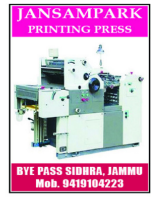
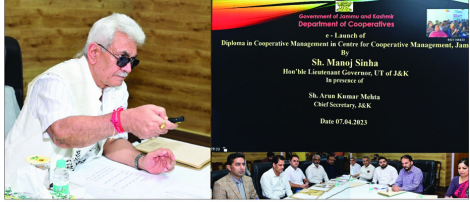


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Lt Governor launches two major initiatives of Cooperative department



Lt Governor interacts with the citizens who had submitted their grievances on JKIGRAMS portal



JNEWS SERVICE
JAMMU, APR 7

Lieutenant Governor Shri Manoj Sinha launched two major initiatives of Cooperative department-Diploma in Cooperative Management and MoU between Cooperatives and Department of Tribal Affairs, at Raj Bhawan, today.

Congratulating the stakeholders, the Lt Governor said the initiatives will strengthen the coop-

erative spirit in the UT and transform the lives of the tribal community.

"Hon'ble Prime Minister's vision of 'Sahkar Se Samridhi' will guide the social and economic transformation and provide vital support for growth of agriculture sector. The new initiatives also aimed at improving cooperatives efficiency and to meet the requirements of rural economy," observed the Lt Governor.

Emphasizing on pro-

moting cooperative education and training, the Lt Governor said the introduction of Diploma in Cooperative Management will provide opportunities to Junior Officers, members of Cooperative Societies, FPOs and officials of other allied departments to acquire requisite skills to manage cooperative business and facilitate the process of human resource development in J&K.

CONTINUED ON ► PAGE 4

Centre reviews Covid preparedness; asks states, UTs to remain alert

JNEWS SERVICE
NEW DELHI, APR 7

Amid the spike in the of Covid-19 cases across the country, the centre has asked the states and Union Territories to be vigilant and keep all preparedness for COVID19 management.

The direction came from Union Health Minister Dr. Mansukh Mandavaya, at a virtual meeting with State Health Ministers and Principal Secretaries/ Additional Chief Secretaries, here on Friday.

"Centre and States need to continue working in collaborative spirit as was done during the previous surges for COVID-19



prevention and management", a release quoted Mandavaya as saying during the meeting.

The virtual meeting was held in the presence of Dr. Bharati Pravin Pawar, Union Minister of State for Health to review the

public health preparedness for containment and management of COVID-19 and progress of national COVID-19 vaccination campaign in view of the recent upsurge in cases in some states.

CONTINUED ON ► PAGE 4

World Health Day: Will take appropriate steps if need arises: CS on Covid

JNEWS SERVICE
SRINAGAR, APR 7

There is no need to panic about Covid-19 in J&K and if need arises, appropriate steps will be taken in time, Chief Secretary

Arjun Kumar Mehta said on Friday.

While talking to reporters on the sidelines of World Health Day event in Srinagar, Kumar as per news agency-Kashmir News Observer

(KNO), said that there is no need to panic and appropriate steps will be taken as the administration has been very successful in managing the previous waves

CONTINUED ON ► PAGE 4

Grievance redressal: BJP on mission mode to reach out to last person in society: Rana

JNEWS SERVICE
JAMMU, APR 7

Senior BJP leader Mr Devender Singh Rana today said the mission of Prime Minister Narendra Modi is not only to steer the nation to highest pinnacles of progress and development but also to ensure that the benefits of welfare schemes percolate down to last person in the society.

"The Prime Minister's vision of Atma Nirbhar (self-reliant) Bharat is Sashaktikaran (empowerment) of all, irrespective of religion, region or caste, as per his cherished agenda of Sabka Saath, Sabka Vikas, Sabka Vishwas, Sabka Prayasn", Mr Rana said, adding that it is



with this mantra that every BJP Karyakarta is reaching out to the people, aware them about the schemes tailored by the government for their welfare, listen to their problems and make every effort in getting these resolved by taking up the grievances or issues with appropriate forums in the administration.

Devender Rana along with Mr. Munish Sharma,

Prabhari BJYM and Mr. Parneesh Mahajan, Incharge Training Department were interacting with the people during the public grievances redressal camp—a mechanism held on weekly basis—at the BJP headquarters at Trikuta Nagar.

About 30 deputations apart from individuals from across the state met the BJP leaders,

CONTINUED ON ► PAGE 4

LG Admin orders SIT probe into illegal lease of temple properties in Kashmir

JNEWS SERVICE
SRINAGAR, APR 7

The Jammu and Kashmir administration led by Lieutenant Governor Manoj Sinha has ordered a Special Investigation Team (SIT) probe into illegal lease of temple properties in the Valley while Deputy Commissioners (DC) have been directed to furnish the updated inventory within a week's time.

According to the news agency-Kashmir News Observer (KNO), on the directions of Lieutenant Governor's Secretariat References Monitoring Cell, Jammu & Kashmir, a letter has been issued

to 10 DCs of Kashmir, wherein they were asked to probe the illegal lease of temple properties and nexus in temple properties being used illegally.

"I am hereby directed to enclose herewith copy of communication along with its enclosures bearing O.M no. GAD/RM/256/2022-LGRMGAD dated 20-05-2022 received from Lieutenant Governor's Secretariat References Monitoring Cell, Jammu & Kashmir with the request to ascertain any such instances in your district and take appropriate necessary action under rules with intimation to this

CONTINUED ON ► PAGE 4

31 police officers transferred in J&K

JNEWS SERVICE
SRINAGAR, APR 7

The Jammu and Kashmir government in the interest of administration Friday ordered transfer and posting of 31 police officers with immediate effect.

As per the order, a copy of which lies with the news agency-Kashmir News Observer (KNO), Paramjeet Singh, Addl. SP Railways, Jammu, is transferred and posted as Addl. SP Kathua vice Shri Suresh Kumar.

Suresh Kumar, Addl. SP Kathua, is transferred and posted as Vice Principal, P.T.S. Kathua, against an available vacancy.

Sandeep Bhat, Dy. Commandant, 1st Women Bn., is transferred and posted as Addl. SP Bandipora, against an available vacancy.

Imtiaz Ahmed, Dy.SP PC Sangam, is transferred and posted as Dy.SP (Ops.), Kunzer vice Aumer Iqbal.

Imtiaz Ahmed shall also hold the additional charge of the post of SDPO Tangmarg, till further orders.

Aumer Iqbal, Dy.SP (Ops.), Kunzer, is transferred and posted as Dy.SP IR-10thBn., against an available vacancy.

Rashid Younis, Dy.SP Hrs Kupwara, is transferred and posted as Dy.SP IR-8th Bn., against an available

vacancy.

Mohammad Usman, Dy.SP Hrs Samba, is transferred and posted as Dy.SP IR-22nd Bn. against an available vacancy.

Hamid Ail Banday, Dy.SP Anti Corruption Bureau, upon his repatriation from ACB, is posted as Dy.SP, Surankote vice Tanveer Jeeleeni.

Sourabh Prashar, Dy.SP (Prov.) Police Headquarter, is transferred and posted as Dy.SP (Hrs.) Samba vice Mohd. Usman.

Mohd. Aamir Bhat, Dy.SP Pahalgaon, is transferred and posted as Dy.SP IR-3 Bn., against an available vacancy.

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India World's Major Bioeconomy With Biotech StartUps: Dr Jitendra



JNEWS SERVICE
NEW DELHI, APR 7

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS, PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh said here today that under Prime Minister Narendra Modi, India is emerging as the world's major Bioeconomy with fast growing Biotech StartUps.

Delivering the inaugural address at the 20th Anniversary celebrations of Association of Biotechnology Led Enterprises (ABLE) today at India

Habitat Centre here, Dr Jitendra Singh said that India has developed four indigenous Vaccines in just two years under "Mission COVID Suraksha" and augmented the manufacturing of Covaxin, and created necessary infrastructure for smooth development of future vaccines, so that our country is pandemic ready.

The Minister said that in the Global Innovation Index 2022, India has moved to 40th rank from 81st position. We must now aspire to be in the top 25 in the near term and in the top five by India @100. Prime Minister Mr Narendra Modi has

CONTINUED ON ► PAGE 4

Govt to conduct special Gram Sabha meetings across J&K regarding finalization GPDP 2023-24

JNEWS SERVICE
JAMMU, APR 7

The Government would be conducting special Gram Sabha meetings across Jammu and Kashmir on April 10, 2023, in connection with approval and finalisation of Gram Panchayat Development Plan (GPDP) 2023-24.

These meetings of Gram Sabhas will provide an opportunity to locals to

come together and participate in a decision-making process for their respective panchayats. This will ensure that the approved GPDPs are reflective of the needs and aspirations of the community and will pave way for achievement of Localisation of Sustainable Development Goals (LSDSGs).

According to a circular issued by the Department of Rural Development and

Panchayati Raj here today, all the Deputy Commissioners have been asked to make arrangements for Gram Sabha meetings in every Panchayat on April 10 besides panchayat convergence meetings with full participation of all Panchayat Prabhari officers. The approved GPDP will be subsequently uploaded on the revamped eGramSwaraj portal.

Amrit Kaal Budget

Development of industrial estates, promotion of Ease of Doing Business, export hubs creation to get focus in 2023-24 budget

JNEWS SERVICE
SRINAGAR, APR 7

"Development, expansion of new industrial estates, promotion of ease of doing business and creation of export hubs will receive a significant push in the budget earmarked for 2023-24 fiscal".

This year's budget elaborates that the Jammu and Kashmir government has identified 29 projects for development of new Industrial Estates during 2023-24.

The investment proposals for setting up of Medicines in Jammu and Srinagar had been received for cre-

ation of health infrastructure in private sector. In this regard, Medicities at Sempora, Srinagar and Meeran Sahib, Jammu are being established to provide better healthcare facilities to the ailing.

The main aim of "One District One Product" is to promote local product

for export. In this regard, Jammu and Srinagar districts have been selected among the 75 districts across India for export of local products.

Similarly, 1500 units under Jammu and Kashmir Rural Employment Generation Programme

CONTINUED ON ► PAGE 4

Bail to Sanjay is victory of people, slap on the face of KCR: Tarun Chugh

JNEWS SERVICE
JAMMU, APR 7

BJP national general secretary Tarun Chugh today said that the bail granted to Telengana BJP president Bandi Sanjay was not only a slap on the face of the KCR government but also a victory for the common man whose cause Sanjay had been fighting in the wake of repeated incidents of question paper leakages.

Chugh, who on behalf of BJP president paid a visit to the family of Sanjay, said the KCR who is seeped deep into corruption has been trying to stifle the voice of lakhs of youth in Telengana. The way Sanjay had been waging a war against the KCR government after it had cheated lakhs of students with leakages in question papers, be it of Public Service Commission or otherwise exemplified the bottom that the KCR government has touched in corruption.

He said the BJP is



indebted to the judiciary for bringing Justice to the fore. Chugh said the arrest of Sanjay, who is a Lok Sabha member, was patently unconstitutional since the Lok Sabha is in session and the KCR government did not even care to inform the Lok Sabha Speaker about it.

The BJP would continue its struggle to expose the KCR government and would never be discouraged by repressive measures undertaken by the Telengana chief minister.

Highlight key achievements of Modi Govt under Samajik Nayay Saptah: Raina to party cadre

J I NEWS SERVICE

JAMMU, APR 07: Ravinder Raina, President BJP Jammu & Kashmir, today launched cleanliness drive at Purmandal which is popularly known as Chota Kashi.

Speaking on the occasion, Raina said that Purmandal is a historical sacred place of Hindus, which has its mention in Kalhana's Rajatarangini, as well as in Hindu epic books, and has remained a well known place for pilgrims from the ancient times. He said it's our responsibility to promote a prosperous and beautiful environment created and nurtured by a supportive community. This 'community' can be your family, friends, schools, groups, towns or cities, your opportunity, perhaps a life-changing experience, is to create leaders to inspire your 'community' however small or large that may be BJP Jammu & Kashmir provides you opportunities to step out and find ways to inspire others towards your passion and discover from that experience that 'you will live life more joyfully and successfully.'

Speaking over the Samajik Nayay Saptah in connection with Party's foundation day celebrations, Raina said after 42 years of journey we feel indebted to the veteran



leaders who contributed in raising its seats from 2 to 300 seats in the Lok Sabha. He said that today BJP is the largest party of the world and connected firmly to the people of this nation.

He asserted that today J&K witnessing unprecedented development after abrogation of Art 370 is a result of the sacrifices of the leaders like Shyama Prasad Mookerjee.

He said that BJP and Central Government headed by the Prime Minister, Narendra Modi stand fully committed for the development of Jammu and Kashmir. The unprecedented overall development of J&K witnessed today is the

Besides, he insisted female villagers to make use of composite bin at their homes to accommodate daily household biodegradable waste which helps in moisturizing the soil.

Meanwhile, BJYM Jammu & Kashmir under the dynamic leadership of Arun Prabhat successfully conducted various cleanliness/awareness programmes across Jammu & Kashmir. Several cleanliness and awareness drives were conducted by Arun Prabhat at AAP Shambu (Roopnagar), Shiv Temple Opposite RRL Lab (Jwal), and Devika River - Purmandal Shri Kashi Vishwanath Ji.

Arun Prabhat Ji said that BJP Jammu Kashmir youth wing has started these drives across Jammu & Kashmir, with a clear message of improving sustainable way of living and it is us the youth of the Jammu Kashmir who has to take the stand and lead from the front.

Other prominent persons who were present include Anshu Jaisal, BJYM District President Samba, Vikas Sharma, State Secretary & Prabhari, Kashmiria Singh BJP District President Samba, Jai Sharma (SEM), Dil Bhadur Singh Convener Swatch Bharat Mission and T.R Sharma Co-Convener Swatch Bharat Mission.

Modi Govt leading approver of organic farming, modern technology: Sham Lal

Organic farming bets for enhancing soil fertility, better pest control: Johal



J I NEWS SERVICE

JAMMU, APR 07: Sham Lal Sharma Vice President J&K BJP and former minister on Friday strongly batted for switching over to organic farming highlighting its numerous advantages including guarantee of better health prospects.

The senior BJP leader was addressing an impressive gathering during an awareness camp organized to promote organic farming here at Village Pandori in Mishriwala Panchayat.

Besides Sham Lal Sharma, Sarabjit Singh Johal, President BJP Kissan Morcha J&K and DDC Member Ramgarh; Darshan Choudhary and

Baba Chanchal Singh Chib, Vice Presidents of BJP Kissan Morcha were also present. The Camp was envisaged and organized by Gurbachan Singh, Secretary BJP Kissan Morcha, J&K and former Sarpanch.

Sham Lal said that the BJP Government led by PM Narendra Modi is a strong approver of organic farming as the PM himself has endorsed this kind of farming for its number of benefits and less damage to the environment and public health.

He said that the case studies of villages across the country which had started relying on organic farming has shown that this form of farming

has been proven to be a game changer for the population as there are numerous advantages with almost no disadvantage. He asked the farmers to go for this type of farming to change the course of life, achieving health benefits and of course monetary as well.

The senior BJP leader lauded the Modi Government for allocating more than Rs 5000 crore for agriculture and its allied sector which will boost the farming sector. He exhorted upon the Kissan Morcha leaders and workers that it is our moral responsibility that the funds allocated for agriculture must reach at grass roots level to realize the dream of PM Modi of doubling farmers' income.

Johal while appreciating Gurbachan Singh for taking his village towards organic farming in the last three years said that the decision is farsighted and in the coming days more and more villages will emulate this initiative as there are colossal benefits.

He said that more and more people should opt for organic farming because it gives increased soil fertility for a long time without harming the environment and controls diseases and pests. "The damage observed in cultivation by the use of synthetic chemicals is also prevented through this method of farming," he added.

Villager demands immediate action to their grievances

J I NEWS SERVICE

REASI, APR 7: An emergency meeting was held in village Bhabber Brahmana and Bhabber Rasiyalan, Tehsil and District Reasi under the chairmanship of Sarpanch Bodh Raj Sharma along with former Sarpanch Bodh Raj Bhagat in which they listened the folks in which the people have discussed various issues which need proper attention by the government.

People said that the PMGSY road from Simbal Choa to Dera Baba Banda and Bhabbera to Kundra is in a bad shape which needs proper attention by the district administration. Laks



the long pending demands of the villagers.

The road from Mansoo to Kangariyan, Kundra needs immediate repair so as to enable the commuters to reach their destination well on time.

Those who were present in the meeting include Sudesh Kumar, Mohammad Sharif, Nazir Ahmed, Rekha Devi, Bashir Mohammad, Usha Devi, Yashpal (Naib Sarpanch), Mohammad Yunus, Om Prakash, Prithvi Raj, Rakesh Kumar, Pawan Kumar, Abdul Latif, Mohammad Ishaq and many other people attended.

Moreover, people also demanded Jhula Bridge near Pagwan Bagh which is the need of the hour. People appealed to the government to look after their grievance as these are

BJP OBC Morcha Started Campaign of Gaon Gaon Chalo, Ghar Ghar Chalo Abhiyaan

J I NEWS SERVICE

JAMMU, APR 07: BJP OBC Morcha Started their Campaign of their National Program Gaon Gaon Chalo, Ghar Ghar Chalo Abhiyaan in Jammu Kashmir.

Ashwani Sharma (Former MLA Bishnah) And Sunil Prajapati (State President BJP OBC Morcha), Shamsher Prajapati (State Secretary BJP OBC Morcha) Visited Jammu Border and Jammu North.

The Program was Managed by Ashok Viridhi (District President BJP OBC Morcha) and Nituu Verma (District President obc morcha Jammu North).

Prominent among the others who Present are Joginderpal Singh (Vice President obc morcha Jammu North), Ravi Verma (Vice President district Jammu Border), Jagdish kumar (General Secretary Jammu North), Kuldeep Sodhi (General Secretary obc morcha district Jammu Border), Jai Kishan (General Secretary OBC morcha Jammu Border), Bachan Lal (Secretary OBC morcha Jammu Border), Sarjaj Saab (Secretary Jammu North), (Vijay Singh (Sarpanch), Rajinder Kumar (Panch),



Govind Nath Sharma, Tarsem Chowdhary

Visited villages like Saidgarh, Chinnam Chak, Rehah, Kothey, Manyal, Chhandon, Bathera, Dharam Khoo, Bhedha, Dum Malpur.

In the Program they visited door to door and interacted with OBC Communities and Distributed Pamphlets of Schemes among them. Ashwani Sharma said that Modi Government doing Great work for

the Welfare of OBCs by Starting so many welfare Schemes for the OBCs. He said Modi Government also improving our Health Sector by giving Aims and Medical Colleges to Jammu Kashmir. He said our Government believe in Sab sath and Sab ka Vikas. Sunil Prajapati said main motive of BJP OBC Morcha behind this Campaign is to Spread information about Central Schemes for the OBCs at Ground level.

Nitish initiates tree plantation drive on World Health Day

J I NEWS SERVICE

JAMMU, APR 07: To mark the occasion of World Health Day, Nitish Mahajan, Co-in-charge Social Media Department BJP J&K today initiated a tree plantation drive at Trikuta Nagar area of Jammu city in presence of prominent citizens of the area.

Speaking on the occasion, Nitish Mahajan said that World Health Day is celebrated every year on April 07 and the theme for this year is 'Health for All'. He said that the theme of this year's 'Health for All' is making us realize the importance of a healthy and pollution-free environment for our better health.

"A polluted environment brings diseases and makes living on this planet



miserable for humankind. But for this we are ourselves responsible as they have brought destruction to the environment and harmed the ecological balance.

In order to grow fast we have forgotten how important a healthy environ-

ment is for us," he said. In view of environmental degradation, he has decided to plant trees in several localities of Trikuta Nagar. Mahajan called upon the people to be part of the drive and contribute to the cause of preserving the environment by planting

trees in their surroundings. He emphasised upon the need of planting more trees, rainwater harvesting and motivated people to encourage their families, especially children to participate in the drive to contribute towards national greenery.

Congress organizes Jai Bharat Satyagreh march in Jammu North Assembly

Raising voice against corruption become a crime in Modi rule: Bhalla

J I NEWS SERVICE

JAMMU, APR 7: District Congress Committee Jammu Rural today organised 'Jai Bharat Satyagraha' protest march at Block Patta Paloura in Jammu North Assembly segment to highlight the "wrong policies" of the BJP-led Union government and the current political situation in the country.

JKPC Working President Raman Bhalla, former Ministers Mula Ram, Yogesh Sawhney, Chief Spokesperson Ravinder Sharma, District Rural President Hari Singh Chib, JKPYC President Uday Bhanu Chib today led impressive Jai Bharat protest march at Paloura. Earlier these leaders addressed huge public gathering at Paloura attended by hundreds of party activists. Prominent among those present on the occasion include Uttam Singh, Somnath Sharma Block President, Parshotam Singh, Dr Chandermohan, Capt Khushi Ram, Dev Raj, Madan Chib, Surinder Kumar, Roshanlal, Jungbhadur, Varinder Mehra, Guddi Devi, Renu Manhas Chopra, Billa, Kamal Singh, Pummy, Jagdish Raj, Rampal, Ram Singh, Pritam Singh, Naresh Manhas, Ajmer Manhas, Imran, Om Prakesh, Praveen Akter, Dilshat Butt besides others. Led by Raman Bhalla, the processionist marched carrying placards & flags, raising slogans like 'Lok tantar ki hatya band karo etc. they demanded JPC in adani issue, 'Jawab do Jawab do, Hisab hisab do, BJP hisab do. A large number of workers and leaders joined the yatra.

Addressing the gathering, Raman

Bhalla said that raising the voice of the general public against corruption has become a crime in the Modi rule. There is a fight to save democracy, against 'Mitrakala'.

Bhalla said that it is the Congress party which had ended the Company Raj from this Country by following the path of Satyagraha shown by the Father of the Nation, Mahatma Gandhi, Pandit Jawaharlal Nehru.

"Four-time MP Rahul Gandhi, former president of the Country's main opposition party, is not allowed to speak inside the Parliament, his mike switched off, demonstrating like extremist the ruling party's members. The proceedings are not allowed to go on. Union Ministers make unstrained statements while tarnishing the dignity of their posts and when Rahul Gandhi is unable to suppress the voices of the Congress party and the opposition, then another conspiracy is hatched to end Rahul Gandhi's parliament membership," he added.

Chief Spokesperson Ravinder Sharma in his address said that suppressing the voice of opposition means suppressing the voice of majority people of this country. The Congress party and Shri Rahul Gandhi has always raised the issues of common people of all sections, during nine years of BJP regime, be it farmers, youth, business class, working class and issues of greater public concern," he said.

He said BJP's vendetta politics and intimidation of the opposition especially Congress Party won't deter us from raising our voice, we will continue to fight for the Nation and rights of the people.

Yogesh Sawhney speaking on the occasion said that instead of replying to the serious issue raised by Rahul Gandhi on Adani, the Modi govt & BJP hatched the entire drama, so that PM has not to reply to Rahul's questions.

Hari Singh Chib, in his address, lashed out at the Modi Government and the BJP for serious assault on the constitution and the democracy during its regime.

He alleged that disqualification of Rahul Gandhi is an attempt to gag the voice of the opposition in the parliament but the BJP should know that the voice of people and the voice of Congress party and Rahul Gandhi cannot be suppressed and it will be raised more vociferously in the streets of the country. Uday Bhanu Chib said BJP can silence the voice of Rahul Gandhi in the Parliament but can't silence his voice amongst 1.40 cr citizens of this country. He strongly criticized the modi government for its dictatorial policies to crush the voice of dissent in the country. He said Congress party under the Leadership of Rahul Gandhi shall continue to fight for the rights of the people and raise the issue of common people, youth poor people despite all attempts to crush the voice of opposition. Congress party shall continue its Satyagrah to protect the freedom of the common citizens of this country, he added.

Jammu's first Virtual Reality Lab inaugurated by legendary Sri Lankan cricketer Sanath Jayasuriya

BOMIS JAMMU HOSTS GRAND OPENING OF INITIATION CEREMONY



J I NEWS SERVICE

JAMMU, APR 07: Jammu's first Virtual Reality Lab was inaugurated today at Bomis Jammu on the occasion of the "Initiation Ceremony".

Legendary Sri Lankan Cricketer Sanath Jayasuriya was the chief guest of the occasion, who declared the Initiation Ceremony open. JP Juniors was also inaugurated here today.

The occasion was honoured by legendary Cricketer Sanath Jayasuriya, Dr Panna Manhas Choudhary Chairperson of the school, and board members along with proud parents. Aparana Kohli, Principal of the school welcomed and addressed the chief guest and esteemed gathering of parents where she explained the vision behind setting up of the VR Lab.

She said, "The reason behind installing this high profile lab is to provide students with innovative learning experience with a combination of technology and

education." She also expressed that the school is on a mission to make learning a joyous experience for its learners. VR lab is equipped with latest technology offers an extensive collection of immersive educational content in the realms of science, maths and social science and other disciplines.

After the welcome address, talk show was organised by the students of Bomis Jammu which kept the waiting spectators enthralled with their wit and humour as they vied with each other to impress and put their best foot forward in front of Sanath Jayasuriya. Children and parents also got the opportunity to interact with him and they also received autographs from the legendary Sri Lankan Cricketer Sanath Jayasuriya.

After that all the National level winners of the School, in the field of various sports, were felicitated by the Chief Guest. The Principal of the school said that the Bomis Jammu has always been promoting the sports

among the young students as a result our students have always been in the forefront in all the sports events.

Sanath Jayasuriya delivered an inspiring speech addressing the trainees and parents in the School Auditorium where he was able to connect with young and old alike as he espoused the immense validity that sports and games have in our lives. While addressing the audience legendary Sri Lankan cricketer on Friday said that sports impart discipline and sense of responsibility among the players, which is key to the overall development of youth and to realise the cherished dreams. He also emphasised the need to channelise their potential and talent in positive direction which is found in every nook and corner of India and which if nurtured and facilitated can produce many more brilliant Cricketers. He spent quality hours with the budding cricketers, sharing technical nuances that would go a long way in turning aspiring cricketers to professional sportsmen.

Ms. Aparana Kohli Principal of the School, expressed her deep gratitude to Sanath Jayasuriya sir for sharing important tips with the budding sportsmen and providing them the opportunity to nurture their enthusiasm and be a vehicle of ideology towards the same. She also thanked the large number of parents who escorted their wards to the school ground.

The day was a great experience in the life of Students. In short the Initiation Ceremony was a grand success by the combined efforts of stu-

J&K Social Media team calls on Tarun Chug, discusses issues

J I NEWS SERVICE

JAMMU, APR 07: A delegation of BJP Social Media team from Jammu and Kashmir headed by Ankit Gupta, Convener; Nitish Mahajan, Co -Convener, Manjeet Jasrotia, Satish Jandyal and Bilal Parry called on Tarun Chug, BJP National General Secretary and discussed various issues related to handling of Party's social media campaign in the Union Territory of Jammu and Kashmir.

Ankit Gupta apprised the senior BJP leader about the ongoing programmes of the Party in J&K Union Territory.

He said our team doing their best in promoting the policies, programmes and schemes of Central Government in every nook and corner of Jammu and Kashmir through various social media platforms like facebook, WhatsApp, Instagram, Twitter, etc.

Tarun Chug said that social media is a major platform to get the party's ideology across to the masses. It helps common



people in having direct links with the BJP.

He said in today's era, social media is the only weapon by which people with anti-national mentality can be defeated.

Chug asked them to continue their efforts in making people aware about the achievements of central government through social media platforms.

Besides, efforts should be made to form WhatsApp groups in every district which would

serve as a platform for exchanging information relating to the good work done by the Modi government," he said.

The BJP General Secretary asked them to make every possible effort in publicizing the schemes of the Modi Government and bring awareness about the same amongst the eligible individuals through social media platforms.

He asked J&K's social media team mates to work towards strengthening the

party's work by promoting various aspects on social media.

Tarun Chug exhorted upon the social media team that 2024 Parliamentary elections are fast approaching and he hope that social media team will play a vital role in establishing proper connect with every single citizen of Jammu and Kashmir with an aim to bring back Narendra Modi as Prime Minister of the country.

Sahai Interact with Joint Secretary DPIIT, Director DPIIT

J I NEWS SERVICE

JAMMU, APR 07: Rahul Sahai, Chair PHDCCI Jammu Chapter met with Mr R K Singh (IAS) Joint Secretary DPIIT & Dr Kajal Director DPIIT, Govt. Of India in Jammu to discuss and deliberate on New Central Sector Scheme for Industrial Development of J & K, thanked them for inviting and providing PHDCCI an opportunity to discuss and deliberate on New Central Sector Scheme for Industrial Development of J & K. Sahai said that there is a dire need for coordination between DPIIT and other UT's Departments like industry , power , Revenue to solve issues so that units could start production as early as possible.

Rahul Sahai raised several issues related to industries in J & k. He said that Udyam Registration should be the main document instead of EM part 2. He informed that J & K is the only UT where both the documents are valid. Where as in whole country only Udyam registration is valid and suggested to keep only one, preferably Udyam Registration. Regarding IDS pending claims, Sahai said that there are some claims pending which were submitted just 1 month later of the due date because of covid and portal issues and requested to clear those ASAP.

Sahai also informed that there are some units which are still not registered by the department till date they have applied well in time though year 2021.

Sahai recommended immediate Disbursement of Incentives. He said that not even a single penny is disbursed till date to any unit under new scheme, though package was announced in Feb 2021, requested to disburse amount asap. Regarding power situation sahai said that



Quality power supply of 24 hours is the need of the hour. He added that taking power and diesel together, power cost is going upwards at Rs.10 per unit. In addition UPS and diesel sets are required to be invested in, that increases the project cost. He informed that new units are facing difficulties in power sanction as power system up gradation is going at its own slow pace.

Sahai requested to expedite registration of pending units who have applied. He said that currently as seen on JKNS portal, 805 applications are received for registration, and only 415 are approved, out of which we feel more than 300 units are old units registered only to avail WCIS (max 20 lacs per unit per year for 5 years). So in total, only 100 applications (Existing units undertaking expansion and New units) are currently registered on the portal. He Recommended Fast track of registration of new units and units under expansion Sahai recommended Special Budget provisions for units in pipe line. He said that there is a time

lag to apply at the portal, as one can only apply when one has bank sanction, pollution, and land all in place, and it takes another 3-6 months for registration after application, and this lag can be around 1 year for some cases. So nobody knows, how much allocated amount is deducted from the budget by that time, when one unit is fully registered on the portal.

He said that industrialists need some assurance /confidence that after investing he will be registered with in the left budget in new scheme. R K Singh Joint Secretary DPIIT & Dr Kajal Director DPIIT gave a patient hearing to all the issues that were discussed and said that due consideration will be given to resolve issues.

Others who attended were Sh Raj Dua Senior Member PHDCCI , Anampreet Singh President of PHDCCI Jammu , other senior officials of DPIIT, Mrs Anoo Malhotra, Director General Industries and Commerce Jammu and other Gm DIC's and senior officials of Director Industries & Commerce Jammu.

Gujjars are forebearers of nationalism & secularism: MP Khatana

J I NEWS SERVICE

JAMMU, APR 07: Gujjars, Hindus and Muslims, have been the fore bearers of Indian nationalism and secularism since ages. Gujjars have sacrificed a lot for keeping the integrity and security of the country, said Bharatiya Janata Party MP Rajya Sabha Er. Gulam Ali Khatana here today.

One day Gujjar convention was organized by Kartar Singh Gujjar, Executive member UPBJP and was attended by MLA Lone Band Kishore Gujjar, Ex-Minister Nawab Singh Nagar, Pawar, muawi, Chairman Zila Panchayat, Ghaziabad, and people from surrounding 20 villages. Addressing a one day convention of Gujjars at village Ghitora in Baghatpat district, Er Gulam Ali said that more than 6000 Gujjars made the supreme sacrifice while fighting against the Pakistan sponsored terrorism in Jammu and Kashmir. He said that



They demand samaj didn't demand anything in return and deemed it their duty towards the nation to fight the enemies of the country. But Prime Minister Narendra Modi recognized the commitment of the nationalist community and gave not only reservation in jobs but political reserva-

tion also under Scheduled Tribes category in Jammu and Kashmir, said Er. Gulam Ali. He said that during past 8 years of BJP rule complete peace has been restored, anti-nationals are either in jail or are on the run. He said that PM Narendra Modi has declared a war against corruption and nepotism and in the coming years India will emerge as a super power.

MLA Namd Kishore Gujjar thanked PM Narendra Modi for nominating Er. Gulam Ali, a prominent Gujjar leader and social activist as MP Rajya Sabha and said that Gujjar samaj is standing rock solid behind BJP. He said under Chief Minister Yogi Aditya Nath Uttar Pradesh has emerged as Utam Pradesh.

when the people in the neighbouring Islamic Republic are fighting over sects like Shia, Sunni, Ahmedias and indulging in targeting minority killings and abductions, not on Muslim-Hindu Gujjars but all communities are living peacefully and in complete brotherhood.

MP Gulam Ali further said that during past 8 years of BJP rule complete peace has been restored, anti-nationals are either in jail or are on the run. He said that PM Narendra Modi has declared a war against corruption and nepotism and in the coming years India will emerge as a super power.

MLA Namd Kishore Gujjar thanked PM Narendra Modi for nominating Er. Gulam Ali, a prominent Gujjar leader and social activist as MP Rajya Sabha and said that Gujjar samaj is standing rock solid behind BJP. He said under Chief Minister Yogi Aditya Nath Uttar Pradesh has emerged as Utam Pradesh.

He said that at a time

St. Peter's Catholic Church takes out 'Good Friday' procession



J I NEWS SERVICE

JAMMU, APR 07: St. Peter's Catholic Church, Prem Nagar organized Good Friday Procession on Friday.

The procession began at Saleem Chowk and moved towards St. Peter's Catholic Church, Prem Nagar via Residency Road and Vivekanand Chowk.

Good Friday, the Friday before Easter, the day on

which Christians annually observe the commemoration of the Crucifixion of Jesus Christ.

The followers of Jesus depicted the suffering of Jesus and enacted His death on the cross. Hundreds of people devotedly participated in the prayerful procession, the faithful participated in the procession holding the cross in their hands, and many people have

expressed their views about the procession and said that it was a peaceful procession that they ever had in their lives.

It was a heartbreaking act by the devotees and thousands of people have witnessed it.

As the procession reached the Church, there was a Good Friday service which was conducted by Rev. Fr. Kuriakose, the Parish Priest and Fr.

Christophe, the Asst. Parish Priest.

Rev. Fr. Kuriakose said that the Cross is the principal symbol of Christianity.

The cross reminds about the sacrificial love of Christ which he expressed through his passion and death.

"The cross has a message for all the believers today as it gives meaning to the trials and troubles in the world and for standing as a symbol of love as well as a symbol of victory," Rev. Fr. Kuriakose said.

Jesus' death challenges us to leave sin behind us and as he was addressing the faithful he quoted the Bible verse from St. Paul's letter to the Galatians: "I have been crucified with Christ and it is no longer I who live, but it is Christ who lives in me" (Gal 2:19-20). Cross is standing as a symbol of love as well as symbol of victory.

Romesh Khajuria applauds GI Tag for 'Basohli Painting'

J I NEWS SERVICE

JAMMU, APR 07: Romesh Khajuria, Chairman of Wool and Wovens Export Promotion Council (WWEPC) has expressed happiness about the Geographical Indication Tag for world famous 'Basohli Painting'.

Expressing his happiness, Khajuria said that 'Basohli Painting' has been popular for its miniature art style from Kathua district and its GI recognition will definitely help the international face.

He said now people of Jammu and Kashmir have Intellectual Property right over 'Basohli Painting' that identifies that it has been originating from here only and having distinct

nature, quality and characteristics linked to that location.

He said that this is the first time in the history of GI registration that the Jammu region got GI tag for handicrafts. And now only an authorized user has the exclusive right to use the Geographical Indication in relation to these products. Due to this, no person can copy it from beyond their geographical areas.

The process for GI tagging of nine Jammu region products was initiated by NABARD in consultation with the Department of Handicrafts and Handloom in December 2020, during the difficult times of COVID. The GI tags have now finally been granted to these products after a long

legal process.

The products which have obtained GI tagging included Basohli Pashmina Woolen Products (Kathua), Chikri Woolen Craft (Rajauri), Bhaderwah Rajmoo (Doda), Muskhudji Rice (Anantnag), Kaladi (Udhampur), Sulai Honey (Ramban), Anardana (Ramban), Ladakh Wood Carving (Ladakh).

The GI tagging will prevent unauthorized use of these registered Geographical Indication goods by third parties besides will boost exports and promote their brands at international level, thereby promoting economic prosperity of producers and related stakeholders including contribution to GDP of the country.

FROM THE FRONT PAGE...

Lt Governor launches...

The Lt Governor also highlighted the positive impact of convergence of schemes of Cooperative Department and Tribal Affairs Department to achieve the twin objectives of equitable and sustainable rural development...

"We have taken several steps to ensure effective on-ground implementation of rural development schemes and to empower the targeted sections. Resource availability for growth of cooperatives is another area where steps have been taken to ensure credit access to people and support services for equitable distribution of benefits," observed the Lt Governor.

More than 1000 cooperatives have been established in various sectors. An amount of Rs 366 crore was allocated for the revival of Jammu, Baramulla and Anantnag Central Cooperative Banks, besides Apex Level Dairy Federation has been established in Jammu Kashmir after 27 years, he added.

The Lt Governor further stressed on expansion of the cooperative sector and connecting more farmers with Primary Agriculture Cooperative Society, Establishment of PACS in every panchayat should be our prime objective, the Lt Governor added.

On the occasion, the Lt Governor also unveiled the logo of the Cooperative Department.

Ms. Yasha Mudgal, Commissioner/Secretary to the Government, Cooperatives Department and Dr. Shahid Iqbal Choudhary, Secretary to the Government, Tribal Affairs Department gave a detailed briefing on the new initiatives launched today and how the collaboration of Cooperative Department and Tribal Affairs Department will benefit the tribal community.

The Lt Governor appraised the action plans and the awareness programmes at various levels, besides measures initiated for computerization of PACS.

The Lt Governor also enquired about the training modules of the diploma course. It was informed that 50 candidates have been enrolled for the 40 weeks Diploma course in Cooperative Management through the Centre for Cooperative Management Jammu.

Head of Departments and senior officers were present on the occasion.

Lt Governor interacts...

man, observed the Lt Governor. Transparent & accountable governance is ensuring that benefit of growth reaches all sections, especially last man in queue, he said.

While interacting with the citizens, the Lt Governor took appraisal of their grievances and action taken by the concerned Deputy Commissioners.

The Lt Governor also sought details of the action taken on the directions passed in the previous meeting. On the grievance of a person from Srinagar regarding environment protection and sanitation at the foothills of Shankaracharya top, the Lt Governor directed Commissioner, Srinagar Municipal Corporation to look into the issue on priority for appropriate action.

Responding to a complaint regarding wards and bathrooms of the District Maternity & Child Care Hospital Sheerbagh, Anantnag, the Deputy Commissioner, Anantnag appraised the chair that the renovation and facilitating work of the bathrooms of the hospitals has already been done and the grievance was resolved.

Addressing the grievance of Sh Irfan Rasool from Baramulla regarding dumping of solid waste in Nigali Nallah and its harmful impact on environment, the Lt Governor asked the Deputy Commissioner to formulate a comprehensive strategy through the local PRIs for a robust waste management.

Sh Farooq Ahmad from Pulwama had submitted a complaint regarding illegal sand extraction in Hajibal, on which the Lt Governor directed the Deputy Commissioner to take strict and immediate action.

Responding to the grievance of non-availability of Gynaecologist specialist at CHC Bani, Administrative Secretary, Health & Medical Education Department appraised the chair that the specialist will be arranged immediately on rotation basis.

On the sidelines of the LG's Mulaqaat, discussion was also held on successful implementation of training programme for holistic development of agriculture and allied sector. The training programme is being executed by the Agriculture Production Department for farmers in all 20 districts. Sh Atal Dulloo, Additional Chief Secretary, Agriculture Production Department gave the detailed presentation of the training programme scheduled to be held between 24th April to 31st August, 2023.

Ms Reshana Batul Commissioner Secretary, Public Grievances conducted the proceedings of the LG's Mulaqaat.

Dr. Arun Kumar Mehta, Chief Secretary; Sh R K Goyal, Additional Chief Secretary; Dr. Anand Kumar, Administrative Secretary; Divisional Commissioners, Deputy Commissioners, Superintendents of Police, Heads of the Departments, and other senior officers were present during the interaction, in person and through virtual mode.

Centre reviews Covid...

He also urged the State Health Ministers to conduct mock drills of all hospital infrastructure on 10th and 11th April, 2023 and review the health preparedness with district administrations and health officials on 8th and 9th April, 2023.

The Minister also urged States to identify emerging hotspots by monitoring trends of ILI/SARI cases and sending sufficient samples for testing of COVID-19 and Influenza; and ramping up whole genome sequencing of positive samples.

"Irrespective of the new COVID variants, the five-fold strategy of 'Test, Treat, Trace, Trace, and Administer COVID Appropriate Behaviour' continue to remain the tested strategy for COVID management" he said.

They were also further advised to increase the share of RT-PCR in tests.

States/UTs were briefed that India has been witnessing a steady increase in COVID-19 cases with average daily cases rising to 4,188 in the week ending 07th April 2023 from 571 in the week ending 17th March 2023.

"The weekly positivity up to 3.02% in the week ending 07th April, 2023. However, 88,503 daily average cases have been reported globally in the same time, with the top five countries contributing 62.6% of global cases in the last one week.

The prevalence of XBB.1.16 increased from 21.6% in Feb to 35.8% in March, 2023. However, no evidence of an increase in hospitalization or mortality has been reported.

It was also observed that eight states are reporting high number of Covid cases in India with 10 or more districts reporting more than 10% positivity in Kerala, Maharashtra and Delhi and over 5 districts reporting more than 5% positivity in the states of Karnataka, Kerala, Maharashtra, Delhi, Himachal Pradesh, Tamil Nadu and Haryana.

Dr Mandaviya stressed on the importance of enhancing public awareness campaigns regarding adherence to Covid Appropriate Behaviour.

He requested all the State Health Ministers to personally monitor and review the preparedness of all logistics and infrastructure including availability of sufficient designated hospital beds and ensure that there is adequate stock of essential medicines.

States were also asked to regularly update their COVID Data on the COVID India Portal.

Meanwhile, India has reported another jump as the country logged 6,050 Covid cases in the past 24 hours, taking the total active case at 28,303, as per the Union Health Ministry data on Friday.

World Health Day: Will take...

of Covid-19.

"People should have complete confidence that whenever need arises all possible steps will be taken. But at the moment there is no need to worry," he said. "We by and large meet the Indian Public Health Standards (IPHS). Not 100 percent but we will analyze what are the gaps and very shortly we will complete all the gaps. At present by and large we are very comfortable," the CS said.

Bhupinder Kumar Health and Medical Education Secretary, J&K, while talking to reporters said that since past few weeks a rising trend of Covid-19 cases has been reported in J&K and around 230 cases are active. But just 12 are hospitalized across J&K," he said. "As per government guidelines, testing rate has been increased and all patients having symptoms of influenza and acute respiratory distress are being tested and cases are on rise but hospitalization is not much."

He said it is an Omicron variant known as XBB.1.16 that is prevalent in society at present. "Most of the cases in the country are because of this variant," he said, adding that the genome sequencing lab has been made operational at SKIMS Soura and genome sequencing is now being done here.

He said that there is no need to panic as they have seen situations in last three years as handled them by the people and a very trained staff and hospitals are also very well equipped," the Secretary Health and Medical Education said.

He said that mock drills in the hospitals are being conducted to ensure operational readiness for management of Covid with specific focus on oxygen plants, ventilators, logistics and human resources on 10 and 11 April and gaps are also being filled.

Kumar said that all persons having symptoms must report as early detection helps in proper management and if it is reported later, sometimes it leads to difficulties.

He said that situation is very much under control but people shouldn't lower guard but follow covid appropriate behaviour—(KNO)

Grievance redressal: BJP...

who redressed their grievances by taking up the matter with the concerned authorities.

Rana said the commitment of the Prime Minister to public welfare keeps every worker on mission mode to be amid them like a family. This inspiring ethos of the BJP since its inception from the Jana Sangh era is a major irritant for the Congress and the self-styled socialists, which is why they are channeling all their negative energies towards maligning the party of the people, for the people and by the people. Earlier, the momentum of opposing the BJP was feeble but after these parties were almost rooted out from the ground by the people due to their self-centric, anarchistic, opportunistic and dynastic politics, the venom has gained the intensity. However, the more these parties orchestrate campaigns against the BJP, the more it becomes dear to the people for its Nation First mission, he added.

Rana referred in detail to the path-breaking initiatives like Ayushman Bharat, One Nation One Ration Card, StartUp, Digital Bharat, Beti Bachao Beti Padhao, Jan Dhan Yojana, Izzat Ghar programme and much more, saying these schemes have changed the lives of the people. He said the health cover of Rs 5 lakh each is available to over 50 crore families across the country, which includes the entire population of Jammu and Kashmir, as a special dispensation. He made a mention of the most successful Covid containment campaign under the leadership of the Prime Minister, saying this was unparalleled across the pandemic inflicted world.

While several major economies crashed, India made a mark as the world's fifth economy, notwithstanding the fact of multiple challenges facing the country. Over 81 crore population is getting free rations for nearly three years now and this speaks of the concern of the BJP towards the compatriots, he added.

India World's Major...

provided a huge impetus to innovation by adding Jai Anusandhan to the country's evergreen slogan of Jai Jawan, Jai Kisan, Jai Vigyan, he added.

Dr Jitendra Singh said that India has the third-largest Start-up ecosystem and is home to the fastest growing unicorns. Startups are very important as they are a source of new ideas and technologies. India's Startups and R&D outcomes are setting global benchmarks and are at par with the world. Today the young talent of

India, including women via startups or otherwise, are scripting the story of success for a thriving innovation led economy.

The Minister said that an enabling atmosphere for innovation was missing in the earlier policy initiatives and political dispensation but now that atmosphere is being provided by the political dispensation led by our Prime Minister Narendra Modi, India is leapfrogging.

Dr Jitendra Singh said, the Indian industry is the backbone of the fastest growing large economy of the world and has the potential to revolutionize and bring in a technology movement. Integration of Research, Startups, Academia and Industry is no longer an option but a dire necessity to attract young innovators in the country, he said.

The Minister said that ABE in its 20th year of inception can make significant contribution to develop technologies, products, and providing solutions that help the global community at large.

He appreciated ABE for bringing out a publication, "Enablers of Indian Biotech", on the occasion of its 20th Anniversary.

Dr Jitendra Singh called upon the Industry to help India achieve the target of \$300 billion BioEconomy by 2030 and \$1 trillion BioEconomy in the centenary celebration of India - India@100.

Development of industrial...

(REGP) are being targeted to be established in 2023-24 involving a margin money of Rs 30 crore with employment to 9000 persons.

The Budget has a provision of conducting exhibitions for showcasing industrial potential of the region besides organizing workshops on capacity building and start-up promotion. The budget has also earmarked funds for providing of Turnover Incentives to boost industrial development for entailing increase in employment.

Introduction of quality certification with branding under Handloom and Handicraft sector will also be done in 2023-24 and steps will be taken for popularization of local products.

Significantly, Jammu and Kashmir government has already taken a slew of measures towards promotion of "Ease of doing business" in the UT which has received tremendous response from various potential investors. Besides, further steps are being taken up for reducing compliances on "Ease of Living" and "Ease of Doing Business".

The Budget will also facilitate conduct of mock drills to be carried out across the Union Territory. Besides, Micro, Small and Medium Enterprises (MSME) development policy would also be notified.

Similarly, Samadhaan 2.0 would be implemented this year and the government would facilitate tie-up of MSME with e-commerce platforms to boost sales of products of local units. Jammu and Kashmir would also introduce Policy framework to support private investment besides implementation of unified logistic interface platform.

To facilitate export of local products to international markets, export hubs will be created under this year's budget. The government is also encouraging officers to give an active push to exports, marketing promotion program for handicrafts focusing global market, development of industrial estate connected to significant economic nodes to maintain the momentum of growth.

The Budget has also kept a provision for adoption of plug and play model for key development sectors including manufacturing sector.

Notably, handicraft and handloom sector of the Union Territory has recorded an unprecedented growth in the last three months and registered Rs 729 crore worth exports despite instability in the global market.

Under the guidance of Prime Minister, Narendra Modi, Jammu and Kashmir has set a new record in establishment of village industrial units. In the last financial year, 1.73 lakh new jobs were generated under PMEGP (PM's Employment Generation Programme) alone.

LG Admin orders...

office," a letter issued from Divisional Commissioner's office under number DIV.COM/Mig/121/7150795/46-57, reads.

Besides, the DCs have been asked to furnish the updated inventory of Religious Minority Properties (Temple, Gurudwara, Others) within week's time positively—(KNO)

31 police officers...

Hars. Anantnag shall hold the additional charge of the post of Dy.SP Pahalgam, till further orders.

Pankaj Soodan, SDPO Border Kathua is transferred and posted as Dy.SP IR-24th Bn., against available vacancy.

Faraz Hussain Shah, SDPO PC Handwara, is transferred and shall await orders of posting in Police Headquarters, J&K.

Dheraj Singh Katoch, Dy.SP CID GJ Jammu, is transferred and posted as SDPO Border, Kathua vice Pankaj Soodan.

Nikhil Gogna, Dy.SP Anti-Hijacking, Jammu, is transferred and posted as SDPO R.S. Pura vice Surinder Singh.

Tanveer Jeelani, Dy.SP PC, Surankote, is transferred and posted as Dy.SP IR-22' Bn., against an available vacancy.

Mudassar Hussain, Dy.SP Civil Secretariat, Jammu, is transferred and posted as Dy.SP (Hqrs.) Rajouri, vice Chanchal Singh.

Faraz Hassan, Dy.SP PC, Rafiabad is transferred and posted as SDPO Panthachowk, against an available vacancy.

Sunil Singh, SDPO Domana, is transferred and posted as Dy.SP IR-1st Bn., against an available vacancy.

Surinder Singh, SDPO RS Pora, is transferred and posted as Dy.SP IR - 5 Bn., against an available vacancy.

Adil Mushtaq, attached with the Crime Branch, is posted as Dy.SP IR-17th Bn., against an available vacancy.

Javaid Ahmad, SDPO, Tangnagar, is transferred and posted as Dy.SP IR-11th Bn., against an available vacancy.

Syed Sleet Shah, Dy.SP PC, Srinagar, is transferred and posted as SDPO PC Handwara vice Faraz Hussain Shah.

NIT Srinagar students develop Kashmir's first racing model 'Go-Kart'



J NEWS SERVICE SRINAGAR, APR 7

A group of 25 students from National Institute of Technology (NIT) Srinagar has developed Kashmir's first racing model, Go-kart (G-0). It will be participating in All India Go Karting Competition to be held in Coimbatore Tamil Nadu next week.

Department of Mechanical Engineering Team Garuda's first racing model, G-01 was flagged off on Thursday by In-charge Director NIT Srinagar Prof. MF Wani and Registrar Prof. Syed Kaiser Bukhari. The ceremony was attended by all Deans and HOD's of various departments.

The team of 25 students was formed by Head MED, Prof. Adnan Qayyum and they worked under the mentorship of Dr.H.S. Pali and Dr. Dinesh Kumar Rajendra from the past several months on the campus.

Go-Kart has been designed from various equipment and Bajaj Pulsar 150 Engine has been used in the vehicle. It runs on Diesel and goes extreme to 150 kilometers per hour. Trail run was conducted successfully and it passed all normal tests before going on the road.

In-charge Director Prof. M.F. Wani appreciated Team Garuda's model and stated that it is a proud moment for the entire Institute.

"It is the first time that students have developed the G-Kart model. It is just beginning and more to come. Our students are working day and night on innovations and we are also upgrading our infrastructure on the campus," he said.

In his message, Director NIT Srinagar, Prof. (Dr.) Rakesh Sehgal said that in the recent decades, GoKart is a new edition in Kashmir and it is more popular in south Indian states.

"The trend of innovations in the Valley is evolving with advanced technology in every field and our students are performing well," he said.

Prof. Sehgal appreciated the contribution of Dr.H.S. Pali and Dr. Dinesh Kumar Rajendra for mentoring the students on the campus.

Institute's Registrar, Prof. Syed Kaiser Bukhari said NIT Srinagar is progressing towards nation building and is empowering students with innovation and skill development.

"The young bachelor's across the country were working together for months to make it happen. Despite all odds, students worked hard and developed the first racing model, Go-kart (G-0). It is their gift for the entire region," he said.

HOD MED, Prof Adnan said that the department is using the latest technologies in various fields. Youth who are fascinated with automobiles and dream of making a career in that field, he said.

"We have created a dedicated team to establish changing trends in Kashmir. The department is working on many platforms to use the advanced technologies on the campus," he said.

Coordinator Garuda Team, Dr H.S.Pali said that it is the biggest milestone in the history of NIT Srinagar. The G-01 model is the culmination of months of hard work, dedication and collaboration.

M.F. Wani appreciated Team Garuda's model and stated that it is a proud moment for the entire Institute.

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Youth is in central focus in good governance schemes of Modi Government: Rekha Mahajan



JJ NEWS SERVICE

JAMMU, APR 7: To mark the "Samajik Nayab Saptah" (fortnight-weekly program) District President BJP Jammu South Rekha Mahajan attended various programs in Jammu District South organized under the Presidentship of Bharatiya Janata Yuva Morcha Jammu South President Jitendra Monu Salathia.

As a part of the padkawa festival today Yuva Morcha Jammu District South organizes various programs in all Mandals of Jammu District South. Wherein, the Swachhata Programme and felicitation of sanitation workers were organized at Greater Kailash Park, Medical Camp at Digiana Puli in which a team of expert doctors including medical staff

essential service of the waste collection even during the pandemic outbreak. Since they go from home to home to collect waste, they are more exposed to infections as they have to collect waste which could potentially include biohazardous, contaminated articles like tissue paper, wipes, and napkins.

Rekha expressed gratitude to Doctors and a team of medical camps, the Director of the Indian System of Medicine and their team for organizing such a medical camp for the benefit of the people and said that the medicines provided by them are free from side effects and need to be preferred over the allopathic ones.

Rekha said that the central focus of all the good governance schemes of the Modi govt is the youth. That is why the youth are so strongly with Narendra Modi ji. BJYM workers are expected to proactively carry forward the legacy of the party keeping public service devoid of any discrimination at the core of their functioning policy.

Monu Salathia assured that our young brigade of Yuva Morcha will make all possible efforts in taking the policies and programs of the Party at the people's doorsteps".

extended healthcare services to the participants of the camp, Swachhata Programme at Mahatma Gandhi Park RSPura, Cleaning the Statue of General Zorawar Singh at Trikuta Nagar falls under District Jammu South.

Programs were organized with the efforts of Yuva Morcha Mandal Presidents Gagandeep Singh, Raghav Arora, Vikram Singh, Harmeet Sharma, and Luv Kumar.

District North Seh Prabhari Vinay Gupta, District General Secretaries Akash Chopra and Puspinder Singh, Mandal Presidents Ranjit Singh, Bharat Bhushan, Neeraj Puri Bikram Sandhu, and Vijay Sharma. Narinder Gupta, Shalhu Gupta, Vikram Sharma, Rohin Chandan, and Councillor Anil Kumar were the prominent persons present in these programs.

While speaking on the occasion, Rekha Mahajan appreciated the Yuva Morcha team, saying that such philanthropic measures are the need of the hour to save many precious lives of poor and needy people. "Such medical camps in the early detection of several prevalent ailments besides suggesting preventive measures to the people at their doorsteps", She added.

Rekha honored and thanked the Sanitation Workers who after putting their lives on the line are serving us unconditionally. Let's come forward and thank every warrior working unconditionally for society. She stated that Safai Karamcharis are also continuing to provide the

GDCW Kathua organised seminar on "Health Wellbeing & Sports-Agenda for Youth"

JJ NEWS SERVICE

KATHUA, APR 07: The IQAC and English/ Hindi/ Dogri/Home Science/ Physical Education Department of Govt. Degree College for Women, Kathua organised seminar on Y20 theme "Health Wellbeing & Sports-Agenda for Youth" to celebrate World Health Day under Azadi Ka Amrut Mahotsav and in connection with celebration of Indian Presidency over G20 summit on 07-04-2023 with great zeal and enthusiasm. The Chief Guest of the function was Dr. Savi Behl, Esteemed Principal of the college.

The proceedings of the function began with the lighting of lamp. Dr. Arun Dev Singh presented the welcome address.

The students of the college presented their views on the importance of Health Wellbeing & Sports. Dr. Savi Behl, Principal, while speaking on the occasion, stressed upon Healthy liv-



ing that is to eat well, avoid junk foods, sleep on time, managing stress and exercising regularly.

She motivated the students to participate in sports activities actively and do Yoga every day for a better physical and mental health. Ms Muskan Thakur, Ms Abha, Ms Nandini Bawa secured first second and third position respectively in the seminar.

Prof Ravinder our and Dr Babita Jamwal were the jury members. The proceedings of the programme were conducted Dr Arun Dev Singh. Prof Ashwani Khajuria, Prof Pankaj Nandan, Dr Naresh Nandan, Prof Ritu Kumar Sharma, Dr Vaishno Devi, Dr Usha Kiran, Dr Deepthi Salotra, Mr Roshan Lal Sharma and students were present on the occasion.

Azad's attempt to bailout culprits & blame Jagmohan for Displacement condemnable

JJ NEWS SERVICE

JAMMU, APR 07: Former MLC & JK UT spokesperson of BJP Girdhari Lal Raina strongly condemned Gh. Nabi Azad for abusing & hurting sentiments of Kashmiri Pandit community in his autobiography as reported by the media. GL Raina blamed Azad for being equally responsible for Forced displacement of a religious minority of Kashmiri Hindus from Kashmir valley in 1989-90. He is also one of the persons at helm responsible for death and destruction in Jammu Kashmir. Azad's studied silence over gathering storms from 1980 onwards, infiltration / exfiltration of terrorists and unilateral attacks on minority Hindu community in Kashmir valley is well known, he added.

electoral benefits, Ex-MLC emphasised.

Azad was in union government continuously from 1980-1989 the period that saw targeted isolation - Othering of religious minorities in Kashmir including violent communal attacks in Anantnag Kashmir in 1986 and also selective killings of Minority community of Kashmiri Pandits in 1988-89 much before even elections to 9th Lok Sabha were held. Targeted killing of Pt. Keshavnath ji Mahant of Vicharnag Srinagar, December 9, 1988, Smt. Prabhawati of Chadoora Budgam, Pt. DN Raina of Drabhar Srinagar, smt. Sheela Tikoo of Srinagar and Pt. Tika Lal Taploo ji, Pt. Neel Kanth Ganjoo in 1989 was much before Congress Party was voted out in New Delhi.

Gh. Nabi Azad was there when the Rajiv Gandhi-Farooq accord happened and when 70 terrorists were released in 1989 by the Farooq Abdullah government in J&K. How can he ignore the environment of terror and targeted stone pelting of minority community homes during Lok Sabha elections of 1989? Raina

asked. Coffins were put in front of polling stations to threaten voters and G.N. Azad did not even come to campaign in Kashmir.

Reasons identified by Azad responsible for displacement are to bail out real culprits and if He thinks this undermining of truth will endear him to voters of a particular section, he is grossly mistaken. Let G.N. Azad recalled how he was rejected even as Chief Minister, Former MLC reminded him.

Blaming Jagmohan is a sponsored conspiracy to destabilise India and sabotage Indian democracy. GL Raina asserted that the minority community was not targeted for being Congress supporters or because of supposed high positions in central offices-which in no ways is a fact. The only reason for their besiegement was their nationalism and religious identity. Killing of a lift operator, staff nurse, lab Assistant, driver, farmers, pujaris/Mahants or housewives explains the objective explicitly. BJP spokesperson cautioned politicians to desist from politics of convenience or be ready to face wrath of people.

Bharat Raksha Manch organises Ayushman Ayurveda Camp on World Health Day



JJ NEWS SERVICE

JAMMU, APR 07: Keeping in mind the increasing cases

of Corona in Jammu, to make people aware, an Ayurvedic camp was organized by Bharat Raksha Manch and Yuva Manch today at Chanakya Chowk parade.

Chandra Mohan Sharma was present as the Chief Guest, Dr. Kamini, Dr. Shama, Dr. Neha and President of Yuva Manch Deepak, State Convener Rajinder, Malhotra, Organization secretary Rohit Bajrang, General Secretary Satpal Hindu, State Women Vice President were present in this Ayurvedic camp. Rekha Gupta, BJP's OBC Morcha District General Secretary Gaurav Sikka, Yuva Manch General Secretary Ricky Triyatiya, Yuva Manch State Vice President Insaf Thapa, District President Sanjeev Dubey, Sumit Dogra were present.

Director H&H Kashmir holds meeting for setting up Pashmina Wool Bank under PWDS

JJ NEWS SERVICE

SRINAGAR, APRIL 07: The Director, Handicrafts and Handloom (H&H), Kashmir today held a meeting to deliberate upon the modalities of setting up of Pashmina Wool Bank under Pashmina Wool Development Scheme (PWDS) implemented by the Central Wool Development Board, Ministry of Textiles, Government of India.

The meeting was held to devise a viable framework for establishing the much needed Pashmina Wool Bank in the Kashmir region of UT of J&K.

It was emphasized in the meeting that the proposed Pashmina Wool Bank shall ensure adequate availability of certified/graded Pashmina wool for the weavers and artisan community in Kashmir and shall also help to restructure the Pashmina wool sector to make it more viable and competitive.

It was also acknowledged that the intended Pashmina wool bank shall go a long way to improve the socio-economic condi-

tions among the herding Changthang communities for sustainable long-term incomes by procuring bulk raw Pashmina wool from them at suitable prices or MSP.

The initiative aims to provide critical marketing support for stakeholders associated with the production and processing of Pashmina fibre by making it readily available at standard prices.

There was an elaborate discussion about the possible value addition practices of Pashmina Wool which includes de-hairing, carding and spinning, and the importance of having a robust ecosystem in Pashmina industry consisting of well-established forward and backward linkages.

It was said that the aim of the project is to recognize the economic and cultural importance of Pashmina in providing livelihood opportunities to the lakhs of breeders, artisans and traders across Kashmir and Ladakh regions. Moreover, it was also given out that the Directorate is exploring possible areas under PPP model (Private Public

Partnership) with major stakeholders like TAHAFUZ Society, Kashmir Pashmina Organization (KPO) and Kashmir Karigar Union in order to have synergized efforts for result oriented output, safeguarding this ancient craft and restoring it to its pristine glory.

The Department of Handicrafts and Handloom, Kashmir in the first instance is planning to procure raw Pashmina wool from Changthang breeders and is planning to enter into a tripartite agreement with the Ladakh Administration and Changthang Breeders Society in this regard.

Later, the Pashmina shall be tested and de-haired at the Pashmina Testing and Quality Certification Centre, CDI and shall be given to registered artisans and weavers for further processing.

The meeting was attended by Joint Director, Handicrafts Kashmir, representatives from TAHAFUZ Society, Kashmir Pashmina Organization, and Kashmir Karigar Association besides other officers from SKUAST-K and CDI.

Lt Governor Greets the people on Shri Guru Nabha Dass Jayanti

JAMMU, APRIL 07: Lieutenant Governor, Shri Manoj Sinha, has greeted the people on the eve of Goswami Shri Guru Nabha Dass Jayanti.

In a message, the Lt Governor said that Guru Nabha Dass Ji was one of the greatest saints of the Bhakti movement whose teachings for an honest, truthful and virtuous life continue to guide humanity. "His message inspires us to embrace equality and compassion. May Guru Nabha Dass Ji's teachings guide us to build a just and humane society," the Lt Governor said.

Gaurav Gupta calls on LG Sinha, discusses various issues

JJ NEWS SERVICE

JAMMU, APR 07: Gaurav Gupta, Secretary Jammu Club today met the Lt Governor Manoj Sinha who is also the Patron of Jammu Club and discussed various significant issues related to the development of this prestigious Club in the City of Temples.

During his meeting with the LG, Gaurav Gupta at the very outset congratulated since his visit and have become much more proactive in pursuing the endeavours initiated by the

Governor for the outstanding feat, he said that it is an aptly deserved honour to the LG especially in view of steering Jammu and Kashmir through all odds and transforming the development and welfare scenario of this traumatized region. Gaurav Gupta expressed profound gratitude to the Lt Governor Sinha for visiting the Club saying that the members of the club have got motivated since his visit and have become much more proactive in pursuing the endeavours initiated by the

Club under his precious patronage and guidance. It is not the Club only that has seen a new dawn under LG Administration but Jammu and Kashmir Union Territory on the whole is moving fast on the path of development since the LG Sinha assumed the charge J&K, he added.

The Jammu Club Secretary acknowledged with humility that the dream projects of Jammu like Tawi River Front, Jammu Zoo, Tawi Barrage projects, etc are bearing light of the day due to LG

Sinha's relentless efforts in ensuring that equitable development rules the roost in J&K. He told the LG that earlier there seemed to be no scope for completion of such projects but now with his frequent visits to these sites and passing on significant directions to the authorities and work execution agencies the people are hopeful of early completion of these projects. He said this will give a big boost to tourism and overall economy of Jammu and also to the Union Territory.

Reliance Jewels unveils the majestic Thanjavur collection, inspired by the heritage city of Thanjavur, for Akshaya Tritiya 2023

JJ NEWS SERVICE

Jammu, 07April 2023. Reliance Jewels, one of the most trusted jewellery brands of India, has launched an exquisite jewellery collection, Thanjavur, to mark the occasion of Akshaya Tritiya. The collection draws inspiration from the artistic traditions of Thanjavur temples, the royal darbar halls of its palaces, the adorable Bommai dolls, and the majestic Poompuhar ships. It was launched at a special event inShangri-La, Bangalore, which was attended by customers, media, and leading members of the fashion fraternity.

Thanjavur offers an array of exquisite jewellery pieces that suit every occasion, from weddings to festive events. It includes stunning necklace sets, chokers, layered necklaces, bangles, bracelets, earrings, rings, waist-belts, maang tikkas, and ear chains; each crafted to exude elegance and sophistication. With its inspiration rooted in the glorious heritage of

Thanjavur, the collection is a perfect blend of traditional art and contemporary designs, making it the perfect choice for the modern, fashion-conscious woman.

A runway show illustrating the extensive range of gold and diamond jewellery pieces offered by Thanjavur was held at the launch event. The highlight of the event was Bollywood actress Jahnvi Kapoor walking the ramp wearing the showstopper piece - a diamond-studded necklace and earring collection inspired by temple mix designs, crafted in rose gold. The intricate workmanship and attention to detail in the design perfectly captured the essence of Thanjavur heritage.

Speaking on the occasion, Mr. Sunil Nayak, CEO of Reliance Jewels, said, "We are proud to present our Thanjavur collection this Akshaya Tritiya across India. It captures the essence of the rich heritage of Thanjavur in Tamil Nadu. Our thematic jewellery collections are an ode to the diverse culture of our country,

and we are happy to continue our legacy with the launch of season 7.0. Our customers have always appreciated our thematic collections, and we are confident that they will love this one too."

Expressing her delight at the event, MsJahnvi Kapoor said, "It was an absolute pleasure to be a part of the Thanjavur Collection launch by Reliance Jewels. The jewellery pieces are stunning and truly capture the essence of the Thanjavur's rich heritage.

Tamil Nadu and its rich culture will always have a special place in my heart as it's a part of my family roots and I am truly fascinated and extremely happy to be wearing this magnificent necklace set which was crafted with great attention to detail and exceptional workmanship, bringing out the glorious heritage of Thanjavur in multiple folds. It was a privilege to be associated with such a fantastic event that celebrates the diversity and beauty of Indian art and craftsmanship."

THOUGHT OF THE DAY

Logic will take you from A to B. Imagination will take you everywhere - Albert Einstein

JINDRAH IMAGES

Make higher education affordable

Quality education is the fundamental right of every citizen of the country and the government is duty bound to provide educational opportunities within the affordability to all. It is quite unfortunate that two premier institutes of higher learning in Jammu and Kashmir—Central University of Jammu and Central University of Kashmir have hiked their annual fees by more than 50 percent during the last two years. It has made undergraduate degrees in general as well as technical and professional courses a costly affair. This is despite the fact that two universities have been facing the problem of manpower and infrastructural shortcomings. If one goes through the official document, education spending has gone up sharply in the central university of Jammu during the last three years as the university hiked annual fees for general courses by 57.72 percent in the financial year ended March 31 this year. Similarly, the CUK also increased its annual fees for general as well as professional courses substantially. Students aspiring to get undergraduate degrees in general courses from CUJ shelled out Rs 31,600 more on an annual basis as the university increased its annual fees from Rs 54,750 (2021-22) to Rs 86,350 (2022-23). The University had increased its yearly fees by 58.49 percent from Rs 30,550 in 2020-21 to Rs 48,420 in 2021-22 for technical and professional courses. The annual fees of general courses in CUK have been increased by 51 percent. The Central Universities are autonomous bodies created under the respective Acts of Parliament and they are competent to take administrative, academic and financial decisions pertaining to their Universities for betterment of the available facilities with the approval of competent statutory bodies as prescribed by the provisions of the Acts concerning them. It is a matter of concern that quality education has remained affected in the two premier institutes where at-least 176 teaching posts, including Professors, Associate Professors and Assistant Professors have been lying vacant. The CUJ started its functioning in 2011 but it continues to lag behind in infrastructure and manpower. Against the total sanctioned strength of 157 posts of professors, associate professors and assistant professors, more than 50 percent posts are still vacant in the varsity. This is notwithstanding the fact that the Government of India provided an amount of over Rs 150 crore for academic and Rs 75.29 crore for infrastructure purpose to the university during the last five years. The CUK is also badly hit by the shortage of teachers as a total of 116 posts of professors, associate professors and assistant professors are lying vacant in the institution. In this particular case, the University has been provided an amount of Rs 141 crore for academic purposes and Rs 26 crore for infrastructure purposes in the last five years. The two Universities, which were granted to Jammu and Kashmir after a struggle, should take all stakeholders on board while making any increase in fees structure. The interests of students coming from financially-weak backgrounds need to be protected.

The poor are paying for inflation targeting

Profit-driven inflation should be curbed by increasing corporate taxes, introducing price ceilings on a range of goods and services of everyday use, using the additional tax revenues on subsidising wage goods, or things that the working people consume. And if the state ensures that the prices of most goods are kept in check, then there would be no reason for workers to demand higher wages; there would not be any inflation expectation to worry about.



AJAINUNDIYO CHAKRAVARTYRURJIT SINGH

THE Reserve Bank of India (RBI), India's central bank, had been on a rate-hiking spree since last summer. That has been finally stopped. Contrary to what most economists expected, the RBI has not raised its key interest rate, the repo rate, in its latest monetary policy review. The repo rate is what commercial banks have to pay when they take short-term loans from the RBI. When it is low, banks too can charge less to their customers, whether they are business or consumers. Since May 2022, the RBI raised the repo rate five times, taking it from 4 per cent to 6.5 per cent, making loans significantly more expensive.

Why did the RBI raise rates so quickly and then bring it to a halt? It was, and is, following textbook economic theory. Low rates encourage people to invest in big-ticket purchases. They take home loans because EMIs (equated monthly instalments) look affordable. They take car loans and even buy gadgets on monthly instalments. This results in an overall rise in demand for goods in the economy. Businesses respond by increasing their production and borrow money to buy new machines and expand their shop floors and offices. If interest rates were high, they would think twice, because the high cost of financing their expansion would offset any gains to be made from increased sales. Low rates would reduce that risk and encourage investments.

As production is increased, businesses would have to hire more people. And as the demand for labour increases, employees would have more options, they would want bigger pay packages. This would result in two things — workers would spend more and cause a further

rise in the 'aggregate' demand in the economy, and the rise in wages would push up production costs. The net result would be higher inflation, caused by a rise in demand for goods and services and also a rise in wage costs. As inflation goes up, workers will demand even more wages, in anticipation that prices will continue to rise in the future. This 'inflation expectation' will fuel further inflation.

Neoliberal 'mainstream' economists argue that inflation expectations cause a wage-price spiral which results in uncontrolled runaway inflation. The focus is always on the share of national income that goes to the working class. They ignore what happens to profits. Almost everywhere, high inflation is driven by periods of excessive profits. Since demand growth precedes any expansion of capacities, corporates always take advantage of short-term supply shortages by raising prices. They also raise prices in anticipation of having to pay more in the future for raw material and labour. In other words, corporate profiteering causes prices to rise, which is what raises the inflation expectations of the workers they employ. Such profit-driven inflation ought to be curbed by increasing corporate taxes, introducing price ceilings on a range of goods and services of everyday use, using the additional tax revenues on subsidising wage goods, or things that the working people consume. And if the state ensures that the prices of most goods are kept in check, then there would be no reason for workers to demand higher wages; there would not be any inflation expectation to worry about.

But that would make corporates unhappy. So, mainstream economics, which effectively speaks for owners of capital, would never recommend such steps. In fact, a majority of econ-

omists do the exact opposite. Taxation and price control, according to them, curb entrepreneurial spirits, discourages investments, resulting in higher unemployment and lower standard of living. Their go-to weapon is monetary policy, controlled by 'independent' central banks. Mainstream economists say that the right way to cool prices down is to tighten the amount of money sloshing around in the economy by raising the interest rates. One rates are raised, corporates will face higher finance costs; they will be more careful about their investments and look to improve productivity to reduce other costs. So, they will sack people and make those they keep work for longer hours and under more intense conditions. This drop in demand for labour will cause wages to fall, and that will reduce the overall demand, causing both wage-push and demand-push inflation to decline.

This is what all nations have been doing for the past three decades, since finance capital captured the global economy and the world fell in line with neoliberal economic policies. Inflation is always curbed by raising interest rates, in order to slow down consumption demand and curb wage increases. The burden of reducing prices falls on those who are least able to bear it. Unemployment goes up and wages fall, till the demand for both consumer goods and raw materials falls. That is when central banks step in again and stop raising interest rates. This is how economists maintain the fiction of the efficient 'free' markets, which are best left to run on their own. They conveniently forget that central banks are actually part of the government sector, integral to the state. It is this neoliberal dogma which led the RBI to raise interest rates by 250 basis points in less than a year. This has achieved the effect it wanted to. Government data shows that household consumption has grown by just 2.1 per cent in the last quarter of 2022, compared to where it was in the same period in 2021.

Now, there is a danger that household consumption expenditure might contract, instead of rising. Even in this situation, economists wanted one last interest rate hike, because retail inflation is still above the 6 per cent mark, which has been set as the upper limit for the RBI. Technically, the RBI is supposed to intervene whenever inflation crosses that level. Luckily, politics has trumped 'neoliberal' economics and the RBI has weighed in on the side of growth, instead of being rigid on inflation targeting.

For the working people of the country, who pay both for inflation and for inflation-curbing policies, this might just be a temporary reprieve. If prices continue to rise, India's central bank might return to its path of raising interest rates. This is likely, especially because in this globalised world, the RBI has no option but to follow what more powerful central banks do to ensure higher rates in the West don't cause a flight of capital.

The perils of blanking out historical facts

IN THE EMOTION-LADEN AND IRRATIONAL WORLD OF TODAY WHEN HISTORY HAS BEEN TURNED UPSIDE DOWN, WHEN THE PRESENT CANNOT BE OPENED UP TO INSPECTION AND CRITIQUE, WHEN RELIGIOUS EVENTS HAVE BECOME A CAUSE FOR MIND-NUMBING FEAR THAT PEOPLE ARE GOING TO BE HARMED, IT IS IMPORTANT TO TEACH OUR STUDENTS THE RIGHT WAY TO LIVE. IT IS TO LIVE WITH THE RECOGNITION THAT ALL OF US ARE INCOMPLETE WITHOUT THE OTHER.

NEERA CHANDOK

IN Aspects of the Novel, EM Forster tells us that the statement 'the king died and then the queen died' is a story. The king died and then the queen died of grief' is a plot. The queen died and no one knew why, till it was discovered that she died of grief at the death of the king, is a plot with mystery in it. There is no link between the first two sentences unless we find out that it was grief at the king's death that caused her own death. Otherwise, we might have concluded that the queen died because she mourned the death of a friend, a lover or a pet dog. What is important are the links between propositions in any field of academic endeavour. Otherwise, we are left with a series of propositions without anything to hold them together, meaningless 'jibber-jabber' as a judge says in TV series Boston Legal.

The job of education is to cultivate a spirit of enquiry into what these links may be in the mind of a student. It is this spirit that develops their cognitive faculties, that encourages their quest for the holy grail — for the links that connect a series of dots in history. It is precisely the development of critical thinking, of the need to ask 'why', of a never-ending search for coherence, and of recognition that we want to know more, that makes for intelligent and knowledgeable human beings. It is this very aspect of pedagogy that 'ratio-



nised' NCERT textbooks sideline. These books do not want children to connect the dots. History in these textbooks will remain a series of meaningless statements. The assumption that schoolchildren rely on textbooks and not Wikipedia is, of course, hallucinatory.

Still, it is sad that the NCERT does not want to let future generations know why Mahatma Gandhi was killed. We know who killed him,

They will never be taught that when the frail body of Gandhi was brought down mercilessly, a giant tree fell and crushed the hope that post-Independence India will ever be free of bigotry. And this is called rationalisation!

This, of course, begs the question — what is the relationship between history-telling and events that it unfolds before our collective gaze? There is, of course, the simple matter of truth — history should depict the truth. The problem is that the historian as a storyteller often tells us just enough to fit the conqueror's narrative; that is his depiction of things that happened. His approach to history is invariably from the perspective of the present, a presentist conception of history. For victors, the past is necessary because it legitimises the present. In the battle to win people's hearts and minds, the past becomes a plaything in their hands. What then is the truth?

Let us return to Gandhi, who fought a lifelong battle to search for the truth. Even though he was convinced that truth was essential for non-violence because ignorance leads to violence, Gandhi accepted that human beings cannot ever know what the truth is. The truth espoused by Raja Harishchandra, who renounced every possession to pursue truth, was not the same as the truth of Husayn, who sacrificed his life at Karbala. These two truths are equally true but they may or may not be our truth. Beyond them stretches absolute truth which is total

and all-embracing. But it is indescribable. We must, therefore, be content with believing what we know while we continue to struggle along with others for further knowledge of what truth is. Every truth is a partial manifestation of the absolute; therefore, we cannot dismiss others on grounds of incomplete knowledge. We are as incomplete as they are. We are equals insofar as we wend a careful way between our incomplete knowledge and moral judgment about what is right.

In the emotion-laden and irrational world of today when history has been turned upside down, when the present cannot be opened up to inspection and critique in the name of being 'anti-national', when religious events have become a cause for mind-numbing fear that people are going to be harmed and killed, it is important to teach our students the right way to live. It is to live with the recognition that all of us are incomplete without the other.

What Gandhi lived and died for is of importance, because he strove to inculcate this recognition in the people. That is why he is a man who transcends time and strides across space. Let us not do this to Gandhi who lived as he wanted others to live. He died as he lived, with the name of God on his lips. Given his philosophy, he may well have said as Christ had said on the cross: 'Father, forgive them, for they know not what they do.' Do not reduce his death to just any event in history.

CELINA JAITLEY GETS MARRIAGE PROPOSAL ON TWITTER, SAYS 'I WILL ASK MY HUSBAND'

Celina Jaitley, who is married to hotelier Peter Haag and has three sons with him, has reacted to a marriage proposal on Twitter. The actor responded in sarcasm as a Twitter user asked her to marry him and make him a 'ghar jama'. Celina currently lives with her family at a picturesque location in Austria.

A Twitter user wrote a letter to Celina on Thursday, which read: "@CelinaJaitley Best Wishes. My Health is not Good No one to take care of me Before My Health Become Worst Urgently Bring me with you get married me at Earliest I am Ready for Ghar Jamay Save My Life and Health. Reply and Respond. Regards, Vijay Mangalji Vora at Kolkata." She responded to him, "I will ask my husband and three kids and revert!" Her fans also loved her sarcastic

response on Twitter. A fan wrote: "Lol, priceless response." Another said in sarcasm, "Yeah, right. And I am going to play the adopted son." One more tweeted, "That will make his health more worst." "Lolzzzz people are really annoying sometimes, means kuch bhi", read a comment.

Celina and Peter are parents to 11-year-old twins Winston and Vitraaj and five-year-old Arthur.

Arthur was born with a twin brother Samsheer but the baby died soon after birth. In a 2020 interview with correspondent, Celina said about her kids, "They understand that there are two types of growth.

There is one very important growth with your family and you grow in life. Another is your own personal growth when you grow as a woman, as a mother, lover.



WORLD HEALTH DAY: TV ACTORS SHARE TIPS FOR A HEALTHY BODY AND MIND



World Health Day is observed annually on April 7 to promote better health and increase public knowledge of its significance. TV actors offer advice for maintaining a healthy body and mind while discussing their daily fitness routines.

Mohit Daggua
I totally believe in the saying, 'Health is Wealth'. A simple fitness formula for me is to eat healthily, sleep well, and work out daily. These three factors help me maintain a healthy lifestyle, stay far from ill-health, and reduce stress. I make sure to eat healthy food with less oil and high nutritional value. I try to get eight hours of peaceful sleep and wake up early to do my regular workouts. I also meditate and watch inspirational content. Fitness is when you have the right mental and physical balance. On this World Health Day, I urge everyone to eat healthily, do regular check-ups, and keep their hearts happy and healthy.

Kanna Pathak
I make sure to drink plenty of water throughout the day. Also, carry a bottle containing fresh fruit or vegetable juice. In addition, I take frequent medication breaks in between tasks to keep myself relaxed. The most important tip for a healthy body is to eat healthy food at appropriate time. Regardless of my food cravings, I try to avoid eating junk food and incorporate leafy vegetables, fresh vegetables, fruits, and milk into my daily diet.

THERE ARE CAMPS IN BOLLYWOOD, THEY HAVE THEIR SET SINGERS: SHIBANI KASHYAP

Singer-composer Shibani Kashyap recalls the time when she was cornered in the film industry, and had to find a way to keep creating music. It's been nearly five years since Shibani Kashyap lent her voice to a Bollywood song. The singer-composer, who has been keeping busy with live shows and concerts, says she knows better than to ask for work from the 'camps' of the industry.

While Kashyap is open to singing for films, she doesn't believe in knocking on a door that won't open. "There are camps [in Bollywood] and they have their set singers and musi-

cians. Wahan par kisi aur ki entry nahin hai. So, I think, there is no point trying to tread that path. I need my music to be followed and loved by people, and that's happening anyway," says the 44-year-old, who recently represented India in Uzbekistan with a performance during a diplomatic event.

The Sajna Aa Bhi Jaa (Waisa Bhi Hota Hai Part II; 2003) singer says she had to learn the hard way that "music giants" control the industry and decide who can enter. Ask if she ever felt cornered, and pat comes the response: "Always! My very first song, Hogai Hai Mohabbat, was



a big hit and I thought nothing can stop me now. I expected a wrong sail thereon, but I was so wrong because I faced bigger hindrances and challenges. It felt like you have to be part of some camp to go ahead."

Being a "female artiste in a male-dominated industry", the singer shares, meant her path was riddled with obstacles. "A lot of people could not accept a Delhi girl doing everything all by herself. I remember knocking on many music directors' doors, and the response would always be, 'Arre, you make your own music, why are you calling us?'" she recalls. At present, she is content and happy with the kind of work coming her way.

World Health Day: 5 Fitness Tips From Seerat Kapoor That Will Give You A Perfectly Toned Body

If you were to scroll through Seerat Kapoor's Instagram, you'll definitely see her indulging in her self-care routine, with fitness sessions being a major part. Even with a stressful actor's life, her lifestyle revolves around all things fitness.

Today, as everyone celebrates World Health Day, if you're looking for inspiration, take a look at these fitness tips from the actress herself:

Love For Pilates And EMS
Seerat's fitness regime is an amalgamation of Pilates and a balanced nutritional plan.

She also trains with EMS (Electro Muscle Stimulation) which is a 20-minute workout session twice a week. It is believed that one 20-minute session of EMS is almost equivalent to 3 sessions of strength training.

Starts Her Day With A Detox Water
Seerat starts her day with detox water, it could be also vera or warm water and lemon. The actress also shared that from time to time she likes to change her routine and that at times, she starts her day with lemon, and honey water, get her system back on track.

Includes Proteins, Carbs And Fats In Her Diet
Seerat Kapoor's usual breakfast comprises eggs with a toast or two. After that, the actress goes straight for a workout and has a protein shake after that because of the gap that it takes between her breakfast and lunch meal.

Palak Tiwari reveals everyone lost their minds when they found out Ram Charan was on set for the song Yentamma

A new video about the making of the song Yentamma from Kisi Ka Bhai Kisi Ki Jaan shows how starstruck the cast and crew got when Ram Charan arrived on set.

The song Yentamma from Kisi Ka Bhai Kisi Ki Jaan assembles much of the ensemble cast from the upcoming film. Along with Salman Khan and Venkatesh Daggubati, the song features the rest of the actors including Pooja Hegde, Shehnaaz Gill, Palak Tiwari, Raghav Juyal, Siddharth Nigam and Jassie Gill. The song video also features a very special guest with Ram Charan. In a new making of featurette on the song, the cast members reveal what went on behind the scenes. Palak shared that everyone on set from the actors to the assistant directors lost their minds when Ram arrived on set to shoot his portions.

Sung by Vishal Dadlani and Payal Dev, Yentamma features lyrics in both Hindi and Telugu. It also has a rap portion written and performed by Raftaar. Shabbir has written the lyrics for Yentamma, while Aditya Dev provides additional lyrics and vocals. The behind-the-scenes shows much of



the cast goofing off initially on set, before sharing how much work went into the making. Around 2,000 dancers were used for Yentamma, with around 1,000 motorcycles incorporated into the peppy dance track.

The highlight of the song is Ram Charan's cameo. Palak said, "We all collectively like, the actors, the ADS, all of us lost our minds a little bit when we found out that Ram Charan was on set." The actor

Gumraah movie review: Aditya Roy Kapur's double turn in this typical thriller is quite average



The murder, two suspects with the same face. It's a conundrum for the police to solve in Gumraah (2023), a thriller which ends up taking very predictable turns. The film begins in a chilling manner with a brutal murder of a man. The culprit is played by Aditya Roy Kapur in his first double role. Eventually, it leads up to the capture of two men for the same crime, and leaves the audience and the police trying to sort out who could be the killer.

Gumraah, directed by Vardhan Ketkar, informs viewers from the beginning that it is inspired by true cases." At the end, the film cites examples from countries like Malaysia, US, the UK, and Germany to name a few where this sort of situation has occurred. After the murder of a young techie, Mrunal Thakur's Shivani Mathur is assigned to the case. Her name seems to be a nod to Rani Mukerji's character from Mardaani (2014) perhaps. The extremely focused and no-nonsense Shivani has her early theories on the case but once her superior ACP Dhiren Yadav (Ronit Roy) gets up to date, he has the whole thing figured out.

Dhiren seems to have a previous longstanding vendetta against Arjun Sehgal (Aditya) and has already decided he's guilty. Meanwhile, the police find Sooraj Rana aka Ronnie (also Aditya) and haul him in for the same crime. With two different agendas, Dhiren and Shivani have to figure out who is lying and who is telling the truth.

As is the case with most Hindi films these days, this too is a retelling of a south hit. Gumraah is a remake of the Tamil film Thadam (2019) which features Arun Vijay in a double role. But instead of focusing on the murder mystery, within 20-odd minutes of the film, it shifts into a flashback in the lives of Arjun and Sooraj, trying to explain how they got to the night of the murder.



Jubilee review: Sidhaant Gupta delivers star-makig performance in Motwane's sad, slow burn about movies

Overstretched and extra filmy, there is enough to complain about in Vikramaditya Motwane's Jubilee. The dialogues are thick and heavy, the music too bland and the twists too convenient. But despite all its flaws, Jubilee stays with you long after you have watched it. Perhaps the credit goes to some

of the best performances you've ever seen in a Hindi series but I will not deny that snoring up one-hour episodes over a single night might have a role to play as well. Good thing Prime Video is releasing the show divided into two sets of five episodes. First five arrive on April 7 and the rest on April 14.

There have been long series with longer episodes in the past as well but in Jubilee's case, its slow burn quality doesn't help its case. Perhaps closest in pace and visual style to Motwane's Lootera, it takes its sweet time to explore the story of a man's murder and another's guilt at the core of it. It meanders far and wide to the pastures of filmmaking in post-Independence India, star-making film studios, a refugee from Pakistan dreaming big, a sex worker finding new opportunities, and somehow, even Russians and Americans war-

ring for clout in India. There is a lot going on in Jubilee at all times, however, only a few bits are able to justify the long run time. Jubilee begins with Roy Talkies head honcho Srikant Roy (Prasenjit Chatterjee) finding the perfect man to launch as their next superstar, Madan Roy. He zeroes in on the handsome Janshed Khan (Nandish Singh Sandhu) but discovers that he is having an affair with his wife Sumitra (Aditi Rao Hydari). He sends his loyal man Friday Binod Das (Aparshakti Khurana) to retrieve the lovebirds from

Lucknow and bring them to Mumbai. Binod leaves to follow his boss's orders but he also has Bollywood dreams in his eyes and wants to be Madan Kumar himself. Meanwhile, a parallel hero is born in Jay Khanna (Sidhant Gupta), a refugee who arrives in Mumbai from Karachi. Charismatic and so cool, he, too, dreams of making movies someday. Jubilee, in its essence, becomes the story of two men rising from nothing to become shining stars of the Hindi film industry. The first half, that releases on Friday, is

all about their ascent to power and stardom and the next half is all about their struggle to keep it. Movies about movies often bring out the best in directors and writers as it is a world they know best. Even here, the best bits are ones which focus on the struggles of filmmaking, no matter how bad the movie being made actually looks to us now. The murder angle, the affairs, the scandals, the love stories are often the snooziest parts of Jubilee. And suddenly, by the final two episodes, the murder angle steamrolls over all the

crises at play and by the end, everyone gets a little too swift, tragic endings to their stories. As the end credits roll, you begin to wonder how did they manage to run out of time even with 10 hours at their disposal. Maybe not repeating the Madan Kumar monologue every episode would have helped. Aparshakti Khurana finally delivers a career-kickstarting performance as the brooding, guilt-ridden young star who cannot break the shackles of subservience to his master no matter how successful he gets.

How this unusual exercise while sitting down can help lower your blood sugar and fat levels

Here's an exercise that many sedentary individuals and office workers could get behind: Soleus push-ups. No, it isn't an extreme or even a levelled-up version of the push-up; it doesn't even involve the same muscles. Instead, much like how some of us like to jerk our legs up and down when seated, this exercise involves starting with your foot flat on the floor, then raising your heel off the ground to its highest points and letting it fall back down. Think of it as doing a tiptoeing exercise while sitting down.



IT'S CALLED A SOLEUS PUSH-UP AND IT INVOLVES ACTIVATING THAT MUSCLE IN YOUR CALF BY "TIPTOEING" WHILE SITTING DOWN. CNA LIFESTYLE ASKS EXPERTS TO FIND OUT JUST HOW EFFECTIVE THIS CAN BE.

The key takeaway is that the action, when done correctly, activates the soleus muscle and boosts oxidative metabolism during which blood sugar is utilised at "high levels for hours, not just minutes", said its creator Marc Hamilton, a professor of Health and Human Performance at the University of Houston, USA.

Not only that, keeping the soleus muscle metabolism humming is also effective at doubling the normal rate of fat burning between meals, he said.

In his study published in iScience in 2022, test subjects were given a glucose drink each before performing soleus push-ups in a controlled setting for 270 minutes spread out over the day. That's 4.5 hours of leg shaking if you're counting. The results: There was a 52 per cent improvement in blood glucose

fluctuations and 60 per cent less insulin requirement that lasted over three hours.

According to Prof Hamilton, the 600 muscles in your body usually contribute only about 15 per cent of your total body's oxidative metabolism in the three hours after consuming carbohydrate.

"Despite the fact that the soleus is only 1 per cent of the body weight, it is capable of raising its metabolic rate during soleus push-up contractions to easily double, even sometimes triple, the whole-body carbohydrate oxidation."

Elevated levels of blood sugar and fats have always been associated with metabolic syndrome, which is a collection of health issues occurring together, including high blood pressure, Type 2 diabetes, stroke and heart disease.

What this could mean is that the very leg-shaking action that

many of us regard as a bad habit could well help you lower your blood sugar level - and reduce your risk of metabolic diseases such as heart disease, stroke and Type 2 diabetes.

So why is this muscle so special? Are there other muscles in our bodies that could also deliver the same benefits? And should you give this push-up a shot?

WHAT IS THE SOLEUS MUSCLE AND HOW DOES IT WORK?

The soleus muscle is part of the calf muscle. If you want to get more specific, it starts behind the knee and extends down the heel bone to 15cm to 10cm above the heel bone before it merges with some connective tissues to form the Achilles heel, said Dr Nicholas Leong, the registrar of Tan Tock Seng Hospital's Sports Medicine & Surgery Clinic.

Whether it's the soleus muscle, biceps or glutes, all muscles

rely on various combinations of three main fuels to keep you moving: Glycogen, blood sugar (or glucose) and fats. But which fuel your muscles prefer to tap on depends on the activity intensity and duration, said Clinical Associate Professor Mandy Zhang, who is a consultant with Changi General Hospital's Department of Sport and Exercise Medicine.

"For example, during high-intensity activities such as high-intensity interval training and weight lifting, the muscles primarily use glucose as an energy source," she said. "When it comes to endurance activities such as long-distance running and cycling, the muscles typically use both fat and carbohydrate (which breaks down into glucose) in a slow energy burn."

During high-intensity activities such as weight lifting, the muscles primarily use glucose as an energy source. (Photo: iStock/milanvirjevic)

There are also the muscle fibres to consider. There are two types intermingled within any single muscle in your body: Fast-twitch muscle fibres and slow-twitch muscle fibres, said Dr

Leong. Because slow-twitch muscle fibres, such as the ones found in the soleus muscle, are more resistant to fatigue, they can be exercised longer, which "can lead to greater blood glucose being utilised", he said. It also explains how the test subjects were able to keep up the soleus push-ups for hours.

Slow-twitch muscle fibres are also found in the back for posture maintenance, said Dr Leong. "To date, I am not aware of any studies that investigate the activation of other small muscles and the corresponding increase in whole body oxidative metabolic rate."

HOW DOES IT COMPARE TO WALKING, WHICH IS ANOTHER ENTRY-LEVEL ACTIVITY?

While the soleus push-up movement might resemble walking (raising the heel and contracting the calf), Prof Hamilton said that it is the exact opposite. When walking, the body minimises the amount of energy used. However, the soleus push-up makes the soleus muscle use as much energy as possible for a long duration, he said.

A peek into Kriti Sanon's full-body workout routine



Kriti Sanon is not just a phenomenal actor, but also a dedicated fitness enthusiast who never misses her workout routine. The actor also regularly gives glimpses into her fitness sessions, setting goals for many. In keeping with the same, Kriti recently gave everyone a peek into her full-body workout routine in a video posted on her YouTube channel.

"Let's move together. I usually do this workout once a week to make sure I get at least one full-body workout in! My trio at the Tribe: Karan, Robin, and Anushka all specialise in different kinds and styles of workouts. So here's a Tribe Special for all of you! Strength, stability, and core! Grab your gym wear, towel, water, and lots of energy, and let's work out together. Get ready to sweat it out with me and my Tribe," she captioned the video.

Kriti's full-body workout routine started with some warm-up exercises before starting with strength and conditioning moves. She first performed sprinter, a weightlifting exercise in which the lifter lifts the bar as high as possible and pulls themselves under it in a squat position. It is known to build muscle mass, improve power, and speed, and reduce the risk of injury. She said, "Push your boundaries till you can until you fall."

Next, Kriti performed the Swiss ball pullovers, which is a dynamic movement that increases strength throughout the entire upper body, including the chest, back, shoulders, and triceps.

The actor then performed wall slams with a ball. "It's a very complicated exercise. Whenever we are working out with the camera, he tries to show off and make everything so difficult," she said of her trainer, to who he added, "We start liking things we don't like very soon." Next, Kriti performed elevated Russian twists, which is an effective way to build your core and shoulders. She then asked her trainer to help with her knee as she has been dealing with knee issues for while because of a fall she suffered recently.

My personal bests are behind me - but I've found the secret to sustained exercise

In a lot of ways, I feel bad for people who decided they hated unnecessary physical exertion during PE lessons and have given it a studied miss ever since. But in one important way, I don't: if you avoid picking up a barbell or lacing up a pair of running shoes until hitting middle age, you could roll into your late 40s faster and stronger than you have ever been. Whereas - and don't feel too sorry for me, because I'm going to start showing off in a minute - at 44, the best way to describe my gym regime is probably "managed decline".

Let's get the showing-off out of the way first. In my 30s - I didn't actually start going to the gym myself until I was 29 - I could do a squat with double my own bodyweight on my back, and run 5km in a shade over 21 minutes. I could pull a small van and do a no-handed (AKA aerial) cartwheel. I could, and I'm not exaggerating, hoist a Vauxhall Astra hatchback off the ground 11 times in 90 seconds. I did just that in a competition. As Socrates once nearly wrote, it is a disgrace to grow old without seeing how jacked you can get. But nothing lasts for ever, and at some point you have to accept that the personal best column in your workout spreadsheet is probably frozen for good. You get an injury, or you back off a bit, and the weight you once did as a warmup starts to feel quite heavy, then like an actual challenge, then like a forlorn hope. You don't ever regret lifting it in the first place - as Socrates once nearly wrote, it is a disgrace to grow old without seeing how jacked you can get - but your best Instagram posts now come with a light filter of sadness.

Gym Injuries Can Interrupt Fitness Goals, Here Is How You Can Heal And Get Back In Shape

Exercising at the gym can sometimes be a pain in the neck. When it happens, it is very tough to get back on track to reach our fitness goals. Injuries lead to a change in the workout approach and the speed of recovery depends on person to person. Some people might be able to recover quickly while others might take days or even months. Healing from an injury also depends on the kind of injury a person has experienced.

However, the main question that remains is that how can a person start going to the gym again deal with the fear of getting injured again? It is obvious that he or she needs to be extra careful, not put any pressure on the injured part of the body and also not over do it at any point. But, what if the fear of getting injured takes over in an overwhelming

way? The solution can be to take a step back and re-assess your entire workout routine. It is not a good idea to let fear take over, instead re-think the approach to fitness. Here is a three step process that can help a person get back to shape, avoid injuries in the future and get over the fear.

Let A Physical Coach Assist The Workout Session

Going back to the gym or going back to training after an injury is difficult and slightly impossible to do it alone. The best idea is to seek help from either a medical professional or a gym trainer. Let them walk you through it, step by step. More importantly, this will also help you heal and work around your problem spot safely.

The worst thing that you could do is do the wrong exercises and push yourself too hard on your



first day or even first week back at the gym. Experts suggest few tips on how to get back into shape, firstly, work around your injury, start from the most basic exercises, if you are focusing on strength training, start with light

weight bar bells and start slow. Secondly, do not be reckless, listen to your trainer. There are special exercises that can help you focus on the correct muscles which can also help them heal. Only a PT can instruct you in

I did 90 plank toe taps every day for a week

Plank variations have several benefits, one being that they are a brilliant compound exercise, working most of the muscles in your body. Unlike crunches, they don't put any pressure on your lower back, so you'll often find planks in most of the best ab workouts out there.

Plank toe taps are an excellent plank variation as they activate the external and internal oblique muscles, the rectus abdominis (the top layer of your abdominals, often referred to as the 'six pack'), and the transverse abdominis (the deep core muscles).

They also use the upper and lower body, and your deep stabilizer muscles, making them a great bodyweight exercise to add to your strength routine.

Best Health Care
But what would happen if you did 90 plank toe taps a day for a week? To find out more, I unrolled my exercise mat and got tapping. As a reminder, 90 repetitions of anything is a lot, and if you're new to exercise, or returning to exercise following an injury, it's a good idea to ask a Personal Trainer to check your form before adding reps.

How to do a plank toe tap
Plank toe taps are also referred to as plank toe touches - they're the same move, with different names, but here's how to make sure you're doing them correctly:
Start in a high plank position, with your



hands shoulder-width apart, your palms flat on the floor, and your feet hip-width apart. There should be a straight line from the crown of your head to your heels. Make sure you keep your back straight by thinking about sucking your belly button into your spine. Engage your core, and lift your hips while keeping the rest of your body still. Think about moving into a downward dog position. As your hips lift, lift your right hand off the floor and tap your left foot. Make sure your back is still straight as you do this.

Moving slowly and with control, return to your high plank position. Repeat on the opposite side. That's one rep.
What would 90 plank toe taps a day do to my body? Here's my training diary from the week:
DAY 1
As with all of these week-long challenges, I started day one with endless enthusiasm, deciding to do all 90 in a go, ripping off the bandaid.
This tactic worked, but by the halfway

mark, I was feeling the exercise in my shoulders. This is a full-body plank variation - unlike holding a high plank for 60 seconds, the movement involved in plank toe taps engages your upper and lower body.
90 reps later, I could feel I'd worked my core hard.

However watching my form back (I often video myself on day one of these challenges), I noticed I got tired I was pushing from my shoulders, not my hips.

The movement in this exercise should come from the lower body, so I decided to slow things down and do three sets of 30 reps for the rest of the week.
DAY 2 AND 3
On days two and three of this challenge, I continued to move through the reps slowly and with control. I could feel the movement more in my abs as I added in a pause at the top of the movement, or the 'tap' part of the exercise.

I found my shoulders were aching by the end of day three - a sign I probably need to add more arm workouts into my marathon training schedule.
DAY 4
Like the yoga sessions I often skip when I'm mid-marathon training cycle, I found the plank toe taps were a great way to focus on my flexibility before I went out for a run. As a runner, I often suffer from tight hamstrings,

and the 90 toe taps a day felt like they were helping stretch out my hamstrings and lower back.
DAYS 5 AND 6
As with all of these challenges, I was well and truly sick of plank toe taps by day five. I carried on regardless, remembering to think about sucking my core in as I moved. Of course, a strong core is far more than just an aesthetic goal - it can help you run faster, lift heavier, and relieve back pain.

Studies (opens in new tab) have found that holding a plank can build a stronger torso and pelvic muscles, so despite the boredom, I remembered that hopefully, all these planks would help me PR at the London Marathon in a few weeks.

DAY 7
At last, the end was in sight! On the final day of the challenge, I upped the ante, adding an extra 10 reps to go out on a bang. I could feel the exercise in my core, but I'd noticed, this one wasn't as hard as when I did 100 dead bugs a day for a week.

Of course, seven days isn't long enough to see any visible changes in the body. If visible abs are your goal, you'll need to work on getting a low body fat percentage - here's how to calculate your body fat percentage, and why it matters.

Either way, I'll be using plank toe taps as part of my running warm-up in the future.



CS launches 03 online services of Sc & Tech Deptt

JJ NEWS SERVICE

SRINAGAR, APRIL 7: Chief Secretary, Dr Arun Kumar Mehta today launched three online services in presence of Commissioner Secretary, Science and Technology, Saurabh Bhagat. These include Sponsored Research & Extension Programme, Support for Innovation & Patent Filing scheme, and Science Talent Promotion Scholarship Scheme.

All these schemes are offered by the J&K Science, Technology and Innovation Council (JKST&C) and are primarily meant for inculcating the scientific culture among students/scientific community in particular and common masses in general.

Chief Secretary stressed the need for scientific solutions to various issues of local importance such as waste management, biomass energy, plastic to fuel stressing need to run a waste to wealth campaign. He complimented the Science & Technology Department for establishing Industrial Biotechnology Parks, Sub Regional Science Centre, and instructed for establishment of various Centres of Excellences across UT of Jammu & Kashmir.

He enjoined upon the Department to collaborate with other departments for innovative solutions to problems faced by people in their day to day life. He said that Science and Technology should contribute to ease of living. He made out that our focus should be on innovations for larger public interest so that the knowledge actually gets transferred from lab to



land. During the course, Chief Secretary also took the stocking of various schemes of Science & Technology Department viz Jammu Smart City Mission, Jammu Solar City Mission, PM-KUSUM, Rooftop Solar Power Plant Mission and focused on the need to increase the demand of solar energy within the UT of J&K.

On the occasion it was given out that the Sponsored Research & Extension Programme envisages that the research proposals/scientific surveys should be

invited through open advertisement from the Scientists/professors/ academicians/scholars/ research etc. get it evaluated by the Scientific Advisory Committee(SAC)/ Technical Committee (TC) constituted by the Government for furnishing of recommendations and then should be provided with the financial support for carrying out the research on the local specific issues.

Later the outcome/recommendation of these research projects/surveys are for-

warded to the line departments for implementation.

Regarding the Support for Innovation & Patent Filing scheme it was said that the JKST&C provides financial support (seed money) to the innovator/ institution working on novel ideas for development of prototype. The scheme is aimed at the promotion of Innovations and encouragement of local youth for their pursuits in different fields of Science & Technology.

As far as Science Talent Promotion Scholarship Scheme is concerned it aims at encouraging the students to pursue Science subjects in their higher classes. The scholarships are provided to the meritorious students at 10+2 upto PG levels for a period of 02, 03 and 02 years respectively at each level.

The three online schemes/services detailed above being implemented in the online mode now are also RAS integrated therefore open for public feedback. Post launch of these services, the Department of Science & Technology will be e-Governance Complaint as envisaged under the 'Digital J&K' mission of the UT.

Giving details about the performance of the Department it was said that a total of 2169 works have been completed under different schemes during 2022-23 out of 2400 works taken in hand. Moreover the ST&C has registered an expenditure of nearly 99.8% of its funds released for the previous financial year.

Commissioner Secretary IT and other senior officers of IT department were also present during the inaugural function.

VC CUK, Former Minister, Ex-MLC call on Lt Governor

JJ NEWS SERVICE

JAMMU, APRIL 07: Prof. A. Ravinder Nath, Vice Chancellor, Central University of Kashmir called on Lieutenant Governor Shri Manoj Sinha at Raj Bhawan, today.

The VC discussed with the Lt Governor various issues of academic and administrative importance.

Sh Sukhmandan Chouhary, former Minister also met Lt Governor and put forth the various matters pertaining to speedy appointments by JKSSB, career progression, and creation of posts at SDH Marh.

Later, Shivibodh Gupta, former MLC also called on the Lt Governor and expressed gratitude for organising LG's Special Governance camps for POJK DPs. He also submitted a memorandum of demands on the issues of public importance.

The Lt Governor while interacting with the former minister and former MLA assured them that the concerns and issues that they have projected will be looked into earnestly for its redressal on merit.

GMC Doda celebrates World Health Day 2023



JJ NEWS SERVICE

DODA, APRIL 07: The Department of Community Medicine at Government Medical College Doda celebrated World Health Day 2023 with an interactive session and various events focusing on this year's theme "Health for All." Dr Waleed K Balwan, Senior Resident, gave an introductory speech about current public health problems and their impact, followed by a lecture by Dr Suresh K Kotwal, Head of Department of Community Medicine, on the global scenario, achievements, and challenges in the public health sector. Various events, including seminars and poster presentations, were held, and MBBS students participated enthusiastically. The session ended with a vote of thanks by Dr Waleed K Balwan.

Similar programs were held at Urban Health Training Centre (UHTC) Ghat and Rural Health Training Centre (RHTC) Bhalla. HOD Community Medicine Dr Suresh K Kotwal attended the event, with logistic support provided by Chief Accounts Officer Mr. Mohd Iqbal, and support from staff of the Department of Community Medicine and Audio-Visual section of GMC Doda. Appreciation certificates and trophies were distributed among the participating MBBS students.

Sports Council reaches out to Senior Citizens in Kashmir division

VETERANS MEET UNDER 'SPORTS FOR ALL' INITIATIVE'



JJ NEWS SERVICE

KASHMIR, APRIL 07: Age is just a number and living true to this adage many senior citizens both men and women assembled in Polo ground Sports Complex Srinagar and K. K. Hakhu Astro Turf Jammu under the 'Sports for All' initiative of J&K Sports Council to celebrate the spirit of 'golden age'. Appreciating the motivation and enthusiasm of the participants towards the sports event organized by J&K Sports Council for elderly, Sarmad Hafeez, Secretary Department of Youth Services and Sports said that the response of veterans is very praiseworthy and that sport has no age barrier and a little spark and motivation is enough to keep the passion going. Nuzhat Gull, Secretary J&K Sports Council said that the events

like these are a great stress buster and she was sure that each participant after going back to their respective homes will be all fresh and rejuvenated.

She also said that the Sports Council in its pursuit to encourage healthy lifestyle shall follow with more such events in future. The event is being held under the government's special initiative for senior citizens and in future similar events under "Har Din Khel, Har Ek Ke Lye Khel" vertical shall be held across J&K, she added.

Bashir Ahmad Bhat Joint Secretary J&K Sports Council presided over the function in Kashmir as chief guest and interacted with participants including people from all walks of life besides employees of Sports Council, YSS and some prominent businessmen.

Speaking on the occasion, Bashir Ahmad appreciated the role played by both divisional sports officers for putting up a decent yet grand show for veterans of the society.

In the events held in Kashmir division Farooq Ahmad, Abdul Majeed Bhat and Abdul Rasheed bagged first three positions in 400 Meter race for above 50 years while as in similar race in 600 Meter Mohammad Iqbal, Mushtaq Ahmad Zargar and Mohammad Atif Chopan clinched first three positions respectively.

In the Tug of War category for women team Red led by Nuzhat Farooq triumphed over team Blue and similarly in men category team Blue prevailed over team Red.

The chief attraction of the event in Srinagar was the traditional Hopscoth-Saz Loung which was very nostalgic as expressed by many participants especially females and they demanded that Hopscoth events all exclusive for senior citizens should be organized sooner than later.

Among others present on the occasion in Kashmir included Nusrat Gazala Divisional Sports Officer (C), Executive Engineer CDK Abdul Rasheed, Divisional Sports Officer (K), Officers from Youth Services and Sports, Prof. Bashir Ahmad former member Sports Council and employees of Sports Council and YSS.

Mega Gram Sabha held to formulate ABDP in village Manzgam of Kulgam



JJ NEWS SERVICE

KULGAM, APRIL 07: On the directions of the District Development Commissioner Kulgam, Dr. Bilal Mohi-Ud-Din-Bhat, Mega Gram Sabha was today conducted at Higher Secondary School Manzgam, here.

The Sabha witnessed participation of a large number of people.

Additional District Development Commissioner (ADDC) Kulgam, Showkat Ahmad Rather; DDC Member Manzgam, Jameela Chowdhary; ACD Kulgam, BDO Manzgam and PRIs and officers and officials from line departments also participated in this gram sabha.

During the gram sabha people prioritize their developmental requirements in this Aspirational Block and formulate and prioritize work plans for year 2023-24 under Aspirational Block Development Programme.

People generally prioritized Health, Education, RRD and Animal Husbandry sectors to augment infrastructure and facilities of these sectors.

This is the second consecutive gram sabha held in Manzgam to formulate the Aspirational Block Development Plan with proactive participation of people and PRI members.

In addition to this 83 soakage pits were constructed to dispose-off the waste water and grey water emanating out of the households to improve the water conservation and to retain humidity of soil.

8 Vermi compost pits were constructed to make organic fertilizer out of raw cow dung. Meanwhile Commissioner Secretary RDD & Panchayat Raj, Mandeep Kour while congratulating award winning Panchayat of Kupwara has said that it is a moment of pride that Phalmarg Panchayat has exhibited exemplary work in respective thematic areas.

It is truly a remarkable feat, and would not have been possible without the effective monitoring by the District team under the supervision of DC.

"This achievement was also made possible by the dedicated and tireless efforts of the concerned Director-ACD, ACP, BDO, Secretary Panchayat and concerned PRIs" Commissioner Secretary said.

Kupwara district panchayat wins National Award

JJ NEWS SERVICE

KUPWARA, APRIL 7: In a marvelous moment, Phulmarg panchayat of Tarathpora block in Kupwara district has brought laurels by bagging National award under Water Sufficient Panchayat theme for the year 2021-22.

According to the Deputy Commissioner (DC) Kupwara, Dr Doifode Sagar Phalmarg Panchayat of Block Tarathpora was conferred National Award under "Water Sufficient Panchayat" theme of Local Sustainable Goals (LSDGs) by the Union Ministry of Rural development and Panchayat Raj Govt. of India in recognition of the best performance at grass roots level in improving delivery of services and achieving saturation in different indicators.

This award shall be officially presented on April 18 on the occasion of celebration of National Panchayat award week at New Delhi from 17th to 21st April, 2023 as part of Azadi Ka Amrit Mahotsav 2.0



Meanwhile the DC has appreciated the concerned functionaries and PRIs associated with the achievement and hoped that other panchayats of the district will work with more zeal and dedication so that the district will shine and get more awards in coming days.

Elaborating the details, Assistant Commissioner Development Kupwara Hilal Ahmad Mir has informed that the national awards have been conferred to Phulmarg Panchayat of Kupwara district in

recognition to the best performance achieved in making the panchayat water sufficient and improving other parameters.

Officials of award winning Phalmarg Panchayat said that, to make remote Phulmarg Panchayat water sufficient, a 13 member village Water and Sanitation Committee (WVSC) was framed with members from Jal Shakti dept, RDD, Forest and PRI members. 2000 Ltr. capacity Water Service Reservoir (WSR) was constructed at Hatchmerg and supply pipes

were laid and all Households were provided clean drinking tap water connections under Jal Jeevan Mission Scheme.

To harvest the Snow water and Rainwater an old and dilapidated Phalmarg Sar (water storage reservoir) was renovated and developed under 14th Fc grants.

To provide round the year irrigation facility, the water of Bangus Nallah was tapped into fields of the panchayat by constructing a 3-Kn long irrigation canal under 14th FC and MGN-REGA convergence.

Improved irrigation facilities resulted in an increase in crop yields of Paddy, Maize, Pulses, vegetables and potatoes in Panchayat.

For recharge of ground water of Panchayat 3 No's of water Harvesting Tanks were constructed under MGNREGA with a Water holding capacity of more than 15000 ltr each. 125 Ground water recharge pits were constructed in convergence with NREGA and Forest Dept to recharge underground water



Hindu spiritual community in South does much more than missionaries : Mohan Bhagwat



JAIPUR, APR 7: RSS chief Mohan Bhagwat on Friday said social service by Hindu spiritual gurus in the southern states was several times more than that provided by missionaries, but added that this is not a matter of competition.

He was speaking at the inaugural ceremony of a three-day conclave of the Rashtriya Sewa Sangam organised by a Rashtriya Swayamsevak Sangh affiliate at Keshav Vidyapeeth in Jamdoli near Jaipur.

Bhagwat said intellectuals in the country generally mention (Christian) missionaries when talking about service to society.

"Missionary organisations run various institutions, schools and hospitals all over the world — everyone knows this. But what is the Hindu seer community doing? With this thought in mind, a Hindu service fair was held in Chennai, he said.

It was noticed there that the service done by the acharyas, munis and

sanyasis in Kannada-speaking, Telugu-speaking, Malayalam-speaking and Tamil-speaking provinces "is many times more than the service done by the missionaries," he said.

"But I am not talking about any competition — about more than them, less than them," the RSS chief added quickly.

"This cannot be the measure of service. Service is service, service is not a matter of competition. Service is the natural

expression of man's humanity," he said.

Bhagwat said animals too are sensitive but it is a human quality to act on sensitivity, which is called compassion.

Emphasising on the need to eradicate backwardness from society, Bhagwat said everyone is equal.

"We all are part of the society; we all are the society together. If we are not united, we will be incomplete," he said.

He said there is a disparity in society, which is not needed.

"Unfortunately this situation has come. We do not want this situation, this disparity," he said.

Citing the example of the human body, he said when there is a pain in the leg, all other parts start functioning together (as a support system) to focus on the pain. Similarly, service should be done in such a way that no section of society is left out.

He said service makes a healthy society, but before that, it makes an individual healthy.

Amid Covid Spike, Health Minister Orders Mock Drills In States Next Week

NEW DELHI: Amid rising cases of coronavirus, Union Health Minister Mansukh Mandaviya today held a review meeting and advised states to stay alert and be prepared for COVID-19 management.

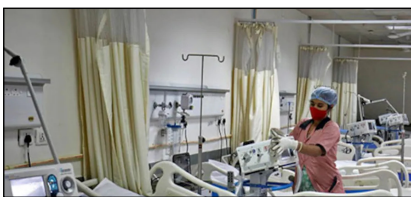
In the meeting with state health ministers and principal and additional chief secretaries held virtually, Mr Mandaviya stressed on identifying emergency hotspots by monitoring trends of influenza-like illness (ILI) and severe acute respiratory infection (SARI) cases, ramping up testing and vaccination and ensuring readiness of hospital infrastructure.

Along with enhancing genome sequencing and ramping up whole genome sequencing of positive samples, he also emphasised on creating awareness about following Covid-appropriate behaviour.

The Centre and the states need to continue working in collaborative spirit as was done during the previous surges for COVID-19 prevention and management, Mr Mandaviya said. He also urged the state health ministers to conduct mock drills of all hospital infrastructure on April 10 and 11 and review the health preparedness with district administrations and health officials on April 8 and 9.

States and Union territories were further informed that currently WHO is closely tracking one variant of interest (VOI), XBB.1.5 and six other variants are under monitoring (BQ.1, BA.2.75, CH.1.1, XBB, XBF and XBB.1.16), a health ministry statement said.

It was highlighted that while Omicron and its sub-lineages continue to be the predominant variant, most of the assigned variants have little or no significant transmissibility, disease severity or immune escape. The prevalence of XBB.1.16 increased from 21.6 per cent in February to 35.8



per cent in March, 2023.

However, no evidence of an increase in hospitalisation or mortality has been reported, the statement said. During the meeting, it was observed that 23 states and Union territories had average tests per million below the national average, according to a health ministry statement.

Mr Mandaviya said irrespective of the new variants, the five-fold strategy of 'Test-Track-Treat-Vaccinate and adherence to Covid-appropriate behaviour' continue to remain the tested strategy for Covid management. This would facilitate undertaking of appropriate public health measures, he said.

States and Union territories were also requested to expeditiously increase the rate of testing from the current rate of 100 tests per million, as on the week ending April 7. They were further advised to increase the share of RT-PCR in tests, the statement said.

The states and Union territories were briefed that the country has been witnessing a steady increase in COVID-19 cases with average daily cases rising to 4,188 in the week ending April 7 from 571 in the week ending March 17; and weekly positivity up to 3.02 per cent in the week ending April 7.

However, 88,503 daily average

cases have been reported globally in the same time, with the top five countries contributing 62.6 per cent of global cases in the last one week, the statement said.

It was also informed that while India has achieved over 90 per cent coverage of primary vaccination, the coverage of precaution dose is very low.

The Union health minister advised the states and Union territories to ramp up vaccination of all eligible population, especially of the elderly and vulnerable population group.

It was also observed that eight states are reporting high number of Covid cases in India with 10 or more districts reporting more than 10 per cent positivity in Kerala, Maharashtra and Delhi and over 5 districts reporting more than 5 per cent positivity in Karnataka, Kerala, Maharashtra, Delhi, Himachal Pradesh, Tamil Nadu and Haryana.

Mr Mandaviya stressed on the importance of enhancing public awareness campaigns regarding adherence to Covid-appropriate behaviour. He requested all the state health ministers to personally monitor and review the preparedness of all logistics and infrastructure including availability of sufficient designated hospital beds and ensure that there is adequate stock of essential medicines.

NCERT's revision of textbooks part of 'safronisation' agenda says Kerala CM

Thiruvananthapuram, Apr 7: Kerala Chief Minister Pinarayi Vijayan on Friday strongly condemned the dropping of certain chapters and portions from NCERT class 12 textbooks and alleged that "complete safronisation" of academic books was the objective behind the move.

Historical facts cannot be denied by just cutting out portions that are inconvenient (to some one) from textbooks, he said in a Facebook post.

Excluding certain portions and chapters from the textbooks with a political motive was not only a negation of history but also a condemnable move. It is evident that the objective behind such actions is the "complete safronisation of textbooks", the CM added.

In the hard-hitting post, Vijayan said it was clear whose interest was being served by the omission of portions about the assassination of the 'Father of the Nation' Mahatma Gandhi and the subsequent banning of the RSS, from the political science textbook of class 12.

Portions about the Mughal Empire were also cut down from the history textbook of the same class, he pointed out.

"The medieval history of India, excluding the Mughal Empire, is incomplete," he said, alleging that medieval Indian history had always been an area that the Sangh Parivar had twisted and distorted.

The Kerala CM accused the NCERT of "whitewashing the fake history" created by the Sangh Parivar by excluding these portions. The Sangh Parivar, through the textbooks, was trying to inculcate the politics of hatred and division into the minds of children, the Marxist veteran further charged.

Accusing the NCERT of supporting the distorted methodology of the RSS in writing history, Vijayan said strong protest needs to be registered against such moves which would otherwise undermine the secular education envisaged by the Constitution.

The NCERT recently dropped from its class 12 history textbook certain portions on Mahatma Gandhi and

how his pursuit of Hindu-Muslim unity "provoked Hindu extremists". It also left out the portion where the government had placed a ban on the RSS after Gandhi's assassination. The revision of textbooks by obfuscating facts has triggered a row.

"Gandhi's death had a magical effect on communal situation in the country", "Gandhi's pursuit of Hindu-Muslim unity provoked Hindu extremists" and "Organisations like RSS were banned for some time" are among the portions deleted from the textbook.

Portions referring to the Gujarat riots have also been dropped from the class 11 sociology textbook, months after NCERT removed the reference to the 2002 communal violence in two class 12 textbooks.

The Congress has accused the Centre of "whitewashing" and "distorting" history.

NCERT Chief Dinesh Saklani said the syllabus was "rationalised" in June last year itself, and there has been no trimming of the curriculum this year.

Ex-CM Kiran Reddy joins BJP slams Cong 'high command' for damaging party across country



NEW DELHI, APR 7: Former Congress leader and last chief minister of undivided Andhra Pradesh N Kiran Kumar Reddy joined the BJP on Friday, lauding Prime Minister Narendra Modi and slamming the opposition party's leadership for "damaging" its organisation across the country.

Reddy joined the BJP in the presence of Union Minister Pralhad Joshi and hit out at the Congress "high command", an apparent reference to the Gandhi family, for its inability to accept people's verdict and make a course correction. This is the reason why he has left the party, he said.

"My king is very intelligent. He does not think on his own and he does not listen to anyone's advise," he

sidher their opinion, he said.

Reddy contrasted the rise of the BJP with the decline of the Congress since 1984 and lauded the ruling party's leaders led by Modi for their hardwork and commitment towards the nation and its development.

The talk of BJP now brings to the fore ideas like nation-building in people's mind, he said. Its leadership has clarity of thought and consistency, and taking courageous decision is the hallmark of the government, he said.

Reddy also lauded Modi's commitment to fighting corruption.

With their lack of interaction with people and leaders, the Congress leadership invariably picks wrong people for different jobs, he said.

Joshi expressed confidence that Reddy's joining will boost the party in Andhra Pradesh, where it remains a marginal force, and also in Telangana, which was carved out of the state in 2014 when Reddy was the undivided state's chief minister.

Opposed to the state's division, he had quit the Congress and formed his own party which failed at the hustings. He rejoined the Congress in 2015.

Though Reddy is not really seen as a very influential leader in the state, the BJP believes that his experience and profile will bring heft to its organisation there.

No written exams till class 2 assessment should cause additional burden for children: Draft NCF

NEW DELHI, APR 7: Explicit tests and exams are completely inappropriate assessment tools for children up to class 2 and written tests should be introduced from class 3 onwards, the draft National Curriculum Framework (NCF) has recommended stressing that assessment methods should be such that they do not contribute any additional burden for the child.

The framework which is being developed on the lines of new National Education Policy (NEP) suggests that two important methods of assessment that are appropriate for the foundational stage are observations of the child and analysing artefacts that the child has produced as part of their learning experience.

The draft notes that explicit tests and examinations are completely inappropriate assessment tools for the Foundational stage (preschool to class 2). "Assessment should allow for diversity among children and in their learning. Children learn differently and express their learning differently

too. There might be many ways to assess the achievement of a learning outcome or competency. The teacher should have the ability to design different kinds of assessment for the same learning outcome and use each assessment appropriately.

"Assessment should enable recording and documentation. Children's progress should be described and analysed through systematic collection of evidence. Assessment should not contribute to any additional burden for the child.

to conduct the inquiry, then there was a better chance of the truth coming to light. So, after the Supreme Court announced an inquiry, there was no significance of a JPC probe. It was not needed.

What did he believe was the Congress's intent behind pushing for a JPC probe?

"I cannot say what the intent was but I know that a committee appointed by judges of the Supreme Court was very important, this is what I know. Maybe the reasoning could have been that once a JPC starts, its proceedings are reported in the media on a daily basis. Perhaps someone would have wanted the issue to fester for two to four months, but the truth would never have come out."

Mr Pawar made it clear he did not agree with Rahul Gandhi's "Adani-Ambani" style of targeting of big business houses. It was quite meaningless, he remarked, referring to the "Tata-Birla" narrative of the past.

"This has been happening in this country for many years. I remember many years ago

"Seems Targeted": Sharad Pawar On US Short-Seller's Adani Report

NEW DELHI: After a complete washout of the parliament session, one of the country's senior most opposition voices has shrouded the obsessive demand for a Joint Parliamentary Committee (JPC) probe that stalled all business in the country's most important legislative body. Sharad Pawar, the chief of the Nationalist Congress Party (NCP) and one of the country's tallest politicians, has also come out strongly in support of the Adani Group and has criticized the narrative around US short-seller Hindenburg's report.

"Such statements were given by other individuals too earlier and there was a ruckus in parliament for a few days but this time out of proportion importance was given to the issue. The issues that were kept, who kept them, we had never heard of these people who gave the statement, what is the background. When they raise issues that cause a ruckus across the country, the cost is borne by the country's economy, we cannot disregard these things. It seems this was targeted," Mr

Pawar told NDTV in an exclusive interview.

"An individual industrial group of the country was targeted, that is what it seems. If they have done anything wrong, there should be an inquiry."

Referring to the Congress's single-point demand for a JPC probe into the Hindenburg report, Mr Pawar candidly said he had a different viewpoint from his Maharashtra ally.

After the demand was raised, he said, the Supreme Court set up a probe and appointed a committee with a retired Supreme Court judge, an expert, an administrator, and an economist. They were given guidelines and a timeframe and told to conduct an inquiry.

"On the other hand, the opposition wanted a parliamentary committee to be appointed. If a parliamentary committee is appointed then monitoring is with the ruling party. The demand was against the ruling party, and if the committee appointed for an inquiry has a ruling party majority, then how will the truth come out is a valid concern. If the Supreme Court, who no one can influence, if they were

that when we came into politics, if we had to speak against the government, we used to speak against Tata-Birla. Who was the target? Tata-Birla. When we understood the contribution of Tata, we used to wonder why we kept on saying Tata-Birla. But one had to target someone so we used to target Tata-Birla. Today the name of Tata-Birla is not at the forefront, different Tata-Birla's have come before the government.

So these days if you have to attack the government, the name of Ambani and Adani is taken.

The question is, that the people you are targeting, if they have done something wrong, misused their powers, then in a democracy you have a right to speak against them 100 per cent, but to attack without anything meaningful, this I cannot understand."

Mr Pawar continued: "Today, Ambani has contributed in the petrochemical sector, does the country not need it? In the field of electricity, Adani has contributed.

Does the country not need electricity?

These are people who take up such responsibility and work for the name of the country. If they have done wrong, you attack, but they have created this infrastructure, to criticise them does not feel right to me."

In an oblique reference to the Congress and its protests focused on a JPC probe, Mr Pawar said, "There can be different viewpoints, criticism, one has the right to speak strongly about the policies of the government, but a discussion should take place.

A discussion and dialogue is very important in any democracy, if you ignore discussion and dialogue the system will fall into danger, it will just perish." To ignore the issues of the common people regularly is not right, Mr Pawar said. "When this happens, we are following the wrong path. This is what we need to understand." Mr Pawar refused to blame only the Congress, pointing out that other opposition parties shared the demand.

But the effort to find a solution was missing from both the opposition and the government, he observed.



CAN WINLESS CAPITALS GET THEIR SEASON ON TRACK AGAINST EXPLOSIVE ROYALS?

GUWAHATI: It's not panic stations yet, but Delhi Capitals wouldn't want a third straight defeat to begin IPL 2023.

A batting line-up sans Rishabh Pant, their talismanic leader, has looked wonky with the engine room of David Warner and Prithvi Shaw yet to click into gear.

The middle-order batters were undone by raw pace of Alzari Joseph and the relentlessness of Mohammed Shami in Capitals' previous game against Gujarat Titans, and will have to find a way out of their mire quickly. They couldn't have asked for a better surface than Guwahati to rediscover their touch.

The Royals have been firing away with the bat, and came within touching distance of their second straight win on Wednesday, but have a few combination questions to ponder.

Can they revisit Shrimon Hetmyer's entry point? He only came in to bat at No. 7 against Punjab Kings, with Royals needing 77 off 35 balls. He nearly got them home, blasting three sixes in an 18-ball 36.

Will they need to rethink Devdutt Padikkal's role? He



seems a misfit at No. 4, which perhaps means they could either have him bat higher or leave him out for Dhruv Jurel or another pure batter.

If they move him up to open the batting, it would mean a rejig of their entire batting order. This means Yashasvi Jaiswal, who has struck all the right notes as an opener, drops down to No. 3, and Sanju Samson to No. 4.

Only time will tell if they want to go down that route yet. It's unlikely they'd make such whole-

sale changes just two games in. Yet it's something for them to keep an eye out for before the points-table jostling becomes real.

Team news

There remains an inkling of doubt over Jos Buttler's participation. He jarred his little finger into the turf while taking a catch in the match against Punjab, and didn't open the batting. Samson, the Royals captain, didn't seem too concerned by the injury in the post-match press conference.

Toss and Impact Player Strategy

Dhruv Jurel came in as Impact Player in Royals' previous game and made a case to be a finisher with an unbeaten 15-ball 32 that took Royals to within a blow of victory.

If Royals bat first, there is a compelling case to play Jurel as an extra batter, and potentially sub out one of Yashasvi Jaiswal or Devdutt Padikkal for KM Asif when they bowl. This will potentially give them batting firepower all the way up to No. 9.

Probable bat-first XI: 1 Jos Buttler, 2 Yashasvi Jaiswal, 3 Sanju Samson (capt & wk), 4 Devdutt Padikkal, 5 Suryan Parag, 6 Shrimon Hetmyer, 7 Dhruv Jurel, 8 Jason Holder, 9 R Ashwin,

10 Trent Boult, 11 Yuzvendra Chahal

Probable bowl-first XI: 1 Jos Buttler, 2 Yashasvi Jaiswal, 3 Sanju Samson (capt, wk), 4 Rylan Parag, 5 Dhruv Jurel, 6 Shrimon Hetmyer, 7 Jason Holder, 8 R Ashwin, 9 KM Asif, 10 Trent Boult, 11 Yuzvendra Chahal.

Like in Capitals' previous game, it's likely Sarfaraz Khan and Khaled Ahmed could be the Impact Subs.

Probable bat-first XI: 1 David Warner (capt), 2 Prithvi Shaw, 3 Sarfaraz Khan, 4 Rilee Rossouw, 5 Rovman Powell, 6 Axar Patel, 7 Aman Khan, 8 Abishek Porel (wk), 9 Kuldeep Yadav, 10 Anrich Nortje, 11 Mukesh Kumar

Probable bowl-first XI: 1 David Warner (capt), 2 Prithvi Shaw, 3 Rilee Rossouw, 4 Rovman Powell, 5 Axar Patel, 6 Aman Khan, 7 Abishek Porel (wk), 8 Kuldeep Yadav, 9 Khaled Ahmed, 10 Anrich Nortje, 11 Mukesh Kumar

Ons that matter

On the nine occasions they've faced off against each other, Buttler has struck 72 runs off 163.63, while being dismissed twice.

Ponting: 'Suryakumar is the kind of player who can win you a World Cup'



GUWAHATI: Despite Suryakumar Yadav's recent lean form, former Australia captain Ricky Ponting believes India should back him going into the home 50-over World Cup later this year.

India's last ODI assignment, Suryakumar was dismissed for three consecutive golden ducks in Australia won the series 2-1 in India. But Ponting said that he is the kind of player who can "win you a World Cup". "Everyone around the world knows what Surya [Suryakumar] can do in white-ball cricket. They should stick with him, I feel," Ponting told the ICC Review. "Because he is I think the kind of player that can win you a World Cup."

"He might be a little bit inconsistent but he's the sort of guy who in big moments can win you something," Ponting said. "A bit like the late great Andrew Symonds did for Australia. "When you invest in these guys, you give them an opportunity, you give them a pretty clear direction and get some clarity around the role you want them to play, they've got so much talent that they can single-handedly win you games. "That's definitely the way that I'd look at it for India. I wouldn't be planning it safe, I'd be going with match-winning players and I think he's a match-winner," he said.

Mushfiqur Rahim follows ton with half-century as Bangladesh complete Test win



DHAKA: Riding on Mushfiqur Rahim's 26th half-century and his 62-run third-wicket partnership with Tamim Iqbal, Bangladesh completed a seven-wicket win over Ireland on the fourth afternoon of the Dhaka Test. Mushfiqur, whose 126 in the first innings set the home side up to 369, fast-tracked the 138-run chase in the fourth innings an unbeaten 51 of 48 balls. He had Mominul Haque for company in the end, as Bangladesh chased it down in 27.1 overs.

It was their first Test win since they defeated New Zealand in Mount Maunganui in early 2022, breaking a nine-match winless streak in Tests. It was also Bangladesh's second successful fourth-innings chase at the Shere Bangla National

Stadium.

Apart from Mushfiqur's runs, Bangladesh had Tajul Islam's 9-148 match figures to thank for. The Dhaka Test would also be remembered for Lorcan Tucker's 108 that led Ireland's fightback from 13 for 4 to make 292 in their second innings. That meant the Test entered a fourth day as Ireland batted out day three and lost only four wickets.

It was their comeback in Test cricket after nearly four years, which made the performance all the more significant. Tucker became the second Irishman to score a Test hundred on debut, and the sixth wicket-keeper overall to do so. Andy McBride too had a very good game, getting a six-wicket haul in the first

innings followed by 72. He is the second overseas cricketer to do this double in Bangladesh, the first being Rashid Khan.

On day four, Bangladesh's bowlers only allowed six runs in the nine overs and bowled Ireland out for 292 within 36 minutes. Ebadot Hossain picked up the remaining two wickets to take his tally to three in the innings. Tajul took four wickets, while Shakib Al Hasan picked up two. Though, his lack of bowling in the second innings piqued interest.

In their chase, Bangladesh sent out Litton Das to open the innings after almost four years. He struck three fours quickly before Mark Adair bowled him with a short ball that ricocheted off his helmet and the back of his bat, before trickling on to the stumps. Litton, who struck a sublime straight loft earlier in the over, got a send-off from Adair who seemed to ask him where his sunglasses were. Litton had worn sunglasses while batting in the first innings. Najmul Hossain Shanto, who was out for a first-ball duck in the first innings, made four runs before Andrew Balbirnie, the Ireland captain, took a good low catch at slip off McBride. Mushfiqur, fresh from his tenth hundred in the first innings, cracked seven fours as he finished unbeaten. Tamim made 31 before holing out off Ben White, but Mominul's unbeaten 20 got them home.

The officials said 17 employees, including women, have been detained while their team leader Amit, a resident of Saria Vihar, has been arrested. However, the main accused in the case, Mohsin Khan, and his accomplices are still

Delhi Police apprehends 18 call centre employees who used Chinese loan app to defraud people

NEW DELHI, APR 7: Eighteen people of an East of Kailash-based call centre, which operated under the guise of a financial company, were apprehended for allegedly defrauding people after giving them loans at low interest rates through a Chinese mobile application, officials said on Friday.

They would first offer short-term loans at "very low" interest rates through Chinese mobile loan application "Diolesce", and after transferring the amount through it, they would increase the rates, according to the officials.

Borrowers were coerced to repay loans at "exorbitant" interest rates even after repayment, more money was demanded on the threat that they would be defamed through ways such as posting of morphed photos online, they said.

The officials said 17 employees, including women, have been detained while their team leader Amit, a resident of Saria Vihar, has been arrested. However, the main accused in the case, Mohsin Khan, and his accomplices are still

absconding, they said and added that raids are being conducted to nab them.

Probe was started in the matter in February after a complaint was received at the North Delhi Cyber Police Station, the officials said.

The complainant, a resident of Majnu ka Tilla, said a woman called him on his mobile-phone and said his daughter had taken a loan of Rs 3,500 and he should deposit it through a link sent to him.

The woman threatened that if the amount was not deposited, his daughter's nude photos would be posted online, the officials said. Quoting the complainant, the complainant said later, some edited photos of his daughter were sent on his Whatsapp. In one of the photos, it was written "XXXXX one night only 3000" and it also had his and his daughter's phone numbers, the officials said.

Deputy Commissioner of Police (North) Sagar Singh Kalsi said during investigation, a detailed technical analysis of call detail records and money trail was carried out.

Surveillance of suspected mobile numbers was done and police zeroed in on a location in Sangam Vihar here, the officer said.

Kalsi said a raid was conducted in Sangam Vihar on Wednesday and a woman, Renu, who was working at the call centre was apprehended.

Based on details provided by her, another raid was conducted at East of Kailash.

There a proper call centre was found to be operating with around 50 people, he said.

During interrogation, it was found that half of the employees were working for "prominent" financial companies and under their cover, the others were working through the Chinese loan application, the DCP said.

He said as the accused had control of all data through remote access applications, there was a possibility that some data could have been deleted. Therefore, during the raid, police used extensive technology-based solutions and downloaded the entire live data being run in the system, Kalsi said.

"The team leader at the call centre, Amit, told police that about three years ago, he met Mohsin Khan, who had worked at call centres at various locations in Delhi. Both of them had earlier worked at a call centre for sending loan EMI reminders for Bajaj and HDFC. But due to less salary, they opened a call centre and functioned with the fake Chinese loan recovery application," the officer said.

"Amit was team leader while Khan and his friend Firdaus used to provide the login ID and password for the fake Chinese application."

The call centre's employees used to make calls through VOIP sim-box gateway devices installed by Khan, who used to change it frequently to dodge police," he said.

The DCP said payments were made by victims through links provided in the Chinese application and Khan used to get his share.

Police have also recovered 54 computer systems, 19 mobile phones, two internet routers and a server to operate multiple SIM cards on multiple systems.

Shakib 'didn't think' Bangladesh would lose, but praises Ireland for spirited comeback

DHAKA: Bangladesh captain Shakib Al Hasan praised the visiting Ireland team for mounting a comeback on the third day of the Dhaka Test, but said that the hosts had never lost faith in themselves at any stage of the game. Ireland recovered from 13 for 4 - and then 51 for 5 - at one stage to eventually score 292 in the second innings, and set Bangladesh a respectable 138 to chase.

"We didn't think we would lose the Test, but in this format you get a lot of time to stage a comeback," Shakib said. "It is lesser in ODIs and even lesser in T20s. Ireland played well yesterday. We didn't expect it. They showed a lot of fight, but that's their nature. They are fighters. That's what they showed to us."

Bangladesh eventually won the solitary Test of the tour by seven wickets, although they had to be patient with the ball for most of the third day. It was arguably Ireland's best day in Test cricket, particularly poignant as they were playing the format after four years. Earlier in the match, although their batting had collapsed and folded for 214 in the first innings, their bowlers reduced Bangladesh to 40 for 3, before the hosts eventually ended 155 ahead. Meanwhile, there were questions

around the lack of overs that Shakib bowled on the third day, even as Ireland mounted a fight. Bangladesh's fast-bowling coach Allan Donald himself wasn't sure after play as to the motive behind the move, as Shakib opted to bowl just six overs across the third day. When asked the reason for his choice after the win, Shakib was typically nonchalant in his reply at first, but later said he wanted to build a strong Test bowling attack.

"There's no real explanation. Someone isn't bound to bowl," he said. "If you have five or six weapons, you don't have to use them all the time. Does it mean that the other Bangladesh bowlers aren't good enough? I believe that we have good bowlers to take 20 wickets in a Test match."

"They have certainly showed it especially on a good pitch, the type we don't really play on. Mirpur usually doesn't have such a good wicket for three or four days running."

Shakib said that one of the ways Bangladesh wants to play positive cricket is by having a robust bowling attack so that it not only gives the captain more options to bowl the opposition out, but also provides some balance to the side.



"You need more bowling options if you want to take 20 wickets; there's no other way," he said. "You will want fewer bowlers when you have a defensive mentality, like when you want to draw the game or somehow bat well. If you want to win, you have to play with five or six bowlers."

"[Mehidy Hasan] Miraz is capable of batting at No. 7, which gives us more bowling options. It is good for our team. We can rotate the bowlers, and not put too much pressure on one bowler. Tajul [Islam] obviously bowled a lot in this game, and he

bowled well, but we still have a lot more options now."

"Pressure was on Bangladesh - Ireland captain Balbirnie

Andy Balbirnie, Ireland's captain, said he believed that a 180-run target for Bangladesh would have been tricky even as the pitch remained good enough for batting on the fourth day.

"The wicket was still pretty good," he said. "Ebadot [Hossain] bowled well in the morning. He attacked the stumps, but we were confident we could get a 180 lead. Our message

was [that] all the pressure was on Bangladesh. If they had lost this game, there would have been a lot more people in this press room."

"Even if they were 100 for none chasing 130, the pressure was on them; no one expected Ireland to come here and win a Test match. We knew we needed early wickets, but the way Litton [Das] played took the momentum away. But we stuck at it, [and] created chances, but it just wasn't to be."

Balbirnie was full of praise for off-spinner Andy McBride and wicket-keeper-batter Lorcan Tucker for their performance in this game. McBride followed a six-for with the ball in the first innings with a 72 with the bat in the second - thus becoming only the second overseas cricketer to take six wickets and score a half-century in a Test in Bangladesh - while Tucker hit 108 and became the second Irishman to score a Test hundred on debut.

"[McBride is] a really high-quality performer, someone you always want in and around your team," Balbirnie said. "I thought his innings yesterday was top class, took the momentum that Lorcan had set up and went with it. He had a clear plan when he was batting, [and] he's very good for the ball."

"I thought first innings were maybe off with the ball. I know we took ten wickets, but they went at a decent rate. So I can't really fault the bowlers. We didn't bowled long periods in a while, and coming back for third spells and their efforts were really good, and all the bowlers wanted the ball in their hand."

Balbirnie said that Tucker's century was one of the best he had seen by an Irish batter. He also mentioned about Harry Tector's twin fifties as noteworthy performances, with the batter also being on Test debut.

"I am so thrilled for him. Over the last 18 months, he has come into his own," Balbirnie said. "That was arguably as good a hundred as I've seen in an Irish shirt. Keyv [Kevin O'Brien] first hundred [in Ireland's first Test] is up there, but yesterday he counter-punched."

And it was an amazing effort having kept for 70-80 overs; his body wasn't used to that, and having not played a Test match. "But there were a lot of special performances - Harry's two 50s in the game. The top order could have done better, but it's a good sign the middle order is going well going into next week [when Ireland play two Tests against Sri Lanka]."

16 Route Permits of vehicles & 6 Driving Licenses suspended at Anantnag

MVD ANANTNAG LAUNCHES MAJOR CRACKDOWN TO CHECK VIOLATIONS BY SCHOOL BUSES AND PASSENGER VEHICLES

JI NEWS SERVICE

ANANTNAG, APRIL 07: A team of Motor Vehicles Department (MVD), headed by ARTO, Anantnag, Dr Mohammad Zubair, today laid special nakka at different locations to check violation of the various visible offences under Motor Vehicles Act, 2019 and Central Motor Vehicles Rules 1989.

During the checking, nearly 40 school buses were checked and 15 school buses were booked/ challaned for various offences such as diversion of route permit, carrying students in private vehicles, carrying excess students in school buses, plying without fitness, without permit and without Speed Limiting Device.

Some school buses which were plying without registra-

tion numbers were seized by the department.

Various Mini Buses which were found plying against route permit and carrying students were also checked and their Route Permit were recommended for suspension.

The enforcement wing of the MVD, Anantnag has decided to introduce a checking schedule to inspect school buses and other vehicles transporting

school students. They have decided to stick to the checking schedule in the backdrop of the recent instructions passed in the District Road Safety Committee meeting headed by Deputy Commissioner Anantnag to strengthen the inspection of school vehicles.

Though GPS and Speed governor are mandatory for school buses many school vehicle drivers tamper with these safety

instruments, said ARTO Anantnag. Many of the school buses are yet to install GPS and GPS is not functional in many buses, he added.

The enforcement wing of the MVD has also introduced a checking schedule for other vehicles. The aim is to reduce road accidents in the district and safety of school going children with the strict implementation of laws.

DC conducts surprise inspection of AH-GMC Doda



JI NEWS SERVICE

DODA, APRIL 07: To assess the health care facilities being provided to the patients, Deputy Commissioner, Vishesh Mahajan along with ADC Doda Dr Ravi Kumar Bharti conducted a surprise inspection of the Associated Hospital Government Medical College (AH-GMC) Doda and took appraisal of working of the hospital and availability of doctors and supporting staff.

The DC directed the hospital administration to ensure the punctuality of doctors and supporting staff for providing timely and quality health care services to the patients. He reiterated that sanitation and hygiene must be the primary concern of the hospital administration for effective health care.

The two inspected Oxygen Generation Plant, dedicated Covid-19 ward, other wards of different specialities, emergency ward and diagnostic service area. They also interacted with patients, attendants, doctors and other staff of the hospital.

JAL JEEVAN MISSION AWARENESS PROGRAM HELD IN KISHTWAR

JI NEWS SERVICE

KISHTWAR APRIL 07: The Project Management Consultancy, Mission Directorate, Jal Jeevan Mission J&K, and District Administration, District Jal Jeevan Mission, Kishtwar organised a handholding cum awareness programme at Conference Hall DC Office Kishtwar. Deputy Commissioner Kishtwar Dr Devansh Yadav was chief guest of the occasion, and Assistant Commissioner Panchayat Kishtwar Zakir Hussain Wani was also present.

The event had nearly 600 participants including PRLs, Pani Samiti members, ASHA Workers, Anganwari workers, field staff of Jal Shakti Department (PHE), District Project Management Unit JIM Kishtwar Staff, representatives of Implementation Support Agency, and GVK Kishtwar water testing lab staff. In his address, Deputy Commissioner highlighted the various aspects of Jal Jeevan Mission and steps being undertaken to provide clean and safe drinking water to every household in the district. He apprised the stakeholders about the JIM scheme and the role being played by PRLs and Pani Samiti members in its implementation and execution of other JIM projects in



various panchayats of the District Kishtwar. He directed to rationalise the Pani Samitis in the next few days as per the guidelines and emphasised on them to play a proactive role and support in executing and functioning of the schemes under JIM.

Executive Engineer, Jal Shakti (PHE) Kishtwar, Sunil Sharma also apprised the stakeholders about the JIM Scheme and laid emphasis on them to assist the administration to make the "Har Ghar Nal Se Jal" mission successful.

From Mission Directorate, Jal Jeevan Mission (JIM) Sajal Srivastava, IEC, UT Team Leader, Project Management Consultancy conducted a detailed session high-

lighting the various aspects of water management and immediate measures to ensure clean tap water to every household. He explained the role and duties of various stakeholders and demonstrated data entry mechanisms and other indicators of Jal Jeevan Mission with regard to the dashboard/website. Other topics discussed included rainwater harvesting, usage of grey water, water quality, water-borne diseases, water saving, and the importance of "Soak Pits." The program was conducted by Riaz Ahmed Butt, Coordinator, IEC, JIM, Kishtwar, who presented a detailed analysis of various aspects and achievements of Jal Jeevan Mission.

Kathua admin distributes kits among newly trained 'Aapda Mitra' volunteers

200 'Aapda Mitra' to play first responder role during disaster: DC

JI NEWS SERVICE

KATHUA, APRIL 07: Kathua administration today distributed 'Disaster Response Kits' among the newly trained 'Aapda Mitra' who will serve as first responder role in wake of any disaster in the district. As many as 200 'Aapda Mitra' have undergone 12 days training at Central Training Institute (HG, CD, SDRF) Kot Bhalwal, Jammu.

The brief ceremony held at Conference hall of DC Office complex, wherein Deputy Commissioner Kathua Rahul Pandey gave away disaster kits, certificate of participation, I-Card and a T-Shirts among the newly trained 'Aapda Mitra' volunteers. District Disaster Officer Suninder Kaur (Tehsilkar HQ) was also present. While interacting with the 'Aapda Mitra', the DC Kathua impressed upon them to utilize their acquired knowledge during disasters scenarios happened and can play quintessential role of first responder in mitigating the impact besides helping in rescue and relief efforts in disaster hit areas. He said district administration has deputed these Aapda Mitra volunteers for undergoing special training under the Government of India's sponsored scheme "Upscaling of Aapda Mitra" wherein volunteers were sensitised about different aspects of disaster management. Pertinently, 12 Days training of Aapda Mitra at Central Training Institute (HG, CD, SDRF) concluded at Kot Bhalwal, Jammu where these volunteers were given training on water rescue and mountaineering rescue besides imparting other skills like fire-fighting, flood rope crossing, rappelling, climbing and rescue from higher buildings.

World Health Day: DLSA B'pora organises Health awareness, sensitization programme

JI NEWS SERVICE

BANDIPORA, APRIL 07: The District Legal Services Authority (DLSA) Bandipora on Friday observed World Health Day by organising an awareness programme titled, 'Health for All'.

The programme was organised in collaboration with Health Department Bandipora under the Chairmanship of Principal District and Sessions Judge Bandipora Amit Sharma

who is also Chairman District Legal Services Authority. Secretary DLSA Bandipora Nusrat Ali Hakak CMO Bandipora, Dr. Mohammad Rafiq Salahi, Principal AMT School Bandipora Dr. Asif Khan, District Epidemiologist Dr. Nabeel Ishaiyaq, staff members of DLSA Bandipora, FMPHW, Asha Workers, Students, PLVs and other officials of AMT school were also present on the occasion.

The programme was aimed at creating awareness among the general public to raise awareness about people's general health and wellbeing around the world. The introductory address was delivered by CMO Bandipora and in his discourse, he apprised that people should associate with many health organisations to spread awareness and conduct massive campaigns disclosing the necessity of a healthy lifestyle. On the

occasion Dr. Nabeel Ishaiyaq acted as resource person wherein he said that every year, World Health Day is observed to promote awareness about people's general health and wellbeing around the world.

He highlighted that the day is seen as an opportunity to drive worldwide attention to a subject of major importance for global health each year and sensitized young minds of the importance of their physical and mental

health. Other speakers while addressing the gathering said that health is essential for leading a happy life. It is undoubtedly the greatest wealth offered to us. No money or any other materialistic things on this planet are worthy enough to substitute the worth of health, they said. A healthy human body is the main source of all happiness. People should accept it as the greatest boon and should never exploit it, said the speakers.

Union Forest Secretary inspects Wullar conservation works

JI NEWS SERVICE

BANDIPORA, APRIL 07: Union Secretary of Environment, Forest and Climate Change (EF&CC), Leena Nandan, on Friday visited Bandipora and inspected Wullar lake conservation works being taken up by Wullar Conservation and Management Authority (WUCMA).

Union Secretary was accompanied by Principal Secretary Forests Department, Dheeraj Gupta, Principal Chief Conservator of Forests, Chief Executive Director, WUCMA, Deputy Commissioner Bandipora, Dr. Owais Ahmed, SSP Bandipora Lakshay Sharma, Coordinator WUCMA, DFO Bandipora, and other senior officers of the district.

Union Secretary inspected various conservation and ecotourism works being carried out by Wullar Conservation and Management Authority.

Chief Executive Director (CED) WUCMA briefed the Union Secretary about the progress made in the conservation process including dredging opera-



tions being carried out in different sections of the lake besides informing about future plans for developing Wullar as a top tourism destination.

It was informed that the dredging work was carried out in critically silted

portions of the lake under which an area of 3.10 square kilometers was de-silted under Wullar Action Plan thus enhancing the water holding capacity of the lake significantly. The CED also briefed about the nature of catchment conservation

works, biodiversity conservation works and eco-tourism development works that have been taken up under the Wullar Action Plan including construction of non-motorable road (pathway) around the lake.

The officers said that Wullar Lake is valuable asset of not only the district but for the whole UT and if the tourism potential here is exploited fully, it will entirely change the socio-economic condition of the local population of the district. They informed that there is a huge potential for Water Sports besides having huge fish stocks in the lake. The administration also intends to develop a golf club on one of the islands inside the Wullar, they added. Union Secretary was appreciative of works taken up by the authority and said that the Union Government has prioritized conservation of this famous Lake with focus on tapping the vast ecotourism potential of the site. She assured that the Union government will extend adequate funding for all requisite works needed to be executed in the lake for its development and beautification.

DLSA Baderwah organises programme on 'World Health Day'

JI NEWS SERVICE

BHADERWAH, APRIL 07: The District Legal Services Authority (DLSA) Baderwah observed "World Health Day" in collaboration with Sub District Hospital Baderwah at Crescent Public School Baderwah, Block Medical Officer Baderwah, Dr Ashraf was the chief guest and Dr Mohd Iqbal Rtd Principal GDC Baderwah, Adv Mohd Majid Malik and Dr Amir Malik were guests of honour.

Resource Person, Adv Mohd Majid Malik highlighted the importance of World Health Day and said that right to health is a fundamental right guaranteed to every citizen of India under Article-21 of the constitution of India.

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