

## Satisfied over lowest ever militant count in J&K, establish peace permanently: Home Minister after Security Review in Delhi

JI NEWS SERVICE

Union Home Minister Amit Union Home Minister Amit Shah Thursday expressed his gratitude and satis-faction over the lowest ever count of militants in Jammu and Kashmir and directed the security top brass of the efforts to root-out remaining militants to out remaining militants to make peace a permanent

The Home Minister while hailing the UT administration especially LG Manoj Sinha for mas-sive developmental activities in J&K urged them to gear up for hosting the G-20 events in the month ties in J&K urged them to Dovat, J&K LO 5 mina, Dorsear up for hosting the Dilbagh Singh, Home Sec-G-20 events in the month of May. Shah chaired the R Swain and other top offi-



second-leg of the high level security meeting in North Block New Delhi at 3 pm today where Nation-al Security Advisor Ajit Doval, J&K LG Sinha, DGP cials of the BSF, CRPF and intelligence wings partici-pated. Besides, Director Intelligence Bureau Tapan Deka, R&AW chief Sar Kumar Goel, NIA Director General DG Dinkar Gupkar also participated in the meeting.

'The Home Minister expressed his gratitude and satisfaction the lowest ever militant count in J&K. He hailed count in J&K. He halled the efforts of police and other security forces for putting in their best to root-out militancy from J&K soil and directed them to step up anti-militancy operations to eliminate the remaining militants, a source privy to the meet ing, told news agency. The Home Minister, as per the source, directed the security agencies operating in J&K to maintain close coordination, keep a close watch on anti-national ele-CONTINUED ON >> PAGE 4

# connectivity between Uri-Poonch pass was captured by Indian forces during the

Centre explores option of tunnel for

JI NEWS SERVICE SRINAGAR, APR 13

The Government of India is exploring the option of constructing a tunnel across Pir Panchal region

across Pir Panchal region for connectivity between strategically important areas of Uri and Poonch. The Union Ministry of Road Transport and Highways has set the ball rolling for preparation of a detailed project report for a 5.5 kilometer long tunnel across Pir Panchal

was direct connectivity between Uri and Poonch through Haji Pir Pass. The Haji Pir pass now falls on the other side of

1965 War but Pakistan regained its possession as a result of the Tash-

as a result of the Tash-kent agreement, under which forces of both the countries retreated to their earlier positions. To begin with, the Ministry of Road Trans-port & Highways through has now invited a pro-posal from technical con-sultants for carrying out a detailed project report sultants for carrying out tunnel across Pir Panchal region.

Before 1947, there was direct connectivity between Uri and Poonch tunnel of 5.5 kilometer length (tentative) includ-ing approaches across Pir Panjal range between

on Poonch-Uri Road.

consultant should have expertise in carrying out similar kind of job, in similar geographical location (particularly for hill road projects)," reads documents accessed by news agency.

The ambitious project is part of the Prime Minister's Development Package for Jammu & Kashmir. should have expertise

Kashmir.

In the meeting chaired by the Principal Secre-tary to the Prime Minister to review the imple-mentation of PMDP on mentation of PMDP on September 22, 2018, it was decided that the project will be under-

is located on the Line of Control.

In January 2021, UT In January 2021, UT administration requested Union Minister for Road Transport and Highways Nitin Gadkari to expedite finalization of alignment and preparation of DPR.

The tendering process for alignment finalization and feasibility survey was intitated on April

was initiated on April 20, 2021. The stretch was notified under Bharat mala Pariyojana on June 25, 2021.

#### **Drone from Pakistan** brought down near LoC in Rajouri, searches underway



Jammu and Kashmir police on Thursday said it recovered a drone carrving ammunition and cash in Beri Patan area of

An official told the news agency that a suspi-cious movement of aerial

objects was picked up last night in Beri Patan near the Line of Control after which a massive cordon and search operation was launched.

He said during search of the area a drone carry-ing 5 AK magazines and some cash was recovered. The official said extensive CONTINUED ON DAGE 4

## Complex double heart valve surgery performed at SSH Jammu

JI NEWS SERVICE

A complex double heart valve surgery was successfully performed by the Department of Cardiovascular and Thoracic Surgery (CVTS) Super Specialty Hospital (SSI) Government Medical College (GMC) Jammu.

A doctor at the hospital told the news agency that a 25-year-old female patient was suffering from Rheumatic Heart Disease with Severe Mitral and A complex double heart

with Severe Mitral and Severe Aortic Valve Dis She had multiple heart valve-related prob-

lems in GMC Jammu and had been advised surgery long back, he said.

"The patient was very sick in advanced NYHA sick in advanced NYHÁ
in advanced NYHÁ
in was removed and both
the valves were replaced
the vital organs, besides
oral, she needed aggressive injectable pharmacotherapy for weeks together before surgery," the
doctor said, adding that
the patient was operated
on under total Cardiopulmonary Bypass (when
Aorta is cross-clamped
and the heart is not beatSenior and other techSenior and the heart is not beating) and moderate hypo-thermia (decreased tem-

severely diseased, dystro phic, calcific, stenotic and regurgitant valves. Her ased Mitral and Aortic Valve were excised, calci

Senior and other tech nologists from CTA Vikas Sharma, Sumit and Arif

erature during surgery). "The patient had CONTINUED ON >> PAGE 4

## LG greets people on Baisakhi

Lieutenant Governor Manoj Sinha Thursday greeted the people on the eve of Baisakhi.

In a message, the Lt Governor said: On the joyous occasion of Bai-sakhi, I convey my warmest felicitations and good wishes

felicitations and good wishes to all.

"Baisakhi marks the beginning of the harvest season heralding happiness and prosperity. It is also an occasion to remember with gratitude about the contribution of our farmers to the progress of the arting." the ers to the progress of the nation," the Lt Governor observed.

May this festival strengthen our resolve to contribute to the nation's progress and usher prosperity and happiness for all in the year ahead, added the Lt Governor. KNO LG greets people on eve of Dr. B.R. Ambedkar's anniversary

JI NEWS SERVICE

Lieutenant Governor Manoi Sinha Thurs

nant Governor Manoj Sinha Thurs-day greeted the people on the eve of the birth anniversary of Dr. B.R. Ambedkar. In a message, the Lt Governor has said: "On the occasion of the birth anniversary of the principal architect of the Indian Constitution, Dr. Babasaheb Bhimrao Ambedkar, I extend mv greetings and best I extend my greetings and besi

wishes to all"

"As a scholar, journalist, educationist, legal luminary and social reformer, Babasa-heb has left a lasting impression on the edi-fice of our democracy. His noble ideals are a beacon of hope, a source of inspiration for all to strive for a united, equal, just CONTINUED ON » PAGE 4

# India rebuffs Pakistan's objection to

Rebuffing Pakistan's biections to New Delhi hosting G20 events in Sri-nagar and Leh, India on nagar and Leh, India on Thursday said that hold-ing G20 events in Jammu and Kashmir and Ladakh is very natural as they are an integral and inalien-able part of India. Ministry of External Kfalirs spokesperson Arin-dam Bagchi, answering a query at a briefing today, said: "G20 events are taking as Pakistaris Ministry of

place across India; they Foreign Affairs on Tuesare being organised in every region of the coundary. The holding of G20 updated its G20 calendar



d: IIIIIda 5 response came (G20 events are taking as Pakistan's Ministry of ace across India; they Foreign Affairs on Tues-e being organised in day expressed "strong ery region of the counindignation" after India

to include meetings in Sri-nagar in Jammu and Kash-mir and Leh in Ladakh.

India will be hosting a G-20 Tourism Working Group meeting in Srinagar on May 22-24, while two

on May 22-24, while two other meetings of a con-sultative forum on youth affairs (Y-20) will be held in Leh and Srinagar. Pakistan's MFA said that the "irresponsible move" by India is the "latest in a series to Jerserving mea-sures to perpetuate its ille-gal occupation of Jammu and Kashmir in sheer disand Kashmir in sheer disregard of the UN Security Council resolutions and in violation of the principles of the UN Charter and international law".

#### Those ridiculing Mudra Scheme G20 events being held in Srinagar, Leh have no understanding of common man's capabilities: PM Modi

JI NEWS SERVICE NEW DELHI, APR I

Prime Minister Narendra Modi said on Thursday the "new India" is moving ahead with new policies and strategies, and his government is working proactively in matters of technology and infrastructure, shunning the "reactive approach" of the past. In a video address to a 'Rozgar Mela', Modi asserted the 'Mudra' loan project for small and Prime Minister Narendra

project for small and micro enterprises has created over eight crore new entrepreneurs, and the



government's policies and strategies have opened the doors to new possibilities. He also took a swipe

at those who "consider themselves big econo-mists" and gave "loans on mists" and gave "loans on phone" to big business-men but are "ridiculing"

the scheme. Though he named no one. no one, his swipe was apparently aimed at Coness veteran and former gress veteran and former finance minister P Chid-ambaram who recently questioned the 'Mudra' scheme and wondered what kind of businesses can be started with a loan of Rs 50,000. Modi said Rs 23 lakh crore loan has been given

crore loan has been given under the scheme with 70 per cent of beneficiaries being women.

Microfinance does a lot in strengthening CONTINUED ON >> PAGE 4

in Bhaderwah to celebrate Baisakhi

#### 43 injured as roof of house collapses in Poonch village



At least 43 persons were injured after a roof of a

house collapsed on Thursday in Khanetar village of Poonch on Thursday.

The incident took

CONTINUED ON \*\* PAGE 4

relatives had assembled in the house of one Zakir Hussain Shah, resident of Khanetar to condole the death of his daughter

## References to Maulana Azad removed from NCERT's new class 11 political science textbook

References to freedom fighter and India's first education minister Mau lana Abul Kalam Azad lana Abul Kalam Azad have been removed from the new class II political science textbook by the National Council of Educa-tional Research and Train-ing (NCERT). As part of its "syllabur rationalisation" exercise last year, the NCERT, citing "overlamping" and "irrele-

"overlapping" and "irrele vant" as reasons, dropped textbooks certain portions from the



course including lessons on Gujarat riots, Mughal courts, Emergency, Cold War, Naxalite movement, among others from its textbooks.

The rationalisation note to more tion of any line has been revised to omit Azad's name from the constituent assembly the constituent assembly committee meetings. The revised line now curriculum trimming has taken place this year and constituent assembly committee meetings.



the syllabus was rationalised in June, last year.
"Certain changes not finding mention of in the

rationalised content book could be an 'oversight' NCERT Director Dinesh Saklani reiterated

Saklani reiterated.

In the class II political science textbook's first chapter, titled 'Constitution - Why and How', a line has been revised to omit Azad's name from the constituent assembly committee meetings.

The revised line now

## JI NEWS SERVICE BHADERWAH/JAMMU, APR 13

Thousands of devotees converged at the ancient Subar-Nag temple in Jammu and Kashmir's Bhaderwah district on Thursday to celebrate Bai-

Located at a height of Located at a height of 12,000 feet, the doors of the 1,600-year-old temple were opened on Thursday. The festival marks the beginning of spring. The festival at this temple is considered the first Pai-

considered the first Baisakhi in the country. In



Thousands of devotees visit Subar Nag Temple

other other parts of the country, the festival will morning with the opening be celebrated tomorrow. The traditional cel-Subar Dhar, 35 Km from

Bhaderwah town that was followed by sacrificing of

rams. Thoursands of devotees converged at the temple after trekking 12 km steep hill to pay their obeisance to the Lord Subar Nag.

to the Lord Subar Nag.
On this occasion dozens
of sheep were sacrificed as
per ancient custom.
"This festival has not
only the religious importance but this is also the
most ancient festival of
this area. Devotees from
the different parts of the
valley including CONTINUED ON >> PAGE 4











## **BJP Minority Morcha Organises Water Body Cleaning And Plantation Drive At Jammu**



APRIL 13: Bhartiya Janata Party(BJP) Minority Morcha organ-ised water body cleaning and plantation drive under the "Samajik Nyay Saptah" Nagar here on

Chander Mohan Gupta state vice president and former Mayor JMC was the chief guest. "This initiative to organ-

ize a water body cleaning and plantation drive is a commendable effort commendable effort towards environmental conservation. This campaign is not only aimed at

of water bodies but also aims to promote afforesta-tion in areas surrounding these water bodies, prothese water bodies, pro-moting biodiversity and ensuring healthy ecosys-tems," Said Ranjodh Singh Nalwa-President BJP Minority Morcha.

He further said that the determination of the BJP Minority Morcha shines

through the bold moves to take action to combat cli-mate change and tackle environmental issues facing communities nationwide. "Such initiatives help wide. "Such initiatives help create awareness among citizens about their respon-sibility towards the envi-ronment while also encour-aging active participation in community activities," Nalwa added. He further stated that the BJP Minority Morgha's proactive steps Morcha's proactive steps are sure to inspire change throughout country as we jointly strive for a cleaner, greener planet for genera

tions to come.

Prominent among those who were present on the occasion included, Balvinder Singh(Vice President), Narinder Jain(Vice President), Bhopinder Singh(Vice President), Santokh Singh(Peneral Secretary), Deenak

## Army organises free medical camp in remote Akhnoorvillage

13/04/2023: In an attempt to provide basic health facilities to people residing in remote areas, the Indian Army organized a medical camp at Marh, a ren

camp at Marh, a remote vil-lage in Akhnoor tehsil of Jammu and Kashmir. A large number of locals, children, youngsters and elderly alike, visited the camp here and consulted the doctors.Genuine med-ical requirements of the Awaam were addressed and free medical advice and medicines were pro vided to the attended from the remote villages.
Army Doctors and



ed treatment to all patients hailing from far flung areas with inadequate medical facilities. Dr Geeta Dubey, MBBS and Dr Khurshid. MBBS, MD and staff from Primary health centre, the

providing essential sup-

The medical camp witnessed an overwhelming response from locals and around 215 persons from nearby vill

advice and medicines dur-

ing the camp.
A health awareness lec-A health awareness lec-ture on good health and hygiene including preven-tive measures against ail-ments like Covid-19, Jaundice, Malaria, viral Hepatitis and common fever was also conducted on the occasion by the Medical Officer of the Army.

Army.

Appreciating the steps taken by the Indian Army to provide basic health facilities in far flung areas, the villagers demanded that more such medical camps should be organised across the Union Territory on a revular basis.

## DCC Jammu Rural pays homage to Dr B.R Ambedkar on his 132nd birth anniversary

CONGRESS MADE SIGNIFICANT CONTRIBUTIONS TOWARDS EMPOWE OF DOWNTRODDEN SECTIONS OF SOCIETY: HARI SINGH CHIB



JI NEWS SERVICE

JAMMU, APR 13: District (DCC) Jammu Rural today celebrated the 132nd birth anniversary of Babasaheb Dr Bhim Rao Ambedkar in a function organized at Muthi in Jammu North

Muthi in Jammu North Assembly segment. Paying tributes to Dr. B.R Ambedkar, Hari Singh Chib, President DCC Jammu Rural, remembered the contribution of Dr. Ambedkar in framing the Indian Constitution wherein the provision for the

each and every section irre-spective of caste, creed colour or religion was kept

and approved by the Constituent Assembly of the country. Hari Singh Chib described Baba Sahib Bhim Rao Ambedkar as one of Rao Ambedkar as one of the towering personalities of modern India who will always be remembered for his outstanding contribu-tion for the upliftment of the downtrodden people in this country.

this country. He said that India after gained independence in 1947, Ambedkar accepted

'The Indian constitution formed under his chairmanship, is one of the best document in the World which takes care of the aspirations of the largest pluralistic society in the World, he added.

Hari Singh said that Dr. Ambedkar worked closely with the Congress party leaders in delivering the Indian Constitution and his ideology of social equity and vision of a society free of discrimination is in con

Iawaharlal Nehru

"Congress is the only Party that has made signif-icant contributions towards

Party that has made significant contributions towards the empowerment of downtrodden sections of the society, he added.

Chib appealed to the participants to follow the path shown by Baba Sahib for equality and social justice and to bring about comand to bring about complete harmony and unity in

diversity.

He also cautioned He also cautioned against the forces of exploitation and hatred which goes against his philosophy and sprit of the constitution.

On the occasion, Rajni Bala Corrogator, Ward No.

Bala Corporator Ward No 60, Som Nath Sharma President BCC Patta Paloura, Om Parkash President Guru Ravi Dass President Guru Ravi Dass Sabha, Dr Raj Paul Hans former Director Animal Husbandry, Tarun Vaid, Virender Mehta, Madan Singh Chib, Kuran Manhas and Nisha Kumari also paid floral tributes to Dr. Ambedkar, and remem-Ambedkar and remem-bered for his outstanding contribution for the uplif

## "The Era of 1990": A Blockbuster Hit, Winning Hearts in Jammu and Across India



JI NEWS SERVICE

Since its release on April 7th, "The Era of 1990" has been making waves in the Indian cinema world and has now taken Jammu by movie is a blockbuster hit, captivating audiences with

its outstanding performances and message.

The film portrays the story of a Sikh police officer's fight against corruption and injustice, breaking the stereotypes of Sikh characters in Indian cine.

Singh Rissam, has delivered a stunning performance and emphasized the importance of the turban in his role, promoting cultural identity and diversity.

"The Era of 1990" is a film that promptes positive val.

that promotes positive values such as honesty and The lead actor, Jagjeet integrity, and its success is ence's appreciation of sto-ries that celebrate cultural diversity. It is a must-watch for Indian cinema enthusiasts who want to be

enthusiasts who want to be inspired by a message of hope and courage.

The movie's success is well-deserved and is a tribute to the efforts of the cast and crew who have brought this inspiring story. to life. With its standout performances and an uplifting storyline, "The Era of 1990" has won the hearts of many in Jammu

and across India.

In conclusion, "The Era of 1990" is a movie that is winning hearts in Jammu and captivating audiences across India with its inspiring message and outstanding performances. It is a blockbuster hit that should not be missed, as it breaks stereotypes and promotes positive values that cele-brate cultural diversity.

## BJP SC Morcha to hold glittering functions to mark Dr B R Ambedkar's Jayanti across J&K: Neelam Langeh



JI NEWS SERVICE

JAMMU, APR 13: Neelam Langeh, President BJP SC Morcha J&K and former Legislator today expressed gratitude to the PM to the Modi Narendra National President BJP, J.P Nadda for announcing public holiday on April 14, to commemorate the birth

anniversary of BR Ambedkar, who is also known as the Father of the Indian Constitution. Addressing media per-sons here at Party Headquarters in Jammu, the BJP SC Morcha

President J&K said that the ed by the PM Modi has ful-filled the long pending d the long pending and of the country. He demand of the country. He said that the previous gov-ernments headed by the Congress did nothing for the welfare of marginalized sections of society

In Jammu and Kashmir also, Langeh said the sucalso, Langeh said the suc-cessive regimes headed by Congress and other politi-cal parties did nothing for the welfare of minorities. He said West Pakistan refugees, Safaikaramcharis and Gorkhas were deprived of their rights continuously for more than seventy years. He said that the Modi Government has given a new lease of life to the aforesaid community the aforesaid community members with the abroga-tion of Art 370. He said that the Government at the Centre is committed to mit-igate the problems of the marginalized sections of society and for achieving this goal, no stone will be left unturned.

left unturned.

The senior BJP leader said that BJP SC Morcha has envisaged a number of events to hold glittering functions to mark the Jayanti of Bhim Rao

Ambedkar in Jammu and Kashmir. He informed that Kashmir. He informed that on April 14, a state level function would be organ-ized at the Kullian area of RS Pura in which BJP J&K President Ravinder Raina along with several senior. along with several senior leaders of the Party will mark their presence. He said the Jayanti of Bhim Rao Ambedkar would be celebrated at Mandal level, Shakti Kendra and Booth

level.

Langeh said that BJP SC
Morcha is bound to uplift
the marginalized sections
of the society and for this,
every single activist of the
Morcha has the moral duty
of fulfill this responsibility. to fulfill this responsibility with due care. He said that the BIP SC Morcha is comthe BJP SC Morcha is com-mitted to act as a beacon of light to guide the unprivi-leged sections to avail all the benefits of centrally sponsored schemes and lead a life full of dignity and pride. Among others who were

present in the press confer-ence, include National executive member Mohan Lal Thappa, Co-Incharge Jeet Angral, State General Secretary Adarsh Jathiar and Gulshan Bhagat.

# Rana hands over land allotment papers and sanctioned order for Model school Pathanateer

JAMMU, JAMMU, APR 13: Asserting that National Conference stands fully committed to upliftment of committed to upliftment of every nook and corner of Pir Panjal region, Javed Ahmed Rana, former Deputy Chairman, J&K Legislative Council and President Jammu and Kashmir National Conference (JKNC) Pir Panjal Zone, said that as Panjal Zone, said that as part of the said commitment he got the land for Model School sanctioned

Model School sanctioned and handed over the allot-ment papers of the land identified for the construc-tion of school to School Education Department. He expressed this while addressing a delegation of Block Pathanateer Mendhar that had called on here today. The delevation here today. The delegation comprising Panchs

comprising Panchs, Sarpanchs and prominent people of the Block Pathanateer was led by Sarpanch Pathanateer, Shahban Khan. The delega-tion members expressed gratitude to Rana for sanc-tioning of land for Model School for Educationally Backward Block Backward Block Pathanateer. It is pertinent to mention here that Javed Rana today handed over the allotment papers of the land identified for the con-struction of aforesaid school to the School Education Department. The Deputy Commissioner land Poonch has alloted land measuring 9 Kanal in Khasra No 851 situated at village Salwah of Tehsil to mention here that Javed

Mendhar School Education Department for construction of Model School for Educationally at Block

Backward at Block Pathanateer. While addressing mem-bers of the delegation, Javed Rana said that Mendhar was literally a backward area and so far as Education system in the area was concerned it was quite poor. He asserted that quite poor. He asserted that it was only after becoming a legislator that he took several steps for upliftment of the area beginning with the most significant sector which is education. He said that as part of the progres-sive agenda of National Conference he left no stone unturned in this direction as a result of which as a result of which Mendhar has one degree college, Eklavya Model Residential School, several high schools, middle high schools, middle schools and higher second-ary schools. He said that the main aim behind this was to uplift Mendhar in education sector. He said that it is really a matter of eatification that by now at satisfaction that by now at least there is at least one



the nation. The senior National Conference leader stated that Pir Panjal region has lot of talent and potential and this needs to be utilized by taking the neces-sary initiatives for the welfare of youth. He stressed upon the students to make

skill education an insepara ble part of their education and ensure that each and education in at least one trade to increase the chances of their employa-bility or becoming self employed. He said that National Conference has been playing a vital role in uplifting of the Pirpanjal region and assured the delegation that it will take the region to new heights especially when it comes to power in the impending Assembly elections when these are held.

#### **Indian Army helped in** recovering body from truck

JI NEWS SERVICE

JAMMU, APR 13: A fatal accident occurred near Chowki Chaura on NH 144A at 0130h when a civil truck fell into a deep gorge. At 0830h on 12 Apr 2023, the vehicle was spotted by Indian Army troops in the area. The incident was immediately reported by the army to the local authorities and the troops climbed down 25 metres into the treacherous gorge to rescue the driver. However, due to the deep fall, the driver had already succumbed by the time. The deceased identified as Mr Vikas Sharma, was a resident of Rajouri and was driving the truck.

#### **Artists of Kashmir felicitate Balwant Thakur**

Kashmir felicitated the Cultural Diplomat of India eminent cultural figure of J&K Balwant Thakur at Tagore Hall Srinagar on his arrival in Kashmir after a

decade.

Balwant Thakur served
as Secretary of Jammu &
Kashmir Academy of Art
Culture and Languages
between 1995 to 2003 and
later as Regional Director of
Jedian Council for Cultural Indian Council for Cultural Relations Jammu & Kashmir in the Ministry of External Affairs Government of India en 2012 to 2018.

While interacting with the various groups of Rouf, Dhambali, Bhand Pather and Kashmiri Sazina, Balwant Thakur dwelt in detail about the opportuni-ties available within and outside the country for showcasing the rich culture and Kashmir



Diplomatic assignments in Africa Mauritius, he informed that Mauritius, he informed that there is a huge thrust amongst foreign audiences and are keen to learn, explore and observe the rarest performing art tradi-tions of Jammu and Kashmir

Kashmir. To cater to that growing demand we need to infuse sheer professionalism our approach of production and presentation of arts.

Seeing their charged enthu-siasm and fervour, Balwant Thakur expressed his extreme happiness havis seen over 300 artists havis seen over 300 artists having turned up to meet him. Prominent amongst those who attended his brief ses-sions included Sangeet Natak Akademi Awardee Mohd Sadeeg, Chairman Mohd Sadeeq, Chairman, All Kashmir Folk Artists Association and Bismillah Khan Yuva Sangeet Natak Akademi Awardee Shah-e-

Bismillah Khar Sangeet Akademi Awardee

Akademi Manzoor-ul-Haq, Kashmiri Dance group leaders viz. Shagufta Rahman and Group, Yemberzal Cultural Group, Ifra Ayoub Khan and Group, Lotus Cultural Group headed by Tabasum Rehman, Dhambali dance groups of Tanveer Ah. Shah, Taweed Ah. Shah and Zahoor Ah Shah

## **ATL: IIT Jammu conducts workshop** on 'Design Thinking in STEM'



JI NEWS SERVICE

JAMMU, APR 13: The Indian Institute of Technology (IIT Jammu) conducted a one-day workshop on "Design Thinking in STEM" for school teachers, aimed at training them for the operation of already-established Atal Tinkering Labs (ATL) at Army Public Schools and Kendriay Airkalawas Kendriva Vidvalavas

Dr Vijay Kumar Pal, Assistant Professor, IIT

Jammu, coordinator of the workshop, emphasized the importance of experiential and project-based learning in school education and its in school education and its role in building the nation. He stated that the Government of India has initiated the implementation of the National Education Policy (NEP-2020) with its primary focus on experiential and project-based learning. The

project-based learning. The training of school teachers is crucial in this transition

period, so that they can transmit their experiential knowledge to young stu-dents and ignite their cre-ative minds for product

evelopment.
The workshop saw various experts, including Prof. Singhai, Mr. Deepesh Patidar, Mr. Ashutosh, and Mr. Vishal, enlightening the participants on the con-cept of Ardino, making interesting and innovative experiments for school teaching. The experiments included topics such as speed of sound, distance measurement, traffic light system, and robotic hands. Furthermore, the teach-ers also visited the Institute Inprovention

Innovation and Entrepreneurship Development Centre (I2EDC) lab of IIT Jammu to understand utilization of machines for tinkering purmachines for tinkering pur-poses. This will play a cru-cial role in the develop-ment of STEM education. Overall, the workshop was aligned with the vision of NEP-2020 and focused

on experiential and project-based learning to ignite critical thinking and skills in students. The workshop, which was successfully which was successfully conducted, saw participa-tion of students from Jammu University and sec-ondary school teachers. It was an excellent opportu-nity for school teachers to gain knowledge and expertise in STEM educa-tion and promote innova-tion among their students.

## BJP conducts cleanliness drive at bank of river Tawi near Dounthly water filtration plant



Abhiyaan team along with a large number of volunteers launched a cleanliness drive at the right bank of river Tawi near Dounthly water filtra-tion plant. The district unit of BJP Jammu East also joined the Swachhta Speaking on the occasion, Er Dil Bahadur Singh Convener Swachh Bharat Abhiyaan Jammu and Kashmir said that we should maintain cleanliness near the banks of river Tawi and appealed to the citi-zens to participate en masse in the cleanliness drive. He stressed the need for such programs to generate awareness among the general public. Er T. K Sharma Co Convener

Swachh Bharat Abhiyaan Jammu and Kashmir requested the general public to keep their water bodies neat and clean especially near filtration plant as the water of Surya Putri Tawi is being used for drinking purpose after being filtered from the Dounthly fil-

being filtered from the Dounthly fil-tration plant.
Speaking on the Occasion Parmod Kapahi District president BJP Jammu requested the people of Jammu to keep their surroundings neat and clean. He also appealed to the citizens to hand over their domestic waste-screenly to the pursisional varieties of a

to hand over their domestic waste properly to the municipal workers so that it could be disposed properly. Purnima Sharma Ex Dy. Mayor and Corporator ward no. 1 while speaking on the occasion also appealed the people of Jammu to keep their city neat and clean. She also informed the public that Aarti of Surya Putri Tawi is being performed near the Dounthly filtration plant daily in the evening and she requested the people to participate in the Aarti. Others present on the occasion Som Nath Khajuria Executive member, Sahil Sharma co Executive member, Sahil Sharma co convener Swachh Bharat Abhiyaan Randip Parihar co convener, Er V. K Gupta Co Convenor Jammu Swachh Bharat and Er Sunil Zailpuri, co convener Jammu south.

## Photography Refresher Course concludes at PTTI Vijaypur

JI NEWS SERVICE

JAMMU, APR 13: Two weeks
"Photography Refresher Course"
organized by Police Technical
Training Institute (PTTI) Vijaypur concluded in which 14 Police pers nel of Photography Cadre participat-ed. The objective of this course was to enhance the capabilities of Police offi enhance the capabilities of Police offi-cials of Photography Cadre to handle and operate modern photography gadgets and equipments. On this occasion a Valedictory function was organized which was graced by Shri

Shiv Kumar, JKPS, SSP, Principal PTTI Vijaypur who emphasized the importance of Photography Course in investigation of cases and coverage of important events. Principal PTTI Vijaypur further said that this course would definitely help these Police personnel in performing their field duties more effectively as they have duties more effectively as they have been trained in handling/function-ing of professional video/still cam-eras, Handling/operation of CCTV cameras, saving of recordings & footages in Computer System, adobe photoshop, reader video editing,

casting, dubbing of sound and video clips on system, photography of road accident cases by using DSLR camera & professional video camera, collec-tion of Photography evidence viz. fin-ger prints, foot prints, bloody fluids, hair, fiber, tyre marks, skid marks, weapon, ammunition, tool marks, wounds marks & other clues/evidence. In addition, the trainees were dence. In addition, the trainees were also imparted special training for cap-turing photographs & videography through drones to meet the new chal-lenges in present era being faced by the Police department.

## 'Mann Ki Baat' will be listened by Lakhs of people of J&K at about 10,000 booths: Vibodh

JAMMU, APR 13: Prime Minister Narendra Modi's AIR programme 'Mann Ki Baat' will be listened to by Lakhs of people of Jammu & Kashmir at about 10,000 booths, stated Adv. Vibodh Gupta, General Secretary, Bharatiya, Janata, Party Bharatiya Janata Party, Jammu & Kashmir.

"The 100th episode of Mann Ki Baat is definitely Mann Ki Baat is definitely going to be special. This is the first ever programme of such type to be telecasted for consecutive 100 episodes", said Vibodh Gunta Gupta.

Vibodh Gupta who also Incharge of PM's 'Mann Ki Baat' team of BJP Mann Ki Baat' team of BJP for J&K, accompanied by Co-Incharge Sanjay Kumar Baru, Co-Incharge Naresh Singh and J&K BJP Media Secretary Dr. Pardeep Mahotra, was addressing media persons at BJP headquarter, Trikuta Nagar, Jammu.

Jammu.

Vibodh Gupta, while addressing the media, Pm's 'Mann Ki Baat' is a non-political motivational programme in which the stories of real heroes from the ground level are shared by Modi ji for giving a new



especially the youth, women, self help groups etc. The endeavour by hon-ourable PM has been a guiding force and inspira-tion to crores of people besides giving motivation to those heroes, he said. Vibodh added that the

purpose of broadcasting this program from the radio was that his voice could be was that his voice could be reached to remote villages because TV is not accessible in every place in India, especially in rural and less developed areas that still lack all these facilities.

Vibodh further said that it is an important manifes

tation of Modi ji's promise of a more transparent and dialogue driven govern-

tation of a more transparent and dialogue driven government.

Reaching out to masses, often on the back of nascent tachnology has always been an integral part of his effect tiveness as a mass leader, he said.

Vibodh said that Modi ii Vibodh said that Modi ji has used it actively to give a report card for the govern-ment's performance. Frequently updating citi-zens on how the existing schemes are performing and the challenges faced by the administration in deliv-ering them ering them. However, most impor-

tantly he uses the platform to explain the rationale behind some of the radical changes his government has brought about, and setting the stage for some they intend to bring about.

Sanjay Baru appealed to various organizations including religious, trade, including religious, trade, commerce, Business and NGOs to listen to the 100th episode of PM's 'Mann Ki Baat' amongst the masses. He said that this episode would surely be a landmark in India's history, which has increased a positive participation of common masses; in setting new. mon masses in setting new discourses in modern India

#### Ex Central Paramilitary Forces Welfare Association asks Central Govt to fulfill demands



JI NEWS SERVICE

Central Paramilitary Forces Welfare Association (ECPFWA) J&K UT has demanded restoration of pension benefit scheme and martyr status.

here. President of the Association, S.K. Sharma has demanded restoration of the pension benefits scheme (old pension scheme under CCS pen-sion) rules 1972 for post

2004 personnel. He highlighted that there pay revised pay of Rs. 21820 (6th CPC Grade Pay Rs. 5400) 7th CPC level-9 in Table 29 of the 7th Central Pay Commission concordance Table

He said that it is the time to restore the status of BSF for OROP as the BSF personnel are performing their duties for the security of the nation at par with other security for

He added that MHA declared CAPF personnel from CRPF, BSF, CISF, ITBP and SSB as Ex-CAPF personnel and urged Home Minister to direct J&K UT Government to extend suit-able benefits extended by the state/UT government to Ex-Servicemen of Defence forces.

On the occasion, Ex. Central Paramilitary Forces Welfare Association J&K UT declared the New Chief

Advisor Harnedar Gupta.
Others present in the press conference include D.K. Chauhan General Secretary J&K UT, Noor Mohd General Secretary Samba, Harbans La Samba, Harbans Lal Sharma Vice President J&K (UT), Chamal Singh ITBP member, Hans Raj CPMF, Yashpal CPMF and Kirtan Sing CPMF.

## Thandi Choi villagers condemn allegation, request LG Sinha to intervene

JI NEWS SERVICE

IAMMU. APR 13: Today JAMMU, APR 13: Today the villagers of Thandi Choi, Panchayat members addressed Press Confe-rence and condemned the charges which were put-ting against them for ille-gally felling of Khair trees. While addressing media

conference at Press Club Jammu, Smt. Neetu Devi Sarpanch Panchayat Halqa Serh, Renu Sharma Panch Panchayat Halqa Serh, Renu Sharma Panch Neon Devi Panch Ward No. 03, Panchayat Halqa Serh, Ved Parkash, Social Activist along with other farmers of village Thandi Choi said, "as per the pro-visions of SRO-111 titled as 'The Jammu and Kashmir Non-Forest land Khair trees 'Acacia Catechu' (Management Plan) rules' conference at Press Club (Management Plan) rules applications were invited from the farmers of notified villages and farmers of Thandi Choi applied for felling of Khair trees from their proprietary lands for the year 2022-23."

That the concerned Tehsildar after necessary verification of revenue record/documents submitted the files of applicants of village Thandi-choi to



Divisional Forest Officer Jammu for issuance of Felling order and same was issued in favour of 89 nos. of the eligible applicants by DFO Jammu, vide no. DFO-J/Khair/871-75, dated 20-02-2023, they dated 20-02-2023, they Villagers further stated that around five fake com-plaints have been made by few officers with one or another name and every time when the complaint was found fake and cleared by the higher authorities by the higher authorities after proper ground verifi-cation, they went for anothcation, they went for another complaint. That the Officers of Revenue Department and Forest Department have time and again conducted the joint verification but nothing adverse as alleged in all the complaints was found there on the ground, they there on the ground, they added

Raghubir Singh who mastermind behind all this is a notorious character and it also came to the notice that he has earlier (during the tenure of his service) also mislead the Authorities and got his promotion as Forester by submitting the fake degree of graduation and after his retirement also is putting bad name to the depart-ment" Villagers con-demned the 12th of April 2023 a press conference it also came to the notice demned the 12th of April 2023 a press conference which was held in Press Club, Jammu by one of the so called social activist namely Sh. Sunil Kumar R/O Gandharwan, Akhnoor, with respect to illegal felling of Khair Trees from village Thandi Choi. We the farmers of the village Thandi Choi Strongly

lage Thandi Choi strongly

condemn the allegation made during the Pres ence by the so called social activist, as every thing has been presented by Sh. Sunil Kumar is by Sh. Sunil Kumar is vague and devoid of facts and also submit that no irregularity has been conducted there by any of the farmer. Horble Lieutenant Governor of Jammu & Kashmir UT is requested to intervene into the matter as we are all poor farmers and our life depends on farmers. our life depends on farm-ing to make our both ends eet and nurture our fami meet and nurture our fami-lies. It is a ten year circle and our village has figured during the current year and farmers who were hopeful of earning their bread and butter are suffering immensely due this vague propaganda created by some mischievous elemischievous ele ments

## DC Bandipora chairs NCORD meeting



JI NEWS SERVICE

drug crisis, including law enforcement agencies, healthcare professionals, The Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed on Thurs-day chaired a meeting of District Level Commit-tee under Narco-Coordieducators, parents and religious heads.

holders in addressing the

er (DC) Bandipora, Dr. educators, parents and Owais Ahmed on Thursday chaired a meeting of listrict Level Committee under Narco-Coordination Centre (NCORD) and poroach in order to Mechanism & Cigarette and Other Tobacco Products Prohibition Act (COTPA), at Mini Secretariat, here.

The meeting discussed in detail ways and means to curb the drug menace to tackle this issue.

The meeting discussed in detail ways and means to curb the drug menace to tackle this issue.

Speaking on the occasion, the DC highlighted the need for coordinated efforts between government agencies, health to Druss' in order to Druss' in order

the participants to spread the message of "Say No to Drugs" in order to efforts between govern-ment agencies, health-care providers, civil socisave our youth from this care providers, civil soci-ety organizations and community leaders to effectively address the drug problem. Dr. Owais stressed on more inten-sive awareness campaigns to educate the public on the dangers of drug abuse, improved access to addiction treatment and support services, and stronger regulation of the pharmaceutical shops to menace SSP Bandipora Lakshav

SSP Bandipora Lakshay Sharma also highlighted the role of parents and religious heads in prevent-ing drug abuse among children and youth. Later, an interactive session was also held in which various stakehold-er and students put for-ward their suggestions for curbing the drug menace. Chairperson District

Chairperson Distric bution of banned drugs. Development Council Ab
The DC also highlighted Gani was present on the

# Judges are like architectural designers while deciding a case: Chief Justice

The Jammu and Kashmir The Jammu and Kashmir Judicial Academy orga-nized a one day interac-tive programme on "order/ judgment writing, appli-cation of the law, sharing best practices and find-ing solutions to practical problems faced by them in justice delivery" for Civil Judges (Junior Division) of Kashmir Province. Kashmir Province.

The programme that was inaugurated by Chief Justice, High Court of J&K and Ladakh and Patron-in-Chief, J&K Judicial Academy, Justice N Kotiswar Singh, aims to provide a platform for Civil Judges to exchange ideas and share experiences as well as

experiences as well as learn techniques from the experts in the field of law. Yash Paul Bourney, Registrar Vigilance, High Court of J&K and Ladakh, M K Sharma, Director, J&K Judicial Academy and Jatin-der Singh Jamwal, Special Judge, Anti-Corruption (GBI Cases), Srinagar were the resource persons for the programme.

the programme.

Delivering the inaugural address, Chief Justice stated that it is the primary duty of a Judge to write judgement under-standable by a litigant and not for the higher courts. All focus must be on the litigant who has come for justice, he said adding a case and writing a judg-

that judgement should be clear, lucid and with good reasoning. He said appli-cation of mind is impor-tant to make any decision because we are dealing with human sufferings. For a good judgement the facts ment a judge must consider the arguments and claims put forth by the parties. Further quoting Justice H.K. Sema, former judge of Supreme Court of

judge of Supreme Court of India, she said that Judgea good judgement the facts of the case should be prop-erly marshalled and the law should be applied with ment is best when given with reasons. While quoting Justice R.C. Lahoti, former Chief Justice of India, she said that while erry marshatied and the law should be applied with clear reasons for accepting or rejecting any claim of the litigant, he asserted. Chief Justice emphasised that the judges are like architectural designers while deciding a case. Though in the criminal cases, charge-sheet is the basis for decision but the lacts of the case must be taken care of while deciding the case, he added. Justice Sindhu Sharma, Chairperson, J&K Judicial Academy, in her special address, while quoting a Greek Philosopher said that the qualities of a judge are to hear courteously, to writing a judgement don't go into the verbosity of the document. She also deliberated

She also deliberated that a litigant must understand that why a case is in his favour or against, that should come out from the judgement. The basic factors that should be considered, is to maintain integrity while passing a decision and it should not be influenced by any other matter even our own prejudices and biases. We have to consider the facts while writing a judgement that it should be based on the provision of law, the aspect on which we are are to hear courteously, to answer wisely, to consid-er soberly and to decide impartially. She emphaaspect on which we are doing and how we are going to write the judge-

cial Academy, in his spe-cial address, citing the case of Barender Kumar case of Barender Kumar Gosh said that the trial Judge quoted from the somet 'On His Blindness' of a famous English poet John Milton i.e., 'They also serve who only stand and wait' while turning the plea of innocence of Barender Kumar Gosh in a robberry and murder case quoting that even if you were guard at the door

you were guard at the door still you were guilty of the

crime for taking no action.

Justice Wani, citing another recent judgement of the Supreme Court of India, said while Court of India, said while quoting Justice Roslyn Atkinson, former judge of the Supreme Court of Queensland, who had said that there are purposes for any judgement that is written, i.e., to spell out judges own thoughts; to explain your decision to the parties; to communicate the reasons for the decision to the public and to provide reasons for an appeal to consider. Every judgement has to have various basic elements such as statement of material (relevant) facts, legal issues or evant) facts, legal issues or questions, deliberation to reach at decision and the ratio or conclusive decision, he added.

Justice Javed Iqbal in his welcome address, Wani, Member, J&K Judi- underscored the imporunderscored the impor-tance of organising this program. He said that writ-ing judgments and orders is virtually an art and often varies from judge to judge as no form or format has been provided in law as to how judgments and orders should be written by the judges.

judges.
The day long interactive programme was divided into two technical sessions and an interactive session

for feedback. The first technical session was chaired by Yash Paul Bourney, Reg-istrar Vigilance and M.K. Sharma, Director, J&K Judicial Academy who analysed the art of order/judg ment writing and applica-tion of the law.

tion of the law.

The second technical session was chaired by Jatinder Singh Jamwal, Special Judge, Anti-Corruption (CBI Cases) who explained by Sharing best practices and finding solutions to practical problems faced by Civil Judges (Junior Division) in justice delivery.

The interactive programme concluded with an interactive session

an interactive session during which the par-ticipants deliberated and discussed various aspects of the subject topic and raised queries which were Director, J&K Judicial Academy, M.K. Sharma, raised queries whi satisfactorily settle resource persons. satisfactorily settled by the

#### World Oral Health Day celebrated at Ganderbal

JI NEWS SERVICE GANDERBAL, APR 13

tion Ganderbal in collab-oration with Chief Medical Officer Ganderbal cal Officer Ganderbal today organized Dental Awareness cum Hygiene Camp here in the lawns of Mini Secretariat Gander-bal as part of World Oral Health Day

The Camp was organized with the pur-pose to raise awareness about the importance of oral hygiene among the

people.

During the program, oral health care awareness and screening was conducted for people visconducted for people vis-iting the DC office. They were taught about brush-ing techniques and other oral hygiene instructions. Free medicines, mouth washes, hygiene kits, toothbrusher was also toothbrushes were also distributed among the

distributed among the participants.
Dr. Amira Majid said the World Oral Health Day is observed annually to raise global awareness of the issues around oral health and the impor-

tance of oral hygiene. She said that a healthy she said that a healthy mouth leads to a healthy body. She explained the impact of oral health on overall health and the role of a balanced diet in maintaining good health and hygiene.

#### Atal Dulloo inaugurates Sarson Utsay, launches Kharif Campaign-2023

INEWSSERVICE

ANANTNIG, APR13

Additional Chief Secretary (ACS), Agriculture Production Department, Atal Dulloo, today inaugurated "Sarson Utsav" besides launching Kharif Campaign-2023.

The Agriculture Department Kashmir celebrated the utsav at Subhanpora, Arwani Bijbehara.

sised that while deciding



cultivation. Atal Dulloo said that to minimize dependence on import of edible oils from other parts of the country, the department has planned a program under national olise and the region. This year we are expecting a bumper or minimized occurrent to the region and the region. This year we are expecting a bumper on the region and the region. This year we are expecting a bumper on the region. This year we are expecting a bumper out of larming communission wherein a minimized programment of farming community of the region besides the region. This year we are expecting a pulpor the region. This year we are expecting a bumper out of the region. This year we are expecting a bumper of the region of the region. This year we are expecting a bumper of the region. This year we are expecting a bumper of the region of the region. This year we are expecting a bumper of the region of the region of the region of the region. This year we are expecting a bumper of the region o including distribution generating employment of free seed, technical assistance, farm machines are being added.

#### FROM THE FRONT PAGE...

#### Satisfied over lowest...

pharmaceutical shops to prevent the illegal distri-

peace prevails in the UT. "The Home Minister stated that police, security forces besides the Central agen-cies including NIA should work together and maintain

cies including NIA should work together and maintain a close synergy to make peace a permanent feature," the source said.

Today's meeting comes a day after the Union Home Secretary took the first review of the officials at North Block. Sources in the MHA said that the Home Minister stressed on ensuring all the possible arrangements for peaceful conduct of G-20 meetings in Srinagar in the month of May.

"He hailed the efforts being put in by LG Sinha in ensuring fast track development in J&K. He asked the LG Sinha and officials to maintain coordination and ensure all arrangements for the G-20 meetings are put in place," the sources said.

ensure an arrangements for the G-20 meetings are put in place," the sources said.

Pertinently, Srinagar city is going through a massive infrastructural revamp ahead of the G-20 summit. DCP Dilbagh Singh recently told reporters that for the first time the number of locals and foreigners was at an all time low in J&K and "efforts are on to eliminate the remaining ones." The Home Minister also expressed his satisfaction over massive decline in the local militant secretizations and admost executions to the was reconstructions. satisfaction over massive decline in the local limitarity recruitment and almost zero infiltration in the year 2022. As per official figures, 187 militants were killed in 111 anti-militancy operations in J&K in year 2022. KNO

#### Drone from Pakistan...

search is going on in many villages and some more recoveries are expected. KNO

#### Complex double heart...

Anesthesia was so smooth that the intraoperative period, extubation and post-operative period were uneventful, the doctor said.

The surgical team led by Dr I A Mir included Dr Arvind Kohli, Dr Shyam Singh, Dr Mohit Arora, Dr Vivek Gandotra, Dr Javaid Banday.

The Cardiopulmonary machine (which functions for hoor than the bar of the control of the c

for heart/lung during surgery) as usual was run by Sr Perfusionist Charan Jeet Singh and Roshan Lal. Scrub side/flooring and support services were led by Sr staff Vishaali besides Sapna Kumari, Balvir Kour, Fareena, Renu Nathyal, Rigzen Angmo, Sonia Sharma, Arjumand Shaheen, Susheel Sharma, Sunil and Deepak.

Shaheen, Susheel Sharma, Sunil and Deepak.
The operating surgeon Dr I A Mir said that before
the surgery, the patient needed consultations with the
Department of Cardiology, Neurology, Nephrology,
Chest Disease Medicine, Dermatology and Dentistry.
"Such major operations are not possible without the

complete involvement of other super-specialists, able cardiac anesthetist, inter-departmental consultations, perfusionists, scrub sisters, supportive and ICU staff, he said, adding, "The morbidity and mortality do not depend only on the valves to be replaced, but it depends on pre-admission, perioperative, intraoperative and postoperative parameters also."

Before surgery, she was on support, diuretics, bronchodilators, anticoagulants and so many other drugs. "Her postoperative period has been uneventful and she has been discharged in excellent condition. Over a short period of time, her NYHA functional class has also improved and she is in functional class II," Dr Mir said. The Department in a statement said it is grateful to the Principal and Dean GMC Jammu Dr Shashi Sudhan Sharma "who has always been at the forefront to bring the department at par with other best centers in India". "Her ever-encouraging words, scientific approach, helping attitude, patient and staff-oriented decisions are always inspiring," it said. KNO complete involvement of other super-specialists, able 43 injured as roof...

#### LG greets people...

and humane society based on mutual trust, tolerance and cooperation," the Lt Governor observed. On this most revered day, let us rededicate ourselves to preserve and strengthen our unity and build an egalitarian society, said the Lt Governor. KNO

#### Those ridiculing Mudra...

THOSE TIGICULING MUCICA...
grassroots economy but some people who consider themselves big economists never realised this and they don't understand the capabilities of the common man, he said.

At the programme, appointment letters were given to 71,506 recruits in different ministries and departments.

Modi cited many development figures to underline the scale of change since he came to power in 2014.

Only 20,000 km of rail line was electrified in the seven decades till 2014 but the figure is 40,000 km in the last nine years, he said, adding that against only 600 metre of metro line built per month earlier, it is six km now.

The rural road length was 4 lakh km till 2014 but is now 7.25 lakh km while 6 lakh km optical fibre has been laid in villages, he said.

There are 148 airports against 74 earlier and the capi-

tal expenditure has risen by four times. Modi added. The massive infrastructure work going on is creating ge employment and self-employment opportunitie

persons injured.
Police officials told the news agency that all the injured were immediately rushed to district hospital Poonch where they were provided medical treatment and most of the injured have been discharged after medical aid.

The injured, officials said, are stable and out of

and most of the injured nave oeen discharged anter medical laid.

The injured, officials said, are stable and out of danger.

The injured have been identified as Shakeela Kazmi (40) resident of Shankar Nagar, Ruksana Bukhari (50) resident of Shankar Nagar, Ruksana Bukhari (50) resident of Sathra, Naiz Kazmi (40) resident of Mendhar, Ameen Janc (55) resident of Bainch, Tabassum Kazmi (28) resident of Ponoch, Javed Akhter (45) resident of Sthanetar, Shamshad Fatima (42) resident of Khanetar, Zanib Noor (45) resident of Gulpur, Zameer Fatima (42) resident of Khanetar, Shabir Fatima (60) resident of Kaller Kattal, Farida Begum (40) resident of Sathra, Shamshad Begum (36) resident of Gulpur, Shamim Akhtar (60) resident of Dara Dullian, Safeena Bi (48) resident of Khanetar, Rubina Begum (32) resident of Khanetar, Rubina Begum (32) resident of Khanetar, Narqus Naqvi (36) resident of Sathra, Shamshad Akhtar (40) resident of Khanetar, Shamshad Akhtar (40) resident of Khanetar, Narqus Naqvi (36) resident of Sathra, Shamshad Akhtar (40) resident of Qasba, Mesem Akhtar (57) resident of Khanetar, Narqus Naqvi (36) resident of Sathra, Shamshad Akhtar (40) resident of Qasba, Naseem Akhtar (57) resident of Khanetar, Narqus Naqvi (36) resident of Khanetar, Sathabarar, Shahmar Pohoch, Saira Kouser (33) resident of Surankote, Saida Begum (60) resident of Khanetar, Hanifa Bi (58) resident of Khanetar, Hanifa Bi (50) resident of Surankote, Saida Begum (60) resident of Khanetar, Hanifa Bi (30) resident of Surankote, Saveer Begum (40) resident of Khanetar, Shahmaz Bibi (30) resident of Surankote, Tasveer Begum (40) President of Khanetar, Shahmaz Bibi (30) resident of Surankote, Tasveer Begum (40) President of Khanetar, Shahmaz Bibi (30) resident of Surankote, Tasveer Begum (40) President of Khanetar, Shahmaz Bibi (30) resident of Surankote, Tasveer Begum (40) President of Khanetar Noona Bandi, Ameer Fatima (64) resident of Khanetar and Misra Khatoon (55) resident of Fatehpur. KNO

#### References to Maulana...

Jawaharlal Nehru, Rajendra Prasad, Sardar Patel or BR Ambedkar chaired these Committees." In the tenth chapter of the same textbook, titled "The Philosophy of the Constitution", the reference to Jammu and Kashimir's conditional accession has also been deleted. "For example, the accession of Jammu and Kashimir to the Indian union was based on a commitment to

safeguard its autonomy under Article 370 of the Con

safeguard its autonomy under Article 370 of the Constitution," says the dropped paragraph.

Last year, the Ministry of Minority Affairs had discontinued the Maulana Azad Fellowship, which was launched in 2009, and provided financial assistance for five years to students from six notified minorities.

"Gandhiji's death had magical effect on communal situation in the country", "Gandhi's pursuit of Hindu-Muslim unity provoked Hindu extremists" and "Organisations like RSS were banned for some time" are among the texts missing from the class 12 political science texbook for the new academic session.

The portions referring to Gujarrat riots have also been dropped from class II sociology textbook, months after NCERT removed the reference to the 2022 communal violence in two class 12 textbooks. (Agencies)

#### Thousands of devotees...

Chinta, Bhlaara and Sharora, arrive here with holy mace to get blessings of Lord Subhar Nag. "The doors of 1,600-year-old temple were thrown open for the devotees this morning," Anil Kumar Raina, Head Priest said.

Locals also demanded that the ancient spring festival

Locals also demanded that the ancient spring festival be brought under pligrimage tourism circuit. 
"This is not only ancient and historic festival symbolizing the unique Nag culture but the temple is also located amid lush green grasslands surrounded with snow peaked mountain," said Phulail Singh (61) head organiser of the mela. 
"Having all the ingredients to attract devotees and tourists from across the globe, the tourism department and BDA (Bhaderwah Development Authority) has done nothing concrete so for to project it as pligrimage destination," Phulail Singh added.
"After four months during which we mostly remain indoors due to harsh climatic conditions and snow, this festival which marks the new spring season, not only rejuvenates us but also gives us a chance to meet our relatives and friends.

relatives and friends. "Besides all our wishes are full filled by Lord Subhar

Nag," a young devotee, Diksha (21), said. Superintendent of Police, Bhaderwah, Kameshwar Puri said elaborate security arrangements were made to facilitate the smooth conduct of the festival

"A total of 15,000 devotees, including 9,500 women, visited the ancient temple. To keep the high altitude meadow clean and free from plastic waste, authorities had deployed men as well as kiosks were made for collection of polythene and plastic waste," said Puri.

## Shiv Sena, SSP vows to work together, to become a better political option in J&K

JAMMU, APR 13: Shiv Sena (Uddhav Balasaheb Thackeray) and Sainik Samaj Party have jointly assured to raise their voice and become a better political option for the people of Jammu and Kashmir with an aim to protect their rights including land, employment, educa-tion and cultural identity.

tion and cultural identity.
Addressing a joint press
conference here at Press
Club today, Manish Sahni,
President Shiv Sena(UBT)
J&K and Col. SS Pathania,
President Sainik Samaj
Party said that for the protection of rights, cultural identity of local people, special rights have been given to Jammu and Kashmir under Article Kashmir under Article 371. He said formation of Minorities Commission in Jammu and Kashmir and removal of anomalies in the welfare schemes of sol-diers and ex-servicemen



were also comes under Article 371.

Sahni said that Hindus Sahni said that Hindus and Sikhs are minorities in Jammu and Kashmir and the government should given all benefits of all schemes with the status of minority communities.

Col Pathania demanded

winners on the lines of neighboring states and other welfare schemes.

Sahni and Col Pathania said that they will jointly go among the public and make a list of public aspirations and raise their voice on those issues and with the cooperation and

Assembly elections in the Assembly elections in the Union Territory. They appealed to other like-minded political parties to get unite and work togeth-er for the welfare of peo-ple of Jammu and Kashmir. ple of Kashmir.

Among others who were present in the press conference include Vikas Bakshi , Shiv Sharma , Raj

## MP Khatana asks admn to brace up for summer challenges

JI NEWS SERVICE

JAMMU, APR 13: BJP MI Rajya Sabha Gulam Ali Khatana has asked the Divisional administration Divisional administration Jammu to brace up for summer season and put in place all the measures for meeting the demand of potable drinking water and power supply.

A large number of dele-gations from different parts of Jammu region including Lidhampur. Samba.

Udhampur, Samba, Jammu, Kathua today met the MP Gulam Ali and apprised him about the

apprised him about the scarcity of drinking water and power supply.

They said that with the onset of summer season drinking water supply has been affected and power supply too, has become supply too has become

MP Gulam Ali said that both Prime Minister Narendra Modi and UTs lot has been done by the central government. He further said that there is no dearth of funds from the central govt for develop-ment activities in Jammu and Kashmir and recent

tions keeping in view the have to be devised

MP Gulam Ali said that very shortly he would review the bottlenecks in review the bottlenecks in upgradation of power infrastructure and water supply schemes with the concerned officials and seek its redressal.

#### that removal of anomalies support of the public, they will aim to make the best in reservation in governpolitical option for the people of J&K in the upcoming Panchayat, Municipal Corporation, Singh , Raj Kumar Basan Mangu Chander Sharma Munish Rajput , Sidartl Sharma were present. ment jobs to soldiers, exservicemen and family pensioners, one-time grants to gallantry award Raga Bhajaneshwari – a tribute

to Pt. Bhajan Sopori held



JI NEWS SERVICE

JAMMU, APR 13: Music Maestro Pt. JAMMU, APR 13: Music Maestro Pt. Abhay Rustum Sopori has introduced a new Hindustani Classical raga as a tribute to the great music legend, the Saint of the Santoor and the King of Strings, Pandit Bhajan Sopori ji. The Bhajan Sopori as Raga Bhajan-esh-

Abhay Sopori, who represents the Abhay Sopori, who represents the 300 year old Santoor legacy of the fabled Sopori – Sufiana Gharana of Kashmir, presented and introduced the new raga at the 100th year celebrations of Sankat Mochan Sangeet Samaroh 2023 at Varanasi. While explaining Raga Bhajan-eshwari, Abhay said that the new raga is basically the bhajan i.e. devotion and prayer of Eshwar; the god i.e. the ultimate divine and the supreme power. And this combination makes Raga Bhajaneshwari.

Abhay presented Aalap & Jod, fol-lowed by Vilambit Gat in Jhaptaal, lowed by Vilambit Gat in Jhaptaal, Bandish in Madhyalaya Ektaal and Drut Gat in Teentaal. His perform-ance marked mellifluous playing, lightning tempo, clarity and accuracy of Raga exposition and nuances of the Sopori Baaj (style), the unique format of Classical Santoor playing created to the Backit Paris Canadi For the Alberta by Pandit Bhajan Sopori ji with all the essential technical and stylistic nuances of both the Gayaki and Tantrakari Angs such as Meends, Gamaks, Glides, Taans, Bols, Chhand Gamaks, Glides, Taans, Bols, Chhand and Laya patterns, etc. demonstrating his traditional Shaivaite – Sufi Parampara (tradition). Abhay also sang the new Bandish written by him "Tore Bin Me Kuch Bhe Nahi, Tu Hai Data, Tu He Gyata, Kripa Karo Hay

He was accompanied by Ust Akram Khan on Tabla and Rishi Upadhyay on Pakhawaj.

# to remove the hardships of the common masses. He said that rot of seven decades spread by the Cong, NC, PDP cannot be undone in a few years yet Army organises free medical camp in remote Akhnoor village

administration led iuministration led by Lieutenant Governor Sh.

Manoj Sinha have been act-

ing in sync with each other

and are working overtime to remove the hardships of

JI NEWS SERVICE

IAMMU. APR 13: In an attempt to provide basic health facilities to people residing in remote areas, the Indian Army organized a medical camp at Marh , a remote village in Akhnoor tehsil of Jammu and Kashmir Kashmir.

A large number of locals A large number of locals, children, youngsters and elderly alike, visited the camp here and consulted the doctors.Genuine medical requirements of the Awaam were addressed and free medical advice and medicines were provided to the attended from the remote villages.



Doctors providing essential supand Nursing Assistance provid-

Nursing Assistance provided treatment to all patients hailing from far flung areas with inadequate medical facilities. Dr Geeta Dubey, MBBS, and Dr Khurshid, MBBS, MD and staff from Primary health centre, the Chhibba worked tirelessly along with Army doctors The medical camp wit-nessed an overwhelming nessed an overwhelming response from locals and around 215 persons from nearby villages including students of Govt High sec-ondary school, Mary and Govt middle school, Marh availed free medical advice

and medicines during the

A health awareness lec A health awareness lec-ture on good health and hygiene including preven-tive measures against ail-ments like Covid-19, Jaundice, Malaria, viral Hepatitis and common fever was also conducted on the occasion by the on the occasion by the Medical Officer of the Army.

Appreciating the steps taken by the Indian Army taken by the Indian Army to provide basic health facilities in far flung areas, the villagers demanded that more such medical camps should be organised across the Union Territory

## BJP empowering common people through various policies: Sat

JAMMU, APR 13: Former Sat Sharma (CA) Minister Sat Sharma (CA) said that by empowering common people through various policies and refor-mative issue redressal sys-tems, BJP has focused on tents, by has roused on prosperous India. He said this while interacting with people of Krishna Nagar area of Jammu West Assembly segment. The people were led by Corporator Ward 12 Jeet

Angral. Sat Sharma, accompanied by Mandal President BIP Talab Tillo Keshav Chopra and others was attending to the public grievances at Talab Tillo



ments, Ration issue etc. Sat Sharma immediately discussed their issues with

the concerned officers after which they assured them that their issues would be addressed soon. Speaking on the occasion, Sat Sharma

The BJP leader listened to the numerous individu-als who were in the meeting to represent the issues of their respective areas as well as their individual

The BIP leader, on the The BJP leader, on the spot, addressed various said that by empowering issues presented in front of him related to water, electricity, lanes, drains, roads, health, revenue depart-

all these years under the Prime Minister Narendra Modi led Government

Keshav Chopra and Jeet Angral highlighted the major schemes of Narendra Government and said that BIP has done a lot for the They also stated about the works done by Former MLA Sat Sharma in Jammu West Assembly segment for the welfare of the pub-

Ramesh Angral, Tarun Angral, Dr Surjit, Arjun Gupta, Kaka and several others were also present.

## Grievance camp a sincere attempt to lessen gap between Admin & public: Yudhvir

Government at the Centre headed by the Prime Minister Narendra Modi is Minister Narendra Modi is working on the mission of Antodaya and every BJP activist is working tirelessly to ensure that every needy person is able to get off the beneficial schemes launched by the PM Modi led govern-

Yudhvir Sethi, J&K BJP Vice President while interacting with people during the pub with people during the public grievances camp held at Pt Prem Nath Dogra Bhawan, Kachi Chawri Jammu Praveen Kerni, Manadl President Jammu East; Keshaw Chopra, Mandal President Talab Tillo Mandal; Karan Sharma, General Secretary Ambphalla Mandal, Kushant Daffara, General Secretary Rehari Bakshi Secretary Rehari Bakshi Nagar Mandal, Madan Pal, Social Media Incharge wiedia Incharge Bakshi M The senior BIP leader Mandal and Vijay Sharma Ex Mandal President



Yudhvir said BJP has taken every possible step to ensure development of every community and every region for unprecedented development with the target of "Antodaya". He added that such clear vision for daradoment in every sector. development in every sector and development of every section has attracted every single individual to support

asserted that the Party is fully committed to address the day to day problems being faced by the people in general and that of Jammu

City in particular. He stressed on the party's sincere attempt to have direct interaction with the masses and provide best possible solutions to their day to day administrative and development issues. He said that it is a sincere attempt to lessen is a sincere attempt to le the gap between adminis-tration and people and ensure that genuine issues ensure that genuine issues of people are redressed in an efficacious way. Earlier in the camp, people from dif-ferent parts of Jammu visit-ed the party office in the form of deputations to rep-seent the issues of their

before the senior party lead-ership. Main issues present-ed were related to the non-availability of Govt ration, verification of land titles, transformer issues, electric poles, street lights, repair of lanes/ roads, job and pen-sion issues, etc. While giving patient hearing to the depu-lations. Yudhir resolude tations, Yudhvir resolved most of the issues instantaneously by talking to the authorities concerned on phone. He assured to take up the rest of their issues with the concerned authori-

## 'Nasha Mukti Abhiyan': Educating the Children at Dingla, Poonch

POOONCH. APR 13: Addiction remains a daunting chal-lenge which wreaks havoc at multiple levels simultaneously. At an individ-ual level, Drug addiction makes the people dependent and robs them of their growth and self-esteem in addi-tion to imposing a heavy financial strain. A drug addict, with his com-promised capabilities, is unlikely to contribute positively and therefore, likely to be a liability for the society. The overt dependence of an addict on drugs and his urge to consume can easily be exploited by anti-social and Addiction remains a daunting chaleasily be exploited by anti-social and anti-national elements for disruptive

activities including fomenting terroractivities including formenting terror-ism. Over the years, the menace has gradually found its way to the remotest villages along Line of Control. Keeping in view the serious repercussions of Drug Addiction at an individual, economic, societal & national level and its addictive nature, it is vital to nip the menace in the bud and curb it before it spreads its tentacles in the region. As plants need protection from pests & weeds, children also need to be

As plants need protection from pests & weeds, children also need to be safeguarded from the ill effects of social menaces like drugs to grow & develop into responsible citizens of tomorrow to serve the nation. In view of the same, An Anti-Drug addiction

school, Dingla. The event kick started with an inter-The event kick started with an inter-active lecture by the teaching faculty to the students on the extent of the issue and it's far reaching socio-eco-nomic consequences. An awareness rally in the area neighbouring the school was also organised to spread the message in the centile new face.

environment. At the culmination, students under oath, pledged to strive towards lead-

ing a drug free life.
The successful conduct of the event will pave the way ahead in the fight against Drug Addiction leading to 'Nasha Mukt Bharat'.

#### **GDC Neeli Nallah celebrates Birth Anniversary of Dr. B.R Ambedkar under the mission G20 awareness**

UDHAMPUR, APRIL 13: To com-UDHAMPUR, APRIL 13: To commemorate the Birth Anniversary of Dr. B.R. Ambedkar, NSS Unit, Government Degree College Neeli Nallah, Udhampur today organized a symposium on the topic "Contributions of Dr. B.R. Ambedkar towards Indian Society" under the banner G20 banner G20.

The program started with the floral tribute to Dr. B. R Ambedkar by the Principal, staff members and students of the college. The whole event was conducted under the guidance of Principal of the College, Prof. Hans Raj. In the symposium, students elab-orately expressed their views on the theme Simran Roy, student of sem-IV secured 1st position, Rekha Devi, stu-dent of sem- VI secured 2nd position and Ramneek Sharma, student of sem

-II secured 3rd position Imitiyaz Ahmed Bhatti, Lecturer in

not forget the contribution of Dr. B. R Ambedkar in building India today. He is a great inspiration to all the youth and the lawyers of India." He also said that we should maintain carality among masses which will equality among masses which will put the nation on the path of

progress, peace and prosperity.

Manisha Kanchru and Pratiba Heer
and Dr. Parul Chhibber were the Imityaz Ahmed Bhatti, Lecturer in and Dr. Parul Chibber were the Political Science, also spoke about the contribution of Dr. B.R. Ambedkar in drafting the Constitution of India. The Principal of the college, Prof Hans Raj, emphasised "We should Shaista Yasmeen. THOUGHT OF THE DAY

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

#### JINDRAH MAGES

## Need to ramp up infra to combat fresh Covid-19 wave

n recent few days, there has been a spike in the cases of deadly Covid-19 causing an alarming situation for authorities as well. The matter of concern is that the virus has again raised its ugly head with China, the originator of the virus, reporting high infections daily while the number of daily cases has doubled in India in last couple of week. This number is expected to double in the days. It has sounded alarm bells ringing around the globe with many countries starting imposing certain restrictions. Even India has decided to go for random sampling of all international travelers entering the country while testing has been mandatory for the travelers of five nations. The Chinese government claimed that there were no Covid deaths on the mainland for the last five days despite a record surge of cases nationwide, China reported no Covid deaths on the mainland for the five days. Another matter of serious concern is that the World Health Organization (WHO) has received no data from China n new Covid hospitalisations since Beijing eased its restrictions. The organisation claims the data gap might be due to the authorities struggling to tally cases in the world's most populous country. Besides the general alert sounded over the possible spread of coronavirus in the wake of the fresh Covid wave in China has triggered a unique concern in India. With over 65 per cent of the active pharmaceutical ingredients (API) needed by India's pharmaceutical industry imported from China, the fear of disruption in the supply of these critical raw components of medicines is quite genuine and legitimate. The possible crisis should be looked into an opportunity and act as a catalyst to ramp up the indigenous API sector. Not only will it bring down the dependence on China but also make medicines cheaper. The pandemic provided India the opportunity to showcase itself as a pharmaceutical giant. Though India currently accounts for just 8 percent of the worldwide API market, given the huge pool of scientists, engineers and drug manufacturers, the potential for its expansion is massive. With a view to tapping into this resource, in 2020, the Union Cabinet approved the Production Linked Incentive (PLI) scheme of up to Rs 6,940 crore for the API sector as part of the Atmanirbharta initiative. However, as of March this year, the manufacturing of only 35 APIs, that are imported, had begun under this plan from 32 plants, including those in Himachal Pradesh. Notably, these 35 APIs are among the 53 for which India has 90 per cent dependence. The authorities concerned would do well to look into the hurdles blocking faster growth of the sector. Expediting the processes needed to start production at the bulk drug park in Himachal Pradesh would also help achieve this goal. At the present rate of progress, API manufacturing in the park cannot begin before three years. India stood on a par with the world's best, becoming one of the few nations to make an anti-Covid vaccine. It boasts of being a pharmaceutical hub as globally, it is the largest provider of generic drugs and fulfils 40 percent of the generic demand in the US and 25 percent of the UK's medicine demand. Tough time faced by the people of India during different waves of Covid-19 is still fresh in their mind and the government should leave no stone unturned to ramp up its facilities as pre-emptive measures to minimize the impact of fresh wave, if any, of the disease in the days to come. The states and UTs should also take precautions to make virus less effec-

# **BJP'S CHRISTIAN OUTREACH HAS A G20 STRAND**

MODI'S VISIT ON EASTER SUNDAY WAS AN OPPORTUNITY FOR SYMPATHY AND REASSURANCE, ESPECIALLY SINCE THE BJP HAS LAUNCHED A VERY VISIBLE OUTREACH PROGRAMME TO WOO CHRISTIANS IN KERALA WITH THE HOPE OF MAKING ELECTORAL GAINS IN 2024. BUT THE PM OFFERED NEITHER, WHICH RAISES QUESTIONS ABOUT THE PURPOSE OF HIS UNEXPECTED APPEARANCE IN CHURCH ON A DAY THAT IS SACRED FOR THE COMMUNITY.

#### ARATI R JERATH

THIS year's Easter Sunday was quite extraor-dinary for the BJP. In the morning, its foot sol-diers were sent out to Christian homes in Kerala and New Delhi to distribute Happy Easter cards from Prime Minister Narendra Modi. The cards had a photograph of Jesus Christ on top and a standard closeurs bot of Modi at the bottom. It standard closeup shot of Modi at the bottom. It was a first.

vas a first.

In the evening, in another first, the PM was een at the Sacred Heart Cathedral in Lutyens' Seel at the sacted real catheda in Luivers Delhi in the company of Archbishop Anil Couto. He lit a candle at the altar, sat with his head bowed and hands folded, listened to three hymns and planted a sapling in the church

grounds.

He left in 20 minutes after handing out some-what impolitic advice on the benefits of the drip irrigation system pioneered by Israel. There was not a word on the recent wave of attacks against Christians and their churches around the coun-try, although the Sacred Heart Cathedral was

try, although the Sacred Heart Cathedral was the epicentre of a major protest by the community in February — with Archbishop Couto himself leading a huge gathering at Jantar Mantar in New Delhi to demand action and protection from the government. Given this background, Modi's visit on Easter Sunday was an opportunity for sympathy and reassurance, especially since the BJP has launched a very visible outreach programme to woo Christians in Kerala with the hope of making electoral gains in 2024. But the PM offered neither, which raises questions about the purpose of his unexpected appearance in church on

ing electoral gains in 2024. But the PM offered neither, which raises questions about the purpose of his unexpected appearance in church on a day that is sacred for the community.

Questions arise because eight years ago, in the first year of his first term as PM, a very different Modi had met a gathering of Christian clergy and leaders. The meeting took place after several churches and a school in New Delhi were vandalised.

But in sharp contrast to his recent engagement with the community, Modi in 2015 addressed head-on the issue that was at the top of the mind of his audience. Making a strong appeal for religious tolerance, he said, "Religion is a matter of personal choice. We will not allow anyone to spread hatred."

Interestingly, a leader of the community recalled that for at least one year, maybe longer, after that speech, peace reigned. Not a single church was attacked. Not a single priest was beaten, arrested or killed.

Just a few weeks before that meeting, the then US President Barack Oham and come to New Delhi as the chief guest on Republic Day. While it is not known what the two leaders snoke it is not known what the two leaders snoke.

Delhi as the chief guest on Republic Day. While it is not known what the two leaders spoke about when they met for a private one-on-one chat over tea. Obama did not mince words in a



Masnington Local Solution as it is not splintered along lines of religious faith, Obama had said. Importantly, he added, "In every country, said. Importantly, he added, "In every country, the responsibility to ensure (religious) freedom lies with the government and its people." It's easy to join the dots and see the larger picture behind Modi's stirring words cautioning against religious intolerance and violence at that gathering with Christian leaders in February 2015. The PM was on the cusp of strengthening his relationship with the US and other Christian-dominated countries in the West. It was vital that he soften his Hindu hardliner image and promote a vision of inclusivity and open-mindedness.

Since then, he has been at pains to seal his place alongside leaders of the democratic world. Never more so than today when he leads the country that is the G20 chair this year and he has portrayed India as the 'mother of democracy'.

cy'.

More than promoting his party's electoral fortunes in Kerala, the impetus for Modi's Easter
Sunday outing seems to be the desire to refurbish his image and his government's credentials
before the September Summit when leaders of
the G20 nations will gather in New Delhi.

He can ill afford waves of violence against

He can ill afford waves of violence against minority institutions, particularly churche continue in the run-up to the Summit. And he certainly wouldn't want a repeat of the commu-nal riots that broke out in Delhi while the then US President Donald Trump was visiting in The unfolding geopolitical matrix is narrow-ing India's options. While navigating choppy international waters stirred by China's rise, Modi has to maintain common narratives with the US and other western allies. Democracy, religious tolerance and inclusivity are key words to strengthen linkages.

words to strengthen linkages.

Modi probably hopes that his church visit on Easter Sunday has driven home the message he wants to convey without having to put it into words. The fact that there has been no outry from right-wing fundamentalist groups so far suggests that he had alerted the RSS before he went. However, there is a fine dividing line between symbolism and tokenism. For Modi to get the kudos he so desperately wants from the western world, especially at this juncture when a C2O Summit looms, his government will have to deliver on the ground by cracking down on extremist organisations that earn it negative international publicity. The recent dragging of a international publicity. The recent dragging of a priest out of church in Ghaziabad during Mass

priest out of church in Chaziabad during Mass is bad optics for the government.

The recent attacks on churches and the huge protest at Jantar Mantar, followed by a candlelight procession at the Sacred Heart Cathedral, were widely covered by the western media. The reports must have been noted with dismay by the PMO as it gears up for the all-important G20 Summit

The question is: With crucial state elections approaching and then the big one in 2024, can the government call off the hounds that help in polarising voters in favour of the BJP just because an international meet of global leaders is happening in New Delhi in September?



# New trade body to step up exports welcome

#### RADHIKA RAMASESHAN

India will face external head-winds amid its efforts to push up exports in the current fiscal as the geopolitical scenario continues to remain grim. The Ukraine war is continuing without any pause, while the oil cartel, OPEC Plus, has cut outthe oil cartet, OPEC Plus, has cut out-put to push up crude prices. Recessionary trends continue in major western markets, ever as wor-ries over a global banking crisis have not gone away after the takeover of the Swiss flagship bank, Credit Suisse. The US Federal Reserve is con-tituing with its autorsessive rate hikes tinuing with its aggressive rate hikes in a bid to contain inflation and cen tral banks of other countries will fol-

It is in this backdrop that the World It is in this backdrop that the World Trade Organisation expects trade flows to be subdued in 2023. Its latest projections are that the volume of merchandise trade will grow by 1.7 per cent this year, following the 2.7 per cent growth in 2022. The reasons given for the sub-par growth this year are basically external factors as our lined above along with the stubborn-ly high inflation. The trade volume increase for last year was weaker than increase for last year was weaker than earlier projected owing to elevated global commodity prices, tightening of the monetary policy and Covid outbreaks that disrupted production

rding to the WTO, the forecast for 2023 is based largely on the same

factors that impacted trade and out-put in the previous year. These include rising geopolitical tensions and weaknesses in banking systems due to interest rate hikes that could lead to wider financial instability if left unchecked.

left unchecked.

The impact of these factors on India's merchandise exports has been to keep growth contained to 7.5 per cent for the period for which data is available, from April 2022 to February 2023. Exports over these II months have touched \$405.94 billion compared to \$377.43 billion over the same period in the previous fiscal

same period in the previous fiscal. Yet, the increase has been largely in petroleum products along with gems petroleum products along with gems and jewellery as the other sectors have been stagnant. What is more worrying is that February recorded a dip of 8.8 per cent in growth following a marginal rise of 1.5 per cent in December. As many as 16 of the country's top export products showed a decline, including engineering goods which have been risine at a rapid rate which have been rising at a rapid rate in recent years. The slowdown in exports this year has dampened last year's euphoria when exports crossed the \$400-billion mark for the first time. It was then felt that India's



exports had reached a pivotal moment and trade flows were finally set to take off in a big way.

One of the biggest contributing factors to the spurt in growth in fiscal 2022 was the pent-up global demand following the pandemic.

It could thus be compared for experience of the pent-pandemic way.

It could thus be compared favourably to the pre-pandemic year, 2019-20, when \$313-billion exports had been recorded. It was also heart-ening that manufactured products like engineering goods, including electronics, occupied a major share of the export basket and rose by as much

as 50 per cent. However, the bubble burst with the However, the bubble burst with the onset of the Ukraine war in February-end last year. The momentum contin-ued for the first half of the financial year but the slowdown in global demand as a result of abnormally high inflation rates and tight monehigh inflation rates and tight mone-tary policies led to a 16.7 per cent fall in exports in October. Dips in growth occurred in the following months, indicating that export growth has reached a plateau.

It is probably in the light of the challenging external environment.

Existing agencies, such as the India Trade Promotion Organisation, have so far been involved largely in arranging trade fairs. A trade promotion body

needs to do much more, especially to help millions of small and medium exporting enterprises as the share of MSMEs in the exports is an overwhelming 42.67%. But the problem with setting up new public sector agencies is that these tend to get embroiled in red tape, thereby reducing efficiency.

challenging external environment

that policymakers are now thinking of setting up a specialised trade pro-motion organisation. It is reported that the new trade body would be on the lines of such institutions in Japan and Korea. The Japan External Trade Organisation (JETRO) and the Korea Trade Promotion-Investment Agency (KOTRA) are known for their effi iency and productive capabilities in uiding export efforts in their coun-

tries.

A similar body is now proposed in place of the existing individual export promotion councils and would mean the winding up of the longstanding India Trade Promotion Organisation (ITPO).

(ITPO). While the concept must be welcomed, it can only be hoped that the new trade body will become as effective as JETRO or KOTRA. The Japanese agency has a large presence in many countries and supports both exporters and investors. The Korean organisation focuses on small and medium enterprises (SMEs) and helps foreign buyers connect with them for contracts.

them for contracts.

The problem with setting up new public sector agencies here is that these tend to get embroiled in red tape, thereby reducing efficiency and

effectiveness. This could be avoided by having a meaningful partnership with the private sector while setting it up. The new trade body could also emulate KOTRA by keeping the SMEs in its sight and helping them to enter export markets as larger compa-nies do not need such assistance. It will also be helpful to have a network of branches abroad if it is to emulate the Japanese agency's system of gathering business intelligence from other

countries.

The creation of such a contemporary trade promotion body is in line with plans to reach a target of exports worth \$2 trillion by 2030. The existing agencies, like the ITPO, have so far been involved largely in arranging trade fairs around the world and in

trade fairs around the world and in India. A trade promotion body needs to do much more, especially to help millions of small and medium exporting enterprises.

This is essential as the share of micro, small and medium enterprises (MSMEs) in the country's total exports stands at an overwhelming 42.67 per cent.

A new trade body assumes greater

A new trade body assumes greater significance in the light of the chal-lenges that the country's export efforts will face now.

# Suhana Khan responds after **Shah Rukh Khan takes credit** for her being 'well brought up'

ukh's post garnered 2.3



**NEWS** 

## Mrs Undercover director recalls a technician kept saying 'cut' on sets, Radhika Apte had to interrupt

Triter and director of Mrs Undercover, Anushree Mehta, talks about her first Mehat, talks about her first film as a director, and more in this exclusive interview with Hindustan Times. Filmmaker Anushree Mehta makes her directorial debut with the spy comedy Mrs Undercover. In this exclusive interview with Hindustan Times, she talks about the troubles she navigated while making the film, how Radhika Apte came a board and much more. Before Mrs. on board, and much more. Before Mrs Undercover, Anushree wrote a few episodes of CID, and a few other projects. The new film is slated for a digital release

on ZEE5 on April 14.

You have been writing, but this is your first project as a director. How different are things in terms of the way the team



treats you, and the remuneration you get?

Misogyny is such a big part of our existing the conditioned to be part of it.

There are times when I need to check myself, hon V perceive myself. And, T d say Abir is the bigger feminist that way. One day, we were shooting an intense part and it was late at night. This one gentleman, who was a technician, there was something going wrong in his department, and every time, he would say 'cut'. I finally had enough as the time was running out and I had to shoot the scene. I told him 'I am here to say cut, let me decide if it is okay or not. I think if a man decide if it is okay or not. I think if a man was here, you wouldn't have dared to say this'. He did that when Radhika Apte and uns. rie did that when Radhika Apte and a senior Bengali actor were performing. Radhika immediately jumped in and said 'she is right. Please do what you are sup-posed to do and do not interrupt her. Do not do this.'

#### **Avushmann Khurrana To Perform** Live In Chandigarh, Dubai



Bollywood actor Ayushmann Khurrana, who is known for films such as 'Vicky Donor', 'Article 15', 'Bareilly Ki Barfi' and 'Andhadhun', is also known

Dearelly Ki Barff and 'Andhadhun', is also known for his singing prowess. Who could forget 'Paani Da Rang'? The actor is set to perform live in concert in his hometown Chandigarh, and Dubai.

The actor took to his Twitter handle on Thursday and shared two pictures from his jamroom session in which he can be seen rehearsing and having fun working along with his fellow musicians.

He wrote in his tweet, 'Jam room. Two gigs lined up. 16th April in Chandigarh. 23rd April in Dubai (sic)''.

Ayushmann started his acting career in films with 'Vicky Donor' which became a surprise hit and made him a breakout star. a breakout star.

The film was directed by Shoojit Sircar, who is knowr for his work in films like 'October', 'Sardar Udham', 'Piku and 'Madras Cafe'

Meanwhile, on the cinema front, the actor is currently busy with 'Dream Girl 2', which is set to bow in theatres on July 7, 2023.

#### **RAHUL VAIDYA SINGS** MEHNDI RACH GAYI' FOR LAKHNEET WEDDING



Playback singer Rahul Vaidya has lent his voice to the original song, 'Mehndi Rach Gayi' for the wedding of the internet sensations Lakhan Rawat and Neetu Bisht Rawat also known as the 'Lakhneet Wedding'.

Bisht Rawat also known as the 'Laklneet Wedding', Singer Priya Mallick perfectly complements Rahul's voice in the song, The track is soulful yet upbeat and sym-bolises the bride and the groom's anticipation to unite. Commenting on the track, Rahul said: 'Weddings are one of the most monumental occasions of a person's life. It was a delight to create a song for such a special and per-sonal event. When I was approached for the song, I was excited to be a part of something which will touch peo-ple's hearts. 'Mehndi Rach Gayi' is the coming together of eagerness, and the dreams of two people in love. Kudos to Lakhan and Neetu for wanting to share their special Lakhan and Neetu for wanting to share their special moment with fans."

The fun-loving duo, Lakhan Rawat and Neetu Bisht Rawat of Lakhneet Vlogs fame have earned great fame for giving major couple goals to audiences while playing pranks and capturing daily vlogs with their family and

pranks and capturing daily vlogs with their family and friends.

Speaking on the release of the song, Animeta Creators Lakhan and Neetu commented: "We are grateful to Rahul Vaidya for creating such a beautiful song. We were so emotional when we heard it for the first time. It fills us with memories of our beautiful day when we listen to it We hope couples and their families fall in love with 'Mehndi Rach Gayi' in the same way we did."

#### Kartik Aaryan-Shraddha Kapoor's film. Bhediva and Stree sequels. SRK's Dunki announced as Jio Studios unveil slate

Jio Studios on Wednesday unveiled its upcoming slate in India that features over 100 movie and web-series titles including Shah Rukh Khan-star-Dunki, a film with Amitabh Bachchan and sequels to Bhediya and Stree, Iio Studios, the media and content arm of Reliance Industries Limited, announced that they are collaborating with noted filmmakers including Raj Kumar Hirani, Sooraj Barjaya, Dines Vijan, Ali Abbas Zafar, Aditya Dhar, Prakash Jha, Amar Kaushik, and Laxman Utekar among others for their upcoming titles. their upcoming titles.

The studio has lined up ready to release over 100

The studio has lined up ready to release over 100 stories across genres of films and original who series in multiple languages including Hindi, Marathi, Bengali, Gujarati, South and Bhojpuri. The stellar film line-up includes Shah Rukh Khan-starer Dunki, Bloody Daddy featuring Shahid Kapoor, an untitled film with Shahid and Kriti Sanon, Bhediya 2 with Varun Dhawan, Bhul Chuk Maaf starring Kartik Aaryan and Shraddha Kapoor, Stree 2 with Rajkummar Rao and Shraddha Kapoor, Stree 2 with Rajkummar Rao and Shraddha Kapoor, Amitabh Bachchan-starrer Section 84. R Madhavan-led Hissab Barabar, Zara Hatke Zara Bachke, starring Vicky Kaushal and Sara Ali Khan, Blackout with Vikrant Massey and Mouni Roy, south star Vilay Sethupathi's Massey and Mouni Roy, south star Vijay Sethupathi's Hindi movie, Mumbaikar, The Storyteller with Paresh Rawal and Adil Hussain, Dhoom Dhaam with Pratik Gandhi and Yami Gautam, Taapsee Pannu and Arvind Swamy's Empire are also part of the line-up.

## Did You Know Shehnaaz Gill Blocked Salman Khan's Number When He Called To Offer 'Kisi Ka Bhai Kisi Ki Iaan'?

hehnaaz Gill shares a warm bond with Salman Khan ever since she featured on 'Bigg Boss 13'. So it did not come as a surprise when she became a part of 'Kisi Ka Bhai Kisi Ki Jaan'. But did you know that Shehnaaz blocked his number when the actor called

his number when the actor called her for the part?

Well, the cast and crew of the film recently shot for an episode of The Kapil Sharma Show, and during that, Shehnaaz revealed that she was in Amritsar, when she received calls from an unknown number. So she ended up blocking the number, only to be later the number, only to be later informed that it was Salman

informed that it was Salman Khan's call.
Sharing details about it, Shehnaaz said, "I was in Amritsar visiting the Gurudwara when I received a call from an unknown number. And I have this habit of blocking unknown numbers, so I did the same

message that Salman sir is trying to call me. Just to verify, I put the number on the Truecaller app and



found out that it was actually Salman Khan calling me! I immedi-ately unblocked him and called him back; it was then that he

ately unblocked him and called him back; it was then that he offered me the film and that's how I got the film."
Meanwhile, at the trailer launch, Shehnaaz thanked Salman Khan for trusting her with the film. "When I went to shoot for my first music video, I was rejected. I was beld. "Ye kaunsi backhi leke aave told, 'Ye kaunsi bachchi leke aave hai, we don't want to shoot with

Take her back.' I came back and April 21.

cried a lot at home, that I've beer

cried a lot at home, that I've been rejected. My mom told me why am I crying, one day I would be in a Salman Khan film. Sir gave me a chance and proved that mom's words always come true," she said. Joining Salman and Shehnaaz on the sets of 'The Kapil Sharma Show' were Pooja Hegde, Shehnaaz Gill, Raghav Juyal, Palak I'wari, Jassie Gill, Siddharth Nigam, Vinali Bhatmagar, and Sukhbir 'Kis Ka Bhai Kis Ki Jaam' Sukhbir, 'Kisi Ka Bhai Kisi Ki Jaan'



## Samantha Ruth Prabhu on doing action in Citadel despite mvositis: Not everv dav vou get a tag 'she is good at action'

ctor Samantha Ruth Prabhu says she was excited to reunite with her The Family Man directors Raj Nidimoru and Krishna DK for the Indian Krishna DK for the Indian Chapter of Citadel, a globe-trot-ting spy drama, is a complete package full of action and emopackage full of action and emopackage full of action and emo-tion. The 35-year-old actor fea-tures alongside Varun Dhawan in the Indian original series within the Citadel franchise whose flagship show, featuring Priyanka Chopra Jonas and Richard Madden, launches on Prime Video on April 28 Prime Video on April 28.

"I am privileged to work

with Raj and DK again, they are (at) the top of their game, they gave me such an amazing character with Raji (in The Family Man 2). With Citadel we are pushing the boundaries even further, with action, with even further, with action, with emotions, it is quite a package. It is like working with family, there is equal amount of fun and challenge," the actor told PTI in an interview. Billed as a "local original spy series", the project hails from Prime Video and AGBO, the production banner co-founded

production banner co-founded by Hollywood filmmaking duo Russo Brothers. Samantha said

even though her health posed a major challenge, she enjoyed doing action for Citadel. She is grateful to the team for being patient and understanding of her. The actor was diagnosed with myositis, an autoimmune condition, in October last year. condition, in October last year.
"Physically, the show is very
intense, there is a lot of action
in Citadel and we recently shot
something and we are very
happy and proud to show it to
the world, I am really looking
forward to that forward to that.

"Considering the challenges that I am facing health wise, I am glad I am able to do what I

am doing in Citadel. Everyone is being patient and kind and I am truly grateful for that," the

Yashoda star said. Asked whether she took special precautions to avoid injuries during the action sequences, Samantha said she

dive into it, especially for a girl to do action and it is not really every day that you get a tag that, 'she is good at action'. So, now you want to do better and you want to push it, and you don't want that tag to go away. I think that is what is pushing sequences, Samantha said she I think that is what is pushing has often been warned for not being too careful in such scenes. Tam the worst at that, I just thave, I just thave, I just thave, I just thave, I just thave look and do and do my best, I have betted prepared, you should better prepared, you should better prepared, you should protect yourself better.

"But I am all very eager to their best."

**How to Do Face Pulls.** One of the Best Exercises to

**Protect Your Shoulders** 

Hace pulls are an underrated movement that targets the shoulders and back. One of the odder-named exercises in the gym, conjuring images of legendary guys like Jack Lal.anne pulling cars and boats with their teeth, the exercise gets its name from pulling a cable han-

dle to the face, not the neck or upper chest. Here's how and why to build cable face pulls into your upper-body Many machine exercises contribute to shoulder insta

Many machine exercises contribute to shoulder insta-bility, overuse, and injury. Face pulls, however, when done correctly, do the opposite.

The exercise strengthens all the stabilizer muscles around the shoulder, enhancing scapular stability, and preventing injury. While most guys spend some time sta-bilizing their hips and put a ton of focus on their abs, they don't devote enough effort to their shoulders, which take a beating from everyday life hunched over comput-ers and steering wheels.

Shoulders also take a lot of abuse in the weight room

shoulders also take a lot of abuse in the weight room. There's a reason it's called shouldering a burden. Face pulls improve posture, prevent shoulder issues, and even enhance your pullup ability since they develop many of the same muscles used for the king of all body-weight moves. Plus, if you want to build that impressive V-shaped back, the face pull is one of the best moves you can do.

can do.

What Do Face Pulls Work?
Face pulls target and develop the shoulders and upper-back muscles such as the rear deltoids, middle trapezius, rhomboids, and rotator cuff muscles (like the

infraspinatus), which improve scapular stability and Stabilizing the rotator cuff muscles is crucial not just

Stabilizing the rotator cuff muscles is crucial not just for guys who hammer their shoulders in the weight room, but also for baseball pitchers, quarterbacks, and swimmers, who are especially prone to shoulder overuse. Not only will face pulls strengthen and stabilize your shoulders and back, which is valuable in and of itself, but that stable upper body will produce bigger lifts, better posture, and overall musculoskeletal health. On the cable pulley system, use the rope attachment and set the weight to an appropriate setting. Note: Use

light weight until you master proper form. Going too heavy will likely shift momentum and turn this into

Stand facing the cable machine in an athletic stance with your feet shoulder-width apart and your body lean-

with your feet shoulder-width apart and your body leaning back about 20 degrees.
Grip the rope with both hands, then step back, so the
stack of weight plates rises.
Keeping your back straight and knees slightly bent,
begin the movement by inhaling and squeezing your
shoulder blades together as if trying to bring them
toward your back pockets

Bring the cable to your face at eye level—not the chin or neck, where it becomes more of a biceps movement.

At the end of the move, your upper arms and forearms should form a 90-degree angle.

Face pulls require a specific form with limited variation to make them either easier or harder (aside from adjusting the weight), and are best performed with a cable pulley machine.

If you don't have access to one, it's possible to use resistance bands—hanging them on a bar and pulling them to your face. Other movements that target similar muscle groups include lat nulidowns, nullius, dumbbell

muscle groups include lat pulldowns, pullups, dumbbell flyes, and dumbbell rows.

At the end of the move, your upper arms and forearms

ers and steering wheels.

more of a back exercise

toward your back pockets.

# 4 Yoga asanas and Pranayam technique to prevent chronic health conditions



Yoga is an ancient practice that has been shown to improve physical, mental and emotional health as it involves a series of postures, breathing exercises and meditation, which can help reduce stress, improve flexibility, strength, balance and proty, strength, balance and proty, strength, balance and pro-mote relaxation and fitness experts believe that it is a safe and effective way to prevent and manage chronic health condi-tions. A 2017 study found that practicing Yoga for six months reduced body weight, BMI and waist circumference in over-

weight and obese adults.
A 2016 study found that practicing Yoga for 12 weeks improved bone mineral density and reduced bone turnover in postmenopausal women with osteoporosis while a 2013 study found that practicing Yoga for eight weeks reduced symptoms of depression and anyiety in of depression and anxiety in patients with major depressive Another 2016 study found that

practicing Yoga for three months reduced systolic blood pressure in hypertensive patients. However, it is important too-cosult with a healthcare provider before starting a new exercise program, especially if you have a chronic health condition or are presenant. pregnant.

In an interview with media Lifestyle, Himalayan Siddhaa Akshar, Founder of Akshar Yoga Institutions, suggested 4 Yoga asanas and Pranayam technique to prevent chronic health condi-

able pose (such as Sukhasan, Ardhapadmasan or ana) Straighten vour

onds

YOGA IS AN EFFECTIVE WAY TO PREVENT **CHRONIC HEALTH CONDITIONS. HERE ARE 4** YOGA ASANAS AND PRANAYAM TECHNIQUE THAT YOU SHOULD ADD TO YOUR **FITNESS ROUTINE** 

back and close your eyes. Place your palms on your knees facing your palms on your knees facing up (in Prapthi Mudra). Inhale and fill your lungs with air. Exhale completely. Inhalation and exhalation should be done in a 1:1 ratio. For example, if you breathe in for 6 counts, you must take 6 counts, to exhale. take 6 counts to exhale

Duration - You may begin by practicing this breathing technique for five minutes a day and gradually increase it with time. Paschimottanasana

Paschimottanasana
Method - Begin with
Dandasana. Ensure that your
knees are slightly bent while
your legs are stretched out forward. Extend your arms upward
and keep your spine erect.
Exhale and empty your stomach
of air. With the exhale, bend forward at the hij and place your. ward at the hip and place your upper body on your lower body. Lower your arms and grip your big toes with your fingers. Try to

Samasthithi. Join palms to form namaste at your heart chakra and raise your arms up. Bend your knees and slowly lower your pelvis. Ensure that your pelvis is parallel to the floor with a 90 degree bend at the knees. a 90degree bend at the knees. Align your ankles and knees in one straight line. Focus your gaze towards your namaskar. Ensure that your spine remains erect and avoid hunching of the back. Hold the posture for 10

seconds.

Naukasana

Method - Lie down on your back. Bring your upper body 45° off the floor. Pivot your body weight on your hips and lift your legs 45° off the floor. Your toes the highest himself with the property be directly the property because the property of the must be aligned with your eyes. Try to prevent a bend in the knees. Keep your arms parallel to the ground and pointing forward. Tighten your abdominal muscles. Straighten your back.

# **How Old Are You Really? Our Three-part Fitness Test Will Reveal Your Gym Age**

THERE'S MORE TO YOUR AGE THAN THE DATE ON YOUR BIRTH CERTIFICATE - INCREASED GRIP STRENGTH WILL ENSURE YOU'RE ONLY AS OLD AS YOUR SQUEEZE...

firm handshake has Along been considered a marker of self-assurance. A paper published in the Journal Of Personality And Journal OF Personality And Social Psychology found that first impressions are often built on it, and John F Kennedy, who sensed its importance to his political career, went as far as commissioning a study into how best to do it.

But the muscles in your hand express more than just confidence: scientists are increasingly dence: scientists are increasingly using measurements of grip strength as a proxy for your overall physical condition. And, according to researchers at the University of Michigan, a weak grip suggests low muscular strength across your whole body — which, in turn, indicates a more advanced biological age. This matters because your

This matters because your chronological age - that is, how



many birthdays you've had -doesn't fully reflect the reduc-tions of physical capacity associ-ated with growing older. Smoking and a nutritionally poor diet, for example, can accelerate this decline, making a sedentary 40-year-old who lives on nicotine and cheeseburgers biologically 'older' than a fit 50-

year-old who balances his vices The University of Michigan study supports prior research, which found muscular strength to be a predictor of longevity and provides the strongest evidence yet of the relationship between muscle weakness and biological ageing.

The paper's most significant

implication, however, is that building - or at least maintainbuilding – or at least maintaining – your muscle strength throughout your life could help to arrest the development of many age-related illnesses. In other words, the pursuit of muscle isn't just for showboating 25-year-olds. Consider it a lifelong endeavour.

How Old Are You Really?

Use this three-part test to assess if your body is older or younger than its years. Total Strength

Total Strength

Deadlift & Carry Stand inside a loaded trap bar, grab its handles and lift. Walk 30m without dropping it. No trap bar? Use heavy weights instead

ap bar: Use hea stead. Body Weight (%) 175% - 25 150% - 35

Relative Strength
Press-up
How well can you manage
your body weight? Fire off as
many press-ups as you can,
touching your chest to the floor
on each rep.

n each rep.
Total Reps
28 - 25
21 - 35
16 - 45
12 - 55
11 - 65
Euroctional Functional Strength

Turkish Get-up Lie with your back flat, then

Lie with your back flat, then hoist a weight in your dominant hand overhead. Reach and stand; keep the weight overhead at all times.

Max Weight (kg)
24 – 25
20 – 35
16 – 45

expensive and require dedicated space in your home—even if it's just a space on an empty wall.

weight that can be clipped onto your clothing or carried in your pocket. They use accelerometers to track your steps, as well as distance traveled and sometimes calories burned.

# Health and Fitness Gadgets That Your Smartphone Can Replace

rom smartphones to fitness gadgets, there seems to be a device for everything. While these gadgets can be helpful, it's easy to get carried away and collect more than you need. If you're trying to sim-plify your setup, look no further than your smartphone for a multi-tool that can take the place of many health and ness gadgets. Further, by doubling o on your smartphone's functionali-, you can save money and reduce

Running and cycling GPS devices such as the Garmin Edge 830 are popular tools for tracking workouts and improving performance. What I like about the Garmin Edge 830, for examabout the Garmin Edge 830, for exam-ple, is that if features turn-by-turn directions and can be mounted on my mountain bike's handlebars. It's also designed to withstand the elements and bumps of the trail. To use a dedicated GPS tracker, you simply turn it on, select your activity (mpning, cucling etc.) and

activity (running, cycling, etc.), and start your workout. The device will track your route, speed, distance, and metrics, providing you with



real-time information. While dedicatreal-time information. While dedicated GPS devices can be handy tools, many smartphones have built-in GPS capabilities that can do many of the same tasks, including tracking your route, speed, calories burned, distance covered, and more.

Additionally, handlebar mounts to the standard of the control of th

such as the Quad Lock provide a relisuch as the Quad Lock provide a reli-able, secure way to mount a smart-phone on a bike's handlebars. And with smartphones coming in rugged and waterproof versions, it might make more sense to replace your tiny-

screened cycling computer with a

the Google Play Store, the app fea-tures everything you'd expect in terms of metrics tracking but also offers features like challenges, leaderboards, and personalized training

If you're a mountain biker, Trailforks is an essential app. And for runners, check out Nike Run Club or

MapMyRun. Download: Trailforks for iOS | Android (Free, in-app purchases

As an alternative, there are many fitness apps for smartphones that

#### YOUR SMARTPHONE IS PACKED WITH FEATURES. AND IT CAN EVEN TAKE THE PLACE OF SOME POPULAR HEALTH GADGETS. SIMPLIFY YOUR SETUP WITH THESE APPS.

Smart mirror home gyms are a new and exciting trend. They are feature-rich and nice if you can afford them. They consist of a high-tech mirror that doubles as a workout screen and allows you to stream live and on-demand workouts directly from your home. Popular brands include Mirror and Tonal and Tonal.

To use a smart mirror home gym. all you need to do is turn on

all you need to do is turn on the device, select a workout type and length, and start exercising. Some mirrors provide feedback on your form and progress, and many devices also offer personalized train-ing plans and progress tracking. Woman using Mirror fitness prireol/mape Crodit Mirror

Woman using Mirror fitness mirrorImage Credit: Mirror While smart mirror home gyms offer a unique and immersive workout experience, they can also be

offer similar features and can even be used with smart TVs. By adding a few free weights, you can create a work-out experience that is almost as good as the very expensive smart mirror home gyms.

Be sure to familiarize yourself with the fitness apps that offer live and on-demand fitness classes, as well as other apps with guided workouts using nothing but your body weight. One popular fitness app is Nike Training Club, which features everything from high-intensity interval training to yoga and Pilates. The app integrates with multiple Apple devices and can also be streamed to your TV using AirPlay.

3. Pedometers

Pedometers

3. Pedometers
Pedometers are small devices that track your steps throughout the day. These devices are small and light-

Some devices, including the popu-lar Fitbit Zip, let you sync with com-panion apps on your smartphone to see your step count and other data. While pedometers can be useful for tracking your activity, most smart-phones have buill-in accelerometers that can do much of the same thing. By using a pedometer and on your By using a pedometer app on your smartphone, you can track your steps and other activity data without the need for an additional device.

need for an additional device.

The Step Counter – Pedometer app has over 50 million downloads and 4.9 stars on the Google Play Store. After downloading the app, you don't even have to open it to track your steps—you can instead install a widget on your home screen that shows your step count. Other popular options include Google Fit and The options include Google Fit and The Pedometer - Step Counter.

## DC Kathua reviews arrangements for roll out Kathua Admin intensifies Voter Awareness of 'Kissan Sampark Abhiyan' under HADP

KATHUA, APRIL 13: To review and KATHUA, APRIL 13: To review and finalize the arrangements for smooth roll-out of farmers' orientation programme (Kisan Sampark Abhiyan) under Holistic Agriculture Development Programme (HADP), a meeting of concerned officers was today convened under the chairmanship of the Deputy Commissioner Kathua Rahul Pandey here in the Conference hall of the DC Office Complex.

The meeting was attended by CPO Kathua, Uttam Singh; ACD Kathua, Kishore Singh Katoch; ACR Kathua, Vishav Pratap Singh; CAHO, Head Krishi Vigyan Kendra Kathua and other officials from Agriculture and Allied depart-

from Agriculture and Allied depart-

ments.

During the meeting, Chief Animal
Husbandry Officer Kathua apprised the
chair regarding the arrangements put in
place for the successful conduct of farmers' orientation programme under the HADP which will be held from 24th April upto 31st of August 2023

It was given out in the meeting that a 3day awareness camp shall be organised in each panchayat across the district so as to

each panchayat across the district so as to sensitize and acquaint farmers with opportunities offered under different schemes of Agriculture and allied sectors. The DC emphasised upon the Sectoral Officers of Agriculture and allied depart-ments to give the programme a wide pub-licity so that mass participation of the farming community can be assured. He also instructed the farmers about modern tools and techniques besides generatine tools and techniques besides generating awareness about the schemes of self

> **Kishtwar Police arrests Notorious Drug Peddler**

KISHTWAR, APR 13: Under Operation "Sanjeevani" Kishtwar Nolice nabbed one more drug peddler and recovered 90 Gms Cannabis like substance from his possession. On the directions of SSP Kishtwar Khali Poswal a special naka established at Singhpora Chatroo led by SHO PS Chatroo Inspector Parvaiz Ahmed Khandav alono with his team undark.

Chatroo led by SHO PS Chatroo Inspector Parvaiz Ahmed Khanday along with his team under the supervision DySP DAR Sajjad Khan.

While extensive checking of vehicles and pedestrians naka party observed a suspicious moment of one pedestrian who seeing the naka party and trying to flee from naka but alert cops of naka party overpowered him and searched was conducted and recovered Cannabis (Charas) like substance weighing about 90 gms and accused person was arrested from the spot. The accused disclosed his identity as Ab Rashid 5/0 Bahar Ahmed Malik R/O Singhpora Chatroo.

In this regard a case FIR No. 22/2023 U/5 8/20 NDPS Act registered at P/S Chatroo and investigation taken-up. 'SSP Kishtwar Mr. Poewal-JKPS appreciated the cops who were performing Naka duty at Naka point Singhpora Chatroo and advised all the Naka Points to perform their legitimate duties with same



employment that have been incorporated in HADP to overcome the prevailing constraints and use different extension meth-ods to motivate the farming community in adoption of proposed interventions in

the approved projects.

The DC assured all possible help from District Administration for the successful

District Administration for the successful implementation of the programme in the district to uplift the livelihood of the farming community.

The DC said this revolutionary step of the Government can prove a game changer as it has the potential to transform the agrarian profile of the district.

Pertinently, Govt. of UT of J&K has recently accorded approval to projects under HADP for Agriculture and Allied Sectors with an aim to increase the farmer's income and to make the UT of farmer's income and to make the UT of Jammu and Kashmir a leading Agrarian

# **Campaigns to Bolster Electoral System**

JI NEWS SERVICE

KATHUA, APRIL 13: In furtherance to its resolve to Bolster Democratic System, District Election Office Kathua is taking varied measures to varied measures to encourage voter participation through systematic Voter Education and

Voter Education and Electoral Participation (SVEEP) activities. The district has already launched several initia-tives, which will continue till 20th April 2023 under the ongoing Special Summary Revision (SSR-2023) As part of the SVEEP

program, the district elec-tion office is organizing a series of awareness camseries of awareness cam-paigns and initiatives to increase voter participa-tion. These activities include awareness rallies, Pledges, signature cam-paigns, and door to door campaigning, among oth-

ers.
The district election office has also set up Voter Facilitation Centres at all Facilitation Centres at all the Polling Stations where citizens can register to vote, update their voter ID cards, and find other elec-tion-related information.



The centres are equipped with trained personnel to provide necessary assis-tance to voters and it also provides a platform for the dissemination of voter awareness literature.

Furthermore, Information Centre Kathua has also Centre Kathua has also launched a social media campaign to reach out to young eligible & Prospective voters by sharing information about the ongoing activities besides disseminating information about the Electoral Process. The campain includes the use of paign includes the use of social media platforms such as Twitter, Facebook, Instagram, and WhatsApp to engage with the youth

and encourage them to participate in the electoral

tion office has partnered with local schools and colleges to spread aware about the importance of voting among students. This initiative aims to This initiative aims to encourage students who have attained the age of 18 to get enrolled and participate in the upcoming elections.

Pertinently, the SVEEP program is receiving

program is receiving tremendous support and enthusiastic response from all the citizens who have pledged their sup-port to become an active participant in the electoral process.

#### SMDA celebrates Baisakhi festival at Mansar

JI NEWS SERVICE

UDHAMPUR, APRIL 13: To promote Tourism in General and cultural and heritage Tourism of the J&K UT in particular, the Surinsar-Mansar Development Authority, in collaboration with Directorate of Tourism, Jammu and District Administration celebrated Baisakhi Festival at Mansar here today.

Mansar here today.

The main highlights of the festival were Punjabi Bhangra, Gojri, Pahari Dances, Dogri dances, Punjabi Songs and Punjabi Folk by the Artists of J&K Academy of

Songs and Punjabi Folk by the Artists of J&K Academy of Art, Culture and languages, Jammu and Folk Music by Ms Rinku- a local Folk Singer.

An Exhibition exhibiting the sale counters by Handloom and Handicraft Department, Industries Department, Tourism Publicity Counter and local Ethnic Food Stalls etc was another highlight of the event.

The function was inaugurated by lighting of the traditional lamp by Dina Nath, Chairman BDC Majalta; Amit Sharma, DDC member; Sunita Devi Sarpanch panchayat halqa Mansar and Showkat Ahmed sarpanch panchayat Halqa Pati Bari Garh in presence of Ved Parkssh CEO, SMDA and other officers of Surinsar Mansar Development Authority, different Departments and Panches of the

SMIJA and other orticers of Surinsar Mahsar Development Authority, different Departments and Panches of the Mansar/surrounding Panchayats. The Cultural Programme was witnessed by tourists of different states, local tourists of the state and local visitors. Sunil Kumar Tagotra, Executive Engineer, SMIJA (Nodal Officer Baisakhi Festival) presented vote of Thanks on the occasion.

#### **Deputy Commissioner pays rich** tributes to martyrs on Rajouri Day

JI NEWS SERVICE

RAJOURI, APRIL 13: Deputy Commissioner Rajouri, Vikas Kundal, today visited ALG ground to pay tributes to the brave civilians who sacrificed their lives for the liberation of Rajouri from Pakistani invaders, marking the occa-

sion of Rajouri Day.

During the visit, the Deputy Commissioner interacted with the families of the fallen heroes as well as with the civilians and Army officers present at the event. He expressed his gratitude for their contribution towards the overall development of the region and emphasized the importance of unity and cooperation among all stakeholders for maintaining peace and harmony in the district.

"Rajouri Day is a solemn occasion to honor the memory of the brave civilians who fought valiantly for the liberation of Rajouri. Their sacrifices will always be remembered and serve as an inspiration for generations to come," said

and serve as an inspiration for generations to come," said Deputy Commissioner Kundal.

Deputy Commissioner Kundial.

The event was attended by DDC Member Rajouri, Sai Abdul Rashid, Army officers, PRI members, veterans, and the public in large numbers, highlighting the significance of Rajouri Day in the hearts and minds of the people.

The Deputy Commissioner's call for collaboration towards the region's development is a timely reminder of the importance of unity and cooperation in achieving progress. Rajouri Day is not only a day to honor the sacrifices of the past but also a day to pledge our commitment to working towards the development and progress of the region.

region.

The day concluded with a solemn ceremony, paying tribute to the fallen heroes with a promise to continue their legacy of bravery, and with a renewed determination to work towards the prosperity and well-being of Rajouri.

## District Administration, JK Tourism, Indian Army, BRO come Together to celebrate Baisakhi Utsav in Paddar



event was graced by the august presence of Deputy Commissioner, Dr. Devansh Yaday, ADC, Inderjeet Singh Parihar, ASP, Rajinder Singh, ACR Varunjeet Singh Charak, SDM Paddar Dr Rishi Kumar Sharma along Kumar Sharma along with Tehsildar Atholi Satish Kumar Iehsildar Atholi Satish Kumar, BDO Nagseni Anjil Singh,BDO Dachhan Ravi Kumar, Officers of the Indian Army Lt Col 17 RR Anshuman Patil, 2 OC BRO besides District and sectoral officers besides PRIs & Locals.

The celebration featured a range of activities, including River Rafting, Wrestling (Dangal), Beach Volley Ball, Rapling & Zip line near the river bank of Gosi, Paddar.

the river bank of Gost, Paddar. Meanwhile, the Deputy Commissioner Kishtwar, in the presence of Sarpanch Gulabgarh, DYSSO Kishtwar Kharati Lal, inaugurated the maiden Day-Night Cricket competition at the prestigious Sports Stadium of Gulabgarh. In all 7 local teams will lock their horns in the tournament. The finale



of tournament will be held tomor row on 14th April 2023.

The local cuisine stalls, showcas ing the local and traditional taste of ing the local and traditional taste of Paddar, were also put up by NRLM SHG members which were inspect-ed by Deputy Commissioner and other dignitaries and officers during the event. Pertinent to mention that on April 14th, the Bikers of CRPF & Bike club

Group, Jammu will take the Bike Rally across the cliff Hanger (Asia,s 2nd hazardous Road) on the Galhar-Sansari axis via Sohal and Tiyari, starting from Gulabgarh in the morning. The Bullet Bike rally from Jammu will carry Nasha Mukht message en-route

In addition to these activities, the Baisakhi Utsav celebration also featured a musical programme that saw performance of local artists and

musicians.

The performances included tradi-tional folk songs and dances, which were received with much enthusi-asm by the audience.

The participation of the Indian Army and BRO added to the festive

spirit of the event and their involvement was greatly appreciated by the people of Paddar and Kishtwar. The respects a quadrand Rishtwar. The event also provided an opportunity for the Indian Army and BRO to interact with the locals and learn more about their customs and traditions.

# point Singhpora Chatroo and advised all the INADA Points to perform their legitimate duties with same zeal and dedication so that the social evils viz-a-viz other crimes are not allowed to flourish in the District. DDC Kupwara chairs DLRC/DCC meeting

#### ASKS OFFICERS TO IMPROVE PERFORMANCE IN AGRICULTURE & ALLIED SECTORS inclusion of financial schemes

JI NEWS SERVICE

KUPWARA, APRIL 13: The District Development District Development
Commissioner (DDC), Kupwara,
Dr. Doifode Sagar Dattatray
today chaired the meeting of District Level Review Committee (DLRC)/District Consultative Committee (DCC)

Consultative Committee (DCC) organised by District Lead Bank Office Kupwara, here.
Addressing the meeting, the DDC who is also Chairman of District Level Review Committee, advised all the banks and the sponsoring agencies to work with greater cooperation, coordination and cohesion ation, coordination and cohesion anon, coordination and conesion to achieve the goals and targets of development and progress besides generation of employ-ment for unemployed youth of the district.

He directed them to reflect nd register every improvement nd performance on the finan-

cial indicators.

He also directed all departments and banks to conduct



awareness programmes at vil-lage/block levels to generate proper awareness about the schemes among the people. He said employment generation for youth is the top most priority of the Government and urged upon the sponsoring agencies and banks to work with added dedication for the betterment of dedication for the betterment of

The DDC asked the concerned The DDC asked the concerned officers of agriculture and allied sectors and heads of banking institutions to improve the indicators of agriculture and allied sectors and prioritise the saturation of the financial inclusion schemes of agriculture and allied. schemes of agriculture and allied

cerned officers to reflect the improvement of indicators and achievements in proper time so that the Aspirational District Programme dashboard is timely updated. DDC asked the heads of banking institutions and chief agriculture officer Kupwara besides officers of allied sectors to saturate the KCC coverage. to saturate the KCC coverage and pay special attention to dou-ble cropping, animal husbandry and Fisheries.

He directed for the constitu-

He directed for the constitu-tion of committee comprising of Lead Bank Manager, Cluster head of Bank and Chief Agriculture officer to submit a detailed report regarding the steps to be taken for improve-ment in arriculture schemes and He emphasised upon the con- ment in agriculture schemes and

inclusion of financial schemes within one month and make an action plan suggesting how agriculture and allied sectors are improved.

The DDC directed AMO, Horticulture, Planning and Marketing to sponsor at least 5 cold storage cases in Kupwara district as there is huge potential of rold storage in the private secof cold storage in the private sec-

tor.

While highlighting the overall performance for 3rd quarter under Annual District Credit plan , Lead District Manager, Kupwara Mehboob Ellahi Khan informed the house that against the Annual Credit Plan of Rs.1303.02 Crores for 2022-23, the achievements under priority sector advances were to the turns of the sector advances were to the turns. sector advances were to the tune of Rs.546.68 Crores against target of Rs.1574.99 Crores for 3rd get of RS.1574.99 Crores for 3rd quarter 2022-23 which consti-tutes 35% while as under non-priority sector the achievements are to the tune of Rs.756.34 Crores against target of Rs.226.09 Crores which consti-

tutes 335%. He further informed that the

He further informed that the deposits of the banks in the District were to the tune of Rs.2915 Crores as on 31.12.2022 compared to Rs. 2915 Crores as on 31-12-2021.

The advances of the banks stood at Rs.3778 Crores as on 31.12.2022 against Rs.3399 Crores as on 31-12-2021 thereby registering an increase of Rs.379 Crores which works out to 11%.

The CD ratio of the District as on 31.12-2022 stood at 130%.

on 31.12-2022 stood at 130%. Rs.1553.01 crore has been dis-bursed by the banks amongst 76159 beneficiaries under PM Mudra Yojana Scheme till 31-12-2022 since inception. The District has already sanctioned 3277 cases under various gort spon-sored schemes & disbursed Rs.97.1 Crore.

Under the new KCC scheme for Animal husbandry, Sheep & Fisheries, the banks have sanctioned 12639 cases & have disbursed Rs.74.23 Crores to the beneficiaries.

#### Change of Land Use: DLC approves 02 cases in Rajouri

JI NEWS SERVICE

RAIOURI, APRIL 13: The District Level Committee (DLC) on change of land today approved two cases of conversior of agricultural land to non-agricultural use here at its meet-

The meeting was chaired by Deputy Commissioner Rajouri, Vikas Kundal, which held a thorough discussion on the applications received online from across the district. The Committee, after a threadbare discussion, approved U2 cases of conversion of agricultural land for non agricultural

cessary directions were also issued to the concerned departments to ensure timely issuance of No Objection

departments to ensure timely issuance of No Objection Certificates (NCOs) after proper verification of documents and rules under land conversion Regulations, 2022 Officers who attended the meeting included DFO Rajouri, Arshdeep Singh; ADC Rajouri, Rajiv Kumar Khajuria; CEO RDA, Vivek Puri; ACR, Imran Rashid Kataria; SE PWI(R&B), Kamal Kishore; SE Hydraulics, Bharam Jyoti Sharma; DO PCB, Anupam Koul; CAO, Sohan Singh and other concerned officers

#### Bandipora Admin conducts market checking; realises fine of Rs. 12900

JI NEWS SERVICE

BANDIPORA, APRII. 13: In order to curb over pricing and illegal profiteering, a market checking team under the supervision of Additional Deputy Commissioner (ADC) Bandipora, Umar Shafi Pandit today conducted market checking of Bandipora town.

The team realised an on spot fine of Rs. 12900 from erring traders and warmed of strict action against traders involved.

traders and warned of strict action against traders involved

traders and warned of strict action against traders involved in over pricing and illegal profiteering.

The ADC said the drive shall be intensified in coming days keeping in view of the holy month of Ramdhan and auspicious occasion of Eid ul Fitr.

He urged the traders to follow the rules and regulations, ensure quality commodities besides displaying rate lists.

He also stressed on maintaining hygiene and urged the business establishments to restrain from hoarding, overcharging and adulteration.

The ADC was accompanied by ACR Bandinora. Shabir

The ADC was accompanied by ACR Bandipora, Shabir Ahmad Wani and other concerned officers.

#### **BLOCK DIWAS HELD AT DRABGAM, PULWAMA**

## Massive public participation in Block Diwas, a reflection of People's confidence in Govt. & Admin: DC

JI NEWS SERVICE

PULWAMA, APRIL 13: The District Administration Pulwama held Block Diwas at Eidgah Drabgam-A to assess the local issues and listen to the grievances of the people for speedy disposal of the same with the intervention of senior government officers and representa-

ermment officers and representa-tives of panchayat institutions.

The Deputy Commissioner (DC) Pulwama, Baseer Ul Haq Choudhary chaired the public outreach programme and redressed hundreds of grievances on the spot.

Several public issues including road connectivity to uncovered

road connectivity to uncovered areas, macadamization of interiroads, availability of sports stadium/ playground for youth, establishment of Post office, Boundary wall around higher secondary school, completion of

under construction building in HSS, providing of bore well and better drinking water facilities, allopathic primary health centre in the area, establishment of tim in the area, establishment of tim-ber sale depot, Bridge at Nallah Romshi, development of irriga-tion khul and augmentation of the health infrastructure were projected by the local people and PRIs. The DC gave a patient hearing to the grievances raised and assured quality disposal of genuine issues in a time-bound manner. He directed the con-cerned department heads/ officemed department heads/ offi-cers to resolve the same expedi-tiously and submit the action taken report before next sched-uled block diwas. The various hurdles and bottlenecks in the social security schemes were also resolved on the spot with the convergence of multiple depart-ments. He also gave on-the-spot directions for the redressal of



many issues of urgent nature as per the competence of concerned Departments. The DC further added that District
Administration is ensuring to
provide all facilities to the people
at their doorsteps and in this
regard necessary instructions are
already given to line departments. While interacting with the
local people, Sarpanchs, Panchs,
and the delegations, the DDC
said that the Block Diwas is being that District

organized across the length and breadth of the District Pulwama with the sole objective to provide

with the sole objective to provide more transparent, accountable, public-friendly and responsive administration to the people. On the occasion, the DC said that Block Diwas is a regular fea-ture now and appealed to people to become active participants so that the issues of daily impor-tance are redressed in the mini-mum possible time.

The DC directed the District and sectoral officers to ensure service counter of their respe tive Departments at Block Diwas meetings so that the public can reap the benefits of different gov-ernment schemes without visit-

ernment schemes without visit-ing offices repeatedly. He directed the concerned offi-cers to exhort for the completion of ongoing projects, roads and bridges. He urged officers to complete the work within the shortest possible time.

The DC was accompanied by Additional District Development Additional District Development Commissioner, Dr Sheikh Abdul Aziz; ASP Pulwama, DDC Members, PRIS, ACD Pulwama, ACP Pulwama, SE KPDCL, Ex-En KPDCL, CMO Pulwama, CAHO Pulwama, Officers Morticulture of Agriculture and Horticulture Deptts, Tehsidal Rajpora, BDO Shadimarg, and all other District officers. officers.

#### DC Ganderbal visits proposed venue for Youth Entrepreneurship Festival REVIEWS INFRASTRUCTURAL REQUIREMENTS AT

JI NEWS SERVICE

GANDERBAL, APRIL 13: The Deputy Commissioner (DC)
Ganderbal, Shyambir inspected the available infrastructure in CDC Ganderbal where many events related to
Youth Entrepreneurship Festival are to be held.
During the visit, the DC took a round of available infrastructure at GDC and gave necessary instructions for carrying out various activities during the Festival.
The DC directed for making the Youth Lane alongside
the venue where a number of Youth Engaging Mural
Paintings shall be nainted on the walls.

Paintings shall be painted on the walls.

He also directed for setting up an Entrepreneurship Development Cell in GDC where Innovation labs, Idea Incubation labs and Tinkering Labs shall be set. Shyambir said that a committee shall be framed which

Shyambir said that a committee shall be tramed which will make the Entrepreneurship Development Cell functional. The committee shall comprise experts of innovation and entrepreneurship and representatives from college administration.

The DC also checked the venue for Success and Innovation talk events in which experts of innovation and successful entrepreneurs of the district shall deliver their executions and chape their executions are designed.

sessions and share their success stories.

The land for the Public library was also identified and it

was directed to submit the plan and start the construction of the building as soon as possible.

The DC said that the Youth are the backbone of the dis-

The DC said that the Youth are the backtone of the district and they must be empowered and exposed to these types of activities for the progress of the country.

The DC was accompanied by ADDC Ganderbal, Mushtaq Ahmad Simnani; ExEn R&B and Tehsildar Ganderbal during the visit.

#### Spl Summary Revision-2023: **GHSS Boys Doda organises awareness** programme under SVEEP

DODA, AFKIL 15: Art awareness program to attract new eligible voters was held today at Government Higher Secondary School Boys Doda, under the directions of District Election Officer (blesseh Mahajan. The programme was chaired by Dy District Election Officer, Amrish Kotwal along with District Information Officer (Nodal Officer SVEEP) Mohammad Ashraf Wani, Principal of the host schools (GHSS Boys Doda) Ruby Naz

Principal of the host schools (LHSs Doys DOUA) NULL YANG and ENT Angrez Singh.

A debate, Discussion and a Painting competition was held to spread awareness among the youth about the importance of participation in the electoral process of the Country by seeking enrolment in the electoral roll and vot-ing during the elections.

Addressing the gathering, the Dy DEO said that the main aim of the Special Summary Revision is that democ-

main aim of the Special Summary Revision is that democracy should reach grassroots level and more and more peo-ple take part in the democratic process. He urged the youngsters to know the strength of their vote and make our country stronger by using their v

#### Gandhi Memorial College, DEA Sgr organize Awareness programme under SVEEP at College Auditorium

JI NEWS SERVICE

Srinagar today organized an awareness programme under SVEEP in the college auditorium, here

The programme was attended by a large number of students besides staff members as well.

uents oestues start memoers as weil.

The keynote address was delivered by Master Trainer,
Tariq Ahmad, wherein he discussed in detail the importance of elections in a democracy. He stressed upon the
students to enroll themselves for Election Photo Identity

He also gave a detailed description about different elec-

Dr Zahoor Ahmad, trainer, also spoke on the theme

#### **World Oral Health Day** celebrated at Ganderbal

HUNDREDS ATTENDED DENTAL AWARENESS CUM HYGIENE CAMP AT DC OFFICE

JI NEWS SERVICE

GANDERBAL, APRIL 13: The District Administration Ganderbal in collaboration with Chief Medical Officer Ganderbal today organized Dental Awareness cum Hygiene Camp here in the lawns of Mini Secretariat Ganderbal as part of World Oral Health Day.

was organized with the purpose to raise awareness about the importance of oral hygiene among the

people.

During the program, oral health care awareness and screening was conducted for people visiting the DC office. They were taught about brushing techniques and other oral hygiene instructions. Free medicines, mouth washes, hygiene kits, toothbrushes were also distributed among the pentil or the program of the pentil pentil or the program of the pentil pentil or the pentil the participants.

Dr. Amira Majid said the World Oral Health Day is

observed annually to raise global awareness of the issues around oral health and the importance of oral hygiene. She said that a healthy mouth leads to a healthy body. She explained the impact of oral health on overall health and the role of a balanced diet in maintaining good health and the role of a balanced diet in maintaining good health and the role of a balanced diet in maintaining good health and the role of a balanced diet in maintaining good health and the role of a balanced diet in maintaining good health and breakens.

## **GDC Ramgarh Organizes Seminar on Mental** Health, hazards of Drug abuse

JI NEWS SERVICE

SAMBA, APRIL 13: Eco Club & RRC Government Degree College of Government Degree College Ramgarh on Thursday organized a Seminar on Mental Health and fall-out of drug abuse to commemorate India's presidency in G20. The event was organized under the leadership and supervision of Prof. (Dr.) Satinder Kaur, the Principal of the College. In her address, she laid emphasis on the three sides of the Health Triangle-social, physical and men-

Triangle- social, physical and men-tal. She said that social health is tal. She said that social health is about our relationships and how we communicate with those around us, physical health is our body's ability to function normally, and mental health is our ability to manage thoughts, emotions and behaviours. She added that ultimately, social, physical and mental health requires physical activity or exercise. She also said that the progression form. physical activity or exercise. She also said that the conceptual foundations of drug abuse prevention historically have been imported from behavioral and social science rch and public health pro



Large differences in the scale and nature of severe drug problems experienced in different communities makes the community-specific approach seem especially applicable to drug abuse prevention, insofar as it is oriented to investigating popu-lation differences and community variations, and to mobilizing

pr. Yogesh, Medical officer, CHC Ramgarh, the resource person of the occasion, in her lecture said that the

World Health Organization defines health as a "State of complete phys-ical, mental, and social well-being, and not merely the absence of dis-ease or infirmity. At times of mental health issues most of us do not think of exercising. Sometimes our reac-tions to emotional stress are the fartions to emotional stress are the far-thest from physical activity. Individual Substance Abuse Prevention, also known as drug abuse prevention involves numer-ous different sessions depending on the individual to help cease or reduce the use of substances. The time period to help a specific indi-vidual can vary based upon many aspects of an individual. aspects of an individual.

aspects of an individual.

A question-answer session was held in the end. The event was attended by the faculty members and a large number of students of the College. The event Concluded with the oath that to keep away from drugs and also to make society aware to keep aware about 'Say to No to Drugs'. The faculty members resent were. Dr. Addit Khaluria. present were:- Dr. Aditi Khajuria, Prof. Seema Sharma, Dr. Shamsher Lal, Dr. Sandeep Kumar, Prof. Risha

#### Meeting on NEP-2020 implementation convened at Anantnag

JI NEWS SERVICE

ANANTNAG, APRIL 13: In order to implement the National Education Policy (NEP) 2020 in its true essence in the district, the Additional Deputy Commissioner (ADC) Anantnag, Dr S.M Ashraf today convened a meeting of heads of Government institutes and other stakeholders.

and other stakeholders.

The ADC emphasised upon the heads of institutes to ensure that no violation of NEP 2020 is taking place in any of the institutes run by the government or private agencies. Taking strong note of overburden of school bags on innocent children, the ADC said that the books must be as per the prescribed syllabus and as per the rules and provisions of the NEP 2020. He said while there are guidelines laid down in the NEP 2020 for syllabus, tuttion fee, school hours, timings, qualification of teachers, age for admission, curricular activities et can dviolation of these specified rules will invite action under law.

Outling teachers as nation builders, ADC said that it

rules will invite action under law.

Quoting teachers as nation builders, ADC said that it
is our moral as well as social duty to provide the better
and result oriented education to our future generation.
He authorised the Task force committees of the education department to take the necessary and appropriate
action against the violators of NFP 2020.

The heads of the institutes put some suggestions
before the ADC and threadbard ediscussions were held
for implementing the NEP.
The meeting was attended by the Loist Director.

meeting was attended by the Joint Director Education South, CEO Anantnag, principals of institutes, ZEO, lecturers and teachers.

## DLSA Kathua hosts sensitisation program on "Early Access to Justice at Pre-Arrest, Arrest and Remand Stage"

JI NEWS SERVICE

KATHUA, APRII, 13: Under the RATHUA, APRIL 13: Under the aegis of NALSA and as per the Action Plan issued by J&K Legal Services Authority, (JKLSA) for April, 2023 and also under the supervision of supervision of District Legal uthority Kathua, Chairman, District Services Authority

(also Principal District and essions Judge Kathua) Jaffer Hussain Beg, a Sensitisation program on "Early Access to Justice at Pre-Arrest, Arrest and Remand Stage" was organised by District Legal Services Authority Kathua at ADR Centre, District Court Kathua today. The program was organ-

ised in collaboration with Department of Police Kathua. Deputy Chief Legal Aid Defence Counsel, DLSA Kathua Advocate Puneet Kumari, was the resource person in this pro-

gram.
The resource person explained in detail about the NALSA SOP on Early Access to justice at Pre-

Arrest, Arrest and Remand Stage to the needy suspects and Stage to the needy suspects and arrestees during interrogation and other early stages of investigation, to decrease the vulner-abilities of suspects and arrestees, to assist in avoiding unnecessary arrests and to assist the arrestees in filing bail applications and furnishing bail

bonds. She also discussed the guidelines/directions issued by the Hon'ble Apex Court in case titled Arnesh Kumar Vs State of Bihar Citation 2014 (8) SCC 273.
Secretary, District Legal
Services Authority Kathua
Rekha Kapoor Nischal, also
spoke on the occasion.

#### Book on 'History of Nagdevata Bawa Tallan Dev Ji' will dispel misconceptions about snakes: Sham Lal



JI NEWS SERVICE

JAMMU, APR 13: The book titled 'History Nagdevata Bawa Talla Dev Ji' written by Shri Kailakh Jyotish Avim Vedic Sanathan Trust, President Mahant Rohit President Mahant Rohit Shastri was released by the former Minister and BJP Vice President Sham Lal Sharma in a function held here today.

sion, the former minister dispel misconceptions said that Jammu and about snakes. Trust mem-

Kashmir is the land of Vasuki i.e, Ashtakuli snakes. He said there are temples of snake deities at many places here. It is clearly known from mutbalogy proverse and mythology, proverbs and legends that snakes have been beneficial to mankind in every way. He said that Mahant Rohit Shastri's book will enhance the knowledge of the readers and Nagdevta Bawa Tallan Dev Ji's book 'Itihaas' will

ber Ajay Sharma said that the temple of Nagdevta Bawa Tallan Dev is in Nagbani Domana. A grand fair is held here on the next day of Baisakhi, he added.

On the occasion, Uttam Chand Sharma, Kuldeep Chand Sharma, Kuldeep Sharma, Mandeep Singh, Surjit Singh, Tirth Ram Sharma, Temple Priest Sahil Sharma, Priest Surinder Sharma, Aryan Sharma, Adarsh Sharma, Bablu Sharma and Davinder Sharma were also present.

#### 2-day Baisakhi Festival begins at Dera Baba Banda Singh Bahadur Shrine Reasi

REASI, APRIL 13: Like other parts of the country, other parts of the country, Baisakhi festival also known as "Harvest festi-val" is being celebrated with traditional fanfare and gaiety in Reasi, spe-cially at Dera Baba Banda Singh Bahadur Shrine. A mega 2-day festival was organized at Dera Baba Banda Singh Bahadur Shrine by

Bahadur Shrine by District Administration

District Administration Reasi along with other religious and social organizations to mark the Baisakhi celebrations. During the inaugural function, a 'shobha yatra', was also taken out in which hundreds of devo-tees took part and paid obeisance at the revered Shrine of Dera Baba-sitir. Shrine of Dera Baba-situated approximately 30 km the Holy town Katra. The devotees from

across the UT and also Singh Naag was the chief guest on the occasion. He from neighboring states of Puniab and Harvana visitsaid Reasi district of I&K Punjab and Haryana visit-ed the Dera Baba Banda Bahadur Shrine on the occasion of Baisakhi Festival. They prayed for peace, progress, prosperi-ty and well being of one and all. The Pilgrims enjoyed a unique bond and blend of spirituality and secularism is unique for many rea-sons as it is bestowed with

sons as it is bestowed with unique religious and sce-nic spots for which it is one of the favourite desti-nations amongst tourists and pilgrims and every year lakhs of devotees from across the UT and and secularism. neighbouring states visit DDC Chairman Saraf this unique district.

#### DC flags off Jal Jeevan Mission Prachar Rath at Udhampur

UDHAMPUR, APRIL 13: To spread awareness among the general public of the District about Jal Jeevan Mission 'Har Ghar Nal Se Jal,' Deputy Commissioner, Udhampur Krittika Jyotsan flagged off a Prachar Rath in presence of SE and Executive Engineer Jal Shakti department. While briefing the media persons, the DC said that the prachar Rath carries a message to create public awareness about the Jal Jeevan Mission and other related activities among the people of the District.

The DC informed that the Parchar Rath will create awareness among the general public about different components of JJM, Water testing role of pani samitis and water conservation.

water conservation.

The DC added that the Prachar Rath will cover

The DC added that the Prachar Rath will cover Udhampur, Ramnagar and Chenani Sub Division to inform people about the JJM schemes launched by the Prime Minister of India to provide safe drinking water to each household with the theme "Har Ghar Nal Se Jal". The SE apprised the DC that of the total of 159 schemes sanctioned under Jal Jeevan Mission for Udhampur District, work on 73 schemes is going on so far. He said that the tendering process of 153 schemes have been completed. He further elaborated that the work on most of the taken un schemes is in progress and every effort is being made. up schemes is in progress and every effort is being made by the department to complete the schemes in the district

#### Margan Top Road opened after winter halt

VEHICLE MOVEMENT TO BE ALLOWED WITHIN ONE WEEK

JI NEWS SERVICE

KISHTWAR, APRIL 13: After a long winter halt, the Margan Top Road in district Kishtwar has finally been opened officially. The road connects the remote regions of Marwah and Warwan with the rest of Jammu and Kashmir. The road was cleared of snow with the tricless efforts of the Prime Minister Gram Sadak Yojana (PMGSV) Projects of Marwah (Kishtwar) and Vailoo (Anantnag). The road's opening is a simificant achievement that well.

The road's opening is a significant achievement that will bring much-needed relief to the people by easing mobility and transportation of essential goods.

Making the announcement, Deputy Commissioner

Making the announcement, Deputy Commissioner Kishtwar Dr Devansh Yadav shared that the road would be opened for light vehicular movement from next week. "The opening of the road will facilitate intra-district movement of people and essential services, bringing muchneeded respite to the region" he said.

Starting next week, the Margan Top Road will be made operational in a phased manner, enabling hassle-free travel and commute well before the auspicious Eid-ul-Fitr 2023 celebration.

#### Kathua Admin discusses preparations for upcoming Ed-ul-Fitr and Parshuram Javanti

JI NEWS SERVICE

KATHUA, APRIL 13: Deputy Commissioner Kathua, Rahul Pandey today chaired a meeting to discuss the preparations for the forthcoming festivals of Ed-ul-Fitr and Parshuram Jayanti.

Parshuram Jayanti. The meeting was attended by officials from various departments, including the police, municipal committees and representatives of the civil society. During the meeting, the DC said that these festivals should be celebrated peacefully and with due respect to the religious sentiments of all communities. The officials discussed various arrangements that needed to be made, including security arrangements, traffic management, fire tender, medical facilities and the provision of essential services such as water and electricity during the festivals. ing the festivals.

The DC also urged the officials to ensure that all the nec-

The DC also urged the officials to ensure that all the necessary arrangements are put in place well in time.

The meeting decided to form a committee to oversee the preparations for the festivals and to monitor the implementation of various initiatives. The DC instructed the officials to work closely with the representatives of the Muslim and Hindu communities to ensure that the festivals were celebrated in a spirit of communal harmony and brotherhoad.

#### Baisakhi celebration: PSPS GCW Gandhi Nagar hosts Kite making Competition

JI NEWS SERVICE

JAMMU, APRII. 13: Department of Botany, Padma Shri Padma Sachdev, Govt. College for Women, Gandhi Nagar today organized a "Kite Making Competition" to celebrate Baisakhi Festival. The programme was held under the patronage of Principal Prof. Minu Mahajan and supervision of Prof. Mala Bhasin, Head Department of Botany

A total of 23 students of the Botany department partici-pated in the event. A range of colourful kites were made by the students of BSc. Semester-2, with full zeal and enthusi-

the students of BSc. Semester-2, with full zeal and enthusi-asm. The programme was judged by Dr. Harjeet Kour Sodhi and Dr. Anju Koul of Department of Botany. The First prize was clinched by Surbhi Gupta, while sec-ond prize was bagged by Baljeet Kaur. Sujasha Magotra got third prize while consolation prize was shared between Khushi and Zehra Batool.

The formal vote of thanks was presented by Prof. Sania Hamid. The whole programme was successfully coordinated by Dr. Renu Sharma. Prof. Swarn Singh, Prof. Sugandha Mahajan, Prof. Meenakshi Sharma, Mr. Bilal Ahmed and Mr. Rampal were also present.

# DDC Pulwama chairs DLRC meeting; reviews performance of Banks

Development Commissioner Pulwama, Baseer-Ul-Haq Choudhary today convened the District Level Review Committee (DLRC) meeting of the dis-

tricl, here. During the meeting, detailed discussions were held on CD ratios of the banks, identification of beneficiaries, flow of credit, assistance under Government sponsored schemes, performances of banks under District Credit Plan (DCP), achievements made under the above said Quarter monitories initiatives and Coedit Quarter, monitoring initiatives and Credit Plus activities.

It was given out that under Agriculture. Education and Housing Sectors, banks have disbursed an amount of Rs 650.33 crore, 3.69 crores and 84.12 crores respeccrore, 3.69 crores and 84.12 crores respectively. Under medium, small and micro enterprises, Rs. 226.43 crores have been disbursed against the annual target of 239.38 crores. An amount of 616.29 crores of loan has been sanctioned to weaker sections.

AZADI KA AMRIT MAHOTSAVURGES STAKEHOLDERS TO FOCUS ON PRIORITY SECTOR



of targets under priority & non-priority sectors, an amount of 1556.75 crores have

been disbursed by Q3 (FY2022-23).

The DDC impressed upon the bankers to put in added efforts to increase the CD ratio by focusing on potential areas and stressed on better coordination between

stressed on better coordination between banks and government departments for bringing improvement in CD ratio. He directed for ensuring balanced lend-ing in all key sectors to promote equitable growth and also emphasized upon the heads of the financial institutions to spread awareness with regard to the wel-

fare schemes sponsored by them among masses so that people can avail benefit for their socio-economic development.

The DDC stressed for a self reliant and

sustainable Agriculture and Horticulture sustainable Agriculture and Horticulture sector. He halled the role of agriculture and horticulture sectors in creating self-reliant and sustainable employment in the district. He emphasized on the priority sector lending with a special focus on education, women development and agri-culture allied sectors and directed con-cerned officials to organize the financial literacy camps in every block of the district and stressed upon the bankers and oncerned officers to adopt public friendly approach and work in coordination so that good results are achieved at the grass

that good results are achieved at the grass roots level.

The DDC praised the credit planning exercise of NABARD for preparing Potential Linked Credit Plans (PLPs) for

Furthermore, in this meeting JKB RSETI was instructed to diversify the courses for productive results and also provide a platform for training Khidmat centers and

CSCs.
The meeting was attended by ADDC
Pulwama, Dr Sheikh Abdul Aziz, ADC
Pulwama, Awantipora & Tral, ACD
Pulwama, ACR Pulwama, Chief Planning
Officer Pulwama, ACP Pulwama, Lead
District Manager, Cluster Head JK Bank,
NABARD, purposentatives of various NABARD, representatives of various banks, DIC, KVIB, KVIC, Deptt of Agriculture, District Coordinators, all Tehsildars, BDOs, other Heads of various Government Departments and sponsoring agencies.

#### **DDC Chairperson Ramban reviews progress on development** works, discusses District Capex Plan 2023-24

RAMBAN, APRIL 13: Chairperson RAMBAN, APRIL 13: Chairperson, District Development Council, Ramban Shamshad Shan Council, Ramban Shamshad Shan Council, Council Council Council Council Council here to review the status of develop-mental projects undertaken in the district besides discussing the District Capez Plan 2023-24. DDC members and Chairpersons of Block Development Causcille

of Block Development Councils besides Additional District Development Commissioner Development Commissioner (ADDC) Rajinder Sharma, CPO Dr. Kasturi Lal and other district and sectoral officers attended the meet-

ing.
During the meeting, the status of work of the upcoming projects of RDD, R&B, PMGSY, PHE, JPDCL and other Departments was reviewed thoroughly.

After a comprehensive discussion, the officers briefed the chair about the current status of developmental activities undertaken in the district by their concerned depart-



plan formulation is essential for planned development of the district and exhorted the DDC members to carry out a detailed gap analysis to identify works of community bene-

fit.

All Departments were asked to share the list of ongoing and upcoming projects to be taken up during the financial year and also progress reports with the DDC.

It was also reiterated that DDC members & other public representatives be taken on board both during the planning as well as the imple-

the planning as well as the imple-mentation phase of the projects for

The DDC Chairperson strongly

recommended that Gram Sabha must be conducted in each Panchayat to discuss and finalize the Plan Proposals under all the sec tors and implementation of the schemes on ground.

She said that overall development She said that overall development keeping in view welfare of all the people particularly from the vulnerable sections should be the driver for identifying works.

The ADDC assured full support of the administration and said that coordination between PRIs and administration, besides interdepartmental coordination is critical for

mental coordination is critical for smooth execution of development

#### J&K Pollution Control Committee Conducts Public Hearing Near Mata Mandir (Rei) Tapyal

JI NEWS SERVICE

SAMBA, APRIL 13: Jammu and Kashmir Pollution Control committee today conducted public hearing for the Environmental Clearance of Minor Mineral (River

the Environmental Clearance of Minor Mineral (River Bed Material) Block 4/2 Bein River upstream NHIA bridge, Block 4/3 Bein River Downstream NHIA bridge and Block 4/4 Bein River Downstream NHIA Samba Near Mata Mandir (Rei) Tapyal, Samba. A large number of the people & public Representatives Including DDC Member, BDC Chairman, Sarpanches/Panches of the adjoining Panchayat like Tapyal, Rei, and Raghuchak participat-ed in the proceedings.

ed in the proceedings.

During proceedings of public hearing, Deepak
Abrol, Divisional Officer, JKPCC, Samba (South) Abrol, Divisional Officer, JKPCC, Samba (South) briefed the public about the importance of conducting public hearing & Role of JKPCC. Project consultant from M/s Vistast Enviro Service Pt Ltd., Jajuru gave the details about salient features and Environmental impact Assessment [EIA) & Environment management plan of the project.

All the related issues were discussed and queries raised were answered by the project consultant.

Rakesh Dubey, Additional Deputy Commissioner, Samba and Mohammad Sayeed, District Mineral Officer, Samba also attended the public hearing and addressed the gathering.

## **Special Summary Revision-2023: Students of GDC Budhal participate** in Poster Making competition to Promote Electoral Literacy

RAJOURI, APRIL 13: On the directions of the District Election Officer Rajouri, Vikas Kundal, a poster making competition was today organised by the Nodal Officer SVEEP, Narinder Kumar, at Government Degree College

The competition was held in

collaboration with the Electoral Literacy Club of the College and the Department of Botany with a number of students participat-ing in the event. The competition was organ-

ised as a part of the Special Summary Revision 2023, and to promote electoral literacy among the students. The event

dents showcasing their creativity and talent through their art-work. The Jury members were Prof. Ashfaaq Ahmed Bhat, Prof. Mohd Farooq and Prof Adhan Ali Shah. Principal GDC Budhal, Dr. Mohammad Mazammal

Mohammad Mazammal Hussain extended his full sup-port to the Election authorities and applauded the efforts of the

Nodal Officer SVEEP and the Electoral Literacy Club for organising such an event. He expressed hope that similar activities will be organised in the near future to further promote electoral literacy among the stu-dents.

dents.

The District Election Officer Rajouri also praised the students for their participation and

encouraged them to continue to engage in such activities to become active and responsible citizens of the country. The event was a significant step towards promoting elec-toral literacy among the youth and empowering them with the knowledge and skills to partici-pate effectively in the democratpate effectively in the democrat-ic process.

#### **AZADI KA AMRIT MAHOTSAV**

#### District Youth Services and Sports deptt Samba organises Cycle Rally

event witnessed enthusiastic participation of local youth, sports enthusiasts, SAMBA, APRIL 13: A mega cycle rally and members of the community

SAMBA, APKIL 13: A r was today organized by the Department of Youth Services and Sports Samba here in Zone Ghagwal under the banner of Azadi ka Amrit Mahotsav.

Amrit Mahotsav.
The event was held as part of the annual Activity Calendar circulated by the YSS Directorate and under the overall supervision of DYSSO, Chander Kanta Sharma.
The cycle rally aimed to promote fitness.

to promote fitness health, and the spirit of patriotism among the youth. It was a part of the ongoing Azadi ka Amrit Mahotsav celebrations, which com-memorates the 75th anniversary of India's independence. The NORTHERN RAILWAY G2@

E-Tender Notice

E-Tender Notice

E-Tender Notice

DENTRACK-FZR acting for and on behalf of The President of India mixing copin tenders (F-Tenders) against below tilled funders and realizable or warw-inergo gov/in with closing date-110,52023 up to 1500 Ptss. Bidders with adult to submit their original/revealed bits to be closing date and time only. Manuscriffers are not allowed against this tenders, and any such manual offer receives what the growned Contractions are allowed to make payments against this tender towards tender document cost and earnest monace which are designed assignments. wards tender document cost and earnest money only through only p modes available on <u>www.ireps.gov.in</u> portal like net banking, debit card and etc. Manual nayments through Demand draft. Banker Chenue

Tender Type			Tendering Section		Bidding System		
Open			Works		Single Bid System		
Date of Uploading Tenders			Bid Starting Date		Bid Closing Date/Time		
13.04.2023			27.04.2	023	11.05.2023/ 15:00 Hrs		
S.No.	Tender No.		D	etails of T	Tender		
1.	TRACK-	Reconditioning of worn out 60Kg/52Kg/90R etc. Switche SEJs and CMS Crossings on various sections under DE Track over Firozpur Division.					
	Advertised Value (Rs.)		Earnest Money	Validity of	Offer	Period of Completion	
	99,96,613.42/-		1,99,900/-	60 Days		12 Months	
	Similar Nature of work: - Reconditioning of tongue rail/CMS crossing/SE. Wheel burns of rails						

## OFFICE OF THE MEDICAL SUPERINTENDENT

GOVT. HOSPITAL GANDHI NAGAR JAMMU

#### NOTICE

For and on the behalf of the Lieutenant Governor Union Territory of Jammu & Kashmir Sealed Quotations are invited from firms dealing in Optical Eye Glass Wear/Optician for Custiomized Spectacles for patients under RBSK/NPHCE in this hospital. The Quotations should reach within seven(07) days from the date of

S.	.No.	Paticular of Item
1.		Customizes spectacles as per requirement and specifications
	Te	erms & Conditions:
	1.	Rates are for Govt. Hospital Gandhi Nagar, Jammu
		Rates quoted should be for each piece.
	3.	The quotation should be legible and without cutting/overwriting.
	4.	The undersigned reserves the right to reject quotations without assigning any reason thereof.
	5.	Other Terms & Conditions shall be framed after receipt of Quotations.
	N	o:-GNH/J- \>>5->9

Dated:- \\ -04-2023 DIP/J-362/23

rs with a Smile

MEDICAL SUPERINTENDENT,

JAMMU.

GOVT. HOSPITAL GANDHI NAGAR

# Div Com Jammu inaugurates Mega "Basoa Baisakhi Mahotsav 2023" at Mubarak Mandi Heritage Complex

JAMMU, APRIL 13: Under the overall guidance of Secretary Tourism, Dr. Syed Abid Rasheed Shah, the Directorate of Tourism Jammu in its major initiative to highlight the cultural vibrancy of Jammu region kick started its Jammu region kick started its three days mega festival being held w.ef 13th April, 2023. The Buisakhi Mela "Basoa" shall be organized from 13th -15th April 2023, all across the Jammu Division and shall encompass all the components of the traditional dogra ethos like Dogra Cuisines, Display of local cos-tumes, art/craft, handloom products, narration of local folk-lores and much more. The Grand Mahostav was

The Grand Mahostav was flagged off by Divisional Commissioner, Jammu, Ramesh Kumar, from Maharaja Hari Singh Park, in presence of Director Tourism Jammu, Vivekanand Rai, Joint Director Tourism Jammu, Sunaina Sharma Mehta and ADC Jammu, Sandeep Seointra from where a



JAMMU | FRIDAY, APRIL 14, 2023

colourful carnival of ethnically dressed artists depicting a rich display of the great Dogra cul-ture was flagged off. Hundreds of people joined the

mega walk from the said venue to Mubarak Mandi enroute Dogra chowk, Vivekanand Chowk, Rajinder Bazaar, Kanak Mandi, Purani Mandi,Jah Bazaar Pacca Danga, reaching the Mubarak Mandi Heritage Complex

Complex.

The participants including officers of Tourism Department, prominent citizens of the area,

beautifully decorated elephants, horses, camels, chariots and folk dancers were given warm wel-come by local citizens of the old city by ways of showering petals, agriands etc. At Mubarak Mandi a Dogra village and a dogra exhibit "Mere Desae Da Shalaepa" with live painting, basohli shawl among other Dogra Att and Craft forms has

painting, basel among other Dogra Art and Craft forms has been setup for 03 days for all visiting tourists/guests.

While inaugurating iting tourists/guests.

While inaugurating the mega carnival, the Chief Guest for the

occasion Ramesh Kumar, congratulated the Department for creating an atmosphere reverberating with vigor and energy, folk songs/performances, dhol beats etc. in the entire Jammu province. Speaking on the occasion, Director Tourism Jammu, Vivekananda Rai, briefed that the Baisakhi Mahotsav is being celebrated across Jammu Division. Special events are being organized at Gulabgarh-being organized at Gulabgarhbeing organized at Gulabgarh-Paddar Kishtwar, Mansar, Dera Baba Banda Bahadur Reasi Baba Banda Bahadur Reasi, Gurudwara Nangali Sahibji Poonch, JiaPota Ghat Akhnoor, Maharaja Hari Singh Park Jammu and Mubarak Mandi Complex Jammu along with prominent chowks of Jammu city during the 03 days Mahostav being celebrated w.ef 13th -15th April, 2023. He appre-ciated the cooperation being 15th 15th April, 2023. He appre-ciated the cooperation being extended by the local market associations, Travel Trade Associations and local stake-holders for the successful organ-ization of Baisakhi Festival. While interacting with the media

this festival was revival of Rich this festival was revival of Rich Dogra Culture, Heritage and Tradition. The Department has also made elaborate arrange-ments for showcasing 360 3D experiential videos of tourist destinations of Jammu Division i.e. Surinsar, Mansar and Bhaderwah for all visitors at Mubarak Mandi.

Mubarak Mandi.

The main highlights of inaugral event was Chariot Rides, Nukkad Nataks, Dhol Beating, Army Band, Mega Cultural evening at Mubarak Mandi etc. While Jammu di Kudi Varsha Jamwal mesmerized the audience with her soulful voice while the father son duo Ravi Sharma and Rohit Sharma enthralled the audience with their Santoor playing.

Shubam Shiva with his power Shubam Shiva with his power packed performance propelled the program to its crescendo. Similar, cultural evenings were organized at Maharaja Hari Singh Park, Rajinder Bazaar, Indira Chowk etc.

#### **Advisor Bhatnagar extends Baisakhi** greetings

Rajeev Rai Bhatnagar has extended his warm greetings to the people of Jammu and Kashmir on the occasion of Baisakhi.

Baisakhi.

In his message, Advisor Bhatnagar said that this great occasion marks the commencement of the harvesting season in the North India.

The Advisor observed that the celebration of Baisakhi festival symbolizes the spirit of glorious pluralistic traditions of greatesters.

tions of our country.

The Advisor also prayed for peace, progress and pros-perity of entire Jammu and Kashmir.

#### Voters' awareness rally held at Majalta



UDHAMPUR, APRIL 13: A voters' awareness rally was held at Government Higher Secondary School Majalta to educate the public about the importance of the election process in democracy. The rally was organised under the Systematic Voters Education and Electoral Participation

Systematic Voters Education and Electoral Participation (SVEEP) programme.

Assistant Commissioner Revenue, Udhampur and Electoral Registration Officer for Udhampur West-59 and East-60 Constituencies, Rafiq Ahmad Jaral; BDC Chairman, Dina Nath; DDC Member, Amit Sharma; and Tehsidar, Majalta Uttam Palsar participated in the rally along with representatives of other departments, students, staff members and the general public.

The objective of the rally was to disseminate information achieves 1000.

The opjective of the raily was to disseminate information about Special Summary Revision 2023 to achieve 100% enrollment of eligible voters. The focus is on registering all youth who have attained the qualifying age of 18 years on 1st April 2023. Prospective voters who will attain the age of 18 years on 1st July 2023 and on 1st October 2023 may also submit their documents for enrollment.

The Summary revision commenced on 5th April and will 1.

The Summary revision commenced on 5th April and will culminate on 20th April 2023.

#### **Women College Gandhinagar celebrates Ambedkar** Jayanti at Adopted Village; screens documentary on water crisis in India under G 20 awareness



JI NEWS SERVICE

JAMMU, APRIL 13: A group of orty -two students along with the aculty of Padma Shri Padma forty -two students along with the faculty of Padma Shri Padma Sachdev Government College for Women Gandhinagar, Jammu on Thursday celebrated B.R. Ambedkar Jayanti in the Adopted Village Chanduchak, R.S.Pura. The collabo-rative initiative of organising a field visit to the village to interact with students of Government High School and Panchayat members was taken by the Department of Political Science, Electoral Literacy Club and Unnat Bharat Abhiyan team of the College. To commemorate the birth

performed by the College students to spread awareness among the masses and school students about their

and school students about their social and political rights.

Students and teachers of the college also interacted with the school children and informed them about the contribution of Baba Saheb in the uplift of the underprivileged section of the society by framing the Constitution of India to enjoy equal rights. To make the visit more fruitile, the students raid with 10 to 1 rights. To make the visit more fruit-ful, the students paid visit to Panchayat Ghar of the adopted vil-lage and interacted with Sarpanch and other members of Panchayat about the working system at the grassroots level followed by a visit to Abdullian BSF Post, the last border of J&K.

#### **Power shutdown**

JI NEWS SERVICE

JAMMU, APRIL 13: Chief Engineer (Distribution) JPDCL, Jammu has informed that the power supply to Sattani, Jaganoo and adjoining areas shall remain affected on April 15 from 10 am to 4 pm. Similarly, the power supply to Thathri, Changa, Gundoh, Bhatyas and adjoining areas shall remain affected on April 15 from 10 am to 2 pm. Likewise, the power supply to Satwari, Nai Basti, Ashok Nagar, Shastri Nagar and adjoining areas shall remain affected on April 15 from 9 am to 2 pm. Similarly, the power supply to Chaatha, SKUAST, Indra Nagar, Bhour Camp, Khandwal, Gurah, Mandal, Purmandal, Utterbehni, Sandhi and adjoining areas shall remain affected on April 15 from 9 am to 3 pm. Likewise, the power supply to Ratnuchak, Birpur, Sainik Colony and adjoining areas shall remain affected on April 15 from 9 am to 12 noon.

Meanwhile, Superin-tending Engineer (Distri-bution) JPDCL, O&M Circle Kathua has info-rmed that button) JPDCL, O&M Carcle Kathua has into-rmed that the power supply to PHE Rakh, MES, Kali Bari, Ramnagar and adjoining areas shall remain affected on April 16 from 11 am to 4 pm. Similarly, the power supply to Industries under Feeders 2nd, 3rd and PHE Rakh Feeder shall remain affected on April 16 from 9 am to 2 pm.

## Reasi: Rich tributes paid to General Zorawar Singh on 237th Birth anniversary

REASI, APRIL 13: District Administration Reasi, along with General Zorawar Singh Memorial Education Trust Memorial Education Trust Reasi, today organised a tribute paying function to mark the 237th birth anniversary of General Zorawar Singh. On the occasion, floral tributes were offered to the statue of the great warrior by Deputy

Commissioner Babila Rakwal , Prominent Citizens and other civil society members. GOC Mukesh Trivedi, SMCIF

(R) was the chief guest and DC Reasi was the Guest of Honour on the occasion.

In his address, Mukesh Tridey said that General Zorawar Singh was known for his valour and he was known for his valour and he conquered and expanded the Dogra state upto Lahsa and established strategic forts at ers who sacrificed their lives for the mother India.

DC Babila Rakwal said the sacrifices and devotion for the motherland is still relevant and notheriand is still relevant and everyone should follow the path laid down by legends like Gen Zorwar Singh.

The DC also threw light on the

Reasi, Leh and constructed Mata life history of General Zorawar Chandi Temple at Kishtwar, Singh and said it was Gen Machail. GOC also remembered Zowar of the Dogra Army who the martyrs and freedom fightwith his sword drew the borders in the Himalayas and included Ladakh, Skardu, Baltistan and

conquered territory upto Lahsa.
"To commemorate the valour, selfless service and sacrifice of Zorawar Singh, his birth Zorawar Singh, his birth anniversary should be celebrat-ed every year" she added. Folk Dance, Cultural pro-

gramme and a short film depict-ing life history of General Zorwar was also screened at the

Zorwar was also screen.

DC office complex auditorium.

Cassion, Brig. Vija On this occasion, Brig. Vijay Sagar, DIO Rajinder Digra ,Tehsildar Reasi Suresh Singh, AD Handloom, Social Activist and prominent Citizens were present. Handloom and Present. Handloom and Handicrafts department's Bamboo jewellery Stall was a major attraction of the day. Handloom and

#### Traffic police seizes vehicles without number plates



JI NEWS SERVICE

JAMMU, APRIL 13: The Traffic Police in Jammu City car-ried out a special drive against vehicles hiding or without number plates. Five two-wheelers with registration num-bers JK01 AD-1658, JK02CV-1693, JK02BA-1093, JK02CJ-1657 and JK14E-6112 were seized in the Narwal area for either plying without number plates or hiding them with black lare.

either plying witmout mouse.

The general public is informed that strict action will be taken against violators found plying their vehicle without a High Security Registration Plate (HSRP) or hiding it. The vehicle may also be seized under the Motor Vehicle

# Baisakhi PRITAM SINGH SAINI

# Jyotirao Phule dedicated his entire life for upliftment of farmers, poor: CM Khattar

Saini, National Vice President GSS and President All Jammu Kashmir Saini Sabha along with Tara Chand Saini, President GSS J&K and General Secretary All Jammu Kashmir Saini Sabha All Jammu Kashmir Saini Sabha and Sukhdev Singh Saini, Vice President GSS and Secretary All Jammu Kashmir Saini Sabha participated in the 196th birth anniversary celebrations of Mahatma Jyotirao Phule Saini at Kurukebuts Kurukshetra.

Kurukshetra.
On the occasion, Chief
Minister of Haryana Manohar
Lal Khattar was the Chief Guest
who inaugurated the Mahatma
Jyotirao Phule Chowk and
unveiled his statue.
The programme was organized by Saini Samaj Sabba
Kurukshetra in which Member





Parliament Nawab Singh Saini, Jaswant Singh Saini, MoS Utter Pradesh; Gurnam Singh Saini, President Saini Samaj Sabha, Kurukshetra, Dr Pawan Saini, General Secretary and former MLA; S. Gurdayal Singh Saini, former Member Parliament and

Khattar said social reformer Jyotirao Phule dedicated his entire life for the upliftment of farmers and the poor. He said Phule took the initiative to educate women and today people need to imbibe his teachings in their lives.

their lives.

On the occasion, Chief
Minister announced Rs 31 lakhs
for the welfare of Saini Samaj
Sabha Kurukhestra. Similarly,

MP Nawab Singh Saini announced Rs 21 lakhs and announced Rs 21 lakhs and Pardeep Saini, businessman gave Rs 11 lakhs to the Saini Samaj Sabha Kurukhestra. Extending wishes to the peo-ple, Pritam Singh Saini said Mahatma Phule was a social reformer in the true sense. He

said that there is nothing with-out education and the person who will not be educated, his who will not be educated, his life will not be successful. He worked throughout his life to educate women and worked tirelessly for the empowerment of deprived communities. After concluding of the state

level programme, threadbare discussions were held to bring all the communities under the single platform of Gantantrik Samaj Sangathan.

Pritam Singh Saini said that our roots belonged to Maharaja Shoor Saini. He asserted that many such people are not known about our ancestors who belonged to the Maharaja Shoor Saini, who was a Rajput King. He said at present people of

He said at present people of Saini communities are not feel-ing comfortable to use Saini as their surname in several parts of their surname in several parts of the country. He asked people to be confident to write and use Saini as their surname which is our real identity. Gurnam Singh Saini, President Saini Samaj Sabha, Kurukeheta presented wote of

Kurukshetra presented vote of thanks. He asked youth to follow the footsteps of Mahatma Phule and fulfill his dream by

several dignitaries participated in the programme. Speaking on the occasion, Chief Minister Manohar Lal

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