Kundal sought early restoration of democracy by putting an end to proxy rule imposed by the centre in J&K. Prominent among those who spoke on the occasion included Mehraj-ul-Malik, Gagan Pratap, Parshotam Parihar, Rampaul Sharma, Amit Kapoor, Capt.(rttd) Sultan Singh, Lovelu Sambyal, Rajiv Mahajan, Raj Mohd Salaria, M.P. Singh, Jeevan Jyoti, Surat Singh, S.Gurmeet Singh, Sukhjit Singh, Boddh Raj Sharma, Satpal Singh besides others.

Dy Mayor dedicated a newly constructed lane, drain to public

J1 NEWS SERVICE
JAMMU, NOV 24: Providing best infrastructure facilities to the residents of Bahu constituency, Deputy Mayor Baldev Singh Billawaria dedicated a newly constructed lane and drain to the general public at Ward 45, Digiana. This development works done under the supervision of Jammu Municipal Corporation at a cost of Rs 9.50 lakh.



The locals appreciated Billawaria for doing this work on priority. Speaking on the occasion, Billawaria said that due to the completion of these works, the long-standing demands of the area have been solved. Highlighting the achievements in the areas of Bahu constituency, Billawaria said that several exemplary measures have been taken to improve the standard of living of the people in the area and for this purpose the Modi government has set aside separate schemes to develop every corner in a better way.

Deputy Mayor said that the people of the region should personally monitor the nature of development works going on in the areas, so that their participation in the development activities could build up the power of cooperation between the government and the public so that the pace of development could be improved. He said that the Jammu

Municipal Corporation were being given the first attention for providing better roads and drains with due priority.

Later, Billawaria also visited the areas around Ward 73 Gadigarh. During this tour, Deputy Mayor Baldev Singh Billawaria kick started the development work of black topping on the road at Ward 73 Lower Gadigarh area in RS Pura-Jammu

South constituency. He said that development is the mantra of Modi Government and we are committed for every development in RS Pura-Jammu South Constituency. Mandal President Vijay Sharma, Bharat Bhushan, Sat Pal Choudhary, Vinod Sharma, Vikram Choudhary, Inderjeet Khajuria and other dignitaries were present.

Comm Secy Rev shielding arrested Tehsildar Bahu, lingering action under law; alleges Tony

No suspension even after 10 days of arrest demoralizing ACB

J1 NEWS SERVICE
JAMMU, NOV 25: Senior AAP leader and DDC Member Suchetgarh Taranjit Singh Tony on Friday leveled serious allegation against Commissioner Secretary Revenue Vijay Kumar Bidhuri for shielding 'corrupt' Tehsildar Bahu Rohit Sharma as the former failed to suspend the official despite the lapse of over ten days of his arrest in a trap case by ACB sleuths.



In a statement issued to media persons, the senior AAP functionary said that the Commissioner Secretary Revenue has been lingering the action under law because despite ten days of the arrest of the delinquent official, the officer is adopting dilly-dallying approach in issuing his suspension orders, which is unwarranted and shows his inclination towards saving the skin of the corrupt official. He

alleged that the top-sided approach of the Commissioner Secretary Revenue is in contrast with the slogan of LG Manoj Sinha, which boasts of corruption-free administration and tirade against the corrupt. Tony urged the LG Sinha to look into the matter and without even wasting a jiffy should shift the aforesaid Commissioner Secretary to ensure prevalence of justice because had there been any other official, the aforesaid officer would have been suspended him or her within no time. He said that the

way the things are rolling in the UT especially in this particular case, the people associated with the ACB and other anti-corruption bodies will get a set-back as they did a wonderful job in trapping the big fish but the follow up is dismal as it seems that the officer fell in ACB trap is blue-eyed and those who should nail him are afraid of repercussions. Expressing grave concern over the issue, Tony gave two days ultimatum to administration to suspend the arrested accused officer. He said if the government would not take the necessary action, he would knock on the doors of the concerned Commissioner Secretary for shielding the corrupt Tehsildar.

He said that people are alleging that official witnesses are being called by higher ups of the Revenue department and are being pressured for turning hostile. "At the same time the other witnesses are also feeling threatened due to the fact that Rohit Sharma has links with 'notorious' land grabbers of the region", he said adding that the action under in this very case is necessary to instill confidence among the people and also the ACB sleuths, who did a marvelous job by catching the officer red handed.

Many Prominent Political Leaders from various Political Parties Join DAP



J1 NEWS SERVICE
JAMMU, NOV 25: A Large number of delegations from political and social organisations met Jb. Gulam Nabi Azad Former Chief Minister and chairman Democratic

Azad Party and out of them many joined the party and expressed their support to Azad Sahab and decided to work for strengthening the DAP. Prominent among those

were, Mohinder Singh Chib District President Jammu (Rural) of National Conference, Sukhdev Singh District President Samba of PDP, Sikander Singh, Raj kumar, Rohit sharma,

Tarseem lal, DS Bajju, Karan Singh, Ankush gupta, Naveen kumar, Romesh chander, Subash chib, Jagattar Singh, Rajveer Singh along with hundreds of youth leaders from various organisations.

Prominent among those who were present on the occasion included RS Chib Gen secy. DAP, MOHD.. Aslam Goni Former Advocate General, Vinod Misra, senior DAP Leader, Vishal Chopra, Anoop Khajuria, Dr. SK Bali, And many others. Jb. GN Azad admitted the new entrance and asked them to work for the success of the party

BJP will end unemployment from J&K: Sat

J1 NEWS SERVICE
JAMMU, NOV 25: Former Minister and Ex MLA Jammu West Sat Sharma (CA) along with Corporator Ward 35 Yash Pal Sharma started works for upgradation of park at Pandoka Colony, Janipur. Mandal President Raveesh Mengi, local residents and political activists of the area were also present. The works will be done at an estimated cost of Rupees 10.50 lakhs and the park will be renovated under the same.

Sharma said that such works are the need of the hour and it will cater to the needs of the thousands of inhabitants residing in the area. He said that before 2014 such types of developmental projects were placed in limbo and nobody bothered to develop such places that are used by the public for their leisure activities. He said only BJP is committed to provide overall development to the masses at their doorsteps. Talking about the new avenues for youth, Sharma said that BJP is working on a mission to end unemployment from

J&K and PM Modi led Central Government is concerned about the well being of J&K's youth. Sharma also stated that upcoming investments will also provide job avenues for lakhs of youth in UT and will definitely improve the system which was deteriorated by some leaders for their vested interests.

Yash Pal Sharma said that development is the core agenda of BJP and he also talked about the works done by JMC to improve the developmental scenario in Jammu.

Shiv Sena Hindustan demands proper security to Hindu leaders of J&K

J1 NEWS SERVICE
JAMMU, NOV 25: Shiv Sena Hindustan today demanded security to Minority community in Kashmir valley. In a press conference, Shiv Sena Hindustan J&K President Pt Rajesh Kesri said that BJP government of centre and their representative in the Union Territory of Jammu and Kashmir - the LG, are overlooking and ignoring their security. As the soft targets are attacked and killed by the gun tottering marauders and the government seems not to be moved by the killings of the minorities as well as by the unfortunate killings of the non local labours. The government has miserably failed to provide protection to the minorities and the outside labors with the result all that the members of all these vulnerable groups are killed



by the militants. There is persistent and continuous threat to life, thus there is total risk to their precious lives in Kashmir and thus they are unable to perform their duties in such a charged environment across Kashmir valley as their members and colleagues were killed in the offices while on their way to offices

or schools but the government closes its eyes on such barbaric happenings and remains busy in parroting false theory and narrative of normalcy in Kashmir. Kesri further said that till the time peace in Kashmir does not settle down, they should temporarily be shifted to Jammu and some work should be given in Jammu

that the laborers who come from other parts of India to Jammu and Kashmir only to earn their daily bread can earn their livelihood. On the other hand, the Hindu leaders of Jammu and Kashmir, whether they belong to Shiv Sena, RSS, Bajrang Dal or any other Hindu organization should be provided security to all of them. If the government cannot provide security to them, then they should be given a pistol by the government by giving them a gun license, because the government has failed to protect these Hindu leaders, so at least they can protect themselves with this pistol. State Vice President Balveer Kumar, Chairman Sheeshpal Salathia, Sanjeev Kumar, Vijay Luthra Treasurer Praveen Gupta were present on the occasion.

NC Zonal Secretary, Dr Vikas condemns JDA's demolition drive at Bahu area

J1 NEWS SERVICE
JAMMU, NOV 25: Slamming the Jammu Development Authority for initiating drive to destroy the shops of poor people in Bahu Fort area putting them in a state of uncertainty. This was stated by Dr. Vikas Sharma Zonal Secretary and Coordinator Jammu District (Urban) JKNC during his visit to Bahu Fort today. Amongst others, Dr. Vikas was accompanied by B. D. Dalotra, Baldev Raj Nargotra, Manohar Lal, Romesh Chander, Bhadar Lal, Vishast, Gorav, Anurag kumar and other.



and shopkeepers have suffered tremendously during last Corona pandemic, when their business went greatly down to the lowest ebb and now JDA has created a great problem for them by damaging and destroy-

ing their shops, which is the only source of livelihood for their family being earned since decades. He pointed out that it is the well thought out conspiracy of the present UT Govt under the garb of JDA

to torture the poor people but simultaneously UT Govt hesitate and lacks guts to lay hands on the big land mafia to launch encroachment drive to restore state land illegally encroached by them.

Speaking on the occasion, Sat

Modi Govt committed to provide basic necessities to J&K people: Kavinder

Kick starts two development works worth Rs 90 lakhs



JJ NEWS SERVICE
JAMMU, NOV 25: Kavinder Gupta former Deputy Chief Minister and senior Bharatiya Janata Party (BJP) leader has asserted that BJP Govt at the Centre led by the Prime Minister Narendra Modi stands fully committed to provide the basic necessities including the drinking water to the people in every nook and corner of the nation. He said that this can be well gauged from the fact that the significant Jal Jeevan Mission launched by the Govt in this direction successfully achieved the 'Har Ghar Jal' target across the Union Territory of Jammu and Kashmir.

The BJP leader stated this during a function organized to commence the development work of laying of

drinking water supply pipeline at Ward 51 in Sector-3 of Channi Himmat. Kavinder Gupta today kick started this development work which is estimated to be completed at a cost of Rs. 80 lakh in the presence of Vinay Gupta BJP District President Jammu, Raj Kumar Chairman Health and Sanitation Committee Jammu

Municipal Corporation, Bhushan BJP Mandal President & Vice Chairman Cantonment Board and Narinder Koki besides a large number of local residents.

While addressing the gathering on the occasion, the former Dy Chief Minister said that water is

the most significant necessity second only to air without which the human sur-

vival is not possible. Asserting that it is the prime duty of the Govt to ensure that these basic necessities are available to the people quite easily, he said that BJP Govt is fully committed to provide all the basic necessities of life to the people irrespective of caste, creed, colour, political or other affiliations.

Kavinder Gupta said that Jal Jeevan Mission has been launched by the Centre by the Centre envisioning to provide safe and adequate drinking water through individual household tap connections by 2024 to all households in rural India.

The programme will also implement source sustainability measures as mandatory elements, such as recharge and reuse through

grey water management, water conservation, rain water harvesting.

Congratulating the residents of the area for fulfillment of their long pending demand with the commencement of this development work today he lauded Raj Kumar, Chairman Health and Sanitation Committee for his hectic efforts in the direction of getting the developmental works of this ward initiated. He said this all was possible only due to his dedicated efforts and the urge to serve the people of the Ward. He informed that 11 new tube wells are in the offing in Channi Himmat area which will undoubtedly resolve the issue of water scarcity in the area once for all.

Prominent among others present on the occasion were Sr. Hardev Singh, Amrik Singh Bitta, Parshotam Gupta, Munish Gupta, Sanjay Gupta, Shanti Swaroop, Ramesh Chander and Abhishek.

Meanwhile Kavinder Gupta also started the development work of laying of tiles at Cantonment Market which is estimated to be completed at a cost of Rs. 10 lakh. This was a long pending demand of the locals visiting the market regularly for various purposes.

Ethnobotany one of the best career options today: Col Mahan



JJ NEWS SERVICE

BILLAWAR, NOV 25: Col Mahan Singh (Retd.), Chairman District Development Council (DDC) Kathua has asserted that Ethnobotany provides tremendous career opportunities for youth and it is one of the best career options for the students across the nation and globe. He said that though the word Ethnobotany was coined by an American Botanist John Hershberger in 1895 but Indian system of natural healing has been mostly using this system as part of the Vedic Culture which is more than 5000 years old.

The DDC Chairman expressed this during the two-day international conference on "Ethnobotany: Present and Future Perspectives" inaugurated by him at Govt Degree College (GDC) Billawar here today. Besides inaugurating the conference, he also released the new edition of college magazine and inspected the exhibition-cum-display of local handicrafts on the occasion.

Col Mahan Singh in his address to students after inaugurating the event while expressing immense pleasure for being amongst them stated that it is a matter of pride for the GDC Billawar students and the people of the region to hold this significant two-day Conference on "Ethnobotany: Present and Future Perspectives".

He said that GDC Billawar by conducting such events regularly is pursuing a great cause to inform, educate, counsel, guide and

train the participants especially the students on subjects of vital interest in the prevailing scenario.

He said that such events also provide perfect platform to meet face to face with people working as specialists in specific fields thereby exchanging information and ideas about working together for a better future.

Elaborating on the topic/ theme of the event he informed the students that "Ethno" means traditional knowledge and customs of people while "Botany" means study of plants. He said that Ethnobotany simply means "Study of plants and their practical use through traditional knowledge embedded in local culture and people. "We can say it is the study of rela-

tionship between plants and human beings" he added.

Col Mahan Singh informed the students that our sages were earliest practitioners of Ayurveda around 2500 to 600 BC. Ayurvedic treatments using herbs and leaves from plants were well established in Ancient India and have been documented in books for many generations he added.

The DDC Chairman said with the modern Ethnobotany being applied in multiple fields especially to address issues of current global concern including food security, climate change, biodiversity conservation and human health, our Prime Minister Narendra Modi during the past 8 years of his tenure has prioritized promotion of Ayurveda across the nation and abroad. In this regard establishing a new Ministry of AYUSH to popularize "Ayurveda" our traditional methods of medicine and health is worth appreciating.

"Recently, we in J&K have formed village, block, District & U.T level Forest Rights Committees for picking up forest produce by local residents besides establishment of new Industrial Biotech Park at Kathua are some of the initiatives in this direction in the area" Col Mahan said.

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DIET Kishtwar hosts one day workshop for HOIs on Accounts, finance matters

JJ NEWS SERVICE
KISHTWAR, NOVEMBER 25: DIET Kishtwar today organised a one day workshop for Heads of Govt Higher Secondary and High Schools of the district to acquaint and update them about the accounts and financial matters.

During the workshops, the participants were imparted hands-on training on accounts/financial related matters by experts of the Finance department Kishtwar. After detailed discussions, the experts cleared the doubts and queries of HOIs. The senior functionaries of Finance Department, DTO, Dr



Lokesh; Chief Accounts Officers, Shokat Rather; AAO, Masood Shiekh and AAO Rajesh Sharma delivered lectures in the workshop. HOD DIET, Pramilla Devi Sharma exhorted the participating officers to be familiar with accounts related matters. Course Coordinator, Nasir Ahmed, Sr. Lecturer, DIET and Riaz Ahmed Butt, Sr. Lecturer DIET also interacted with the participants. Later, Principal DIET Kishtwar, Ashok Kumar impressed upon all HOIs to clear all doubts related to day today accounts transactions and to implement the same in their respective institutions by reminding them that ignorance to law is no excuse.

Shastri urges LG admin to consider Ancient temple's of Jammu on tourist map

Shastri call on Director tourism MD JKTCDC



JJ NEWS SERVICE
JAMMU, NOV 25: Today delegation headed by president Shri kailakh Jyotish Avim vedic Sansthan trust Mahant Rohit Shastri met with Director tourism Jammu Vivekanand Rai, (IRS) & Minga Sherpa, IAS Managing Director, Jammu & Kashmir Tourism Development Corporation (JKTDC) at his office and submitted resolution.

On this occasion Mahant

Rohit Shastri said that Jammu is the city of temples and well known in the entire world, every year so many tourist and visitors visit the holy shrine of Shri Mata Vaishno Devi and there after they straightaway go to Kashmir for enjoyment of natural beauty of the Kashmir and left the union territory. He further said that the holy shrine of Vaishno Devi and various other tourist spots of

Kashmir are shown on the map of tourism of the union territory, whereas other places of jammu have natural beauty and holy shrines are not shown on the tourist map of Jammu and Kashmir union territory, it is relevant to mention here that Shri Baawa kailakh Dev, Shri Parshuram temple Akhnoor, Showa mata temple (Ranjan jandial) and other temple's of jammu to be considered on the tourist

map of the J&K government. He further stressed upon that if these places are shown on the tourist map of Jammu and Kashmir various pilgrims will visit these important historical shrines and temples and there is probability of the development of tourism and it shall also create employment for the unemployed youth of the concerned areas. It shall also support the development of the shrines and temples and these places are already linked with the roads and have a good connectivity, the only requirement is to propagate and introduce these places to the pilgrims, by placing these spots on tourist map, it shall rejuvenate the old extinct history of these temples and it shall also re-establish the importance of these temples these extinct temples.

On occasion Trustee Deepak Gupta and Somil Abrol were also present.

University of Jammu Alumni Association holds 1st GBM

JJ NEWS SERVICE
JAMMU, NOV 25: University of Jammu Alumni Association (UJAA) organized its 1st Annual General Body Meeting at Brig, Rajinder Singh Auditorium, University of Jammu. Patron UJAA, Prof. Umesh Rai, esteemed Vice Chancellor was the Chief Guest during the meeting.

Prof Umesh Rai in his address said that the association should be proactive and involve alumni in program based certificate and diploma courses. He was of the view that alumni can transform any institution and University of Jammu has a long way to move in this direction. While complementing the efforts of the UJAA team, he said that University of Jammu has distinguished alumni at position of importance in

diverse fields and they can bring about transformational change in the education in line with NEP 2020.

Prof Prakash Antahal, President UJAA in his welcome address while sharing the genesis and growth of UJAA said that and shared that association is now registered society under Societies Registration Act, 1860. He further said that despite being a young association it has been able to create diverse linkages, make its presence felt through social media, engage with international alumni and expand the member base.

During the meeting, results of the elections were also announced by Prof K S Charak, who acted as the Presiding officer and conducted the process of election impartially and objectively in a structured and

time bound manner. Dr. Harish Chander & Dr. Pritam Singh acted as the returning officer.

Prof Alka Sharma, Dr. Arun Arora, Dr. Vikram Gulati were elected as Executive Members who joined along with the nominated members Ms. Indu Kanwal Chib, Mr. Ajay Wali and Mr. Manohar Lal. Dr. Sanjeev Rana was elected as Vice-President, Dr. Shalun Sharma was elected as Joint-Secretary and Aman Talla as Publicity Secretary. Prof Pankaj Srivastava, President, JUTA and Prof Vinay Chauhan, Dean Student Placements are the ex-officio members of UJAA. Dr. Anil Gupta, Secretary, UJAA presented the annual report and shared that the association has grown to over 200 Life Members and has also initiated the Global Mentoring

Program with the International Alumni of the University. He further shared that through the Departmental Faculty Coordinators, various departmental level alumni engagement activities are being regularly organized. Dr. Garima Gupta, Treasurer, UJAA presented the audited financial report for FY 21-22. Dr. Suvidha Khanna, Life Member & Faculty Coordinator (UJAA) ably conducted the proceedings of the function. The meeting was coordinated by Dr. A R Manhas, Dr. Hema Gandotra, Dr. Jasbir Singh, Dr. Bindu Sangra, Mansi Mantoo (Nodal Officer, UJAA), Capt. S R Dubey, Sumit Sharma, Irfra Kak, Balwant Slathia, Kulbhushan Thakur, Yash Paul, Sunny Singh Rajput, Pooja Saproo, Iqbal Kour and Naresh Dhingra.

DDC Doda disbands services of 3 GRs for long absence

JJ NEWS SERVICE
DODA, NOVEMBER 25: District Development Commissioner Doda, Vishesh Paul Mahajan today disbanded the services of three Gram Rozgar Sahayaks for dereliction of duty and long absence.

District Development Commissioner's office received a written report from Assistant Commissioner Development Doda vide his letter No. ACDD/MGNREGA/55/2022-23/19555-59 Dated 14/11/2022, wherein it was reported

that the three Gram Rozgar Sahayaks were not performing their duties satisfactorily and they remained unauthorisedly absent from duty for a long time.

Assistant Commissioner Development Doda (Additional District Programme Co-ordinator, MGNREGA) had reported that the Block Development Officers concerned have recommended the termination of the three Gram Rozgar Sahayaks for dismal performance and long absence.

The terminated GRs are Surjit Singh from Block Dali Udhyanpur, Varsha Kotwal from Bhatthi Block and Yasir Hussain from Bhaderwah Block.

It is important to mention here that a GRs is engaged under MGNREGA, for effective implementation of the scheme. It is a temporary engagement linked with the successful implementation of the MGNREGA in the panchayat and their temporary services can be discontinued without assigning any reason by the competent authority.

District Admin accords warm farewell to outgoing ADC Poonch

JJ NEWS SERVICE
POONCH, NOVEMBER 25: The District Administration Poonch today organized an impressive farewell party for the outgoing Additional Deputy Commissioner, Poonch on his transfer as the PO ICDS, Kathua.

Deputy Commissioner, Inder Jeet, Additional District Development Commissioner, Dr. Mohd. Tanveer, Chief Planning Officer, Assistant Commissioner Revenue, Zaeher Ahmed Kaifi, Gen. Manager DIC, Dr. Zakir Hussain, Assistant Commissioner Development, Abid Hussain Shah, DIO NIC, Narinder Singh, CEO Education, Bishamber Das, DPEO, Narinder Mohan Suri, BDO, Zamood Ahmed, Tehsildar



Hqr, Jahangir Hussain, besides other district officers, staff members of DC office were present at the event.

The Deputy Commissioner highlighted achievements of the ADC and extended best wishes for his future endeavours.

All the officers present in the func-

tion extended their best wishes to the ADC for his new assignment.

The ADC shared his valuable experience and thanked the District Administration for organizing an impressive farewell and also thanked the officers for their active support and cooperation during his tenure.

DC Jammu listens to public grievances at Jourian

Asks for quality redressal by concerned departments



JJ NEWS SERVICE
JAMMU, NOVEMBER 24: To get first-hand account of the public grievances, Deputy Commissioner, Avny Lavasa today presided over a simple but impressive programme here at Jourian in which delega-

tions from different Panchayats, 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, Revenue, custodian land and other issues like road connectivity, public transport, 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 and quality 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 services delivery slackness shall be reviewed thoroughly.

She also impressed upon the officers to work with zeal to achieve the targets under different schemes, ensuring early delivery of the benefits to the rural masses.

DDC Member Bhalwal Brahmana, Bharat Bhushan Braj; Chairman Municipal Committee Jourian Madal Lal; SDM, Akhil Sadorta; Tehsildar, Samridhi Sharma; BDO, along with block level officers, PRI members and a large number of people were present at the program.

Mass Marriage organises by Sant Nirankari Mission 54 couples tie the knot

JJ NEWS SERVICE
JAMMU, NOV 25: After the conclusion of the 75th Annual Nirankari Sant Samagam in the holy presence of Satguru Mata Sudiksha Ji Maharaj, a mass wedding ceremony was organized by the Social Welfare Department of Sant Nirankari Mission, on Thursday, November 24, 2022, at 11:00 am at Sant Nirankari Spiritual Complex, Samalkha (Haryana). In this ceremony a total of 54 couples tied the knot in the divine presence of Nirankari Satguru Mata Sudiksha Ji Maharaj who

blessed the newly married couples and wished them a happy life ahead. Thousands of devotees, brides and grooms, along with their parents and relatives were present on this auspicious occasion.

In this simple ceremony, a traditional Jalima was exchanged by the couples along with the special symbol of Nirankari marriage - the 'Saanjha Haar'; they were blessed with it by the senior representatives of the Mission. Satguru Mata Ji

showered flowers and divine blessings during the ceremony on the brides and grooms.

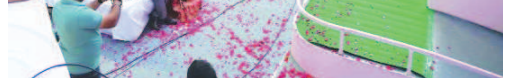
Along with their Satguru even the relatives of the brides and the grooms showered flowers. It was certainly a divine sight.

Mission's third Satguru, Baba Gurbachan Singh Ji gave special emphasis on simple marriages and His only aim was that we should restrain ourselves from unnecessary extravagance and expenditures.

Satguru Mata Sudiksha Ji Maharaj is guiding all the devotees by taking forward this spirit of welfare.

On this auspicious occasion, a total of 54 couples from different states of India participated in the Mass marriages; mainly from Assam, Chandigarh, Delhi, Haryana, Jammu and Kashmir, Maharashtra, Madhya Pradesh, Odisha, Punjab, Rajasthan, Uttar Pradesh, Uttarakhand and West Bengal.

After the mass marriage,



the strategic arrangement of food for all was given by the Nirankari Mission.

Giving blessings to the newly married couples, Satguru Mata Sudiksha Ji Maharaj said that follow the teachings of the Mission, imbuing those divine qualities in one's life, lead a loving family life. While performing one's duties in the family one has to show respect to everyone and adopt the principles of the Mission and live with everyone in harmony.

NYK, GCW Parade to celebrate Constitution Day on 26th Nov, 2022

JJ NEWS SERVICE
JAMMU, NOV 25: The constituent Assembly of India adopted the Constitution of India on 26th November, 1949 which became effective on 26th January, 1950. Constitution Day or Samvidhan Divas in India therefore is celebrated every year on 26th November to honor and remember the father of Constitution Dr B R Ambedkar; and to spread the importance of the Constitution of India and how it is helpful towards the growth and development of the country. The Constitution of India forms the bedrock of the largest parliamentary democracy of the world.

As citizen of the country, it is essential for every one of us to be aware of the story of writing of our constitution, the fundamental rights given to, and duties expected from, the citizen of this country. Taking inspiration from Hon'ble PM's vision, NYKS is organizing Know Your Constitution: Civic Awareness Program as a part of the Constitution Day across all the districts of the country. The main objective is to spread awareness among the youth about the various constitutional values enshrined in the Constitutions and to make the youth aware about the fundamental rights bestowed upon the citizen by the Constitution. To sensitize

the youth on the Fundamental Duties of the citizen and motivate them to carry out the same. In this context the Nehru yuva Kendra Jammu also going to celebrate the constitution day in collaboration with G.C.W. Parade Ground on 26th Nov, 2022 at G.C.W. Parade Ground. The Hon'ble MP Sh. Jugal Kishore Sharma has given his consent to be chief guest of the national constitution day.

The program will be started with reading of the preamble of the constitution by the Chief Guest. The national youth volunteers will organized the programme in the villages of their respective blocks.

Atal Dulloo reviews status of micro irrigation, irrigation for Kharif 2023



JI NEWS SERVICE

JAMMU, NOV 25: Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, today chaired a meeting of senior officers to review status of micro irrigation and irrigation for Kharif 2023 at Civil Secretariat Jammu.

Principal Secretary, Jal Shakti, Shaheen Kabra was also present in the meeting. The meeting discussed various issues related to Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), Micro Irrigation Fund (MIF) for three years and other irrigation related issues faced by the farmers in Jammu and Kashmir besides, Budget Estimate plan for 2023-2024. Director, APD, Kashmir briefed the meeting about component wise activities of various allied depart-

ments and Ministries prior 2022, proposed annual action plan under Per Drop More Crop (PDMC) component of PMKSY for the year 2022-23.

The meeting was informed that the PMKSY scheme was launched by the government of India in 2015 with the objective of convergence of investments in irrigation, enhance access to irrigation and adoption of precision-irrigation, improved on-farm water use efficiency, water conservation and ground water recharge and extension activities. Atal Dulloo directed the officers of concerned departments to ensure desilting of canals to make them functional by 1st March in Jammu division and 1st April in Kashmir division. He also asked them to ensure that water reach at the tail end of the canals in every village in

Jammu and Kashmir.

ACS directed the Directors of Agriculture Jammu and Kashmir to prepare a irrigation schedule with the assistance of CIs Irrigation, FC Jammu and Kashmir in consultation with Rural Development department. He said that the schedule will help the water users especially the farming community. Chief Engineers Irrigation and Directors of APD of both the divisions were directed to formulate a project proposal for Udhampur and Baramulla districts under PM Gati Shakti scheme. If the projects are thrown open successfully then the same projects shall be replicated to other districts of Union Territory so that more and more areas brought under irrigation in these districts. Director Agriculture Jammu, K K Sharma; Director Horticulture, Jammu, Ram Savak; Director CAD Jammu, Rajinder Singh Tara; Chief Engineer, I&FC Jammu and other concerned officers were present in the meeting besides Director Agriculture Kashmir, Iqbal Choudhary, and other senior officers of Agriculture and allied Departments participated through virtual mode.

DC Rajouri reviews implementation of Road safety Plan

Rs 1.9 crore fine recovered from traffic violators

JI NEWS SERVICE

RAJOURI, NOVEMBER 25: Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting of the District Road Safety Committee to review the measures being taken for the effective implementation of road safety plan in the district.

The meeting held detailed deliberations on the action plan, including raising awareness about road safety, strict implementation of provision of Motor Vehicles Act, establishment of trauma centres, removal of illegal encroachments/hoardings, fixing of road safety signages, installation of Crash barriers along accident prone road stretches etc.

Speaking at the meeting, the DC said that effective execution of the road safety plan was necessary for prevention and protection of road accidents.

While reviewing the enforcement of road safety rules, the meeting was informed that Rs 1.9 crore compound fine including Rs 19 lakh by Motor

Vehicle Department and Rs 90 lakh by Traffic police has been recovered.

Referring to the public complaints of violation of traffic rules by the commercial drivers, the DDC asked the traffic authorities to recommend the permits and licenses of such habitual violators for cancellation.

Regarding the establishment of the trauma centre, the meeting was apprised that the land for the establishment of the same was being identified.

Taking note of the illegal encroachments along the roadsides, the DDC said that the major chunk of roads in Rajouri is under BRO and passed strict instructions to the concerned officers from the BRO to remove the illegal encroachments at the earliest.

He further asked the concerned officers to identify the black spots on the roads and take effective measures to rectify the same within the shortest possible time. Stress was also laid on installation of crash barriers within one month.

Reviewing corrective measures taken by PWD(R&B), the meeting was informed that the department has rectified sixty blind spots to prevent mishaps. The DDC also asked them to mark Zebra crossings at prominent places.

Similarly, reviewing the performance of the PMGSY Department, the concerned officer informed that crash barriers are being installed on the under construction roads, while the installation would be done on the completed roads as and when funds are made available.

The MCs were asked to identify no parking zones and ensure strict enforcement. They were also directed to remove illegal and unethical hoardings from the road sides.

Asking to take stern action against the violators of the traffic norms, the DDC asked the Traffic Police and Motor Vehicle Department to conduct special drives to take actions against the violators as per relevant norms.

Dr Samoon inaugurates mega Job fair; 5000 candidates registered

25 Multi National, National, local companies participate

JI NEWS SERVICE

JAMMU, NOV 25: Principal Secretary, Skill Development Department (SDD), Dr Asgar Hassan Samoon, today inaugurated mega Job fair organised by Skill Development Department in collaboration with Desh Bhagat University (DBU), Mandi Gobindgarh Punjab at Government Polytechnic Bikram Chowk, Jammu.

About 5000 candidates registered themselves through online and offline mode while around 25 reputed Multi-National, National and Local companies and Industries participated to hire the candidates.

Director, SDD, Sudershan Kumar, was the guest of honour on the occasion while Leena Padma, Mission Director, Skill Development Mission, Ramesh Chander, ADDC Jammu, Arun Bangotra, Principal, Government Polytechnic Jammu, Dr. Sandeep Singh, President, Desh Bhagat University, Dr. Harsh Sadawarti, Vice President, Desh Bhagat University and Principals of various Government Polytechnics and ITIs of Jammu and Kashmir were

also present.

Dr Samoon lauded the efforts of the Government Polytechnic Jammu administration for conducting this Job fair. He highlighted various challenges a student faces in seeking job and encouraged them to convert these challenges into fruitful opportunities by continuous hard work and dedication. He further said that this job fair will adopt an integrated approach in addressing the employment and employability issues by making jobs available to the candidates according to their potential and educational qualification. Samoon added that amid high unemployment, employers face challenges filling the technical and skilled jobs and such job fairs can help to overcome this talent paradox.

Later, Dr Samoon inaugurated CIIT Hostel Block constructed by PWD. Speaking on the occasion, Director Skill development, briefed about various aspects of skill development department and the latest updates in terms of skill add-on courses being offered by the department along with three-year diploma courses. He said that the job fair will

be the platform for students to meet their future sponsors.

Principal of the college briefed about various industries and companies participating in the event. He added that this job fair has been organized with an endeavour to provide employment opportunities to the aspirants in 25 renowned multinational, national and local companies such as BYJU'S, Vertex, Ocean Engineering, Just Dial, HDFC, Collageedekho.com, Zonix Soft, Raddex Service Pvt. Ltd, ICICI Bank, CADD Desk, ESS ESS Global, OYO, Eclerx, Tele Performance, Taskus, Time Pro etc. Speaking on the occasion, Vice President DBU lauded the efforts of Dr. Asgar Hassan Samoon for initiating such kind of measures where the students can nurture their skills. Other present on the occasion were Principals of Women Polytechnic Jammu, Govt Polytechnic Reasi, Government Polytechnic Poonch, Government Polytechnic Samba, Government Polytechnic Ramban besides Principal ITI Jammu, Superintendent ITI R.S. Pura and staff and students of the college.

GDC Rambarh organises students' visit to Shri Gurudwara Sahib Raika

JI NEWS SERVICE

SAMBA, NOV 25: Department of Punjab, in collaboration with Yuva Tourism Club of Government Degree College Rambarh organized a one day visit of students to Shri Gurudwara Sahib, Raika (Swankha). The event was organized under guidance and co-ordination of Prof. (Dr.) Satinder Kaur, Principal of the College.

The management committee of Shri Gurudwara Sahib Ji, Raika viz. S. Malkiat Singh, Pradhan; S. Gurpreet Singh, secretary; S. Darshan Singh, Chairman; S. Rajinder Singh, Cashier; S. Gaar Singh, Head Granthi arranged and conducted the

event in a planned manner.

Sermons were delivered by Baba Gaar Singh, Head Granthi. S. Malkiat Singh, Pradhan Gurudwara Rabandhak Committee Raika appreciated the visit of GDC Rambarh and threw light on the life and teachings of Shri Guru Nanak Dev Ji. S. Pritpal Singh enlightened the students to be a part of religious practices along with academics.

A number of religious activities were performed during this visit like Kirtan Darbar, paying tribute to Shri Guru Nanak Dev Ji, Listen & Contemplate the precepts & preaching's of Shri Guru Granth Sahib Ji, Community Kitchen Service

(Langer Sewa).

A large number of students participated in the Kirtan Darbar with great enthusiasm and fervor.

Jaswant Kour Sem-I, Gurjeet Kour Sem-I, Malkiet Kour Sem-III & Inderjeet Kour Sem-III recited 'Shabad' with great devotion. Jagmeet Kour Sem-I and Malkiet Kour Sem-III spoke on the life and teachings of Shri Guru Nanak Dev Ji.

Speaking on the occasion, Prof. (Dr.) Satinder Kaur advised the students to inculcate spiritual values that would in turn lead them to righteous person as well as society. She also encouraged the students to take

part in constructive activities like sports and choose life not drugs. She enlightened that in the holy book, Sri Guru Granth Sahib, Guru Nanak says:

"Accept all humans as your equals, and let them be your only sect." She emphasized that no person can be above any other person, all are a part of creation and all are equally close to God. Principal of the college also appreciated the efforts of Prof. Risha Kumari for organizing the visit.

The other faculty members who accompanied the visit were Dr. Aditi Khajuria, Prof. Seema Sharma, Dr. Sandeep Kumar & Dr. Shamsher Lal.

State Election Commission accords Farewell to OSD Shabir

JI NEWS SERVICE

SRINAGAR, NOV 25: The State Election Commission (SEC) today accorded farewell to the officer on Special Duty (OSD) Syed Shabir Ahmad who has been transferred and posted as Additional Deputy Commissioner Srinagar.

The farewell function was presided over by the State Election Commissioner K.K.Sharma and also attended by Secretary SEC Susheel Sharma and other senior Officers of the Commission.

Azadi Ka Amrit Mahotsav: GGHS Darhal organises Cultural program

JI NEWS SERVICE

RAJOURI, NOV 25: In connection with a series of events being organised across the country under the aegis of Azadi Ka Amrit Mahotsav, a cultural program was today organised here at Govt Girls Higher Secondary School Darhal.

The event was organised by the District Information Centre Rajouri.

During the event, the artists presented scintillating cultural items which enthralled the audience present on the occasion and appreciated the performance amid thundering applause.

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