



Country's armed forces capable enough to counter every situation apart from their duties at border: Rajnath Singh

AGENCIES NEW DELHI, APR 11

Defence Minister Rajnath Singh has said that the coun-try's armed forces are capa-ble enough to counter every situation apart from their duties at the border. He said, the Indian armed forces are the best example in the world for their com-mitment and discipline. Singh was addressing the ex-servicemen of Armed Forces servicemen of Armed Forces in the Kendriya Sainik Board meeting held in New Delhi today. The Minister lauded the ex-servicemen's

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PM Modi will inaugurate Delhi-**Amritsar- Katra expressway** before LS polls: Gadkari

Setting the tone right on the track for infrastructural development, Union Minister for Road Transport and Highways Nitin Gadkari on Tuesday said that Prime Minister Narendra Modi will dedicate 670-kilometer long Delhi-Amritsar-Katra Greenfield expresssway in Feh-Greenfield expressway in Feb-ruary or March 2024 before Lok Sabha polls

According to the news agency, Gadkari while interagency, Gadkari while inter-acting with reporters here in Amritsar- Katra Greenfield



Katra, said, "I have been told

expressway would be com plete around December 2024. CONTINUED ON >> PAGE 4

5 tunnels, 245 km distance to be covered in 3 hrs: Union Minister

Jammu- Srinagar highway to have

JI NEWS SERVICE

Union Minister for Roads, Highways and Transport, Nitin Gadkari Tuesday said that on the 45 km stretch of Srinagar-Jammu highway, five tunnels will come up of which one has been inaugu-rated while work on other four is going on. He said once all the tunnels will be com-pleted, the travel distance on

pleted, the travel distance on Srinagarr-Jammu highway, the life-life between J&K and the rest of the country will reduce to just three hours. Talking to reporters on the sidelines of a function in Srinagar, Gadkari, who was accompanied by MoS PMO Dr Jitendera Singh, as per the news agency, said that of the total 245 km stretch of Sri-nagar-Jammu highway, there nagar-Jammu highway, there will be five tunnels coming up on 45 km stretch. "Today, we have achieved a break-

JI NEWS SERVICE

Chief Secretary, Dr Arun Kumar Mehta today highlighted the need for introducing the Online Management & Monitoring System (OMMAS) for raising bills of all works under execution by different Departments such as Public Works Department, PDD, PHE etc throughout [&K. He impressed on all the concerned Departments to look into their readiness within 15 days and decide about the timeframe to onboard

the timeframe to onboard

themselves onto this online system of bill preparation,

submission and monitoring. Dr Mehta also directed for-

through on one tunnel and

next three will be completed by March next year. The fifth tunnel is a bit difficult and

tunnel is a bit difficult and that may take a bit of time," the Union Minister said. He said that a resort will also come up on the highway where Kashmiri handicrafts will be showcased. He said once the highway and tun-nels will be ready, the road will get competed with the will get connected with the Katra and then to Delhi.

CS emphasizes on digital DPRs & billing

"This way, J&K will get con-nected with the rest of the

nected with the rest of the country," he said.
On Monday, Gadkari had stated that in the next ten years, J&K roads will match with the United States. "We aim that the Srinagar to Jammu distance will be covered in three hours, Katra to Delhi in six hours and Delhi to Srinagar in 8 hours." he to Srinagar in 8 hours," he said, adding that better

Gadkari, V K Singh among over 3 lakh devotees pay obeisance at Vaishno Devi shrine in first 10 days of April

JI NEWS SERVICE JAMMU, APR II

Union Minister, Nitin Gadkari and Minister of State General. and Minister of State General, V K Singh are among 3 lakh devotees from all over the country who visited the cave shrine of Shri Mata Vaishno Devi in the ten days of the current month.

According to the news



agency, on Tuesday, Union ministers Nitin Gadkari, Jitendra Singh and V K Singh along with Lt Governor Manoj Sinha paid obeisance at the Mata Vaishno Devi shrine atop Trikuta hills in Reasi dis-trict of Jammu division. The Union Road Transport and Highways Minister, Nitin Gadkari was on a CONTINUED ON » PAGE 4 with Lt Governor Mano

VDC member suicide case: Post mortem conducted at GMC AH Rajouri, weapon seized

JI NEWS SERVICE

The Post mortem examination and other medico-legal formalities of the body of a Village Defence Committee (VDC) member, has been conducted at GMC Associated Hospital Rajouri, officials said on Tuesdus.

Pertinently, a VDC member committed suicide by shooting himself with 303 rifle in native village Bai Nambal in Rajouri

Cong singularly responsible for all mess in J&K: Rana



JI NEWS SERVICE

Senior BIP leader and former legislator Devender Singh Rana on Tuesday accused the Congress of murdering democracy in Jammu and Kashmir, and said it "singu-larly responsible" for all the "mess and uncertainty" in the

Union Territory. He said holding assembly elections is a prerogative of the Election Commission CONTINUED ON DE PAGE 4

of all works under OMMAS only

mulation of DPRs in digital mode of all the projects to be taken up in the UT so that

checking can be introduced He said that the digital DPRs will make the

CONTINUED ON → PAGE 4

Two militant associates arrested in Bla: Police

JI NEWS SERVICE

Iammu and Kashmir Police alongwith security forces have arrested two militant associates linked with LeT in Pattan area of Baramulla and recovered arms & ammuni-tion, IED & other incriminat-ing materials on their disclo-

"Acting on specific information regarding movement of militant associates, Police alongwith Army (29RR) and SSB (2ndBn) busted a terror module at Pattan Baram ulla and arrested 02 militant associates linked with LeT. a police spokesman said in a statement issued to the news agency, adding that they have been identified as Farooq Ahmad Parra son CONTINUED ON >> PAGE 4

CDS calls for greater collaboration to augment space-based defence capabilities in India

JI NEWS SERVICE

weapon has been seized.

police station rushed to

After the occurrence of the

CONTINUED ON 10 PAGE 4

incident, a team from Kandi

Chief of Defence Staff (CDS) Gen Anil Chauhan on Tuesday

Gen Anil Chauhan on Tuesday called for greater collabora-tion to augment space-based defence capabilities in India. The CDS made the state-ment after inaugurating the 'Indian DefSpace Sympo-sium 2023', being organised by Indian Space Association (SpA).

han said, "Today's symposium will assist all of us to center our national security, while identifying possible solutions to address future challenges. The aim for all of us should be towards developing dual-use platforms with special focus towards incorporating cutting-edge technology and we must expand our NAVIC constella-



tion, provide agile space-based ISR and ensure secure satellite assisted communications."

" We also need to explore the field of miniaturisation of satellites and reusable launch platforms to mitigate cost, challenges and accelerate the pace of augmenting our space-based capabilities. The populating of space domain and the emergence of dynamic threat environment to our space assets also demands that we enhance our space situational awareness capability. There's also a requirement to safe-

guard our assets with counter space capabilities. We must build resilience and redundancy in a space-based infra-structure," a release quoted the CDS as saying. Samir V Kamat, Chairman,

Defence Research and Devel Defence Research and Devel-opment Organisation (DRDO), said, "We at DRDO have start-ed increasing our focus on the very critical space domain with focus on space-based surveillance, space situation-al awareness, protecting our space-based assets."
"We are now looking at

We are now looking a we are now looking at working very closely with industry as well as academia right from the development stage and have started DRDO industry-academia centers of excellence in about 15 institutions mostly within the country. We request

CONTINUED ON >> PAGE 4

27 passengers injured after mini bus overturns in Udhampur



At least 27 passengers got injured after a mini-bus over-turned near Dak Bungalow in

the Udhampur district. The incident took place in Ram-nagar in the Udhampur dis-trict of Jammu and Kashmir

Around 10 countrymade hand grenades recovered, one held

Around 10 country-made hand grenades were recovered from forest land behind Metro Vihar. Phase II Holambi Kalan area of Delhi's Outer North district and arrested one person, police said on Tuesday.

The police had received secret information on April 9, regarding the country-made hand grenade lying in the area of Holambi Kalan. The team of special

The team of special CONTINUED ON >> PAGE 4

Gadkari inspects Srinagar-Banihal section of NH-44 with J&K Lt Governor

AGENCIES NEW DELHI, APR II

Union Minister for Road Transport and Highways Nitin Gadkari with Lieutenant Gov-ernor of Jammu and Kashmir Manoj Sinha, Union Minister of State General (Dr) VK. Singh (Retd) and Union Minister of State Itenda Singh Innered State litendra Singh inspected Srinagar - Banihal section of Jammu to Udhampur-Ramban-Banihal to Srinagar National

Highway (NH-44) being CONTINUED ON >> PAGE 4



Covid-19 mock drills held in different hospitals of J&K

JI NEWS SERVICE

Like other parts of the country, the Covid-19 mock drills were held across hospitals in Jammu and Kashmir for the second

day for an emergency response to ensure medical equipment

and other infrastructure are functioning properly.

A health official told news agency, that amid a rise in cases, the Covid-19 preparedness-related mock drills were conductthe Coud-19 Diperturies Streamed mock at his were conducted on Tuesday in different health institutions across J&K.

"All the PMCs, Directors, CMOs and Medical Superintendents conducted the mock drills to ensure the operational

readiness of the Covid-dedicated facilities, with a

CONTINUED ON >> PAGE 4

Raina, Kavinder, Arun felicitate Chirag Kotwal for bringing laurels to J&K



JI NEWS SERVICE

IAMMU. Ravinder Raina, President BJP J&K, Kavinder Gupta, former Deputy Chief Minister, Arun Prabhat State President BJYM felici-tated Chirag Kotwal, 2nd runner up of Indian Idol, for bringing laurels to for bringing laurels to Jammu and Kashmir Union Territory by participating and reaching at the top finalists at the national

Former Minister Priya Sethi, former MLA R S Pathania, BJP Anuradha President Anuradha Charak, Secretary Vikas Choudhary, senior leader Sanjay Baru and others were amongst the promi-nent leaders present on the

occasion.

Speaking on the occasion, Ravinder Raina said parents of Chirag Kotwal need special accolades for on's feat as he has brought laurels not only for them but also for the entire

Union Territory of J&K. The senior BJP leader said that others should take cue from the success of Chirag and toe his line to ensu

and toe his line to ensure more such occasions for the Union Territory to feel proud and elated. Congratulating Chirag Kotwal for his exceptional performance in the nation-al level singing competi-tion, Kavinder Gupta said he has made Jammu and Kashmir proud. He hoped Chirag would continue his winning spree in events to come in near future. He
advised the youth to stay
focused in their resolve
towards excellence and
continue to be an inspiration for others.

Arun Prabhat in his

address, said that youth of Jammu and Kashmir are second to none in talent and ability as is evident by their outstanding performance in the national level examinations in which they examinations in which they have proven their mettle and made mark conspicu-ously. He said the present age is the age of competi-tion and youth have to face various challenges they should prepare them-selves for tougher competi-tions and prove their abili-. Chirag Kotwal said that

it is a matter of immense it is a matter of immense privilege for him to reach this level. He said that youth of J&K should work hard as the sky's the limit for those who believe in themselves and pursue their dreams by the virtue

BJP District Jammu South pays tribute to Mahatma Jyotiba Phule

Bharatiya Janata Party (BJP) Jammu District South celebrated Jayanti (birth anniversary)of Mahatma Jyotiba Phule on the occa-Jyotiba Phule on the occasion Samajik Naya' Sapah under the presidency of Rekha Mahajan District President Jammu South, organized the program in the esteem presence of General Secretary org Ashok Koul, Former Deputy CM Kawinder Gupta, Deputy Mayor Baldev Billowria, DDC Prof. Garu Ram Bhagat, State President OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil President OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil President OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil President OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil Presipatical President OBC Morcha Sunil Presipatical President OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil President OBC Morcha Sunil Presipati, Secretary OBC Morcha Sunil President OBC Morcha Sunil President OBC Morcha Sunil Presipation OBC Morcha Sunil President OBC State President OBC
Morcha Sunil Prajapati, Seh
Prabhari Jammu North
Vinay Gupta, Former MLC
Vikram Randhawa,
Mandal President Gandhi
nagar Bharat Bhushan at party headquarter, Trikuta Nagar Jammu.

Nagar Jammu.
Speaking on the occasion, Ashok Koul paid tribute to Mahatma Jyotiba
Phule on his birth anniversary today. Koul said
Jyotiba Phule was an iconic
social reformer who strove
tirclessly to dismantle caste
barriers and social inequalities. Ashok Koul also
recalled Jyotiba Phule's ities. Ashok Koul also recalled Jyotiba Phule's towering contribution to social justice and empow ering the downtrodden. He



stated his thoughts give hope and strength to mil-

Jyotiba Phule's views and contribution will keep inspiring all of us through-out our lives Ashok Koul, said. He said, his endeavor said. He said, his endeavor for the uplift of the under-privileged and women remains an eternal source of inspiration in our efforts to build an inclusive and egalitarian society. Ashok Koul furthermore admired the endeavors of Jammu District South under the leadership of Rekha

leadership of Rekha Mahajan. Kavinder Gupta paid tributes to social activist Mahatma Phule on his birth anniversary. Gupta said that Mahatma Phule is widely respected as the

champion of social justice and a source of hope for people Recollecting the great per-sonality, Kavinder Gupta said Mahatma Phule was a said Mahatma Phule was a multifaceted personality who worked tirelessly for social equality, women empowerment, and boost-ing education. He said India will forever be grate-ful to him for his monu-mental contribution. In her presidential

In her presidential address, Rekha Mahajan accentuated that April 11 is celebrated each year as Jyotiba Phule Jayanti in the country in honor of Jyotirao Govindrao Phule, the social activist, and reformer from Maharashtra. She said, Phule worked towards the accentuated that April 11 is

Savitribai, he sowed seeds for women's education in India Rekha, added, Rekha underlined that Phule wa underlined that Phule was born 196 years ago on April 11, 1827. He founded his first school for girls 172 years ago in Pune. He cre-ated the Satyashodhak Samaj, Society of Truth Seekers which aimed to achieve equal rights. He fought against female fought against female infanticide and launched a large campaign to get rid of the water crisis Rekha said.

The proceedings of the program was conducted by program was conducted by Rekha Mahajan and a vote of thanks was presented by OBC Morcha District President Vijay Dogra.

DF,SS demand 2 cable cars initiation on Mata Vaishno Devi trek



JAMMU, APR 11: The JAMMU, APR 11: The Mata Vaishno Devi shrine in Jammu witnessed a huge rush of devotees as serpen-tine queues were seen on the Trikuta hills.

tne Irikuta hills.

Devotees hailing from different regions of the country, including children, were seen chanting "Jai Mata Di" as they made their way up and down the hill.

due to the heavy rush of devotees all the hotels are

devotees all the hotels are booked and people have to sleep on pathways and roadside at Katra. The workers of Dogra Front & Shiv Sena under the leadership of President Ashok Gupta took out a rally demanding 2 cable cars initiation between Tarkote Marg & Sanjichat the second one from Shankaracharya Mandir to Adkuwari.

Gupta stated that regis-tration counters should be made at Raghunath temple

city so that the vatries car

city so that the yatries can visit other temples in Jammu as well which bene-fit the economy of Jammu city as well. He further stated that like the way Durga bhawan has been made which is catering to a lot of yatries in the same manner cable car should be made at the ear-

The 2.4 km long alignment from Tarakote Marg to SanjiChhat will have 14 towers (tentative), a 16-meter corridor, 8 track crossings, etc. Presently, the pilgrims cover a distance of 12 km long journey on a foot trek up to Bhawan, whereas the

up to Bhawan, whereas the ropeway will cover the same journey in 6 minutes. The ropeway will prove to be a major attraction for tourists as the visitors will be able to get a picturesque view of the area. With the completion of the ropeway project, tourist footfall will increase. After the development of the ropeway servment of the ropeway serv-ice, people will spend less time at Bhawan, thereby, reducing the chances of any unfortunate incidents.

any unfortunate incidents.

There will be less pollution on the trek due to less garbage and waste.

So the cable car project should be co plated at the earliest to provide amenities to the varies. ties to the vatries.

The party people who were present at the time of protest Abhishek, Ram, Prem, Sushil, Charan, Prem, Sushil, Charan, Lovely, Rahul, Kamal, Rampal, Vinay, Naresh, Kalu, Ashish and various

NC HOLDS PUBLIC MEETING AT SIMBLE

Don't make people scape-goats for sake of development: Babu Rampaul to LG admin

and Zonal President JKNC, Babu Ram Paul has urged the UT administration to devise a mechanism so that people who are been asked to vacate 75 feet of land alongside Satwari-Miran Sahib road should not become scape-goats in the name of develop ment.

ment.

He said this while addressing a public meeting at Simble Morh. Babu Rampaul was the chief guest whereas Dr Vikas Sharma, Thoru Ram Mandi, B.D Dalotra, Dr Gourav Bharat were guests of honour. The public meeting was organized by SSurjit Singh Sassan Zonal Secretary and Coordinator District Jammu (Rural-Doublich was the state of the public state of the public state of the same of the same public state of the same B), which was attended by a large

B), which was attended by a large number of people. Babu Rampaul listened to public grievances wherein he was told that administration has served a notice and asked the people to vacate 75 feet of space for six-laning of the road. People told him that several houses and shops are falling under the 75 feet

space and it will leave many people homeless and several others will be snatched of their livelihood.

that NC leadership will highlight their issue with the concerned authorities. He also urged the LG administration to get seized of the matter which is of public importance. He said, "Development cannot be ensured at the cost of public loss."

ensured at the cost of public loss."
Former minister suggested that the
proposed flyover from Satwari to
Airport be extended further instead
of six-laning the road. "It will be a
great relief for poor people and the
issue of road connectivity will also be
received." be added. resolved," he added.

He also said that growing unemployment was a matter of great concern as the present regime has miser-ably failed to create job opportunities

for the youth.
While addressing the mammoth
crowd Zonal Secretary Dr Vikas
Sharma said that before 5th August
2019 Jammu used to be called as City
of temples when people were getting
all basic facilities like drinking water, power and clean roads. But, sadly, after August 5th 2019 Jammu city was painted as Smart City with people now facing tremendous problems with regard to drinking water supply, electricity as even roads connecting streets are in broken conditions. Instead different taxes are being imposed upon the public on the pre-text of providing amenities, but there is none to listen for redressal of pub-lic grievances. painted as Smart City with people lic grievances.

Zonal Secretary S.Surjit Singh Sassan highlighted that roads are in Sassan highlighted that roads are in total dilapidated conditions, public facilities are lacking and people are facing difficulties in getting the work done in offices. He warned the administration to come out of their comfort zone and redress public grievances otherwise the NC cadre will launch sustained agitation. Prominent among others present included Bahadur Ial, Baldev Raj Nargotra Manohar Ial, Savar Ial and

Nargotra, Manohar Lal, Sagar Lal and

Gadkaris Announcements on J&K Historic: Vibodh

JI NEWS SERVICE

JAMMU, APR 11: Welcoming the work plan and ongoing works of Roads, Ropeways and tunnel connectivity Senior BPI Leader, Former MLC & General Secretary J&K BJP Advocate Viboth Gupta on Tuesday morning in a media interaction termed yesterday's announcements of Union Minister Nitin Gadgari as Historic. Vibodh Gupta said that the recent two-day-long visit of Union recent two-day-long visit of Union Road Transport and Highway Minister Nitin Gadkari to Jammu and Kashmir U.T. to review several ongo-Kashmir U.T. to review several ongo-ing tunnel and road projects. Will determine the future robust plan of the Modi Government to Develop connectivity infrastructure of J&K on US PATTERN and resolve of govt to connect J&K with Kanyakumari. Gupta while interacting with media persons at Rajouri expressed heart-felt gratitude to Modi government and especially to Union Minister Nitin Gadkari who made several important announcements during his important announcements during his Kashmir. Gupta further added that BJP is committed to the all-around b)P is committed to the all-around development of Jammu & Kashmir through better road connectivity under the leadership of PM Modi. Vibodh lauded the ongoing fast



historic Zojila tunnel. While attacking on the previous governments of Congress, NC & PDP Gupta said that Congress, NC & PDP Gupta said that the previous governments did not pay heed towards this as this terrain near Zojila Pass is extremely inhos pitable, with many fatal accidents taking place here every year. Gupta added that due to the tireless efforts of PM Modi and Nitin Gadkari the work on the Zojila tunnel is going on at great pace and after the completion of the Zojila Tunnel, the chances of accidents will be zero and this tunnel accidents will be zero and this tunnel will provide year-round connectivity between the Kashmir valley and Ladakh, which will be extremely important for the development of Ladakh, the promotion of tourism, free movement of local goods and the

movement of Indian Armed Forces in case of emergency.

Its pertinent to mention that the estimated cost of the Zojila Tunnel project was 12000 crores but after sev-

project was 12000 crores but after sev-eral deliberations and discussions with experts and international con-sultants for a year, its cost was brought down by 5000 crore rupees. "This is for the first time in the his-tory of our country that only our gov-ernment have a saving of Rupees 5000 crores as far as the estimated cost of the projectis concerned", Gupta added. Gupta added. Gupta who himself hails from Pir

Panjal region said that the announce-ment made by Union minister Gadkari for the construction of a 5000 Gadkarı for the construction of a 5000 crore rupees tunnel al Fir ki Galli on Mughal Road, connecting twin border districts of Rajouri-Poonch in Jammu region to Shopian in the valley is a historic step. "We (BJP J&K Unit) time and again have approached our Union leadership for the construction of a humel at Pir Ki. construction of a tunnel at Pir Ki Gali to make it an all weather road and Gadkari Ii under the leadership of PM Modi fulfilled this demand & Whole Pir Panjal region is celebrating this announcement and people from all walks of life are expressing their gratitude to the Modi Government,"

Shiv Sena submits memo to EC, bats for early Assembly elections in J&K through ballot paper

JAMMU, APR 11: The Shiv Sena (Uddhav Balasaheb Thackeray) Jammu and Kashmir unit today submitted a memorandum to the Chief Electoral Officer of J&K, demanding early Assembly elections in the Union Territory of Jammu and Kashmir

Territory of Jammu and Kashmir through ballot paper.

In this context, a team of party leaders headed by Manish Sahni, President Shiv Sean J&K called on the Chief Electoral Officer Pandurang K Pol (IAS) and submitted a memorandum regarding the early Assembly elections in J&K.

Sahni said that a request has been

Sahni said that a request has been made before the Election Commission made before the Election Commission to restore the democratic process in Jammu and Kashmir and to conduct the first assembly elections of the Union Territory of Jammu and Kashmir through ballot paper. Sahmi said that the Home Minister of the country and all the central leaders of the BJP claimed that "all is well" in Jammu and Kashmir but why the Saffron Party is shying away from



announcing elections in the Union Territory of Jammu and Kashmir. All the preparations including delimitation, voter list have been finalized, so the delay in conducting elections is beyond the understand-ing he added.

ing, he added. Sahni asserted that after the fall of the PDP and BJP government in 2018, Jammu and Kashmir is under the rule of the Governor and the Lieutenant Governor for almost five years which seems not to be a good sign for any state or union territory in the demo-cratic country.

cratic country.

At the same time, doubts are being raised on EVMs by almost all the opposition parties of the country. From America to Bangladesh, people have repented from EVM, he said, emphasizing that the Assembly elections should be conducted in Jammu and Kashmir only through the ballot paper.

JKPCC organizes Jai Bharat Satyagrah Mashal Rally at RS Pura

JAMMU, APR 11: Former MLA Thakur Balwar Singh,Chief Spokespersor and Incharge Jammu rura and Urban Ravinde Ravinder and Urban Ravinder Sharma, General Secretary JKPCC Pawan Raina, sen-ior Congress leader Rajinder Singh Nathu, Block Presidents Gurmeet Singh, Sunil Dutt today led Jai Bharat Satyagrah Mashal Rally from RS Pura to Suchetgarh today organ to Suchetgarh today organized by senior Congress leaders Karan Bhagat and Sarpanch Badrinath Sharma. The rally crossed through RS Pura Bazzar amidst rising of slogans against BJP Govt.

Speaking on the occa-

Speaking on the occa-sion, Balwan Singh accused the BJP government of targeting Rahul Gandhi to stop him from exposing the corruption of the Narendra corruption of the Narendra Modi government.He accused that the BIP gov-ernment had been shield-ing economic offenders like Nirav Modi, Lalit Modi, and Mehul Choksi. Instead of addressing Rahul Gandhi's questions regard-ing Modi-Adani nexus, the BIP is computer attacking. ing Modi-Adatu Itexus, BJP is counter attacking Congress by accusing Rahul Gandhi of having Rahul Gandhi of having insulted OBCs, he said. There are many other politically related cases but the way in which Rahul Gandhi was convicted and disqualified in such a short potice is suspicious. Singh notice is suspicious, Singh

Accusing the BIP of even suppressing the voice of the media, Singh added the media, Singh added that the Congress, howev-er, will not be intimidated by the dirty scheme of the BJP.He said that the All India Congress Committee (AICC) has launched a pan India and month-long Jai Bharat Satyagraba to Bharat Satyagraha to extend solidarity to Rahul



removed from being a Lok Sabha member by the BJF forcefully'.Claiming that Rahul Gandhi was targeted for highlighting the nexus between Prime Minister

between Prime Minister Narendra Modi and busi-ness tycono Gautam Adani, he added, "People know the truth." Further claiming that Rahul Gandhi didn't accuse the entire people with Modi surname other than targeting Nirav Modi, Lalit Modi and Narendra Modi Modi and Narendra Modi Modi and Narendra Modi of looting National wealth, of looting National wealth, Singh alleged that Rahul Gandhi was singled out mainly for demanding a probe into the Adani issue by a Joint Parliamentary Committee (IPC). He also claimed that the process in which Rahul Gandhi was disqualified bypassed the functioning of the Election Commission. Commission.

Commission.
Accusing the BJP of running the country tyrannically, Singh asked how long BJP is going to send CBI or ED to critics. "Even if one has committed a grave crime, one will be excused if the person is willing to join the BJP." he claimed. He further said that the grand old party that the grand old party will do whatever it can to save democracy and until all those who engage in

capitalism

Speaking to media per-ons, JKPCC Chief Spokesperson accused the BIP Government of being a BJP Government of being a fascist."Indian democracy is in danger, if a person raises voice and questions the Government, they will slap different charges to silence him or her," he claimed. Every right think-ing citizen of the country must come together irre-spective of their political affiliation and safeguard affiliation and safeguard

affiliation and safeguard democracy, he appealed.He slammed the BJP Government for using laws as their tool allegedly.He said that Rahul Gandhi always stand by the truth and the people of India against the incompetency and failure of the BJP and all other such agencies and all other such agencies which work against the people of the country. He maintained that the conviction and disqualification of Rahul Gandhi is nothing Rahul Gandhi is nothing but an intentional target and a sinister ploy to save Adani which obviously demonstrated that the Prime Minister does not want his relationship with want his relationship with

Adani to be further exposed.

Karan Bhagat said that "Rahul Gandhi is a true crusader against corrup-

tion. He has been advocat-ing for the people without fear of repercussions. Despite having had three Prime Ministers from their family, today, Rahul Gandhi and Sonia Gandhi Gandhi and Sonia Gandhi do not own a home.BJP government by serving an eviction notice to Rahul Gandhi wanted to render him homeless. By targeting Rahul Gandhi, the BJP is trying to conceal its alleged cronvism and corruntion." cronyism and corruption," he explained.He said that a martyred Prime Minister's son, who walked thou-sands of kilometres for

NEWS

national unity, can never insult the country. Badrinath Sharma said that time has come to raise voice against an "arrogant government" as barring Rahul Gandhi from contesting elections does not bode well for the country and its democracy.His fam ily's blood has nurtured

illy's blood has murtured democracy in this country. We are ready to do anything for this country's democracy.

Great leaders of the Congress laid the foundation of democracy in this country. Grahul Gandhij is fighting for people of this country, for women, for youth, fighting against unemployment and inflation," Sharma said.

Abhinav calls on LG, seeks Munsiff's post for Marh, adequate facilities at SDH

JAMMU, APR 11: Senior Advocate Abhinav Advocate Abhinav Sharma, Spokesperson BJP J&K Unit called on LG Manoj Sinha and highlight-ed the problems confronted by the people of Marh Tehsil. At the outset of the inter

action, the senior BJP leader took up the issue of the post of Judicial Magistrate 1st Class (Munsiff) in Tehsil Marh. (Munsiff) in Tehsil Marh. He said that despite the Tehsil being in the vicinity of the Jammu City, the government has not created the aforesaid post giving a hard time to the people. He said it is strange that tehsils which are far away from Jammu city including Bishnah, R S Pura, Hiranagar and Akhnoor have been sanctioned with the posts of Judicial the posts of Judicial Magistrate 1st Class (Munsiff) but Marh which came into existence around two decades back is still lurching for this post, which can provide succor to the litigants of the area as they have to go to Jammu for delivery of jus-



Abhinay said that it ems that Marh is facing seems that Marh is facing discrimination for being close to Jammu city. He urged LG Sinha to inter-vene and issue specific directions to create the aforesaid posts giving a sigh of relief to the people of the Marh tehsil, who are facing difficulties while going to Jammu city to mitgoing to Jammu city to mit-igate their legal issues. He however praised the gov-ernment for ensuring has-sle-free legal services at the other tehsils where the judicial work is going on with extreme ease and prorecords have been testifying that the litigation rate in Marh is too high as com-

pared to other tehsils there-fore it is in the interest of all that Munsiff's post be cre-ated for the tehsil to miti-gate the problems being faced by the litigants living

in the vicinity.

The other vital issue which came up for discussion during the meeting was regarding the poor healthcare facilities at Sub

healthcare facilities at Sub District Hospital Marh. Abhinav apprised the LG about inadequate health and medicare facili-ties available to the people in the Tehsil. He said that Sub District Hospital Marh sans basic health facilities makine it a bie problem for making it a big problem for the locals who visit the health facility with smaller issues. He gave point-wise detail of the urgent services and edifice required in the aforesaid hospital to carry out normal functioning and to cater to the needs of common people. He said that SDH Marh has no anesthetist, no provisior for surgery and no pedia-

for surgery and no pedia-trician.

"Moreover there is not even a single ventilator, and the X-Ray equipment lying is totally defunct", he said, adding that these shortcomings reflect the serious lacunae in provid-ing proper health and medicare facilities to the people of this Tehsil and that the facility is just for

namesake.

After listening to the demands and issues raised by the BJP Spokesperson, LG thanked him for bringing to fore this important information and assured prompt action in the mat-ter.

He said that the govern-He said that the govern-ment in J&K is committed to ameliorate the difficul-ties being faced by the peo-ple and as such it will leave no stone unturned to bail out people from their diffi-culties and problems

132nd birth anniversary of Dr. Bhimrao Ambedkar to be celebrated on Apr 14: BSAJCC

JAMMU, APR 11: Dr. Preeti Bhagat, the convenor of Baba Sahib Ambedkar Jayanti Celebration Committee (BSAICC) Committee (BSAJCC) while addressing the media, said that Committee is going to celebrate 132nd birth anniversary of Dr. Bhimrao Ambedkar, the architect of the Constitution, on 14th the Constitution, on 14th April 2023.

Preeti Bhagat told that in Preeti Bhagat told that in the birth anniversary cele-brations, a huge rally will be taken out by the youth paying tribute to Ambedkar ji, for which they will assemble at Dablehar at Ja am and leave following the traffic rules. Dr. Preeti urged the youth that two wheeler drivers that two wheeler drivers must wear helmets and four wheeler drivers must wear seat belts so that self-protection as well as disci-



Dablehar. Dr. Baba Sahib Bhimrao Ambedkar's life will be highlighted by the speakers at the Jubilee Celebrations in the Palace and cultural programs will also be pre-

Public grievance redressal goes off

full throttle at BJP headquarters

sented by the school stu-dents. Students who have passed 90% or more marks in 8th, 10th and 12th classes will also be honored. Preeti Bhagat told that Ambedkar is not only of Dalit society, it will not he a true tribute it will not be a true tribute to limit him to only one society. Baba Sahib society. Baba Sahib Ambedkar ji worked for the upliftment of every class of people, so we all should cel-ebrate his birth anniver-sary.Dr. Preeti Bhagat said that the committee makes a

humble request to people of all classes, ladies, elders, youth, social workers, social organizations to attend the ceremony along with all the families on April 14 to pay tribute to Baba Sahib Ambedkar on his birth anniversary. Others present were Ram lal, Melo Ram panch Choudhary Des Raj Darshan Kundal panch Girdhari Lal Naib

Langeh discusses arrangements for Dr Ambedkar's Jayanti celebrations

MAHATMA JYOTIRAO PHULE ON HIS BIRTH ANNIVERSARY

JAMMU, APR 11: Bharatiya Janata Party (BJP) SC Morcha will celebrate the birth anniversary of Bharat Ratna Dr. Bhim Rao Ambedkar on 14th April at every district and Mandal level across the Union Territory.

This was stated by Neelam Langeh, President BIP SC Morcha while chair-

rresident BJF SC Morcha While chari-ing a meeting of party workers at RS Pura today.

The meeting was organized under the chairmanship of Neelam Langeh in which necessary arrangements were discussed in detail to celebrate the birth anniversary of Dr. Bhim Rao the birth anniversary of Dr. Brillin Rao Ambedkar. In the meeting, State General Secretary Adarsh Jathiyar, State Incharge Jagdish Bhagat, Professor Gharu Ram Bhagat, Co-convener Jeet Angral, Vijay Anand Gill, B.R Rao, M.L Rao, Ashwani Chadhak and other party workers

ere present. Langeh said Baba Saheb was India's crusader for human rights and was known as the father of the Indian Constitution. He said that BJP SC



events to hold glittering functions to mark the Jayanti of Bhim Rao

The former MLA said that SC Morcha is bound to uplift the margin-Morcha is bound to uplit the marginal alized sections of the society and for this, every single activist of the Morcha has the moral duty to fulfill this responsibility with due care. He said that the BJP SC Morcha is com-mitted to act as a beacon of light to guide the unprivileged sections to vail all the boogsite of controlly conavail all the benefits of centrally spon-sored schemes and lead a life full of dignity and pride

Langeh asked party workers to make every possible effort in making the celebrations of Dr Ambedkar's Jayanti successful at every district

Meanwhile, Neelam Langeh also paid glorious tributes to Mahatma Jyotirao Govindrao Phule on his birth niversary in a function held here The former Legislator threw light

The former Legislator threw light on the life history of Mahatma Phule who dedicated his entire life to the welfare of downtrodden citizens, especially women. He exhorted upon the youth of Jammu and Kashmir to follow his footstens to make India one of the

footsteps to make India one of the best countries across the world Adarsh Jathiyar, Jagdish Bhagat Jeet Angral, Professor Gharu Ram Bhagat, B.R Rao, Vijay Anand Gill, Ashwani Chadhak and others were

JAMMU, APR 11: While conducting grievance redressal at BJP headquarters, Jammu, Kavinder Gupta, former Deputy Gupta, former Deputy Chief Minister, called for a Chief Minister, called for a pro-active approach for taking on public issues. He called upon PHE authori-ties to check drinking water preparedness with regard to ensuing sum-

Ranbir Singh Pathania, former MLA & J&K BJP Spokesperson, called for settling 'acquisition' 'requisition' cases of trict Udhampur. Lands of



poor farmers have been taken over by Defence authorities since decades back but rent/compensation as per prevalent mar-ket rates and norms still elude the affected farmers. Anuradha Charak, Vice

Anuradha Charak, Vice President, BJP called upon the females to at as har-bingers of innovation and creativity. Vikas Choudhary, BJP Secretary, remained present and piloted proceedings. Amongst other general issues pertaining to com-passionate appointments, enhancement of rentals to

enhancement of rentals to people of Jallochak,

Kaluchak and Ratnuchak for their lands requisi-tioned under RAIP Act by defence authorities, exorbitant electricity bills, relief to cross-firing victims, drinking water, building permissions, staff shortage, proper voltage electricity, NABARD roads were projected by a number of deputations who called on in the BJP office with references and telephone calls to concerned officials. Bhim Singh, sarpanch Chigla Balota called for clearing work done liabilities. tant electricity bills, relief clearing work done liabilities of works executed under Bad Pocket

Initiative. He also called for inclusion of Lehri to Rnyal via Dhara Dhrath Fogla and Kumarli (Phase-I) road under NABARD. Displeasure was

expressed regarding humand-haw over issuance of appointment orders to selected Junior Statistical selected Junior Statistical Assistants (JSAs). They have been selected and CID verifications also per-formed for almost one year. Rehbar e Janglats year. Rehbar e Janglats sought to ensure a time bound regularisation and against a post having higher pay scale than that of a Forest Guard.

Tehsildar conducts Joint Market Checking with AD Food, Officials of Municipality, Metrology, and SHO Kishtwar

urb the sale of spurious and adulterated goods. During the adulterated goods. During the market checking was conducted by Tehsildar Kishtwar Muneeb (Umar, AD Food Shafqat Keen, officials of Municipality, Metrology, and SHO Kishtwar Stronger Stron

The joint market checking is a part of the ongoing efforts of the administration to ensure the welfare of the citizens and to promote a healthy and safe environment. The officials have assured that similar initiatives will be taken in the future to ensure that the consumers are not dured and that sumers are not duped and that the quality of products is main-tained.

Govt committed to best services at door step: MP Khatana

ANANTNAG, April II: to bring transparency . MP Rajya Sabha Er Gulam Ali Khatana today chaired a review meeting of developmental activities and centrally sponsored schemes in a meeting with the district officers, Anannag here today. Deputy Gommissioner Basharat Qayoom, IAS presided. Sectoral officers presented their departmental sec ed their departmental scenario and achievements in various centrally spon-

sored schemes. Er. Gulam Ali while speaking on the occasion said that government is committed to provide the

culture sector, generation of employment, ease the process to get the benefits of old age pensions and benefits of other social security schemes.

Er. Gulam Ali asked the district Anantnag adminisbest services to the people and at door steps besides for Shri Amamrnath yatra

which will be commencing soon and pilgrims from not only India but world over will be visiting Cave shrine in Pahalgam area of the district. He said that the annual peaceful conduct of Shri Amarnath yatra showcases the secular traditions of Kashmir. MP while enquiring the implementation of Har Ghar Nal Say Jal scheme,

Ghar Nal Say Jal scheme, the Jal Shakti dept officers apprised that 65% habitation of the district are con nected through tap water and 35% habitation are yet to be connected for which works are under execution and target will be achieved in stipulated time line.



Chief Education Officer, Anantnag apprised that campaigns and camps are being organised to enroll the dropout students

besides rationalisation of the staff in schools.

Chief Agriculture Officer boosted to a great extent. CMO also informed about that by applying the new technologies in the agriculture Golden card status

of the agriculturists has

improve toruism infra-structure in achabal, cold structure in achabal, cold Ahmed Najar, Corporator, storage facilities, materlatif ah khan, shaheena nity hospital, trauma hospital on Pahalgam road for Haji Abdul Majeed Bhat, Shri Amamrnath yarris, BJP, Muzammil RASHID ban on polythene, old Sofi, Apni Party.

and said district is leading in list of Golden card holders and cent percent saturation will be achieved in near future. Earlier various public representatives, PRIs, councillors and prominent citizens called on BIP MP Gulam Ali. They apprised his about the problems of the people and demanded that Anantmag Municipality, the oldest in Kashmir NG, Shazia ity, the oldest in Kashmir NG, Shazia ity, the oldest in Kashmir Libusain BDC controllar of the problems of made Corporation, ist. Talib Hussain BDC Chairman Shangus, Bashir

FROM THE FRONT PAGE...

I hope that it will be ready well before as in May we will see elections (Lok Sabha) and if it (expressway) will complete after that it is of no use to us to inaugurate and

I am not hesitant to accept the truth."

"I hope that the expressway will be ready well before the imposition of the Model Code of Conduct (MCC) and the imposition of the Model Code of Confluct (MCC) and it will be inaugurated in February-March by Prime Minister," he said, adding, "I have directed NHAI (National Highway Authority of India) to complete the work so that Prime Minister will inaugurate it in February-March 2004."

that Prime Minister will inaugurate it in February-March 2024."

He further said that the expressway will fully connect Kashmir with Kanyakumari.

Gadkari said that with the development of state-of-the-art road networks across the country through every state and UT, the Kashmir to Kanyakumari will no longer be a dream for the people of India. "We built Atal Tunnel in Manali which connects Ladakh and then 2-Mort hunnels connect Kashmir and followed by this expressway, which connects Jammu with Rajasthan and Gujarat, and then to Southern states," he said.

On redevelopment of Katra, the union minister said that Inter Modal Station (MS) to be established in Katra will be a world-class state-of-the-art project constructed to improve travelling experience of the pilgrims visiting Shri Mata Vaishmo Devi shrine.

He also announced that the 110 km long Amarnath Marg-leading to the holy Amarnath cave in Pahalgam will be built at a cost of around Re \$300 crore for the convenience of the pilgrims going to Shri Amarnath Shrine.

Earlier, the minister said that four more tunnels

Earlier, the minister said that four more tunnels

will come up on the Srinagar-Jammu national highway which will reduce the travel time.

Speaking to media persons after inspecting the Nayvug Banihal-Qazigund tunnel, Gadkari said that on the 245 km stretch of the Srinagar-Jammu national

on the 245 km stretch of the Srinagar-Jammu national highway, a three-lane marg would come up and work on the 200 km has been completed.

"Today we have achieved a breakthrough on one tunnel and on the 45 km long stretch three more tunnels will be completed by March next year," Gadkari said, adding the work of one tunnel has been given to TATA which will take time and when these tunnels are complete it will reduce the travel time.

With the construction of this route, there will be all-weather conservativity between Jammu and Srinagra.

wather connectivity between Jammu and Srinagar. Travel time from 5rinagar to Jammu will be reduced from 9-10 hours to 4-5 hours.

weather connectivity between jaminul and sringar. Travel time from Srinagar to Jammu will be reduced from 910 hours to 4-5 hours.

A carriageway of a 40 km 4-lane road between Ramban and Banihal will be completed by June 2024 which will provide relief to the commuters of Srinagar. The Union Minister said with the construction of these roads will connect Katra with Delhi and Delhi to Srinagar. He said it will provide an impetus to the social and economic growth of Jammu and Kashmir.

He said a resort would also come up on the road stretch where the handicrafts, handloom and other known items would be put for sale and at least 500 local people will get jobs.

Gadkari said that he came to know that during the construction work of the Nayvug Tunnel, 99 percent of the staff working on it is local.

He said after completing the road infrastructure four times more tourist inflow would increase which will improve the economic growth of Jammu and Kashmir.

Toften remember late American president John F Kennedy saying that American roads are not good because America is rich and America is rich because American roads are good, he said.

Moreover, Gadkari said, developmental works worth Rs 1,30,000 crore are being taken up by MoRTH in Jak and since 2014, around 500 km of the road network has been completed in the region. "41 significant tunnels are being constructed in Jikk and Ladakh at a cost of Rs 45,000 crore, and 18 ropeways worth Rs 5,000 crore will be constructed in the UT," Cadkari informed. KNO

Jammu-Srinagar highway...

roads will help socio-economic growth of the J&K UT and generate lots of employment through tourism. "Tourism is set to increase four times once we have quality roads and highways," he said. KNO

CS emphasizes on...

process of analysis easy and less cumbersome and shall bring about much needed efficiency. He also stressed on use of Artificial Intelligence (AI) in gauging

stressed on use of Arthcial Intelligence (Al) in gauging the efficiency and output of employees so that deadwoods are identified easily by the system. On the occasion he also launched auto-appeal feature for 08 more online services offered by different Departments. The feature is going to auto escalate the appeals in case the services are not provided to the applicants within the time limits set under the Public Services Guarantee Art (PSGA) Guarantee Act (PSGA)

Dr Mehta complimented the IT Department for inte-rating this vital feature in the digital services offered

by these Departments to the citizens. He stressed upon

by these Departments to the citizens. He stressed upon need for integrating the Auto-appeal feature for all the designated 48 services offered over Service Plus immediately and rest of services by May 2023.

The Chief Secretary said that the auto-appeal feature for services related to everyday life of the people like birth and death certificates are critical for enhancing ease of living. He emphasized that benefits like old age and widow pension, scholarships under various social security schemes etc should also be included in the system without any delay.

He observed that this feature would act as a turning point in maintaining transparency and accountability in services to the public and eradicating corruption. He stated that auto escalation feature of online services is going to put an end to malpractices besides promoting fairness, a priority set by the current dispensation in all its affairs including offering of government employment and public contracts to its citizens on the basis of merit alone.

The Chief Secretary was apprised that with onboarding these OS services, the total number of services with active auto-appeal seature has reached 22 in the UT. It was further said that the feature like auto-appeal is going to bring much greater transparency in these services in future as these would ensure their delivery as per the timeframe set for them under PSGA.

The Services which were today brought under the Auto-appeal system include issuance of unmarried/widowidworce certificate; Issuance of Freet Vending/Rehril.issence: Application for Road cutting permission under Municipal Councils/Committees.

Those who were present included Principal Secretary, BALD, Commissioner Secretary, GAD. Commissioner

Those who were present included Principal Secretary, H&UDD; Commissioner Secretary, GAD; Commissioner Secretary, IT; Secretary Revenue; SIO, NIC; Scientists from the IT Department besides other concerned officers of these Departments either physically or virtually through video link.

Gadkari, V K Singh...

Gadkari, V K Singh...

two-day tour of J&K to review various highway projects. After inspecting and inaugurating several projects on Jammu-Srinagar national highway, Gadkari accompanied by the two other union ministers visited the Cave Shrine of Mata Vaishno Devi and offered prayers. Moreover, Shrine Board officials said that with examination season over, the rush of devotees has come, adding, "In the weekend, 46,219 (Friday), 47,388 (Saturday) and 37,500 (till 3 PM on Sunday) devotees offered prayers at the sanctum sanctorum."

"Due to heavy rush, the yatra registration center was also closed briefly following which, thousands of pligrims remained halted at Ratra base camp," an official said, adding that the devotees were seen standing in long queues to get RFID (Radio Frequency Identification) cards at Yatra Registration Centers set up by the Mata Vaishno Devi Shrine Board in Katra.

The Shrine Board Administration has opened all Yatra Registration Centers for the convenience of the devotees. Meanwhile, tight security arrangements are also in place 24x7 at Katra base camp and en route to Bhawan for the safety of the devotees. KNO

Country's armed forces...

selfless effort to serve the society during COVID pandemic. He said, these ex-soldiers are always ready to contribute in fighting any calamity in the country. Singh stressed that ex-servicemen are national assets and the country prouds on them. The Defence Minister informed that some states have taken new initiatives to create new jobs for ex-servicemen, although a lot more needs to be done in this. He said that about 60,000 soldiers are added every

year to the existing strength of 34 lakh Ex-Servicemen. Therefore, the government has a great responsibility to take care of these ex-servicemen and their families. The Minister said that sainik welfare and welfare schemes are being administered by state and district level Sainik Welfare Boards. Presently, 34 Rajya Sainik and 409 District Sainik Offices are in the country. The meet ng was conducted to discuss ex-servicemen's welfare

VDC member suicide...

the spot and took the body into possession and i as shifted to GMC Associated Hospital Rajouri when

was shifted to GMC Associated Hospital Rajouri where medico-legal formalities and post mortem examination was conducted, police said in its official statement. Investigation of the incident is going on while the weapon of offense has been seized; police further said, adding that prime facie it has come to the fore that the man committed suicide due to some personal issues. The weapon was issued to the deceased VDC member

years ago while further investigation and legal proceed- 27 passengers injured...

Cong singularly responsible.. but his party is ready round-the-year for the demo-cratic exercise.

The BIP firmly believes, he said, it would emer

cratic exercise.

The BJP firmly believes, he said, it would emerge victorious with a strong mandate owing to "pro-people" policies of the party and the "restoration of peace and rule of law" in the Union Territory.

"The BJP is promise-bound to work for the welfare of people and safeguard their interests. After Prime Minister Narendra Modi-led government's August 5, 2019 decision, JK is marching on the path of development," Rana told reporters at the party headquarters here, talking about the abrogation of Article 370 and withdrawal of J-K's special status.

He said Jammu and Kashmir will emerge as an important state in north India in the next five years.

Peace and normalcy have returned to J-K and every region and every section of the society is getting their rights, he said. "India is on the path of becoming the world leader and JsK will be its bright star." As far as Assembly elections in J and K are concerned, Rana said, it is a decision for the Election Commission of India, which is an autonomous body, to take and there is no role of any political party in it.

"The BJP is always ready for elections round-theyear and will emerge with a strong mandate whenever the polls are held because of the pro-people measures taken by the party which have brought a change on the ground," he said.

Asked about the opposition parties' claims that the

ground," he said.

Asked about the opposition parties' claims that the BJP is unwilling to hold polls in the UT as it has lost ground due its "anti-people" policies, he said, those making such remarks have lost their credibility and

are responsible for all the mess and uncertainty in J&K.
"Who are they? The Congress which I believe is
responsible for the murder of democracy in J&K. It is
the party which is singularly responsible for the present

day situation in J&K," he said.

The BJP leader hailed Lt Governor Manoj Sinha-led administration for taking care of the public interests and said whenever the party raised any issue of public importance with him, he responded in a positive

"Federation of Industries and other trade bodies "Federation of Industries and other trade bodies raised an issue of J&K Power Development Corpora-tion planning another power tariff hike with the party recently. They submitted a memorandum stating that there has been a 25 to 35 percent increase in electric-ity charges and one more hike will harm the industrial sector.

"We met the Lt Governor who assured us that there will be no hike in power tariff in near future," he said.

Two militant associates...

I WO MILITAIN ASSOCIAICES...

of Gh Ahmad Parra resident of Par Mohalla Pattan
and Saima Bashir daughter of Bashir Ahmad Mir resident of Chinkipora Sopore and have been shifted to
Police Station where they remain in custody.
On their disclosure, arms & ammunition including
a Pistol, O2 Pistol Magazines, O5 Pistol rounds and IED
(approximately 2kgs) alongwith remote control & other
incriminating materials have been recovered, police
said.

Said.

During preliminary questioning, the arrested duo
revealed that they were working as militant associates with active militant Abid Qayoom Lone of Wussan

Attan linked with LeT.
Accordingly, police said that a case under relevant sections of law has been registered at Police Station Pattan and further investigation has been initiated. KNO

CDS calls for greater...

academia, startups, MSMEs and larger companies to ork with us closely so we can help our country achieve these capabilities much faster than what we have been able to do for all other systems," Kamat said.

The Indian Space Symposium is the first of its kind event focused on creating a platform for all stakehold-ers who have a keen interest in boosting India's military space capability and plans. The platform will bring together experts from multiple domains to discuss the latest trends and challenges in the field of defence, making it an excellent networking opportunity for attendees from the defence, DRDO, and government ectors, as well as industry professionals, a statement

said. It will focus on delivering space domain awareness and satellite communications to enhance military operations, and address issues related to securing funding for new space capabilities, expanding international partnerships, and developing a Defence Space Strategy in line with the National Space Strategy, the release said.

The bus was on its way to Surni from Ramnagar. All the injured were admitted to Sub-District Hospital in Ramnagar, the Udhampur Police said.

Around 10 country-made...

staff moved towards the location after confirming the facts, said Delhi Police

facts, said belin Police.

During the raid, a suspected person, identified as Dilip (33) alias Billi, was apprehended from there. The suspect was sustained and interrogated at hat thin the told police that he was given around 10 hand grenades by his friend who is the other co-accused (name withheld) to keep these grenades in safe custody, police said. Thereafter, the grenades were recovered on the instance of Dilip. It was observed that the recovered grenades were put inside a plastic bucket and covered with grass and bushes and kept in the mund near a drain. The crime team and bomb Disposal squad were informed. Further, the concerned Intelligence agencies were also informed to interrogate the accused, police said.

The accused has been arrested after registration of FIR under section 286 IPC and 3/4/5 the explosive substance Act.

stance Act.

The probe is under way and search of another accused is going on. The motive of hiding these grenades in forest land is yet to be clear, police said.

Covid-19 mock drills...

specific focus on oxygen plants, ventilators, logistics and human resources," he said. "We have checked oxygen supplies, facilities, oxygen concentrators and plants, cylinders, ICU facilities, Covid-19 wards, testing facilities, drugs and other relat-

Covin's wards, testing ractimes, utigs automet related facilities, "he said.

Notably, Mock drill is a trial run conducted to check how the health department and staff manages an emergency using available resources and hospital protocols to avert any chaotic situation.

A top health official said that doctors at the hospitals tested the equipment, oxygen concentrators and other

He said that besides checking equipment and oxygen concentrators, they reviewed the overall prepared to tackle the Covid-19 situation.

concentrators, they reviewed the overall preparedness to tackle the Covid-19 situation.

He said that drills were carried out in a phased manner on two days to ensure that all healthcare facilities are tested thoroughly.

"The mock drills are an important exercise that help us to assess the preparedness of healthcare facilities and frontline workers to handle COVID-19 situations. We are confident that the drills will help us identify any gaps in our preparedness and take corrective measures to ensure that we are better equipped to handle a surge in cases," he said.

He said that department is fully prepared to tackle any eventuality in case of surge in Covid-19 cases. He said that if Covid appropriate behavior is being followed by the people there won't be much increase in the Covid-19 cases.

He further added that precautions are needed to be taken at all levels and people should maintain the SoP. Notably Secretary Health had directed all the heads of the institutions to be in the ready mode and check medical equipment and other infrastructure were functioning properly.

The mock drills were held to ensure the operational

intended equipment and some intended equipment in the perational readiness of the Covid-dedicated facilities, with a specific focus on oxygen plants, ventilators, logistics and human resources, he said.

"The concerned officials and officers have been asked a company lader and continue the testing of suspected."

to remain alert and continue the testing of suspected cases in all the hospitals," he said. KNO

Gadkari inspects...

constructed to provide all-weather connectivity between Jammu and Srinagar. To ease the travel between Jammu and Srinagar, 3 corridors are being built at a cost of Rs 35,000 crore. Under this, the first corridor from Jammu to Udhampur-Ramban-Banihal and further to Srinagar includes the section from Srinagar to Banihal. This 4-lane road of 250 km length is being built at a cost of Rs 16,000 crore. Out of this, 4-laning of 210 km route has been completed, including 10 tunnels of 21.5 km.

The design of 4-laning of this road has been done on the basis of geo-technical and geological investigation to overcome the possible landslides in this area. Crash barriers and other road safety measures have also been put in place to make travel between Jammu and Srinagar and smooth.

With the construction of this route, there will be allweather connectivity between Jammu and Srinagar. Travel time from Srinagar to Jammu will reduce from 9-10 hours to 4-5 hours. A carriage-way of 40 km 4-lane road between Ramban and Banihal will be completed by June 2024 which will provide relief to the comm of Srinagar. KNO

















NPP submits memo in Rashtrapati Bhawan, New Delhi

Public exchequer being looted, govt properties plundered by powerful politicians in J&K: Harsh Dev

JAMMU, JAMMU, APR 11:
Pointing towards the illegal occupation of govt bungalows, State lands, govt vehicles etc by certain favoured politicians in J&K in defiance of all laws and SOPs, NPP President and Former Minister, Mr. Harsh Dev Singh submitted a memograndum ted a memorandum addressed to the President of India in Rashtrapati Bhawan, New Delhi today. Bhawan, New Delhi today. He was accompanied by Mr. Gagan Pratap Singh, senior leader of the Party. The memorandum read thus: "with a high sense of duty and Constitutional obligation as a conscien-tious citizen I am tious citizen I am approaching your honour to apprise you about the brazen violation of norms, laws, guidelines and SOPs by a powerful political mafia in J&K who have usurped govt properties including palatial govt bungalows, govt lands. including palatial govt bungalows, govt lands, govt vehicles besides the security apparatus of the Police Deptt and continue to enjoy the patronage of the helmsmen. Almost every day there are reports in the media about the illegal encroachments of pubgal encroachments of pub-lic properties by these political dons who contin-ue to float above the fray and abuse the public exchequer and govt resources by defying the law of the land and con-trepenture discording temptuously discarding the SOPs in view of their political clout.

Pertinent to mention that rerunent to mention that the Estates Deptt had only recently published a list of 53 politicians who had ille-gally occupied/usurped 53 politicians who had ille-gally occupied/usurped govt bungalows for the last five years with the J&K



leaders including Ex-Ministers and heads of rechelmsmen acting as mute spectators shocking that even the vigilante organi-zations have not bothered ognized political parties were hounded out of zations have not bothered to take cognizance despite repeated media reports and public complaints. The vested interests in govt have continued to shelter them by not only allowing their illegal retention of such mansions but also providing them all luxurious items of furniture, fixtures. Smart TVS. Estates Ouarters years back Estates Quarters years back through police force, the said BJP and JKAP workers were allowed to retain the same thereby providing the most glaring example of present govt's dictatorial and autocratic policies besides being indicative of pattonized corruntion in patronized corruption in tures, smart TVs, Refrigerators and other accessories in such bunga-BJP rule. Not only that the Apni accessories in such bunga-lows out of Public excheq-uer. The tax-payers money was being looted by the BJP and its allies not only through the Estate Deptt but also through the Police Deptt and its security wing

Not only that the Apni Party had been conferred undue favours by allotting govt accommodation for its political office by defying the orders of the High Court. Strange are the ways

the present regime which provides the most glaring example of the famous proverb Rules are for fools proverb Rules are for fools and while the govt was demolishing/evicting the poor, marginalized and unemployed in the name of illegal occupation of State lands, it had granted a sort of immunity to the corrupt leaders of ruling party who had encroached huse had encroached huge chunks of State and Forest lands worth crores

Not only the Estates Bungalows but the security vehicles and PSOs were also being allotted purely on political considerations. The Ex-MLAs and Ex-Ministers of BJP and JKAP

were provided security vehicles and huge paraphernalia of security personnel while denying bare minimum security to oppo minimum security to oppo-sition leaders. Even top leadership of recognized political parties has also been divested of their due security by withdrawing their escorts, vehicles as well as security PSOs despite facing militants' threats. The security agenthreats. The security agen cies had withdrawn security cover of majority of opposition leaders and allotted the same to even allotted the same to even the small time lower rung, workers of BJP. Only a few years back a report had been made public that a BJP worker of Kashmir had been provided as many as ten PSOs. Likewise many other insignificant people had been provided huge security at while convene security at public expense in the most arbitrary man-ner purely on the whims and fancies of the helms-

While a high level probe preferably through CBI is necessary into the whole gamut of illegal allotments of govt bungalows and nuge encroachments of govt lands and properties by BJP leaders besides provision of govt vehicles and vision of govt vehicles and huge security parapherna-lia to them, we demand punitive action against the officers who were acting more as BJP servants than public servants. That the non-adherence

to any set of norms and dif-ferential treatment of political parties by abusing of public exchequer and con-ferring benefits upon favourities was not only a crime but a financial scam which needed due atten-tion of the voir

BJP pays tributes to Jyotirao Phule

JAMMU, APR 11: In an impressive program organized by OBC Morcha of BJP, tributes were paid to great social reformer Jyotirao Govindrao social reformer Jyotirao Govindrao Phule on his 196th birth amiversary who dedicated his life to serve humanity. Former Minister and Ex MLA Jammu West Sat Sharma (CA) along with District President BJP Jammu Pramod Kapahi, UT President OBC Morcha Sunil Prajapati, Mandal President BJP Keshav Chopra and several others paid their tributes and remembered the works done by Phule.

The program was organized by

Talab Tillo Mandal of OBC Morcha under the leadership of Omkar

Verma.

Speaking on the occasion, Sat Sharma said that Jyotirao Phule was a prominent social reformer, philosopher, and writer who played a crucial role in women's education and the uplithment of the oppressed castes in India during the British rule. He was born on April 11, 1827, in Maharashtra, and his contributions to Indian society and culture are cele-Indian society and culture are celebrated on this day, Sharma stated



He also stated that Phule founded the Satyashodhak Samaj, which advocated for the education of women and the lower castes and fought against the oppressive caste system prevalent

Pramod Kapahi said that he was a social reformer, anti-caste activist, social reformer, anti-caste activist, thinker, and writer who dedicated his life to the education and upliftment of the oppressed, as well as the eradicasystem. He coined the Marathi word 'Dalit'

Sunil Prajapati and Keshav Chopra said that Satyashodhak Samaj, a social reform movement was founded by Phule which aimed to fight agains casteism and other oppre practices prevalent in Indian society

OBC Morcha District President Ashok Salgotra, Anil Balgotra, Suresh Salgotra, Hem Raj, Kewal Verma, Abhishek Sharma, Nitish Kumar, Shobhit Sharma and several others

Nehru, Indira emotional and illogical actions were the main culprits of Kashmir turmoil: Rajesh Gupta

JI NEWS SERVICE

IAMMU, APR 11: JAMMU, APR 11: National Democratic Party Indian (NDPI) J&K UT Chief Rajesh Gupta while briefing to media here on Tuesday said Pt. Jawaharlal Nehru and Smt. Indira Gandhi were the main culprits of Kashmir turmoil. Gupta said, "Kashmir has been a sore point for the country, and still is today. Who is country and still is today. Who is responsible for it and to what extent? Who did what in this regard and to

NDPI leader further added, "the NDPI leader further added, "the National Conference continued with its campaign against Maharaja Hari Singh and in 1946 Shiekh Abdullah; taking cue from Quit India Movement of Congress, launched a Waharaja Quit Kashmir campaign. Shiekh was arrested and was sen-tenced for a jail tern of three years. Pt Jawaharlal Nehru, being a Kashmiri himself, was hiehly sentimental himself,, was highly sentimental towards Kashmir.

towards Kashmir.

In the year 1946 he wanted to encourage his jailed friends; especially Shiekh Abdullah. However, fearing a political backlash the state gov-



ernment banned Nehru's entry. Nehru defied the ban was arrested.

Gupta maintained, adding the Congress Working Committee was not in favour of Nehru breaking the not in favour of Nehru breaking the rule of the state and being arrested. Sardar Patel was extremely unhappy with Nehru's obsession with his friendship with Shiekh Abdullah. Patel's unhappiness in this connec-tion is reflected in a letter that he wrote on July 11, 1946 to D.P. Mishra of Madhya Prant, which is now Madhya Pradesh. In the said letter Patel said.

In the said letter Patel said,
"Recently he (Nehru) has shown

that have been a cause of concern for us.His actions in Kashmir, his interference in election of Sikhs in the Constituent Assembly and his 'Akhbari Parishad' soon after the meeting of the Congress committee, have all been emotional and illogical

NDPI president said, "The extreme of crossing the limits happened dur-ing the "Shimla Samjota" in 1972 when Zulfialikar Bhutto met the then Prime Minister of India Smt. Indira Gandhi and he begged to free his 93,000 war prisoners arrested during

An intelligence officer in the guise An intelligence officer in the guise of butter virtually saw, that Bhutto was kneel down in front of Smt. Indira Gandhi and begging the return of his army war prisoners. Gupta said, it's quite surprising that why Indira Gandhi didn't negotiate with Bhutto? And why didn't she sold to go the said of the professional way that the professional way to be supported to the professional way that the professional way to be supported to the professional way to be supported to the professional way to be supported to the professional way the profes

asked to return the POK, Balauchistan, Sindh? And why didn't She ask for Pakistan foreign affairs and defence will be controlled by India?

Anti Drug Awareness Campaign organised at Degwar Maldiana, Poonch

JAMMU, APR 11: Anti Drug Awareness pro-gramme was organised by Dreams Alive Foundation at Govt High School Degwar Maldian in at Gov.
Degwar Maldiana
District Poonch (J&K).
The Anti Drug event con
that of lecture by M
Sharm

sisted of lecture by Mr Kumar Sharma Head Master, Degwar High Head Master, Degwar i mgu School, Mr Ranjeet Rao, SHO Poonch and Mr Pritam Singh, Sarpanch Degwar. Post the lecture, Nukkad Natak was per-



formed by students bring-ing forth the ill effects of drug consumption on both o what the ill effects of drug consumption on both individual and society. The gathering also took a pledge against days

by providing huge para

phernalia of security staff

and vehicles to the leaders

of these parties without any entitlement.

any entitlement.

Most intriguing was the silence of vigilante organizations including CBI, ED and ACB over the open violation of SOPs and guidelines in the matter of solutions of solutions of solutions of solutions.

allotment of government accommodation and con-ferment of undue and ille-

gitimate benefits upon the

political persons owing allegiance to BJP and JKAP.

It was shocking to note the immunity granted to such blue-eyed leaders. And while the opposition

and trafficking. The primary aim of the programme was to educate the youth about the ill effects of drug consumption and effects on the family and

the society holistically. More than 250 villagers participated in the event and came together with a pledge to eradicate drug menace in their village

NSS Campus Unit –IV, JU organises Induction cum Orientation Program: Releases News Letter & Annual Calendar

JI NEWS SERVICE

JAMMU, APR 11: The NSS Volunteers of Campus Unit-VI, University of Jammu organized an Induction cum Orientation Program for newly enrolled NSS volunteers. The Induction cum Orientation Program was conducted under the mentorship of Prof. Umesh Rai, Vice-Chancellor and Chairman NSS, University of Jammu. News Letter was resealed wherein NSS Volunteers was resealed wherein NSS Volunteers thanked Prof. Umesh Rai, Hort'ble Vice- Chancellor and Chairman NSS, University of Jammu. Prof. Jasbir Singh, Head, Department of Philosophy, University of Jammu was the Chief Guest while Prof. Vishva Raksha, Head, Department of Sociology, University of Jammu and Dr. Daud Iqbal Baba were Guest of Honour. Prof. Mohd. Reyaz Ahmad, Head Department of Urlau and Dr. Head Department of Urlau and Dr. Head Department of Urdu and Dr. Hema Gandotra, Program Coordinator NSS, University of

Coordinator NSS, University of Jammu was special guests. Mr Jasvir Singh, District Council, DDC, Udhampur was the Resource Person. News Letter was released by the esteemed guests. NSS Unit-ly has come up with an annual calendar which was released.

annual calendar which was released in a colourful manner before all the volunteers by the Guests. More than 100 Volunteers participated in this Induction cum Orientation program

Induction cum Orientation program and received the opportunity to become enrolled in NSS Unit IV as Volunteer. NSS volunteers also performed sin-gling and cultural activities. Singing was performed by Ranju Rani and Group dance were executed by Neha Rani, Prety and Versha from Physical Education department, University of Lampu. University of Jammu.

Chief Guest of the program Prof. Jasbir Singh, Head, Department of Philosophy lauded the efforts put in by NSS volunteers and congratulated



them for the successful conduction of e event. He interacted with the stucents and motivated them for coming out to help the society and motivated NSS volunteers for supporting socie-ty and reaching to village level. Further Professor Jasbir Singh assured complete support of any living assured complete support of any kind to NSS Volunteers and Congratulated for the efforts and organizing of this

for the efforts and organizing of this event in a successful manner. Guest of Honour Prof. Vishva Raksha, Head, Department of Sociology, University of Jammu applauded the voluntheers for the sincere work being done for the society. She mentioned about her journey as NSS Volunteer and guided newly enrolled volunteers for working with honest approach and clear thinking. She also discussed with the students about the importance of NSS and its about the importance of NSS and its real value for the society.

real value for the society
Mr Javir Sing, District Council,
DDC, Udhampur delivered motivational lecture and guided the NSS
volunteers for the future prospects.
Further expressing importance on the
role of NSS in the life of the youth, he
stressed upon channelizing the
youth's energy though NSS Paldrom.
Special Guest and Program
Coordinator Dr. Hema Gandotra
University of Jammu addressed NSS

University of Jammu addressed NSS Volunteers and provided them the guidance to progress in life and career through NSS. As a Program

Coordinator Dr. Hema Gandotra assured every possible support to NSS volunteers and focussed on the NSS volunteers and focussed on the need for community service by the volunteers. She focussed on the need to work with dedication, honesty and truth for the welfare of society. Prof. Mohd. Reyaz Ahmad, Head Department of Urdu, University of

Jammu while speaking on the occa-sion appreciated the efforts by NSS volunteers of Unit-IV and assured his support to NSS in spirit and action.

He spoke on the learning and moral values associated with NSS.

values associated with NSS.

Dr. Daoud Iqbal Baba, Director
Sports, University of Jammu, congratulated the entire team and added that
the main motive for the Induction program was to spread awareness among the NSS Volunteers and appealed to organize such events reg-

Dr. Meghna Dhar, NSS Programme Dr. Meghna Dhar, NSS Programme Officer, Campus Unit-II, University of Jammu, was also present to grace the occasion along with the prominent NSS Unit-IV Volunteers among others who worked for the success of Induction cum orientation were Mannat Sharma, Priya Chib, Ranju Rani, Rajat Sharma, Neha Rani, Komal and Aryan. The program was overall Coordinated by Dr. Mandeep Singh NSS Programme Officer, Singh NSS Programme Officer Campus Unit-IV, University of

DC Baramulla Flags off teams constituted for Traffic De-Congestion, Market Checking at Dak Bunglow



BARAMULLA, APRIL congestion and streamlining the traffic in Baramulla town besides having prop-er vigil on market rates ahead of Eid, Deputy Commissioner Baramulla, Commissioner Baramulla, Dr Syed Sehrish Asgar in presence of President, Municipal Council Baramulla, Touseef Raina, Executive Officer MC and other concerned dignitaries today flagged off two

squads consisting of Police, Traffic and civil authorities at Dak Bungalow here. On the occasion, Dr

On the occasion, Dr Syed Sehrish Asgar informed that a proper mechanism has been formulated by the District Administration to boost the commercial activities in the commercial activities in the district and to avoid traffic congestion and various problems faced by the public in the main market. She stressed for strict implementation of the plan devised for proper man-

agement of traffic and other trade related activi-ties and warned that any kind of violation shall be viewed seriously.

The Deputy Commissioner informed that the squad teams have been directed to ensure regulate traffic more effectively in the town and immediate measures be taken for decongestion.

She said that the teams will search the traffic mess hotspot areas and take strict action to regulate it. Deputy The

The DC also directed authorities to remove road

authorities to remove road side encroachments and take strict action against violators.

Traffic authorities were also directed to enhance enforcement of Motor Vehicles Act across the dis-trict and intensify checking on main routes. on main routes.

The DC also directed to immediate action against illegally parked vehicles on the road and removal of obstructions to traffic on the road.

With regard to market checking, the DC has directed all the concerned

authorities to intensify the market checking across the district to have a proper

district to have a proper vigil on the market rates. She exhorted upon the concerned departments to have inspection of restau-rants, bakery and confec-tionery and other food and vegetable outlets across the district.

66 _____THOUGHT OF THE DAY 99

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

JINDRAH MAGES

Upcoming engineering marvel!

is heartening to hear that over 35 percent of the work on Asia's longest Zojila tunnel being built to ensure round-the-year road connectivity to the strategically-important Ladakh region has been completed. The Zojila tunnel, if one goes by the Government of India's claims, will be historic in history and the longest one in Asia given its length. The Union Minister for Road Transport and Highways Nitin Gadkari has announced that a part of the tunnel would shortly be inaugurated while the total estimated cost of the tunnel is Rs 7000 crore, Zojila, which is considered as a lynchpin of round-the-year connectivity to the country's cold desert, is located at an altitude of 11,649 feet above the sea level and forms an important connect between Kashmir and Ladakh. During winters, this pass remains inaccessible due to unprecedented snowfall. The terrain near Zojila Pass is extremely inhospitable, with many fatal accidents taking place every year. The Pass serves as the gateway to Ladakh region and after the opening of 434-kilometer-long Srinagar-Leh road which passes through Zojila, the trucks, loaded to the hilt with essential supplies and other items, crawls along the badly disfigured highway, grinding their way up the Zojila pass. With aggressive China on its vast borders, Zojila is emerging as a strategically important road. It also serves as an important and only connecting link between Ladakh and Kashmir. Opening up of the Zojila Pass after a gap of over six months, a fixed calendar for every year, also serves an important emotional link between the people of Ladakh and Kashmir region, and thousands of soldiers stationed in Ladakh. The two places, otherwise, see less interaction because heavy snow keeps them apart for the most of winter and spring. The Government of India came up with a plan to build a tunnel with an estimated cost of Rs 12,000 crore and after roping in national and international experts, its cost was brought down by Rs 5,000 crore. In winters, working conditions are tough in Ladakh as people have to work under minus 26 degrees temperature. Earlier, this tunnel was tendered four times and on the fifth go, work was started. Under the Zojila Tunnel project, the main Zojila tunnel of 13,153 meters with four culverts of total length of 810 meters, and four Nilgrar tunnels of total length of 4,821 meters are proposed. With the construction of this tunnel, there will be all-weather connectivity for Ladakh. Currently, the average travel time to cross the Zojila Pass sometimes takes three hours, after the completion of this tunnel the travel time will come down to 20 minutes. The reduction in travel time will ultimately result in fuel savings. It has been claimed that after the completion of Zojila Tunnel, the chances of accidents would be zero. This tunnel will provide year-round connectivity between the Kashmir Valley and Ladakh, which will be extremely important for the development of Ladakh, promotion of tourism, free movement of local goods and the movement of Indian armed forces in case of emergency. The government of India should ensure the timely completion of this mega project having both historic and strategic importance. All technical and administrative glitches need to be sorted out in a time-bound manner.

WHY WE LEARN WRONG **LESSONS FROM CHINA**

The technique of importing technology through purchase, investment and often outright theft, and then systematically 're-innovating' is what has made China an industrial giant. Unfortunately, all lessons we seem to be learning are the negative ones. We can learn the importance of domestic social stability from Beijing. The Chinese accept all past empires, be they Han or led by foreigners like the Mongols or Manchus, as being part of their history and are now trying to Sinicise all their minorit

MANOJ JOSHI

There are many things China can teach us Some good, others bad. Sadly, for the present we seem to be learning only bad lessons. The good in the Chinese system is obvious – how to eliminate poverty on a mass scale, build a world-class manufacturing system, develop a huge science & technology base

and so on.

The bad, too, is apparent — the denial of basic human rights to a large chunk of its population, restrictions on the freedom of speech and political paternalism of a single party that denies agency to the citizenty, and seeks to enforce political and cultural uniformity.

In many 'bad' areas, the Chinese are world-In many 'bad' areas, the Chinese are world-class. Their surveillance companies such as Hikvision and Dahua dominate the global mar-ket and within the country over 250 million CCTV cameras operate, along with facial recog-nition software and big-data analytics. The Chinese Internet is first-rate, but it is a closed affair, all posts are monitored on a near real-time basis. Access to VPNs (virtual private net-work) is largely barred. And there are other means of social monitoring such as pational means of social monitoring such as national identity cards and household registration sys-tem for all.

India is getting there in some of these areas. India is getting there in some of these areas. Television surveillance is in its infancy but rapidly growing. However, phone tapping has been around for a while. The government refusal to provide any information on Pegasus tells its own story. Last year, the use of VPNs was effectively banned. As for identity cards, we have our own Aadhaar.

More recently, the government has taken a steen towards repulating social media by assumstances.

step towards regulating social media by assum ing the role of fact-checker. A lot of this is seem

ing the role of fact-checker. A lot of this is seemingly driven by technology and allegedly aimed at shoring up national security. But there are few signs that the restrictions come with genuine restraints against their misuse.

As in the case of China, national security has entered into our discourse in a big way. Recently, the Supreme Court scolded the government for using national security as a pretext to deny citizens their rights. In China, according to the Financial Times, "Sixteen aspects of the central government's work are now officially classified as matters of national security, includicassified as matters of national security, includicassified as matters of national security, includications. classified as matters of national security, includclassified as matters of national security, includ-ing polities, economics, cyberspace, ecology and others. India also seems to be moving in China's direction in shaping its media to be uncritical and nationalistic." One interesting feature of this is an increasing assertion the West is deter-mined to prevent China/ India from rising. Just how this is playing out is evident from the recent incident involving Congress leader Rahul Gandhi's UK speech in criticising the state of Indian democracy and its caste and

communal problems. Just why Rahul saying these things on foreign soil was 'anti-national' is not very clear; surely an Indian's rights and freedoms are not limited to Indian soil alone.

freedoms are not limited to Indian soil alone. There is some hubris here — the belief that India is on the verge of becoming a superpower and, hence, the global conspiracy. To counter charges of the democratic decline in the country, a fantastic counter-narrative is being generated that India is actually the mother of democracy since ancient times. The Chinese, too, laud democracy, but insist that their 'socialist democracy' led by the Communist Party is its most effective form. effective form

How does this square with the other reality that western countries are ardently wooing India because they see it as the only viable coun-terweight to China in the Indo-Pacific? It does terweight to China in the Indo-Pacific? It does-n't. Actually, the mild western reaction to a number of recent events like the raids on the BBC, the instances of communal violence in the country, the use of state agencies against Opposition leaders and the Indian neutrality on the Ultraine conflict suggests that New Delhi is actually getting a free pass because of its geopo-litical importance to the West. And you can be sure that the high-ups in our government are aware of this. aware of this.

aware of this.

There are, of course, better things we could be learning from China. The first being the importance of domestic social stability. The Chinese accept all past empires, be they Han or led by foreigners like the Mongoli or Manchus, as being part of their history and are now trying to Sinicise all their minorities in the name of social stability.

There is an Indian echo here in the 'Hindi Hindu, Hindustan' slogan, but, for now, the reality is of unchecked hate speech and divisive

One positive lesson we need to learn is about One positive lesson we need to learn is about the single-minded Chinese pursuit of aat-manirbharta. Their ruthless one-party system has facilitated this, but where India has faltered is not on the goal, which has been common to all governments, but in its implementation.

The results are somewhat pathetic. In recent days, we have been treated to grand political celebrations of the Vande Bharat trains. For Indians, the train looks like a futuristic marvel, and the state of the state

Indians, the train looks like a futuristic marvel, with top speed of 110-130 kmph. The reality is that we are far behind Japan, Europe and China

Till the 1990s, the Indian Railways was supe rior to its Chinese counterpart. In 2004, they issued a tender for 200 train sets and divided them between major world companies, demanding technology transfer as part of the deal.
They invested significant money in absorbing

They invested significant among too much that technology without bothering too much about IPR issues. Today, they are world leaders with a 42,000-km high-speed network where trains travel above 250 kmph on dedicated

This technique of importing technology This technique of importing technology through purchase, investment and often outright theft, and then systematically 're-innovating' is what has made China an industrial giant. Theirs has been a single-minded approach we could emulale. Unfortunately, all lessons we seem to be learning are the negative ones.



M RAJIVLOCHAN

The demand for Khalistan, recently The demand for Khalistan, recently raised by the fugitive. Amritpal Singh, is based on the faulty presumption that Punjab is the land of the Sikhs only. No, it is not. Punjab is the land of people who live in Punjab. A similar demand was raised by Master Tara Singh in 1946-47 in synchrony with Muhammad Ali Jinnah's insistence on Pakistan as a country for Muslims.

Unfortunately, such demands can cause much harm. Jinnah's tantrums

cause much harm. Jinnah's tantrums led to bloodshed and created a colossal failure in the form of Pakistan. In the 2020 biography of former Punjab CM Partap Singh Kairon, it has been documented that Tara Singh revived his demand for a separate nation for Sikhs after Independence. On that occasion, he was rebuked by Kairon, who was then merely a minister in the Punjab Cabinet. Kairon's contention was based on the ethical contention was based on the ethical principle that no country can be or should be based on religion. Kairon realised that Tara Singh's anachronis-tic demand was being fuelled by the Arya Samajis and Sanatanis in Punjab who had been pushing for the impo-sition of Hindi as a language in Punjab

Punjab.

The Hindi agitation in Punjab was getting out of hand and the then Chief Minister, Bhim Sen Sachar, was hesitating in dealing with the agita-tors firmly. Sachar's excuse to allow were cancelled. Few today remember that the rest of India then followed

the Hindi agitators a free rein was that India was now a free country and everyone could demand whatever he or she wanted.

At this point, Kairon reached out to the then Prime Minister Jawaharlal Nehru, returned to Chandigarh and in the next few days convinced his felin the next few days convinced his fel-low Cabinet ministers that Sachar as Chief Minister was up to no good. The ministers told Sachar that they had lost confidence in him. Sachar, despite having the overt backing of Nehru, resigned. As soon as Kairon succeeded Sachar, he cracked down on the Hindi acitators.

on the Hindi agitators.
Once the Hindi agitation was taken Once the Hindi agitation was taken care of, Kairon turned his aftention to the issue of regional aspirations. This meant, among other things, passing orders to make Punjabi the language of official communication, the language of control till the district level and doing away with religion-centric holidays. Till then, various religious groups used to have their own holidays taken their own holidays and all employees, irrespective of their religion. This also meant that many religious-specific holidays that many religion-specific holidays



Kairon's example to do away with such holidays. When Master Tara Singh once

again raised the matter of a separate state for Sikhs, Kairon dealt with him firmly too. Kairon was of the belief that in India there could be no state based on religion. Anyone who thought otherwise was handled with an iron hand.

ONCE THE HINDI AGITATION WAS TAKEN CARE OF, KAIRON TURNED HIS ATTENTION TO THE ISSUE OF REGIONAL ASPIRATIONS, THIS MEANT. AMONG OTHER THINGS, PASSING ORDERS TO MAKE PUNJABI THE LANGUAGE OF OFFICIAL COMMUNICATION, THE LANGUAGE OF COURTS TILL THE

DISTRICT LEVEL AND DOING AWAY WITH RELIGION-CENTRIC HOLIDAYS. TILL THEN, VARIOUS RELIGIOUS GROUPS USED TO HAVE THEIR OWN HOLI-DAYS. KAIRON CHANGED THAT. HOLIDAYS WERE GIVEN TO ALL EMPLOYEES, IRRESPECTIVE OF THEIR RELIGION.

> We in India often forget that the simplistic belief that a country can be

equated with a religion has its roots in the troubled history of Europe. Till some 300 years ago in Europe, people had to compulsorily follow the reli-gion of the ruler. Religion was supposed to 'come out of a book' and people were willing to kill those who did not follow the book or followed did not follow the book or followed some variant thereof. Millions were killed in the process. One of the greatest civilising moments in Europe was when some rulers agreed — at the instance of the Pope, who was presumed to be the representative of the son of God — that the ruled did not meet to follow the book of the religion which the ruler followed. This process eventually out called 'Scrular-moress' eventually out called 'Scrular-more statement of the second of th process eventually got called 'secularism'. And killings mostly stopped till Hitler arrived to wipe out six million

Hitler arrived to wipe out six million Jows in Europe.
Coming from that European radiion, the British in India adopted the same criterion for defining a country and its people. In India, there never had been a time when the ruled needed to follow the religion or beliefs of the ruler. Even followers of Islam lived peaceably in India for almost 300 years before Islamis invaders. 300 years before Islamist invaders from the North-West started inflict-ing tremendous horrors on the mass-

There are, however, still people in India who imagine that they can con-vert India into a region ruled by a book. In the 1980s, Jarnail Singh

Bhindranwale tried to do it. The shortsightedness of the government of those days allowed him to flourish for a brief while. Then he was sorted for a brief while. Then he was sorted out. The Popular Front of India (PFI) recently made such an attempt towards creating an Islamic state in India. In Punjab, Amritpal Singh, allegedly with the help of Pakistan's military spooks, has tried his hand at creating Khalistan. Both have failed. What has 'succeeded' is the effort of Swami Nithyananda. He has set up an entirely new 'country' for himself

an entirely new 'country' for himself somewhere far away from India. He calls it the 'United States of Kailasa', apparently named after the mountain abode of Shiva, as described in Hindu

abode of Shiva, as described in Hindu mythology.

The 'country' of Kailasa even man-aged to send a 'permanent represen-tative' to a United Nations event ear-lier this year! Much to the mirth of the people of India, the authorities of sev-eral American cities have signed eral American cities have signed agreements with representatives this 'country'.

Ananya Panday is single, says mom Bhayana amid **Aditya Roy Kapur dating** rumours: 'Link-ups happen...'

quashed dating rumours of the nd shared that her daughter is r and shared that her daughter is le. She was rumoured to be dating, r Aditya Roy Kapur after they seem hanging out at several nt events. The actors also walked armp together as showstoppers for open Manish Malhotra at the grant le of the Lakme Fashion Week in the Bhavana denied that her gher was in a relationship and added that link-ups happen in the we profession.

ng profession. havana Panday is married to actor unky Panday. They also have a unger daughter Rysa Panday. Along h her friends Neelam Kothari Soni,

starred in the second season. The real ty series was renewed for a third sea-son recently. Speaking to ETimes, Bhavana Pandey spoke about Ananya and her love life. She said, "The fact is that Ananya is single and link-ups happer in a profession like this. It's okay, It's like helds again and mean of fact.



NEWS

THE ROYAL NAWAB: 5 LOOKS OF SAIF ALI KHAN THAT HAVE ALWAYS IMPRESSED EVERYONE

Sait Ali Khan was recently seen at the star-studded NMACC launch event with his wife, Kareena Kapoor Khan and sis-ter-in-law, Karisma Kapoor. The trio made for a striking visual that is trending on social media for days. What impressed all was the fact that the Nawab always manages to make women weak in their manages to make women weak in their knees with his bandingala, pocket square, kurta and trademark swag. His fashion is on a different level altogether.

So, without further ado, let's dive deep into his style statement. Here are a few times that Saif Ali Khan has given us royal vibes:

Saif in a tuxedo in Gstaad is the epitome of sophistication and class. His dashing appearage in the well-taileded tuxe.

ing appearance in the well-tailored tuxe-do commands attention and leaves a last-



ing impression. The crisp lines and ele-gant cut of the tuxedo perfectly comple-ment his charming demeanour and with his mini-me, Taimur, who also rocks

a black Jacket.

Bollywood's power couple, Kareena
Kapoor and Saif Ali Khan arrived at the
NMACC inauguration in Mumbai. While
the couple looked as elegant as ever we could not keep our eyes off Saif's three-piece ethnic suit. He is the perfect blend

piece ethnic suit. He is the perfect blend of tradition and modernity. The suit drapes over his frame perfectly, emphasising his sharp features and complementing his confident aura proving his refined sense of style.

Saif Ali Khan's House of Pataudi, one of the most loved ethnic and occasion wear brands of the country, launched its store in Mumbai. Keeping up with the aesthetic of his brand, Saif in true fashion made an appearance in a timeless ethnic made an appearance in a timeless ethnic suit. The actor's unmatched class is truly

Sushant Singh Rajput's Sister Privanka Singh Drops Cryptic Post After Rhea Chakraborty's 'Roadies' Announcement



ate Bollywood actor Sushant Singh Rajput's sister Priyanka took to social media where she wrote a Priyanka took to social media where she wrote a cryptic post saying "tum kiyu darogi" (why will you be scared) after actress Rhea Chakraborty was announced as a gang leader for the upcoming season of 'Roadies'. It was on Monday, that Rhea was named as one of the gang leaders in the 19th season of the youth-based reality show 'MTV Roadies'. She had shared a promo on leatename.

Instagram.
Rhea was heard saying: "Aapko kya laga main wapas nahi aaungi, darr jaungi? ab darne ki baari kisi aur ki."
Taking to Twitter, Priyanka Singh wrote: "Tum kiyu darogi? Tum to vaishya thi aur rahogil Prashna yeh hai ki tumhari upbhogta kaun hai? Koi Sattadhari hi ye himmat de sakta hai. Who responsible 4delays InSSRCs is obvious

(sic.)" Sushant Singh Rajput died in 2020 in mysterious cir-cumstances which created a nationwide uproar. He was found hanging in his flat in Juhu. Days after his death, the actor's father filed a case against Rhea, the actor's then gilfriend, accusing her of abetment of suicide and money laundering.

Kim Kardashian joins American Horror Story season 12, receives mixed reactions: We didn't ask for this'



Im Kardashian is teaming up with Ryan Murphy for the latest season of American Horror Story. The reality star and businesswoman took to Instagram to announce that she is joining AHS alum Emma Roberts for the 12th season of the hit show, while posting a teaser video accompanied with ereir music, along with a caption that included eyeball and blood drop emojis. The short teaser video which was posted by The Kardashians star revealed that she will be joining American Horror Story alum Emma Roberts in the 12th season, which is eyeing a release sometime around this summer. The teaser also hinted that the upcoming season of Ryan Murphy's anthology series will be called Delicate. Emma Roberts also posted the same video with the caption, 'This summer... Kim and I are DELICATE.'
Fars were surprised at the announcement and wrote in the comments.

the comments.

A fan said, "This is the 2023 plot twist I didn't see coming!!" while another wrote, "Just when you think she's done it all, she's back again (clap emoticons)." Kim's sister Kylie Jenner reacted to the post and commented with fire emoticons. There were also some mixed comments to the announcement, where one user wrote, "We didn't ask for this." Another comment read, "Ugh guess I'm skipping this season." One user also wrote, "Well this is the end of ahs."

Anil Kapoor Calls Jeremy Renner 'Toughest Avenger



Billywood actor Anil Kapoor has praised Hollywood star and his "dearest friend" Jeremy Renner and said that he is "absolutely indeructible."

structible.*

Renner, who got severely injured in a snow plough accident on New Year's, appeared on a chat show for the very first time after the tragic incident.

Anil, who will be seen sharing screen space with Renner in the upcoming series 'Rennervations', took to Twitter to praise the 'Hawkeye' star after his appearance on the chat show.

Renner had tweeted about his Jimmy Kimmel Live

appearance. He wrote "Oddly comfortable coming out a different door, with different stories, and brand new cane?"
Replying to his tweet, Anil wrote: "Absolutely indestructible my dearest friend "@leremyRenner the toughest avenger."
"Rennervations" is a four-part series, which revolves around Remer, who embarks on his passion of brings

around Renner, who embarks on his passion of bring-ing communities together by reimagining unique vehicles that serve the purpose and aid people's

Millie Bobby Brown shows off diamond ring in pic with boyfriend; ians are shocked: When teenagers are getting engaged...



O n
Instagram,
Millie
shared a
picture of
the couple
dressed in white
during a happy moment. Taking a
lyric from Taylor's Lover, she
wrote "Twe loved you three sum-

wrote, "I've loved you three sum-mers now, honey, I want 'em all (white heart emoji)."

Fans seemed shocked by the actor's news and asked her if she s news and asked her if she was engaged. Others were happy for Millie and congratulated her and Jake.



'forever' to the photographs. graphs.

The 20-year-old is the son of singer Jon Bon Jovi and his wife Dorothea. Earlier this year, Millie had referred to Jake as her Partner for life' in an Instagram post where she put several pictures of the couple and their life together. Millie is known for her role as Eleven on the Netflix known for her role as Eleven on the Netflix sci-fi series Stranger Things. The global hit series is expected to end next year with a fifth and final series.



Swara Bhasker o- marriage with Fahad Ahmad, faci- g 'societal pressure': If you love each other, the- fight the fear

wara Bhasker and Fahad wara Bhasker and Fahad Ahmad appeared togethAhmad appeared together on a magazine cover excently. A few weeks ago, the actor had registered her marriage to Fahad, who is state president of Samajwadi Yuvjan Sabha. The couple had celebrated with friends and family at a grand reception in Delhi, among other functions. In a among other functions. In a recent interview, Swara and Fahad spoke about what they believe is the secret to a healthy relationship.

In their joint interview, In their joint interview, Swara Bhasker and Fahad Ahmad also reflected on their journey from friendship to love, what drew them to each other, and more. The two had met for the first time during a public protest in January 2020. After keeping it a secret for more months, the two announced their relationship in February this year.

to a successful relationship is, Swara Bhasker told Brides relationship with Fahad, "We

Today, "I don't want to give advice because our relationship is very new. But I think what enabled us

But I think what enabled us to be together was that we accepted that we come from different worlds. In India, love comes with a lot of societal pressure. Young couples in India have

announced their relationship in February this year.

When asked what the secret other, then fight the fear."

need to acknowledge that we need to acknowledge that we are two different people, hailing from different backgrounds, who have different lived experiences.

I would say don't change who you are fundamentally, but it is okay to step out of your comfort zone. Tha's how you learn…"

Fahad also spoke about Swara, calling her wonderful as he praised her for having a rono-judgmental

'non-judgmental attitude towards everyone'. He said she other festivities.

was 'extremely supportive' towards him. Swara Bhasker had announced her marriage plans through a video she shared on her social media accounts in February. The couple had a court marriage and later held various wedding celebrations in Delhi and Bareilly. The couple had celebrated the wedding with friends and

the wedding with friends and family by hosting functions like haldi, mehendi, musical

Does high-intensity exercise affect our hearts? Minds? Life **spans? Waistlines?**

HIIT may help to reduce fat stores around our midsections, and it seems uniquely beneficial for our brains. But general guidelines advise limiting this form of workout to thrice a week.

Por the past five years or so, high-intensity interval training, or HIIT, has been one of the most ■ HIIT, has been one of the most popular and controversial forms of exercise. Consisting of brief spurts of intense exercise interspersed with rest, various versions of HIIT have been tested, tried, talked about and sometimes derided by countless researchers, coaches, journalists, influencers and almost anyone else interested in fitness.

Gym franchises and online classes specialize in HIIT. Dozens of scientifstudies every month explore its enefits and drawbacks. By almost

benefits and drawbacks. By almost any measure, HIIT is hot. But plenty of questions remain about HIIT. Is it particularly good for our hearts? Minds? Life spans? Waistlines? Is it better for us, long term, than taking a brisk daily stroll? And what does "intense" exercise

even mean?
With New Year's exercise resolutions almost around the corner, now
seems the right moment to home in
on HIIT, and how and why to try it. It
is also useful to explore the best way
to do HIIT, as well as whether we need a pricey heart rate monitor, gym membership, personal trainer and advanced math skills to get started, or if sneakers, a handy hill and a distant ee can be equipment enough. What is HIIT?

What is HIII?

With HIIT, you strenuously ride, run, swim, hop, crunch or otherwise push yourself aerobically for a few minutes or even seconds, slow or stop to rest for a few more minutes, and to rest for a few more minutes, and repeat that sequence three or four times, or more. The aim is to "chal-lenge" your cardiovascular system and muscles during each interval without tipping yourself into abject exhaustion or injury, said Martin Gibala, a professor at McMaster University in Hamilton, Ontario, and prominent HIIT researcher.

Alluringly, HIIT workouts often equire fewer than 10 minutes in total o complete.

to complete.

This exercise approach is not new, of course. Athletes looking for performance boosts have threaded interval sessions into their broader training since time immemorial. But today's HIIT is often promoted as the only exercise you have. the only exercise you have

to do - and not an addon to longer, moder-HIIT

"For most people, there is no doubt that HITT leads to larger increases in VO2max" - or gen uptake, a measure of our aer-obic fitness and endurance—"than exer-

cise of a more moderate nature," said Ulrik Wisloff, a professor and head of the cardiac exercise research group at the Norwegian University of Science and Technology in Trondheim, who has been study-ing HIIT for more than 20 years. A higher VO2max is strongly asso-ciated with greater longevity, he

added, suggesting that intervals are likely to have a more potent influence on our life spans than, for instance, gentle walks.

HIIT also may help to reduce fat stores around our midsections as effectively as longer, easier exercise, and it seems uniquely beneficial for

younger and older adults" in ways that standard, moderate exercise cannot, said Jennifer Heisz, a professor at McMaster University and the author of the upcoming book "Move the Body, Heal the Mind," which will be published in March. Only strenuous published in March. Only strenuous exercise prompts the muscles to pro-duce a gush of the chemical lactate, she said, which then travels through the blood to the brain, where it is known to promote the creation of new cells and blood vessels,

upping brain health and lowering our

excep-tionally brief. In a famous f a m o u s 2006 study f r o m Gibala's lab, for two weeks one group of college students pedaled station-

ary bicycles moderately for 90 to 120 minutes three times a week, while another group grunted through four to six sessions of 30 seconds of all-out to six sessions of 30 seconds of all-out cycling followed by four minutes of recovery. The moderate exercisers, who topped out at about 12 hours of exercise altogether, showed improved measures of fitness and healthfully remodeled the inmover workings of their muscle cells. But the HIIT riders, who completed 12 total minutes of intense exercise grow just minutes of intense exercise, grew just as fit or fitter and showed even more molecular alterations inside their

muscles.
"It is neither practical nor advisable to be doing HIIT on a daily basis," said Jamie Burr, a professor at the University of Guelph in Ontario, who has studied the physiological effects of many types of physical activity.

Health guidelines generally advise against this kind of exercise more than three times a week, he said, to

than three times a week, he said, to avoid burnout or injury. But in that case, we are not exercis-ing for at least four days of the week, which can be problematic. "There are a number of health ben-efits," most of them related to better blood sugar and blood pressure levy. blood sugar and blood pressure levels, he said, that occur only on days eis, he said, that occur only on days when we exercise. When we skip working out, even if we did HIIT the day before, our blood sugar and blood pressure control may slip, undercutting the long-term metabolic gains from those earlier intervals. So it you decide to do HIIT, plan to completely about trees of congrist he

schedule other types of exercise, he said, such as moderate walking, cycling, swimming, jogging or calis-thenics on most other days of the

IT rather than HIIT? Perhaps the biggest impediment to HIIT for

many people is that would start using encompassing term 'interval term 'interval training,'" than rather than HIIT, Gibala said. "So many people are intimi-dated, because they think HIIT has to be this all-out, hard-a

this all-out, hard-as-you-can-go, gut-busting work-out." It does not, he said. On a green-yellow-red spectrum of physical effort, he said, it is "yellow." "You should be able to have short conversations with another person" during a typical interval, Wisloff said. "But if that person asks you to sing, you should not be able to."

In practice, this level of effort could mean walking up a hill instead of on level ground, Wisloff said. Interval walking, in fact, can be an ideal intro-

duction to this kind of exercise In a large-scale experiment a few middle

> walked some at
> t h e i r
> u s u a l
> pace, while
> others alternated three
> inutes of upminutes

walking three minutes of strolling. At the end of five months, the interval walkers of the months, the interval walkers were considerably fitter and stronger than the others. And when the researchers checked back in with the volunteers two years later, 70% of the interval walkers were voluntarily continuing with their interval pr

gram.
Keep it simple. Consider fartleks Recep it simple. Consider lartless Interested in trying HIIT now? Good, Wisloff said. "I would say that everyone should aim for at least one HIIT session per week, for the sake of health," he said.

health," he said.

Choose whichever variety of HIIT appeals to you. You might try one minute on, one minute off, meaning you push yourself for 60 seconds, rest for 60, and repeat, or the four-minute interval workouts employed often in Wieldelf excepts with four minutes. Wisloff's research, with four minutes of strenuous effort followed by four

minutes of rest.
Other researchers use four-second intervals, and I have tried and enjoyed the 10-20-30 approach, which was pioneered by scientists in Copenhagen, Denmark: You jog or otherwise exercise gently for 30 sec-onds, ramp up the effort for 20 sec-onds and then sprint for 10 seconds onds and men sprint for 10 seconds before returning to the easy half-minute jog, But lately, I have settled into frequent fartleks. Swedish for speed play, fartlek workouts involve picking a goal, such as a tree or light pole up ahead, and speeding up until you reach it.



The Best Oatmeal Combinations for Faster Weight Loss, Says Nutritionist

Par weight loss (and general health) it's hard to name a better breakfast than oatmeal. The whole grain goodness of oats loads you up with fiber and pretrie leoning. with fiber and protein, keeping you full throughout the morning. And at a mere 150 calories ing. And at a mere 150 catories per half-cup, oats won't start your day on a heavy note. In fact, a 2016 study from the Journal of the American College of Nutrition found that oatmeal increased satiety and suppressed appetite better than readystoped cereals. -to-eat cereals.

Still, if you frequently turn to oatmeal as your weight-loss-friendly breakfast of choice, you might need some new ways to keep things interesting in your morning bowl. Fortunately, though oats all by themselves aren't known for packing much flavor, they're a perfect canvas for all sorts of compelling concoctions. Vary your oatmeal routine with of the intriguing flavor combos below - then check out compos below—then check out our 21 Cozy Oatmeal Recipes Perfect for Weight Loss This Fall.

You may think calorie-dense almonds wouldn't be slimming, but studies show that ming, but studies show that people who eat nuts more frequently tend to have a lower body mass index (BMI). So go ahead and include a small handful of slivered almonds in your next oatmeal creation. Then, for sweetness, turn to fresh or frozen blueberries. Some research indicates that anthocyanins the flavonoids. anthocyanins, the flavonoids that give blueberries their sig-nature color, may have natural weight loss-promoting proper-ties.

through loud and clear when you combine pears and cinna-mon in your oatmeal. Half a



fiber-rich medium pear adds

mon are negligible, making this just 50 calories, and the calories in a sprinkle of earthy cinna-Try finely diced ripe pear in

microwaveable oats, or add firmer pears to baked oatmeal.

PEANUT BUTTER

PEANUT BUTTER

Banana and peanut butter are
a classic combo for a reason.

This simple food pairing isn't
just delicious, it's good for
weight loss, too! A tablespoon of peanut butter packs 4 grams of protein to keep a full belly, while bananas add sweetness so there's no need for honey or so there's no need for noney or brown sugar here. Sprinkle in a tablespoon of flaxseed for extra texture, fiber, and heart-healthy omega-3 fatty acids.

PUMPKIN + TURMERIC + POMEGRANATE

Ready to think way outside Ready to think way outside the bowl? Spice things up—lit-erally—with a unique mélange of pumpkin puree, turmeric, and pomegranate seeds. Pumpkin provides plenty of fiber to stave off cravings and boasts, important microutriboasts important micronutrients like vitamin A, vitamin C, and potassium. Meanwhile, eric's antioxidant propertion to your diet at any time. Its spicy bite pairs beautifully with the pumpkin's mild creami-ness. Finish things off with jewel-toned pomegranate nibs for sweetness and crunch. A quarter-cup contains just 36 calories!

SHREDDED CARROTS +

SHREDDED CARRUIS+
WALNUTS+
MAPLE SYRUP
Fruit is an obvious go-to as
an oatmeal topping, but veggies can find their way into a
tasty bowl, too. Create a carrot
cale-inspired breakfast by cake-inspired breakfast by cake-inspired breakfast by incorporating shredded carrots, walnut pieces, and maple syrup into your next baked oatmeal. Baking will soften the carrots and walnuts so they're not overly crunchy. Between the fiber from the carrots and the pratein and good fats in the the protein and good fats in the nuts, it's a satiating, healthy mix that still manages to taste



AYUSH organises Vaishakh Aarogya Utsav in GCOE Jammu

JAMMU, APRIL 11: Government College of Education, Jammu in collaboration with the Directorate of AYUSH, J&K today organised a 2-day Vaishakh Arogya Usav to mark Baisakhi celebration. Dr Mohan Singh, Director AYUSH con-

vened the program to promote Indian Traditional Knowledge System through educational institutions

educational institutions.

Prof. Aekta Gupta, Principal, GCOE
Jammu inaugurated the two day program
in the college campus. Dr. Zubair Kales,
Dean, School of Education was the Guest
of honor on the occasion.
Dr. Shivani Padha, Dr. Gagandeep
Kour and Dr. Arun Gupta Medical
Officer, Government Ayurvedic Hospital,
Jammu, and other. Doctors. from

Officer, Government Ayurvedic Hospital, Jammu and other Doctors from Government Ayurvedic Hospital, Jammu visited the college. A free AVUSH aware-ness and health checkup camp and Prakriti Parikshan was organised for the students and faculty of the college. The experts from the department of Ayush emphasized on the health benefits of millets and they also told the audience



about the variety of recipes that can be made by using Millets. Dr. Arun Gupta said that the doctors from AYUSH are at the frontline and we are here to serve people better. He also said that AYUSH med-icines come under the category of experienced medicine and are time tested, cost

effective, and have no side effects.

Stressing that the relevance of AYUSH has become more now, Dr. Gagandeep

said that AYUSH medicines are widely used as a standalone option and as an adjunct with bio medicine in the long

Dr. Arun Gupta presented a PPT on "Millets and Health benefits of millets in

ous types of Millets like Cheena, Kodra, Kungani, Madhulika, Jowar, Sawaan etc. An exhibition of Ayurvedic products was also displayed in the college premises. Students were also given products from the department of AYUSH.

Prof. Aekla Gupta, Principal, CCOE appreciated the efforts of the college team to conduct such events that are helpful in the long run During the program a book on "Health & Wellness" authored by Dr.Vinod K Bakshi and Prof. Ranmadeep Kralia of Govt. College of Education, Jammu was released by the dignitaries.

Prof. Anju Bala (B.Ed Co-ordinator), Dr. Rajinder Kour (M.Ed Go-ordinator), Dr. Rajinder Kour (M.Ed Go-ordinator), Dr. Shalini Rana (Convenor, IQAC), Prof. Seema Kotwal, Prof. Radhika Mahajan, Dr. Deep Kumar Bangotra, Prof. Shapia Shameem, Prof. Saria Doga, Prof. Satish K. Sharma, Prof. Neeraj Verma, Prof. Serna Kumari, Prof. Vinoya Lata, Prof. Anuradha Chowdhary, Prof. Shamboo Nath, Dr. Sudowa Pala, and other feculty membres. Chowdhary, Prof. Shamboo Nath, Dr. Sushma Bala and other faculty members were present on the occasion

The event ended with a vote of thanks delivered by Prof. Seema Kumari.

DC B'pora reviews enrollment for registration under PMJJBY/PMSBY

CALLS FOR JOINT EFFORTS TO ENSURE **BENEFITS FOR MASSES**

JI NEWS SERVICE

BANDIPORA, APRIL 11: Deputy Commissioner Bandipora Dr. Owais Ahmed on tuesday chaired a meeting of concerned officers to review the enrolment drive for reg-istration of beneficiaries under social security schemes including Fradhan Mantri Jevan Jyoti Bima Yojana[PMJ]-BY) and Pradham Mantri Suraksha Bima Yojana[PMSJY). Dr. Owais on the occasion asked all the concerned offi-cers and representatives of Banks and financial institutions to gear up for the saturation campaign and ensure active involvement of PRI members to over all eligible benefici-

involvement of PRI members to cover all eligible benefici-aries under the social Security schemes. He calls for joint efforts of the banks and other depart-

He calls for joint efforts of the banks and other depart-ments and active participation of the District Administration to ensure that benefits of the two Jan Suraksha schemes PMJBY and PMSBY reach the masses. The Deputy Commissioner stressed upon the Officers of concerned Departments and financial institutions to utilise their field functionaries for identification and mobilisation of the Scheme beneficiaries for cent percent enrolment. He also stressed on intensive awareness among the peo-ple regarding awareness of the scheme. Dr. Owais on the occasion asked the denartments to

Dr. Owais on the occasion asked the departments to achives the targets within shortest possible time.

Besides ADDC Bandipora Ali Afsar Khan, the meeting

was attended by Joint Director Planning Imtiyaz Ahmad, DIO Bandipora Jahangeer Akhoon, Lead District Manager Bandipora and other concerned.

DC inaugurates Blacktopping work on Pingla Mata road

UDHAMPUR, APRIL 11: Deputy Commissioner, Udhampur Krittika Jyotsna today visited Ramnagar and

Udhampur Krittika Jyotsna today 'visited Ramnagar and inaugurated the blacktopping work on Pingla Mata road taken up under Pradhan Mantri Gram Sadak Yojana. While inaugurating the road work in presence of PRI members, the DC said that road connectivity was the basic requirement for growth and development of any area. Interacting with PRI members and general public of the area, the DC informed that Pradhan Mantri Gram Sadak Yojana is majorly funded by the central government to provide road connectivity to the rural areas. She called upon the officers to put in sincere and dedicated efforts to take the benefits of all government schemes to the targeted sections of the society.

The Executing Agency was directed to complete the

The Executing Agency was directed to complete the work at the earliest to provide benefits to the general pub-

DC Kulgam reviews arrangements for Baisakhi festival

KULGAM, APRIL 11: To review and finalize arrangements KULGAM, APRIL 11: To review and finalize arrangements for Baisakhi festival a meeting of officers and members of Gurdwara Prabhadhak Committee Palpora, was today held under the chairmanship of the Deputy Commissioner Kulgam Dr Bilal Mohi-Ud-Din Bhat here at Mini-Secretariat Kulgam. The meeting finalized arrangements of safe drinking water, uninterrupted power supply, first-aid, sanitation and other related arrangements.

The DC instructed the Officers of Jal Shakti and KPDCL to provide uninterrupted power and water supply to Palpora area during the days of festival.

KPDCL authorities were also instructed to repair

KPDCL authorities were also instructed to repair defunct high mast lights in Palpora area.

defunct high mast lights in Palpora area.

District heads of various departments were given directions to ensure fool-proof arrangements pertaining to their respective departments.

The meeting was attended by ADDC, Showkat Ahmad Rather, ADC Viqar Ahmed Giri, Tehsildar Devsar, BDO Devsar and other officers besides President and members of Gurdwara Prabhadhak committee Palpora.

Secretary DLSA, Bandipora visits Senior Citizens Home, presides over an awareness programme

JI NEWS SERVICE

BANDIFORA APRIL 11: Secretary District Logal Services Authority (DLSA) Bandipora today visited Senior Citizens Home Bandipora (AHAT-E-WAQAR) and presides over Legal awareness programme on "Maintenance and welfare of parents & senior citizens Act, 2007" and supervised the living conditions of senior citizens.

The programme was organized under the Chairman DLSA Bandipora, Amit Sharma and under the guidance of Secretary DLSA Bandipora Nusart Ali Hakak.

Secretary District Legal Services Authority (DLSA) Bandipora interacted with the senior citizens and said that, AHAT-E-WAQAR is a recreational centre for elderly people. She said there is an urgent need to boost our efforts to support the elderly members of our society and raise legal awareness among them.

wareness among them. It is well known that the elderly people require a signif-

It is well known that the elderly people require a significant amount of attention and support to lead fulfilling lives, she added.

Scretary DLSA said that such personal interactions can significantly improve the mental and emotional wellbeing of the elderly persons, especially those living in isolated conditions.

Advocate Irshad Ahmad Dar acted as a resource person and delivered a lecture on legal aspects and explained different laws for senior citizens including MWPSC Act, 2007 and prevention of Elder Abuse.

To accelerate MSME growth, J&K Bank signs MoU with CIMSME

WE HAVE ROBUST NUMBERS TO BACK OUR COMMITMENT TOWARDS MSME **GROWTH IN THE COUNTRY: MD & CEO BALDEV PRAKASH**

need to translate this MoU into solid business growth especially in the rest of India because this is the sec-tor which complements the large industries in the form of subsidiary units that are vital to the entire co-system." 79KB Bank has always been on the forefront of creating employment opportunities and we have robust numbers to back our commitment towards encouraging

commitment towards encouraging the MSME growth in the country. There has been a growth of 440% in the number of Bank's MSME

SRINAGAR, APRIL 11: Forging partnership with Chamber of Indian Micro, Small & Medium Enterprises (CIMSME) to accelerate growth of

Micro, Small & Medium Enterprises (CIMSME) to accelerate growth of manufacturing enterprises, J&K Bank today signed a Memorandum of Understanding (MoU) with the country's apex chamber of MSMEs that represents their interests and issues with the Government and various Regulators while being active participant in MSME related policymaking.

General Manager (Corporate Banking, MSME/A griculture) Ashutosh Sareen signed the MoU on behalf of the Bank, while as, President Mukesh Mohan Gupta put in his signatures representing CIMSME in presence of MD & CEO JGK Bant Baldev Prakash, Executive Director Sudhir Gupta, General Manager Narjay Gupta, Director (CIMSME) Subhash Joinwal, DCMs and other senior Bank officials. Bank's Divisional Heads also joined the function through VC Mode. While lauding the role of CIMSME in promotion of MSMEs, MD & CEO Baldev Prakash.

MD & CEO Baldev Prakash expressed pleasure over the signing

of MoU. He said, "As a responsible financial institution we understand that MSME sector plays a critical role in fostering entreprenurship and generates huge employment opportunities thereby contributing greatly to the country's GDP. Moreover, MSME lending is profitable for banking industry and we need to translate this MoU into solid business crowth especially in the

sector a great deal."

Citing the lack of awareness about Citing the lack of awareness about various MSME schemes and processes to avail the facilities, he stressed upon the need to educate lenders particularly at operational levels and borrowers of this sector. He further added, "We will soon be coming up with a web portal for ease of both MSME lenders and borrowers." Executive Director, Sudhir Gupta said that signing of the MOU with the apex chamber is akin to forging a partnership that will go a long way in promoting the culture long way in promoting the culture of enterprise across the country while adding to the Bank's business

a time bound manner.

Speaking on the occasion,
President (CIMSME) Mukesh
Mohan Gupta said, "We feel honoured for J&K Bank's acceptance of
our request for the tie up. Having
J&K Bank on board is great boost for
us that will eventually help MSME
control great the lift."

the number of Bank's MSME accounts during the last six years while as the credit exposure to the sector has witnessed 252% increase from Rs 4768 Cr to Rs 15872 Cr.", he added.

Asserting that MSME sector will bolster economy of the UT and the country alike, MD said, "We will ensure that bankable leads generated by the CIMSME are processed in while adding to the Bank's business profile.

Earlier, GM Ashutosh Sareen said that under the tie-up CIMSME will not only source the MSME/Start-up proposals across the country but will conduct due diligence of these proposals as a part the Bank policy. proposals as per the Bank policy and RBI Guidelines.

SPECIAL SUMMARY REVISION-2023

SVEEP activities gain momentum in Kathua

STATHUA, APRIL 11: As part of the ongoing Special Summary Revision 2023, the District Election Cell, under the guidance of the District Election Officer (Deputy Commissioner), Kathua, Rahul Pandey, today conducted a series of events under the aegis of Systematic Voters' Education and Electoral Participation (SVEEP) Programme.

The activities were organized to educate the prospective voters about the importance of voting and their role in the electoral process.

The SVEEP programmes were held at various locations including government schools and public places in the district. In particular, special awareness sessions were held at all the polling stations where hundreds of Youngsters & the general public participated.

The awareness exercise under SSR is aimed to highlight the importance of voter participation in a democracy and educating prospective voters about the

light the importance of voter participation in a democracy and educating prospective voters about the Special Summary Revision 2023. The Election Staff is emphasising the need for greater participation of voters and the significance of exercising the 'Right to Vote.' The newly eligible voters were also informed about the online portal for registering as a voter on the National Voters Service Portal (NVSF) and the Mobile Voter Helplin App.

The SVEEP activities held in Kathua are gaining momentum with every passing day & are successful in raising awareness about the importance of voter participation and educating prospective voters about the Special Summary Revision 2023.

The Election Cell is committed to conducting further

The Election Cell is committed to conducting further awareness activities in the district to ensure maximum voter registration and participation in the upcoming

LCMA holds 128th Building Permission Authority meeting

SRINAGAR, APRIL 11: The Conservation Management Authority today 128th meeting of the ng Permission Authority the Chairmanship of Vice Chairman, J&K-LCMA at Head Town Planner Enforcement Office Complex, LCMA, Officers LCMA, representatives Miskeen Bagh, Khanyar, Executive Engineer UEED SMC, Executive Engineer Lake SMC, Executive Engineer Lake Division 2nd LCMA, Executive Engineer Electric Inspection Engineer Electric Inspection Division & representative Chief

officer LCMA as members of the Building Permission Authority

The agenda for the meeting was discussed threadbare and a total of 29 cases were decided upon by the BPA on merits.

Meanwhile, the Vice Chairman J&K LCMA who is also the Chairman of BOCA has a constant of the contraction of the contraction

apply online for proper building permission through its building permission authority, before starting any sort of Construction Construction raised illegally Construction raised illegally shall be dealt seriously under law & will be demolished.

Boat Race, Cricket match held as part of SVEEP activities in Bandipora

SVEEP ACTIVITIES AIMED AT ACHIEVING VISION OF **IMPROVING VOTER PERCENTAGE: DR. OWAIS**



JI NEWS SERVICE

BANDIPORA APRIL 11: As a part of Systematic Voter Education Electoral Participation (SVEEP) pro-gramme, District gramme, District Administration Bandipora in collaboration with District Election office District Election office Bandipora on Tuesday con-ducted voter awareness campaign at Wullar vin-tage Bandipora to raise awareness regarding varius voting related activi-

ties.

The event was attended by Deputy Commissioner Bandipora Dr. Owais Ahmed as chief guest, Padmashri Faisal Ali Dar as brand ambassador of SVEEP activities District Bandipora, Nodal Officer Coordination Mohammad Ashraf Hakak, Functional Manager DIC Bandipora Mehraj Wani and other concerned. The campaign turned into a celebration with the active participation of the newly-enrolled voters, youth and huge gathering of local populace.

The event witnessed first of its kind boat racing among local youth to gen-erate awareness among people and a cricket match was also held to ensure was also held to ensure maximum participation of eligible voters. In his address, Deputy Commissioner Dr. Owais Ahmed said that district administration has set the

vision of improving the voting percentage and the SVEEP activities are aimed at achieving the target.

He said district administration is also committed to

develop more sports infra-structure for the benefit of local youth.

DC reviews status of Aadhaar Enrollment in Rajouri district



JI NEWS SERVICE

RAJOURI, APRIL 11: Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting to review the sta-tus of Aadhaar enrollment and the progress achieved so far in the district. Sanjeev Mahajan, Director UIDAI Chandigarh also attended the meeting

Chandigarh also attended the meeting through video conference.

In the meeting, the Deputy Commissioner sought a detailed report on all aspects of Aadhaar enrollment with main focus on enrollment of the 0 to 5 year age group. The meeting was apprised that 5801 percent achievement has been recorded regarding Aadhaar enrollment of 0 to 05 years age group. Similarly, the DC also reviewed the progress achieved under Aadhaar enrollment in other age groups including 05 to ment in other age groups including 05 to 18 years and 18 years above. The Director UIDAI Chandigarh,

Sanjeev Mahajan also provided valuable suggestions to the concerned stakeholdsuggestions to the concerned stakehold-ers for achieving hundred percent Aadhaar enrollment in the district. He urged the officers to work with added zeal to achieve the desired results at the earliest. While addressing the meeting, the Deputy Commissioner Rajouri, Vikas Kundal, underscored the importance of officities involvementation and maximum effective implementation and maximum Aadhaar enrollment in the district. He also reiterated the commitment of the dis also reiterated the commitment of the dis-trict administration to ensure enrollment of all citizens to enable them to avail ben-efits of different schemes. He directed the officers to actively monitor the process for efficiency, accuracy and full satura-tion. Officers who attended the meeting were ASP, Vivek Shekhar; DSEO, Sandeep Sharma; LDM, Sanjeev Bhasin; CDPO Rajouri, Naseer Ahmed and Project Manager CSC e Governance, Shahid.

and prevention of Elder Abuse.

VC KVIB presides awareness camp at CFC of Pattan Embroidery Cluster Tilgam



JI NEWS SERVICE

BARAMULLA, APRIL 11: Dr. Hina Shafi

Bhat, Vice Chairperson J&K Khadi & Village Industries Board presided over an awareness camp at the CFC of Pattan Embroidery Cluster Tilgam here.

The progarmme was organised by Diamond Khadi Gramudhyog Sangh, Implementing Agency of the said cluster and was also attended by Public representatives from the cluster area larea. sentatives from the cluster area, large number of artisans and stakeholders. Besides, senior officers from Board, SDM Besides, senior officers from Board, SDM Pattan, Tehsidar Pattan and Senior offi-cers from Technical Agency (Craft Development Institute Srinagar) also attended the programme. While giving the presentation on the aims, objectives and expected impact of the establishment of the said cluster, the officers from Technical Acents informed.

officers from Technical Agency informed that cluster is being established with assistance of Rs. 221.85 and its CFC shall be equipped with facilities like Tracing,

Calendering, Dyeing, Washing, Calend Fabrication and Raw Material Bank

It was further informed that with the establishment of this cluster, the product mix shall be enhanced, product design shall be improved; besides upgradation in skills of artisans etc. thus making the products customer savvy and attractive thereby enhancing the earnings of artisans, raising the profit margin. Speaking on the occasion, Dr. Hina underscored the need for coordinated and synchronised efforts from stakeholders to pressure target oriented and objective. establishment of this cluster, the product

ers to ensure target oriented and objective

ers to ensure target oriented and objective implementation of the said cluster.

She said that the establishment of Cluster will empower the artisans and other stake holders by way of providing them all the facilities under one roof which shall in turn boost the products and also improve the economic condition of the artisans. The Vice Chairperson emphasized that there is an urgent need for adontion of cluster ampeach to revive for adoption of cluster approach to revive the traditional crafts and activities.

DC/Chairman DDMA Srinagar reviews District Disaster Management Plan

Asks Departments to update Resource Inventory within a week's time Work on ? 13.0 Cr project for construction of protection bund along Zero Bridge Pantha Chowk axis to be taken up during current Financial Year

JI NEWS SERVICE

SRINAGAR APRIL 11:- In order to review the District Disaster Management Plan and preparedness for Disaster Mitigation, Response and Recovery to tackle any exi-gency, a meeting was held here at Meeting gency, a meeting was held nete at Income.

Hall of the DC Office Complex under the Hall of the DC Office Complex under the Chairmanship of Deputy Commissioner(DC) Srinagar, who is also the Chairman District Disaster Management Authority (DDMA), Srinagar. At the outset, the DC/Chairman DDMA took a detailed review of the District Disaster Management Plan and preparedness measures for Disaster Mitigation, Response and Recovery to tackle any eigency. tackle any exigency. The threadbare discussion was also held

on updation of Resource Inventory on Indian Disaster Resource Network Indian Disaster Resource Network (IDRN)Portal, Conduct of Mock Drill Exercises, Fire Safety Audit of Hospital

etc.

During the meeting, confirmation of decisions taken regarding Disaster Preparedness and augmentation of Stockpiles in 2022-23 were also approved.

On the occasion, the Chairman DDMA

laid stress on addressing most critical dimensions of natural disasters by revamping the District Disaster Management Plan and incorporating required mitigation measures and safety precautions to plug in the loopholes to make a real time District Disaster

make a real time District Disaster Management Plan.

The Chairman DDMA also stressed on formulating pre-disaster and post-disaster measures plan for timely Disaster Mitigation, Response and Recovery to ensure safety of people and property. The Chairman DDMA also took a

Department wise appraisal of the pre-paredness to tackle any disaster or natural calamity and role of line Department was also defined in detail so that appropriate actions are taken by the concerned

actions are taken by the concerned Departments. The Chairman DDMA also laid empha-sis on imparting necessary training to the staff and students of colleges and schools volunteers besides youth from adjacent localities. He said along with emergency manage-

ment, law enforcement, government organizations, disaster relief organizations, volunteers are a valuable part of a

tions, volunteers are a valuable part of a disaster response.

He further said Volunteers can augment a community ability to respond to disasters by providing additional response capacity through different skills and abilities. In order to update the Resource Inventory on Indian Disaster Resource Network (IDRN)Portal, the Chairman DDMA asked all the concerned Department to unload the disaster related. Department to upload the disaster related resource details on IDRN within weeks

DC Kupwara inspects transit accommodation of GMC Handwara

KUPWARA, APRIL 11: Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray today visited Handwara for inspection of transit accommodation for Government Medical College (GMC) Handwara. Principal GMC, Dr. Ilfat Hassan Shah; ADC Handwara, Nazir Ahmad Mir; Medical Superintendent DH, XEN R&B, Tehsildar and concerned officers were present at the occa-

During the visit, the Deputy Commissioner had a

During the visit, the Deputy Commissioner had a detailed inspection of various apartments of the transit accommodation which include Laboratory block, Library, Class Rooms, Cafeteria and other sections. While talking to media persons, the DC said it is a matter of great privilege for the people of Kupwara district that the transit accommodation for GMC is at finishing level and shall be completed within 15 to 20 days for functioning of the Mcivial College. He exist his way a deem that ing of the Medical College. He said this was a dream that has come true now adding that classes will start shortly

there. During the inspection, the Deputy Commissioner passed on spot directions to the concerned officers to make proper arrangements of electricity, water, lighting and approaching links to the College accommodation for its smooth functioning.

SVEEP Awareness Prog held at Imtiyaz Memorial Govt. Degree College Shopian

JI NEWS SERVICE

SHOPIAN, APRIL 11: On the directions of District Election officer Shopian, Sachin Kumar Vaishya a SVEEP Awareness programme was organized today at Imtiyaz Memorial Govt. Degree College Shopian by a team of election employees under the supervision of District Nodal officer SVEEP Mohammad Mushtaq who is also the Chief Education Officer Shopian, and Dy. District Election

Education Officer Shopian, and Dy. District Election Officer Shopian.

A large gathering of teachers, students and other officers/ officials were present on this occasion.

Mushtaq Ahmed, Assistant Professor Political Science conducted the proceeding of the function.

Dy. District Election Officer, spoke on the occasion about significance of electoral participation and electoral roll registration in the ongoing Electoral Roll revision and stressed upon participants for maximum voter registration.

Election Naib Tehsildar and Booth level Officers were also present during the programme and shared their experiences among the participants to register themselves through their concerned BLO's.

through their concerned BLO's.

A large number of forms viz form 6, Form 7 and Form 8 were also distributed among the Students for different registrations.

District Nodal Officer SVEEP Shopian while concluding

gave a brief lecture about the importance of vote and elec-tions and informed the student how to register themselves thorough various modes like online mode and off line mode. He also highlighted the educational value and importance of SVEEP and other Electoral processes. The audience was also informed about various online and offline modes available to the voters. A list of all the

Booth Level Officers (BLO) was also published before the school students and they were informed to contact with their concerned Booth Level officer for further assistance

The schedule of revision issued from Chief Electoral Officer J&K for Special Summary Revision of Electoral Rolls was also displayed before the students and the students were educated about how to fill Form No. 6, 6B, 7, 8 for error free and 100% photo electoral roll.

The I/C Principal of Imtiyaz Memorial Govt. Degree College Shopian presented the vote of thanks

DEO Kulgam presides over SVEEP programme at Mini Secretariat

KULGAM, APRIL 11: KULGAM, APRIL 11: With an aim to maintain participative democracy and raise awareness regarding voter literacy, Election Department today organized an awareness programme in which PRI members, Asha and Anganwadi Asha and Anganwadi workers also participat-

This programme was presided over by the District Election Officer Kulgam Dr. Bilal Mohi-Ud-Din Bhat.

Ud-Din Bhat.

While speaking on the occasion the DEO instructed the concerned to ensure registration of all eligible voters during the ongoing special summary revision of Photo

Electoral rolls. The DEO also high-The DEO also high-lighted the value of vote and the role of voters in the democratic set up of the Government. He stat-ed that vote has empow-ered people and urged upon all the eligible per-sons to act envolled and sons to get enrolled and become part in strength-

JI NEWS SERVICE of the Nation.
During this awareness programmes participants the an aim to maintain were apprised about the ongoing Special summa-ry revision process Under which registration of eligible/ new voters, removal of entries of removal of entries of dead and permanently shifted electors, correc-tion of errors in elector's details is being done and we're urged to be part to get register the eligible voters under the process-ies their each part to

ing their areas. On the occasion Nodal On the occasion Nodal
Officer SVEEP said that
SVEEP is the flagship
programme of the
Election Commission of
India for voter education,
spreading voter awareness and promoting voter
literacy and added that
such programmes will be
carried out in Colleges
and Higher Secondary
Schools.

Schools. ACD Mohammad ACD Mohammad Imran Khan, Dy-DEO, Bilal Ahmad Kamgar; Nodal Officer SVEEEP Mushtaq Ahmad Qadri, and other officers also and other officers also participated in this pro-

Aspirational Block Development Programme

ADDC KISHTWAR SETS DEADLINE FOR COMPLETION OF ONGOING WORKS ASKS FOR COMPREHENSIVE PLAN FORMULATION FOR NEXT YEAR

JI NEWS SERVICE

KISHTWAR, APRIL 11: Additional

KISHTWAR, APRIL 11: Additional District Development Commissioner (ADDC) Kishtwar, Sham Lal on Tuesday chaired meeting to review the progress made under the Aspirational Block Development Programme. The meeting was attended by several district and sectoral officers, including Joint Director Planning Mohammad Iqbal; ACD, Sunil Bhutyal; SDM Marwah, Dr Mohsim Raza; DSEO, DSWO, CDPO Warwan, CEO, CAHO, CHO, CMO, Exfn PVD Marwah, and Exfs REW ExEn PWD Marwah, and ExEn REW

The meeting focused on the pro-gramme's indicators and the plans proposed for the next fiscal year for the Aspirational Blocks of Marwah

and Warwan. During the meeting, the ADDC reviewed the progress made under the programme and identified areas that required improvement. The ADDC directed concerned depart-ments to take necessary steps to improve the indicators and achieve improve the indicators and achieve the targets. The meeting also dis-cussed the physical progress of ongoing works being executed by RDD & PWD, and the ADDC set a deadline of 15th June 2023 for their



The ADDC emphasized the need to prioritize timely and judicious utilization of funds and proactively fill developmental gaps in education, health, and agriculture sectors. He also stressed the importance of He also stressed the importance of channelizing resources towards the modernization, facelift, and overall development of play fields in the schools in the Aspirational Blocks of Marwah and Warwan, to ensure the holistic growth and development of the students.

The meeting also discussed new plans for the next fiscal year for the Aspirational Blocks of Marwah and Warwan.

The concerned departments were directed to submit their plans in a time-bound manner to ensure effec-tive implementation of the pro-

gramme.
The ADDC reiterated the govern-

ment's commitment to the develop-ment of these blocks and assured that all necessary steps would be taken to achieve the programme's

In addition to the Aspirational In addition to the Aspirational Block Development Programme, the meeting also discussed the progress of the Holistic Agriculture Development Programme (HADP), including the agriculture and allies sectors and the KISAN SAMPARK ABHIYAN farmers orientation programme. The meeting aimed to review the developments in the agriculture sector and provide insights. culture sector and provide insights into the effectiveness of the HADF into the effectiveness of the HADP program in promoting sustainable agriculture practices. Participants analyzed the impact of the program and discussed ways to enhance its reach and impact among farmers across the District.

ACS chairs review meeting on roll out of Kisan Sampark Abhiyan, formulation of FPOs under HADP

JI NEWS SERVICE

JAMMU, APRIL 11:- Additional APKIL ... Secretary (ACC), Production Chief Secretary (ACS),
Agriculture Production
Department (APD), Atal Dulloo,
today held a review meeting
regarding roll out of KISAN
SAMPARK ABHIYAN in
Jammu and Kashmir here at
Civil Secretariat Jammu.
Director General, Sheep
Husbandry Department,
Apriculture

Director, Agriculture
Jammu/Kashmir, Director,
Animal Husbandry Jammu/Kashmir. Jammu/Kashmir, Director, Horticulture Jammu/Kashmir, Director Extension, SKUAST-J, all district Nodal Officers and district officers of APD and allied departments were present in the meeting in person and vir-tually

Threadbare discussion was held on various aspects regard-ing successful roll out of Kisan npark Abhivan in Jammu and Kashmir. The meeting was



informed that 18 central spon-sored schemes haves been iden-tified including Rashtriya Gokul Mission, KCC and others. It was further informed in the meeting that resource persons have already been identified for smooth conduct of awareness camps to educate the farmers about these schemes. about these schemes.

The meeting was further informed that during the Kisan Sampark Abhiyan the pam-phlets will be distributed among



ous schemes of Agriculture Department. ACS exhorted upon the nodal officers and district officer to clear all impediments hindering smooth implementation of the Abbiture.

He stressed upon the officers to ensure that the PRIs actively participate in the camps during Kisan Sampark Abhiyan. He also directed the concerned to submit daily feedback of the program to the concerned quar-

ter.

Later, Atal Dulloo held a
review meeting regarding formulation of Farmer Producer
Officers (FPOs) under Holistic
Agriculture Development Plan
(HADD): 15-15-15

(HADP) in J&K.

Commissioner Secretary, Cooperative Department, Yasha Mudgal; DG SHD; Directors, AHD: Directors Horticulture:

Director Extension, SKUAST-J; MD JKHP&M; MD, NRLM and other officers of concerned departments were present in the meeting in person and online.

meeting in person and online.
Agriculture Expert,
Rajeshwari gave PowerPoint
Presentation about agenda
points including department
wise distribution of FPOs under
HADP' scheme, distribution of
FIGS and Krishi Mitras, challenges in FPO formation and
structure of training and capacitv buildine.

ty building. ACS enquired about the allocation of funds for the FPO formation and other activities. He directed the concerned officers to prepare list of resource per-sons to be trained in FPOs for-

mation.

He asked the Directors
Agriculture and Horticulture of
both the divisions to recommend
the youths for training from
SKUAST Jammu/Kashmir so
that they set up their own busithat they set up their own businesses in agriculture sector.

Start estimation of works under MGNREGA, District Capex: DC Kulgam to RDD



JI NEWS SERVICE

KULGAM, APRIL, 11: The Deputy Commissioner Kulgam Dr.Bilal Mohi-Ud-Din Bhat today chaired a meeting of offi-cers of Rural Development Department and instructed them to start the estimation process of works under MGN-REGA and District Capex at the earliest.

During the meeting, it was informed that under MGN-REGA there are 3400 new works and under district Capex RDD has 1800 works for the year 2023-24.

During the meeting the DC also reviewed progress made under the model panchayat programme.

The DC was informed that under Solid Waste

Management 84 segregation sheds are under progress in the district. The DC instructed ACD and ACP to take up execution of

50 community soakage pits and also instructed to carry out an intensified cleanliness campaign to make the villages clean and beautiful.

The meeting was attended by JD (P), Zahid Sajjad, ACD Mohammad Imran, ACP Shurjeel Ali, Exen REW, BDO's and other officers from RDD.



No need to panic about current spike in Covid cases: Experts to CS

GENOME SEQUENCING LABS ESTABLISHED IN BOTH CITIES | COMMITTEE FRAMED TO LOOK INTO STANDARD PROTOCOL FOR TREATMENT ACROSS HOSPITALS OF UT FOR VARIOUS AILMENTS

NEW DELHI, APRIL 11: In a NEW DELHI, APRIL 11: In a meeting with health experts Chief Secretary, Dr Arun Kumar Mehta was today assured that there is no need to panic in view of little spike in Covid-19 cases reported across the UT recently. The meeting was attended by the Secretary, Health; Director SKIMS; Principals of Medical Colleges and Heads of Medicine and Microbiology of Medical Colleges; Directors of Health Services Kashmir/Ammu

Services Kashmir/Jammu besides other experts from the Medical field.

Medical field.

Dr Mehta enjoined upon all these health experts to take all the necessary measures to tackle any issues that may arise ully. He asked them to perform the precautionary testing of individuals as per the set protocols and not to resort to either under testing or over testing in the health ing or over testing in the health facilities. He impressed upon them to create ample awareness among public so that no unnec-



emphasized on taking stock of medicines and other parapher-nalia before hand so that people are served better. He asked the department to give booster doses to the vulnerable groups doses to the Vulnerante groups like elderly and persons with comorbidity. He also directed them for encouraging people to observe the Covid appropriate behavior for safety of all. On the occasion the Chief Secretary directed for constitut-

ing a three member committee under Director SKIMS with Principals of Government Medical Colleges of Jammu and Srinagar as members for work-ing out a standard protocol for treatment of patients across the health facilities of I&K for various ailments. He also urged the committee to look into the reasons of high rate of C-section births in the UT. He advised

measures to address this issue. He further asked them to frame a mechanism in consonance with the hospitals in other regions regarding a policy for taking off days in lieu of night duty and working of medics. He also asked the Department to ensure asked the Department to ensure that various wings in all hospi-tals must follow an inclusive approach with respect to all doc-tors working in the wing for ensuring equitable opportunities and due process of consultations in management of patients. The Secretary Health informed the meeting that currently there is no ICU bed occupancy related to covid in the health facilities of

to covid in the health facilities of the UT. He made out that the testing capacity of J&K has been augmented by many folds. He made out that the full Genome sequencing facility has been started at SKIMS recently and other at GMC Jammu shall be started soon. He also revealed that every sample of a positive person is sent for its genome analysis as per the Gol guide-

lines.

The Secretary apprised the

meeting that Mock Drills were conducted in 162 health facilities across the UT on 10th April to ensure Operational Readiness for management of COVID at all identified dedicated facilities including GMCs/ DHs and CHCs with specific focus on Oxygen Plants (LMO/ PSA/ Manifold), Ventilators, Logistics & Human Resources & Human Resource

& Human Resources.

He gave out that the covid vaccination doses given in the age groups of 18 years & Above, 15-17 years and 12-14 years in the UT are above that of the National Average which is quiet a percuracing affair the accer. an encouraging affair. He ascer-tained that there is no reason to

tained that there is no reason to worry and only caution can evade its possible implications. Moreover the health experts also gave their suggestions regarding the current scenario and preparedness of J&K UT. They informed that the virus is not so lethal this time although the spread may be faster. They advised people to only take precautions so that they keep themselves safe as well as others.

Operation of 45 drug retail outlets suspended for violation of norms

JI NEWS SERVICE

JAMMU, APRIL 11: Drug Control Organisation has sus-pended operation of scores of Drugs retail sale establish-ments across Jammu Province for violation of Drugs & Cosmetics Act, 1940

As per the department, an extensive drive was conduct ed in Jammu Province wherein Supervisory Checks of Drugs Sale Establishments were carried out under the direct supervision of respective Assistant Drug Controllers & overall supervision of Deputy Drugs Controller, Jammu

we over an supervision of Deputy Drugs Controller, Jaminu Mohammad Ighal Palla.

The drive was targeted to ensure that the pharmacies operate strictly in consonance with the mandate of law and don't indulge in any unethical sale of habit forming formulations.

During the said drive, Operations of Forty Five Retail Sale Establishments (15 in Jammu, 08 in Samba, 05 each in Kathua & Rajouri, 03 in Doda, 03 in Udhampur, 02 in Poonch ,02 in Ramban,01 each in Reasi & Kishtwar) were disallowed u/s 22 (d) of Drugs & Cosmetics Act, 1940 on

The reason for suspension was particularly Non mainte nance of Sales records in violation to the rules mandated under the Act. The Licenses were warned of severe action

under the Act. The Licenses were warned of severe action in case the violations are not removed/rectified within stipulated period of time. Statutory Drug samples of more than Hundred Pharmaceutical Preparations were lifted randomly viz Antibiotics, Pfl. Steroid, NSAIDs etc were also for determination of strength and purity.

These samples were referred to Drug Testine

These samples were referred to Drug Testing Laboratories for framing legal opinion to ascertain their quality parameters, so as to ensure that quality and gen-

quanty parameters, so as to crisic that quanty and gen-uline medicines are provided to the end users. Stocks of Drugs worth Rs 8155 that were found contra-vening the provisions of the Act were also confiscated from the supply chain by the Regulatory Officers of the organi-zation under section 23 of the Drugs & Cosmetics Act.

JKRLM Shopian organises Orientation Programme



JI NEWS SERVICE

SHOPIAN, APRIL 11: To strength-SHOPIAN, APKIL II: 10 strength-en the roots of women Empowerment, a day-long orienta-tion and deliverance of awareness on departmental schemes was car-ried by NRLM and Allied Line Departments which include Agriculture, Horticulture, Animal Hyphandry, Shope, Husbandry, Husbandry, Sheep Husbandry , Handloom and Handicraft and Krishi Vegiyan Kendra Shopian at Jammu & Kashmir Rural Livelihoods Mission (UMEED)

tion (SVEEP).

UDHAMPUR, APRIL 11: To generate awareness

tion (SVEEP).

BDC Chairman, Jeevan Kumar Sharma; Tehsildar, Panchari Vipan Kumar; BDO, Panchari Sandeep Gupta, besides representatives of other line departments, students, staff members and general public of the area participated in the Rally.

Interacting with the participants, the ACR said the main objective of organising this awareness rally was to educate the common masses of the District and to disseminate the information about Special Summary Revision 2023 to the last voter of the District oachieve 100% enrollment of eligible voters. He said that the main focus of the campaign is to register all youth who

main focus of the campaign is to register all youth who have attained the qualifying age of 18 years on April 1, 2023, however prospective voters who shall attain the

have attained the qualifying age of 18 years on April J. 2023, however prospective voters who shall attain the age of 18 years on 1st July 2023 and on 1st October 2023 may also submit their documents for their enrollment as voter in during the year; besides they can also con-tact their BLOs for registration during Special summary revision. He apprised the participants that Summary revision has commenced from 5th of April 2023 under the supervision of District Election Officer, Udhampur Krittika Ivotana, which shall culminate on 204 to 6 April

Krittika Jyotsna, which shall culminate on 20th of April 2023 in the District Udhampur. He impressed upon the young students to participate in the electoral process

with great enthusiasm, so that healthy electoral roll is

office Shopian today. Raja Wahid DDC Member Shopian was the Chief Guest on the occasion who in his speech stressed that gender equality and women empowerment will require signifi-cant efforts both from the governcant efforts both from the govern-ment side as well as from the civil society which will go hand to hand in having long lasting results on ground

ground. Further he said that government's support for women empowerment is in its fullest bloom which is significant from the current departmental schemes where a separate quota or percentage is being kept reserved for the women populace. He further added that if women

populace are provided a conducive environment they would not let a single stone unturned to reach their sustainable livelihood goals. He said that women entrepreneurs are the booming structured pillars of current society who are now mastering the dairy farming, sheep rearing, and apiculture.

rearing, and apiculture.

District Programme Manager,
Financial Inclusion, Irfan Basheer
disseminated awareness among the
participants about the efforts laid
down for availing hassle free financial support from department as
well as from allied banking
Institutions.

year 2022-23 besides the capitalization from department, an amount of 3.435 crore has been availed from banks in district Shopain by SHG members of LIMFED for setting members of UMEED for setting their rural livelihoods in their com-

their rural livelihoods in their com-munity set ups.

The representatives from allied departments highlighted one by one their schemes which included National Livestock Mission, Integrated Dairy Development Scheme(IDS), Visea, Cendit Card Scheme(IDDS), Kissan Credit Card and value addition benefits.

IKRLM-UMEED felicitate DC Bandipora

JI NEWS SERVICE

BANDIPORA APRIL 11: JKRLM -UMEED Bandipora Tuesday felicitated Deputy Commissioner Bandipora Commissioner Bandipora
Dr. Owais Ahmed on behalf
of Mission Director JKRLM'
for timely support to the
team for implementing
NRLM at district level.
A Team of JKRLM UMEED Bandipora includjung Shyeen Shafi Owais Mir

ing Shreen Shafi, Owais Mir and Zahoor Ahmed Paul, DPMs of three verticles-IBCB, Livelihood and Financial inclusion called on DC Bandipora in his office chambers and felicitated him on behalf of the Mission

him on behalf of the Mission Director.

Officers informed that in recently conducted SARAS Kashmir four product stalls from district Bandipora were displayed. The stalls were displayed. The stails showcased the hand made products of Self Help Groups . DC Bandipora received a patrika of NRLM in which the success story of SHG Member from Bandipora is published.

NORTHERN RAILWAY

E-Tender Notice

E-Tender Notice

S. CDENVIFER acting for and on behalf of the President of India invites open tenders (E-Tenders) against below tills tendern and available on www.irpes.gov/in with closing date- 04.05.2023 up to 15.00 Hrs. Biddern will be able to submit the tendern and available on www.irpes.gov/in with closing date- 04.05.2023 up to 15.00 Hrs. Biddern will be able to submit the tender, and up to closing date and time only Manual offers are not allowed against this tender, now any such manual offer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document on and earnest more by through only payment nodes available on www.irpes.gov/in protile lines the brink; celdet card, cred card cell. Manual payments through Demand draft, Banker Cheque, Deposit receipts, FDR etc. are not allowed. For more nformation logon to www.ireps.gov.in

Tender Type		Tendering	Section	Bidding System			
Open		Works		Single Bid System			
Date of Uploading Tenders			Bid Startin	ng Date	Bid Closing Date/Time		
10.04.2023			20.04.2023		04.05.2023/15:00 Hrs		
S.No.	Tender No.		Details of Tender				
1	12-2023-24- Installation and Commissioning of effluent treatment plant of 50 KLD at UHP railway station on JA UHP-DRM-FZR SVDK section under ADEN/UHP.						
	Advertise	ed Value (Rs.)	Earnest Money	Validity of Offer		Period of Completion	
	86,75	5,692.49/-	1,73,500/-	60 Days		12 Months	
	Similar Nature of work: - "Supply, design, erection and commissioning of sewage or effluent treatment plant."						
2	2 13-2023-24- JAT-DRM-FZR DIS=01 BBMN 1 in 8,5=11 Nos, JAT 1 in 8,5 = 01, MDPB 1 in 12 =04, SJNP 1 in 1 8,5=01, MDPB 1 in 12 =04, SJNP 1 in 1 8,5=02 NO (1 in 8.5 = 8+11+1+2+1=22 NOS) OR DIS=01 12+4+1=05 Nos)						
	Advertised Value (Rs.)		Earnest Money	Validity of Offer		Period of Completion	
	1,80,17,834.67/-		2,40,100/-	60 Days		12 Months	
	Similar Nature of work:-*Track work involving CTR/TRR/TFR/TTR including raising of track/screening distressin						

der Notice No:- 770-W/169/WA/FZR/2022-23 Date: 11.04.2023

SERVING CUSTOMERS WITH A SMILE E-TENDER NOTICE



Sr.DEN-WFZR acting for and on behalf of The President of India invites open tenders (E-Tenders) titled tenders and available on www.ireps.gov/in with closing date-26/04/2023 up to 15:00 Hrs. 020592032 up to 15:00 Hrs. Bidders with be able to submit their original/revised bids up to closing date Manual offers are not allowed against this tenders, and any such manual offer received shall be ignore are allowed to make payments against this tender towards tender document cost and samest money on are allowed to make payments against this tender towards tender document cost and samest money on the same tenders of the payments against the surface towards the same tenders of the

www.i	www.ireps.gov.in.							
	Tender Type	Tendering Sect	ion	Bidding System				
	Open	Works		Single Bid System				
D	ate of Uploading Tenders	Bid Starting Da	ite	Bid Closing Date / Time				
	07.04.2023 10.04.2023	14.04.2023 18.04.2023		28.04.2023 / 15:00 Hrs. 02.05.2023 / 15:00 Hrs.				
Sr. No.	Tender No.	Details of Tender						
1.	10-2023-24-PTK-DRM-FZR	Work of various Base DepotSite activities in oth CTR (P) 12.884 KM 8.4.111 KM from (DN) Km 91 to km 92.533, (DN) Km 97.15 to Km 99.1 ft. (UP) Km 42.9 to Km 47, (UP) Km 52.95 to 6.533, (UP) Km 63.937 to Km 64.938 and from (DN) km 99.1 to km 102.1, (DN) Km 109.889 to Km 111 respectively already juid with 52kg 90UTS rails PSC-5 Sleepers (M+7) with 60kg 90UTS rail on PSC-6 Sleepers (M+7) with 60kg 90UTS rail on PSC-6 Sleepers (M+7) with 60kg 90UTS rail on PSC-6 Sleepers (M+7) km 60kg 90UTS rail on PSC-6 Sleepers (M+7) km 60kg 90UTS rail on PSC-6 Sleepers (M+7) km 60kg 90UTS rail on PSC-6 Sleepers (M+7) with 60kg 90UTS rail on PSC-6 Sleepers (M+7) km 60kg 90UTS rail on PSC-6 Sleepers (M+7) km 60kg 90UTS rail on PSC-6 Sleepers (M+7) km 60kg 90UTS rail on PSC-6 Sleepers (M+7) with 60kg 90UTS rail on PSC-6 Sleepers (M+7) km 60kg 90UTS rai						
	Advertised Value (Rs.)	Earnest Money	Validity of Offer		Period of Completion			
	2,68,66,416.84/-	2,84,300.00/-	60 Days		12 Months			
		TR/TRR/TFR/TTR including raising of track, screening, distressing of track, maintenance machine like tamping machines/ballast screening / regulating						
2.	11-2023-24-PTK-DRM-FZR	Protection work of BR No. 232 by providing approx 45 nos piles and retaining wall along PTK end abutment of UP line bridge in c'w Retrofitting Measures due to damage near Railway bridge no. 232 over Chakki River (Pathankot, Punjab) report submitted by IIT Roorkee Feb-2023 in JUC-PTK Section under ADEN-IPTK.						
	Advertised Value (Rs.)	Earnest Money	Validity of Offer		Period of Completion			
	2,21,29,502.28/-	2,60,700.00/-	60 E	lays	03 Months			
	Similar Nature of Work:- "Const	Similar Nature of Work:- "Construction / Rehabiliation of Bridges".						
3.	14-2023-24-JRC-DRM-FZR	Misc. works in connection with provision of 6 mtr. wide covered FOB a Jalandhar City station on SNL-ASR section under ADEN/JRC.						
	Advertised Value (Rs.)	Earnest Money	Validity	of Offer	Period of Completion			
	74,18,730.30/-	1,48,400.00/-	60 E	lays	06 Months			
l	Similar Nature of Work:- "Any work of steel fabrication or fabrication and erection of FOB or PF shelter of							

Office of the Executive Engineer, Mechanical ACR flags off Voters' awareness **Hospital & Central Heating Division,** rally at Panchari Government Medical College & Hospital, Jammu JI NEWS SERVICE NOTICE INVITING TENDER

UDHAMPUR, APRIL 11: To generate awareness among the common masses about the importance of election process in Democracy, Assistant Commissioner Revenue, Udhampur (Electoral Registration Officer Udhampur West-99 and East-60 Constituencies) Rafiq Ahmad Jaral, today flagged off voters awareness rally here from Government Higher Secondary School Panchari under the aegis of Systematic Voters Education and Electoral participation (SVFEP).

(SHORT TERM) IHD1/e-NTT 02 of 2023-24

S. No	Description of work	Project Authorit y	Estt	TS	Earnest Money Deposit	Cost of tender document	Time of completi on	Eligibility Criterion of Bidder
1	COMPLETE CLEARING AND SERVICID	Principal GMC & Associate d Hospital Jammu	1.92 LACS	ACCORDE	Rs. 4000.00 In the Shape of the	Re 200.00 in the shape of output of the shape of the shape of the shape of the shape of work name of the shape of the shape output of the shape of	10 days	OEM Registered Reguled firms sufficient experience as per Annexure electromechanical nature of work

DIP/J-305/23

Budget 2023-24 to give major infra push towards transforming power, road sectors in J&K

18.36 LAKH HOUSEHOLDS TO GET FHTS, 6000 KM ROADS TO BE OF BLACKTOPPED CONGRATULATES ALL PARTICIPANTS AND WINNERS | IT IS AN HONOUR FOR J&K TO HOST THE CHAMPIONSHIP: LG SINHA

2023-24 will give a major infrastructural push to four core areas of health, drinking water, power and road connectivity aimed at providing succour to the com mon people and improving develop-mental parameters of UT at the national

level. The budget has earmarked funds for providing Functional Household Tap Connections to all 18.36 lakh households of Jammu and Kashmir by 2023-24 with a minimum of 55 litres per capitals. ta per day (LPCD) drinking water supply of prescribed quality (confirming to BIS 10500) on a regular, longterm and sustainable basis.

About sixty water supply schemes are likely to be completed during 2023-24. To bring efficiency in planning and revenue collection, the government will introduce digitalization of consumer

records and implementa-tion of an online billing systems in entire Jammu and Kashmir.

The constr an artificial lake project

which will boos tourism

1292 crore have been prioritized to be sanctioned under Rural Infrastructure Development Fund (RIDF)-XXVIII with

UNIT | last y ear's budget, safety audit of bridges

city, will be completed during 2023-24.

According to the budget document, 6000 Kilometer of blacktopping of blacktopping of blacktopping is also putting efforts on maintenance of road/bridge assets and also for road

023-24 under all schemes.

Besides, 353 new projects worth Rs

Besides, 353 new projects worth Rs

The year 2023-24 will see further Improvement in daily hours of power supply with Urban- 24 hours and Rural 22 hours besides a reduction in trans-former damage rate, a drop in Transmission and Distribution/ Aggregate Technical and Commercial

(AT&C) losses. Under Budget 2023-24, there will be an additional length of LT/HT network (1324.073 km) besides renovation and modernization works would be undermodernization works would be undertaken at existing 220/132 KV Grid Sub Stations apart from protection/ replacement works at critical towers and insertion of new towers. To improve power connectivity in remote areas that receive heavy snowfall, Sonamarg will be provided 24x7 power supply during winters with underground cabling through Z-Morh Tunnel besides underground cabling would be done at Numera for cabling would be done at Nunwan for reliable power supply to holy cave of Shri Amar Nath Ji.

Special Summary Revision

Govt constitutes teams to facilitate Kashmiri migrants, outreach programs

JAMMU, APRIL 11: One of its initiative by Relief and Rehabilitation (M) Department with an aim to ensure maximum awareness and facilitation of Kashmiri Migrants in Electoral Rolls of constituencies of their original residence, 22 teams have been constituted in camp and non camp areas of J&K UT and for outreach program at Mumbai, Pune, Bangalore, Ahmadabad, Delhi and Chandigarh. Besides, two (02) special teams have been constituted wherein 16 officers, 56 fficials and 50 Casual labourers have been engaged under the supervision of Relief and Rehabilitation Commissioner(M), J&K.

For Zonal Area Awareness Campaign, all the officers/officials of 22 Zones have been declared as BLO's and have been assigne the task of conducting door to door awareness program and enrollment of Kashmiri Migrants in Electoral Rolls.

The whole Special Summary Revision campaign is being JAMMU, APRIL 11: One of its initiative by Relief and

The whole Special Summary Revision campaign is being monitored under the supervision of Chief Electoral Officer, J&K.

Joint Director YSS asks for strict adherence to Annual **Sports Activity Calendar**

JI NEWS SERVICE

JAMMU, APRIL 11: To review the various activities of the Department of Youth Services & Sports of Jammu, Joint ector Youth Services & Sports Jammu, Suram Chand Sharma today chaired a meeting of Sports Officers of Jammu province.

Among others, Deputy Director Planning Directorate Ravi Kumar, Mool Raj Assistant Director, Accounts Officer Ravi Kumar, Mool Raj Assistant Director, Accounts Officer Directorate, Sounil Kumar Sharma, Establishment, Incharge, Shivnandan Singh, District Youth Services & Sports Officers, and Zonal Physical Education Officers of Jammu Division attended the meeting.

The joint Director urged upon the Sports Officers to ensure implementation of common minimum programme in schools and adhere to the Annual Calendar of Physical Activities and advented to the Annual Calendar of Physical Activities and Section 1988.

Activities and ensure maximum participation of students in sports events. He also exhorted the Officers to work with zeal and dedication to achieve the desired goals of set up by the Department. The pendency of Audi Paras & Progress on works was also discussed.

Bhaderwah gears up to host 3-day Baisakhi Festival from April 13

BHADARWAH, APRII. 11: The Bhaderwah Valley has geared up to host a scintillating 3-d ay festival here from April 13 to April 15 to mark the celebration of Baisakhi. In this regard, a meeting of officers of line departments, PRIs and religious organisations was today convened by Additional District Commissioner Chowdhary Dilmir here in his office

Commissioner Chowdhary Dilmir here in his office chambers. The meeting was attended by ASP, DFO, SDPO, BDO, PRIs of some panchayats and members of Mandir committees and Langer committees. Threadbare discussion was held regarding Celebration of the Festival in the periphery of Bhadarwah. It was informed that Baisakhi mela shall begin from Subar Dhar on 13th April where govern-ment departments put up stalls to showcase their schemes along with amusement activities for the par-ticipants. On April 14 the functions shall be held at ticipants. On April 14 the functions shall be held at Thuba and Gutassa. Nagni Mandir Manthala and Vasuki Nag Mandir Gatha shall host the programme vasual vag saarutu cauta staan tooks tue Programmens on 15th April 2023. Security arrangements, arrange-ments for drinking water at venues, uninterrupted power supply, medical facilities were finalized. Emphasis was laid on the cleanliness of the venues where dustbins shall be installed by the Departments of BDA and BDD.

G-20 Summit: Div Com Kashmir gives deadline of 10 days for completion of most of the works

CHAIRS REVIEW OF ONGOING WORKS

JI NEWS SERVICE

SRINAGAR, APRIL 11: SRINAGAR, APRIL 11: Taking firsthand review of ongoing works under G-20 Summit, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today issued clear cut directions to all Officers, Officials and con-tractors associated with tractors associated with these works to complete them within set timelines.

The Div Com issued this direction during a high level meeting held here to take review of works completed, and ongoing works under G-20 Summit. Among others, the meet-ing was attended by Deputy Commissioner



Srinagar, Commissioner SMC/ CEO Srinagar Smart Limited. LC&MA. Director Commissioner I&K SSP

Commissioner J&K, SSP Security, SSP Traffic City, C.Es of PW (R&B), PHE (Jal Shakti), I&FC (Jal Shakti), KPDCL Kashmir and other Officers and Officials besides

Contractors going on under G-20 Summit.

At the outset, the Div Com said that the works Com said that the works are for the people and should be completed at an earliest for their convenience. He sought feedback from the participants regarding the needs and requirements vis a vis

deadlines.

During the meeting, the
Div Com took detailed
work wise status from the
concerned Officers and Contractors involved in

The Officers and Contractors briefed the Div Com about the status of the works in hand and

of the works in hand and also presented timelines of finishing the works. The Div Com gave a deadline of 10 days to most of the works include most of the works includ-ing concrete works, Footpaths, Tiling works, Drainage works, landscap-ing and turfing that are still going on including the Blacktopping works and installation of signages.

BHADARWAH, APRIL 11: The Bhaderwah Valley

Dulloo chairs meeting regarding early emergence of pests in districts

APKIL .
Secretary (ACC.,
Production
+oday Chief S Agriculture Department, Atal Dulloo, today Department, Atal Dulloo, today chaired a meeting regarding early emergence of pests as reported from various districts of J&K at civil Secretariat here. Vice Chancellor, SKUAST Jammu and Kashmir, Secretary in Agriculture Production Department,

attended the meeting in person and online mode. Director Horticulture, Kashmir, in his detailed presentation, informed about emergence of pests in many areas of J&K. He also discussed the advisory against such pests recommended By

Horticulture, Jammu and Kashmir, Joint Director Department of Horticulture in Horticulture, Scientists from the field, ACS directed the scientists from SKUAST-K, Chief Horticulture officers, experts from KVKs and from the Department of the Department of Horticulture diversed the meeting in some part of the processing identify the hot spot areas of infestation and classify the locations into RED, YELLOW and

GREEN zones based on the percentage/severity of infestation.

Atal Dulloo reiterated that

to be catch hold off very early before any alarming situation evolves to the disadvantage of

evolves to the disadvantage of Horticulture industry. He informed that online sur-vey form has been designed to collect data regarding infestation of pests in different villages of J&K and the Department of Lorstculture has been directed to Horticulture has been directed to assist farmers to fill these forms

ACS directed the officers and

Data compilation regarding pest infestation and its spread will assist in working out more appropriate control measures that shall be accordingly issued

as fresh advisory, he maintained He asked the Director Agriculture, Kashmir to facilitate availability and sale of all the chemicals recommended by SKUAST-K against these pests.

Deputy Commissioner Raiouri reviews progress on JJM projects, SBM works



JI NEWS SERVICE

RAJOURI, APRIL 11: Deputy Commissioner Rajouri, Vilase Kundal today chaired a meeting to review the progress of Jal Jeevan Mission (JJM) schemes and works executed under Swachh Bharat Mission (SBM) in the district. The meeting focused on the status of works undertaken so far and the progress made to provide access to safe drinking water and sanitation facilities in rural areas. During the meeting, the SE Hydraulics provided an update on the progress of the JJM schemes, stating that work on 105 schemes is in progress out of the 293 approved schemes. The Deputy Commissioner stressed on the importance of timely completion of schemes and quality work for successful implementation of the JJM projects. He asked the concerned officers to work with added zeal and make dedicated efforts to ensure that the work on the JJM RAJOURI, APRIL 11: Deputy Commissioner Rajouri,

asked the concerned officers to work with added zeal and make dedicated efforts to ensure that the work on the JJM schemes is completed at the earliest. The meeting also discussed the progress of works under SBM, with an update on completed segregation sheds, door-to-door waste collection, and employment provided under door to door collection. It was informed that the work on 176 segregation sheds has been completed and door-to-door waste collection is in place, and 312 persons have been provided employment under door to door collection. Additionally, 150 CSCs have also been completed. The Deputy Commissioner also st ressed the importance of proper supervision for the sucressed the importance of proper supervision for the suc-cessful implementation of SBM works to ensure that the cessiu implementation of soon works to ensure that the rural population benefits from access to clean and hygien-ic surroundings. Officers who attended the meeting were CPO Mohammad Khurshid; SE Hydraulics, Bhram Jyoti Sharma and Assistant Commissioner Panchayat Sheraz Chowhan.

SCERT rolls out new syllabus, academic calendar for 2023-24 session

SYLLABUS MARKS A SHIFT FROM ROTE TO COMPETENCY-BASED LEARNING: OFFICIAL

JI NEWS SERVICE

SRINAGAR, APRIL 11: The State Council of Educational Research and

Training (SCERT) has developed and designed a comprehensive "Syllabus cum Academic Calendar" for the academic session 2023-24, which includes the foundational stage, and the classes 1 to 8 in the schooling system of Jammu and Kashmir.

The syllabus is in accorcomprehensive

The syllabus is in accor dance with the latest guidelines and instruction manuals issued by NCERT, New Delhi, and aligned with the NEP-2020 to improve the qual-ity of education, which aims to shift from rote learning to competency and experiential-based

and experiential-based learning.

After four months of rigorous effort by experts from NCERT and SCERT, the new syllabus maps the learning outcomes with the contents of the prescribed touthook of prescribed textbooks of J&K Board of School

Education.

In a remarkably short span of time, Jammu and Kashmir has become the first Union Territory to create such a comprehensive document, outpacing all other states and union territories in the country.

The exercise took place Education.

The exercise took place under the guidance of Professor Parikhshat Singh Manhas, Director of SCERT and Fayaz Ahmad Fayaz, Joint Director of the Central Move Office, a group of academic officers and resource persons from the Assessment Cell of the Education Research Survey and Assessment (ERSA) division of

SCERT. The syllabus aims to enhance the quality of education in Jammu and Kashmir by shifting the focus from rote learning

focus from rote learning to competency-based and experiential learning. The syllabus is in sync with the latest guidelines and instruction manuals issued by the NCERT, New Delhi, and is aligned with the NEP-2020.

The new syllabus also

aims to provide teachers with the flexibility to plan their classroom activities

in a meaningful and pro-

ductive manner, keeping in mind the Learning Outcomes suggested by the NCERT and NEP-

the NCERT and NEP-2020.

"The Learning Outcomes are a set of expected knowledge, skills, and values that students should acquire at the end of each class or level," Joint Director, Central Move Office, Fayaz Ahmad Fayaz, said.

said.
"These Learning
Outcomes are designed to
ensure that students have
a holistic development
and are prepared for the challenges of the 21st cen-tury, he added"

The syllabus, he said,

emphasizes the impor-tance of inclusive educa-

tion and provides teach-

ers with the knowledge and skills to create an

and skills to create an inclusive classroom environment.

"Inclusive education refers to an educational approach where all students, regardless of their chillities of disabilities are disabilities are abilities or disabilities, are provided with equal opportunities to learn and

opportunities to learn and succeed," Fayaz said.
"The syllabus provides teachers with diverse material and non-material resources to make inclusive education a reality. These resources include tactile diagrams/maps, talking books audioxyistal mate. grams/maps, talking books, audio-visual materials, Braille, etc."

For children with special needs (CWSN), the syllabus emphasizes the importance of providing appropriate resources and support. The syllabus provides teachers with guidance on how to use these resources to sup-port the learning needs of CWSN.

These resources are designed to ensure that CWSN have equal oppor-tunities to learn and suc-

The document is avail-The document is available in parts on the web-site of the SCERT for easy access by teachers, stu-dents, and parents. With introduction of the new syllabus, it is hoped that it will enhance

the quality of education in Jammu and Kashmir, and help students develop the skills and compe tencies needed for succes in the 21st century

Power shutdown

SRINAGAR, APRIL 11: Power Controller Kashmir has informed that, the power supply to Receiving Station Kremshore, Kanir, Khansahib, Raithan, Branwar ar Hanjura shall remain affected on April 15 from 10.00 am to

4 pm. Similarly, the power supply to receiving stations Narbal, Sanoor, Zainkote, Shalteng and Bakshpora shall remain affected on April 12 and 15 from 09 am to 3 pm.

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