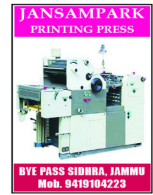




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India slams Pakistan for raking up Kashmir issue at United Nations

AGENCIES
NEW YORK, APR 27

India tore into Pakistan after its UN envoy raised the Kashmir issue here, saying no amount of rhetoric and propaganda can change the fact that the Union Territories of Jammu and Kashmir and Ladakh are and will always be an "inalienable" part of the country.

Counsellor in India's Permanent Mission to the UN Pratik Mathur's remarks came after Pakistan's Permanent Representative at the UN Munir Akram spoke about Jammu and Kashmir in his statement at the UNGA meeting. "The Union Territories



of Jammu and Kashmir and Ladakh were, are and will always be an integral and inalienable part of India. No amount of misinformation, rhetoric or propaganda from any country can change that fact," Mathur said at the UN General Assembly plenary on 'Use of the

Ladakh were, are and will always be an integral and inalienable part of India. On Monday, India slammed Pakistan after it raised the issue of Jammu and Kashmir at a Security Council meeting, prompting India's Permanent Representative to the United Nations Ambassador Ruchira Kamboj to assert that she would not waste the Council's time by responding to such "mischievous" remarks. "Lastly, this august forum has today heard some mischievous remarks by a permanent representative arising purely out of ignorance and lack of an understanding on the

With annual Amarnath Yatra set to begin from July, a meeting of various security and intelligence agencies was held here on Thursday to discuss security measures and deployment of troops in the Jammu region. The two-month pilgrimage to the 3,880-metre-high cave shrine in south Kashmir is scheduled to start on July 1 and will continue till August 31. The journey can be undertaken through two

Our small effort can save many innocent people from exploitation: LG Sinha



J1 NEWS SERVICE
SRINAGAR, APR 27

Lieutenant Governor Shri Manoj Sinha addressed the National Seminar on Anti Human Trafficking Awareness organized by National Commission for Women, in collabora-

tion with Social Welfare Department and J&K Police.

In his address, the Lt Governor shared valuable suggestions to effectively deal with the challenges of Human Trafficking in a comprehensive

LG Sinha lays foundation stone of Kashmir Medical College & SSH



J1 NEWS SERVICE
SRINAGAR, APR 27

Lieutenant Governor Shri Manoj Sinha laid the foundation stone of Kashmir Medical College & Super-Speciality Hospital being developed by Mill Trust, Delhi, at the Industrial Estate Sempora, Medicity, Srinagar.

CONTINUED ON ► PAGE 4

10 IAS officers among 21 top officials transferred in J&K admin reshuffle

J1 NEWS SERVICE
JAMMU, APR 27

In a major reshuffle, 10 Indian Administrative Service officers were among 21 top officials transferred in the Jammu and Kashmir administration on Thursday, officials said. As per two separate orders, following transfers and new postings were ordered by the Lieutenant Governor Manoj Sinha.

Baseer-ul-Haq Chaudhary, IAS (AGMUT:2015), Deputy Commissioner of Pulwama, is being transferred

and posted as the Managing Director of the Kashmir Power Distribution Corporation Limited.

Mr. Sachin Kumar Vaishy, IAS (AGMUT:2015), Deputy Commissioner of Shopian, is being transferred and posted as the Deputy Commissioner of Udhampur, replacing Ms. Kritika Jyotsna, IAS (UP:2014), who will await further orders of adjustment in the General Administration Department.

Choudhary Mohammad Yasir, IAS

CONTINUED ON ► PAGE 4

Coordination among all intelligence agencies, SFs key for smooth, incident free Amarnath Yatra: ADGP

J1 NEWS SERVICE
JAMMU, APR 27

With annual Amarnath Yatra set to begin from July, a meeting of various security and intelligence agencies was held here on Thursday to discuss security measures and deployment of troops in the Jammu region.

The two-month pilgrimage to the 3,880-metre-high cave shrine in south Kashmir is scheduled to start on July 1 and will continue till August 31.

The journey can be undertaken through two



routes – the traditional 48-km road through Pahalgam in south Kashmir's Anantnag and the 14-km shorter but steep Baital route in Ganderbal district of central Kashmir.

Mukesh Singh, Additional Director General of Police (ADGP), Jammu Zone, convened a preparatory meeting in connection with the

CONTINUED ON ► PAGE 4

Dr Jitendra announces India-UK 'NET Zero' innovation centre



AGENCIES
LONDON, APR 27

India and the United Kingdom will together jointly create India-UK "NET Zero" Innovation Virtual Centre.

Announcing this while chairing the India-UK Science & Innovation Council meeting in presence of his British counterpart, UK Minister

CONTINUED ON ► PAGE 4

Dr Jitendra visits Oxford Space Application Centre



AGENCIES
LONDON, APR 27

Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth

CONTINUED ON ► PAGE 4

Poonch Terror Attack

Man who consumed poison after being called for police questioning dies

J1 NEWS SERVICE
JAMMU, APR 27

A 35-year-old man, who allegedly consumed poison on being called by police for questioning in connection with the last week Poonch terror attack case, died on Thursday, an official said.

Mukhtar Hussain Shah, a resident of Nar village in the district's Mendhar tehsil, was perturbed as he was facing some domestic issues, he said and added that he was not summoned as a suspect.

He allegedly consumed poison at his house on



Tuesday evening. He was admitted to the Government Medical College, Rajouri, where he died on Thursday morning, the official said.

Shah took the step within hours of he being asked to report for ques-

tioning in connection with the April 20 ambush by terrorists in Bhata Durian forest that left five soldiers dead, he said.

"He was not a suspect (in the terror attack case) but was called for

CONTINUED ON ► PAGE 4

Traffic resumes on Srinagar-Jammu highway after night long halt

J1 NEWS SERVICE
SRINAGAR

The traffic movement on Srinagar-Jammu National Highway resumed on Thursday morning after remaining suspended during night due to landslides triggered by rains in Ramban district.

Traffic movement was stopped from both sides of the highway last night after landslides blocked the road near Shalgari, Banihal, an official said.

"Around 300 vehicles remained stranded on the highway during the night halt," he said.

He said traffic has been restored now and



stranded vehicle are being cleared on priority. The official advised vehicle operators and people to travel with caution on the highway.

2 persons injured as truck comes under landslide on Jammu-Srinagar NH

J1 NEWS SERVICE
JAMMU, APR 27

Two persons were injured after a truck came under a landslide blocking the Jammu-Srinagar National Highway at Rattanbass area of Banihal this evening, officials said. They said that a small



tuck loaded with chicken birds came under the slide. "Two persons were injured and were shifted to Emergency Hospital Banihal," they said. "Driver and helper of trapped vehicle rescued. Shifted to SDH Banihal", tweets SSP traffic, national highway, Mohita Sharma.

School timing changed in Jammu division

J1 NEWS SERVICE
JAMMU, APR 27

The Directorate of School Education Jammu Thursday announced a change in the school timings for all government and private schools in the Summer Zones of Jammu Division.

According to an order issued by the Directorate of School Education Jammu, Starting from the 1st of May 2023, until the 30th of September 2023, all government as well as Private recognized Schools upto Higher

CONTINUED ON ► PAGE 4

Rains lash J&K, erratic weather to continue till May 4: MeT

J1 NEWS SERVICE
SRINAGAR, APR 27

Meteorological Department predicts erratic weather to continue till May 4 even as moderate intermittent rains lashed Jammu and Kashmir overnight dipping the temperature to Thursday.

The erratic weather conditions may continue till May 4, the MeT official said.

It said intermittent rain coupled with thunderstorm and snowfall over higher reaches of Jammu and Kashmir are very likely



to occur at many places in the late afternoon or evening with 60-70 per cent chance today.

Intermittent rain or thunderstorm with snow-

fall over higher reaches are very likely to occur with 60 per cent chances at many places of J&K on April 28.

CONTINUED ON ► PAGE 4

Progressive farmers of JK: Post retirement, Kathua soldier emerges as victorious Agripreneur

J1 NEWS SERVICE
SRINAGAR, APR 27

'Dheeraj Kumar of Kathua district, after proving his mettle as a soldier in Navy, has emerged as victorious Agripreneur setting an inspirational example for others to adopt farmer profession as a successful vocation'.

Kumar has all praise for the Department of Horticulture Kathua for providing him financial as well as technical assistance and support

besides acquainting him with their schemes.

According to an official of Horticulture Office Kathua, progressive farmer 'Dheeraj Kumar' hailing from Haripur village of Kathua, cultivated 3 different strawberry varieties including Camarosa, Winter Dawn and Nubila on 22 Kanal of land.

Kumar says, out of the total investment of Rs.6 lakh, the department provided him a subsidy to the tune of Rs. 2.86 lakh

which is nearly 50 per cent of the total investment. He is expecting to produce a yield worth Rs. 15-20 lakh which is in line with the PM's vision of doubling the farmers' income. He added that department has also provided him a subsidy on purchase of power tillage and installation of drip irrigation system.

Expressing gratitude to the present dispensation for launching such pro-farmer initiatives, Dheeraj Kumar said that

the help from the horticulture department has come as a beacon of light for him enabling him become a successful farmer. He termed the initiative of enhancing the amount of subsidy from the earlier ceiling of Rs. 3125/Kanal to Rs. 13000/kanal as a great morale booster for the farmers.

"This is a huge relief for the farming community as it will make the sector more lucrative for

CONTINUED ON ► PAGE 4

Kathua Campus organises 4th Extension Outreach Programme on Skill Development and Women Entrepreneurship



JJ NEWS SERVICE

KATHUA, APR 27: Kathua Campus, University of Jammu organized 4th Extension Outreach Programme on "Skill Development and Women Entrepreneurship" at its adopted village Kathera to develop skills among women folk of the village that will lead them for better livelihood, economic independence and the ability to earn for their families. The training programme was attended by more than 100 women from Kathera and adjoining villages. Besides, 150 students from Government Higher Secondary School, Kathua and Kathua Campus, University of Jammu also participated in the said activity.

Various artisans and trainers including Ms.

Vaishali, Ms. Meena Kani, Ms. Neetu, Ms. Kiran Sharma, Ms. Jyoti Sharma, Ms. Seema Devi, Ms. Parveen Kumari, Ms. Shabnam Khajuria, Ms. Gurpreet Kour, Ms. Priyanka Sharma, Ms. Bharti, Mr. Rajinder Kumar and Smt. Ayodhya Devi imparted the skills for making Jute Bags, Spices, Pickles, Keychains, Khoya, Packaged Multigrain Atta, Bamboo crafts, Polyester Bags, Dori Work, Cushion Work, Beetroot and Spinach Atta, Shawl Kadhai, embroidery accessories, Crochet Knitting etc. to women present at the event. Dr. Meenakshi Kilam, Rector Kathua Campus, University of Jammu said that this activity was intended to help women of the adopted village Kathera to strengthen their skills and aid them for self-employment in order to ensure empowerment. It is to be mentioned here that Kathua Campus, University of Jammu adopted this village a few months ago and three activities viz. Cleanliness Drive Trek, Gender Sensitization & Career Counseling and Drug Abuse: Problem, Management and Prevention along with Stationery Distribution Drive have already been organized by Kathua Campus in this region till now. Dr. Meenakshi Kilam further highlighted the importance of these type of skill development programmes at grassroot level for the welfare of the society and suggested them to get benefit out of various skill development schemes of the Indian Government

including Pradhan Mantri Kaushal Vikas Yojana (PMKVY), Pradhan Mantri YUVA Yojana, Skill Loan Scheme, Craftsmen Training Scheme (CTS) etc. Further, she reiterated that Kathua Campus shall contribute tirelessly for the progressive development of Kathera village so that it can usher in the era of development.

While speaking on the occasion, Sh. Ganesh Dutt (Retd. Zonal Education Officer), Sh. Devinder Shastri (Retd. Zonal Education Planning Officer) and Ms. Kamlesh Kumari suggested the women to work on the various resources available at village Kathera including Kulath Dal, Anila, Baheda, Khoya, Bamboo, Curry Patta etc. Ms. Arti Sharma (Cluster Coordinator, Self Help Group, Barnoti) said that her team shall always be ready in future also for such nice initiatives to train the women with these skills. Sh. Ashok Sharma, Principal, Government Higher Secondary School, Kathera, thanked Dr. Meenakshi Kilam, Rector Kathua Campus, University of Jammu under whose visionary leadership such initiatives have been undertaken in village Kathera.

Day long training program for PRI representatives and farmers under Aroma Mission Phase-III held

JJ NEWS SERVICE

JAMMU, APR 27: A special training program for Panchayati Raj Institutions (PRI) representatives and farmers from Kathua district J&K was organised by CSIR-Indian Institute of Integrative Medicine, Jammu (IIIM) today under the phase-III of CSIR-Aroma Mission. Around 50 farmers and PRI representatives from the Kathua district attended the program. During this day long program, they were apprised about the cultivation, processing, value addition, product development and marketing of Aromatic Crops.

Dr. Zabeer Ahmed, Director, IIIM Jammu while speaking on the occasion said that Aroma Project activities were initially launched in 2014 as J&K AROMA AROGYA GRAM-JAAG, a project on pilot scale undertaken as per vision of Dr. Jitendra Singh, Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space. After remarkable success in JAAG, the CSIR-Aroma Mission was launched and thereafter, two phases of



this mission project were completed successfully, he added. He informed that the Phase-III of Aroma Mission has been approved under which the focus would be to establish clusters where end-to-end solutions would be provided to farmers for value addition, product development which would have great impact on inclusive economic development of the farmers of the region and the promotion of the agri-tech startup ecosystem. He also assured farmers that CSIR-IIIM will provide all support possible under the CSIR-Aroma Mission Phase-III for the development of Aroma farming and industry in the Kathua region.

He suggested that this programme where PRI representatives and the progressive farmers area getting first-hand knowledge

is very important as they can further train all other farmers in their respective areas which would be a strong medium to spread Aroma Mission activities to every nook and corner of the Union Territory.

Dr. Dhiraj Vyas, Head Plant & Agrotechnology Division, IIIM Jammu discussed about the opportunities in the Aroma Sector and explained how the CSIR-Aroma Mission is transforming the lives of thousands of farmers across J&K through Lavender cultivation.

Earlier, Dr. Sumet Gairola, Nodal Scientist, CSIR-Aroma Mission Phase-III (IIIM) welcomed the guests and briefly introduced them to the achievements, and future plans of the CSIR-Aroma Mission Phase-III. He informed participants that the "Purple Revolution" or "Success

model of Lavender cultivation in J&K" under CSIR-Aroma Mission has now reached other states of the country like Uttarakhand, Himachal Pradesh, Meghalaya, Arunachal Pradesh, and Sikkim.

Tajinder Singh, DDC member Mahanpur Kathua, Neeru Rajput DDC member Billawar Mandli, Kathua and Sushma Jamwal, BDC Chairman Besholi also spoke on the occasion. Sarpanches and Naib Sarpanches from many villages of Kathua also attended the programme. They appreciated the efforts of IIIM and showed their enthusiasm to associate with the programme. Dr. Rajendra Bhanwaria, Senior Scientist presented the vote of thanks. Many scientists, technical officers and scholars of the Plant Sciences & Agrotechnology Division were also present.

6 Laning of NH-44 to bring landmark development, prosperity: Col Mahan



JJ NEWS SERVICE

KATHUA, APR 27: Col Mahan Singh (Retd.), Chairman District Development Council (DDC) Kathua today asserted that six-laning of NH-44 will bring landmark development and prosperity to the Jammu and Kashmir Union Territory. Today, Col Mahan Singh along with Raghunandan Singh Bablu, Vice Chairman visited Kalbari and Barnoti areas to see progress of NH-44 widening to 6 lanes. Shubam Mahajan, DGM NHAI

briefed the DDC Chairman on 6 Lane widening project. Raghbir Singh BDC Chirman, Sandeep Majotra DDC Members and prominent residents of area were present. On knowing about the presence of DDC Chairman & Vice Chairman in area, scores of local residents gathered at Janglote Chowk and demanded overpass in the area for Kalbari to Janglote Road originating from NH 44. The DDC Chairman after a patient hearing assured the residents of resolution. The DDC Chairman said the Union Territory of Jammu and Kashmir has witnessed remarkable changes during the last few years, all due to the dedicated and people-friendly initiatives of the government at the Centre. He said there was a time when people of erstwhile state of Jammu and Kashmir used to face numerous problems due to lack of proper roads, as there was always huge traffic jams, thereby creating several hardships for the commuters. But it was only due to the focused approach of the Modi

Government that a number of road projects were launched across the Union Territory in order to ensure an all-weather and durable road network to the people.

Col Mahan Singh said the ongoing project of six-laning of NH-44 will definitely play a major role in changing the destiny of the Union Territory besides accelerating the developmental spree significantly. He hoped that on completion, the six-laning of national highway will help in achieving the desired targets besides providing a smooth road network to the people of Union Territory. Later, Col Mahan Singh alongwith Vice Chairman also visited office of Megha Infrastructure Construction Co at Barnoti and had a meeting with Laxmi Narayan, its Vice President on the issue of giving jobs to locals in under construction 6 lane NHAI project.

The DDC Chairman asked the senior functionary of Megha Infrastructure Construction Co to give priority to local youths in jobs in the ongoing projects.

BJP OBC Morcha holds awareness Camp on Women health and welfare



JJ NEWS SERVICE

JAMMU, APR 27: BJP OBC Morcha held an awareness camp on women health and welfare in Bazzigar Banjara Basti, Akhnoor. Sunil Prajapati (State President BJP OBC Morcha), Neelam Virdi (State Vice President BJP OBC Morcha), Anil Balgotra (State Secretary BJP OBC Morcha), Raman Chalotra (State Secretary BJP OBC Morcha), Raju Baazigar (State Secretary BJP OBC Morcha), Sonia

Verma (District Secretary BJP Akhnoor), Jyoti Verma (Office Secretary BJP OBC Morcha), Janak Raj Verma (District President BJP OBC Morcha Akhnoor), Anita Verma (Sarpanch kharah), Raju Ram (District President Bazzigar Samal), Seema Devi (District Secretary BJP OBC Morcha Akhnoor), Rajni Devi (District Secretary BJP OBC Morcha Akhnoor) participated in the program organized by Raju Baazigar. BJP OBC Morcha team delivered talk on the

importance of awareness Program for giving Exposure and Empowering the Women and distributed around 800 Sanitary Pads among women and Girls. Sunil Prajapati said aim is to break the taboo around periods while focusing on accessibility and acceptance at the same time.

Furthermore, the positive corollary like school dropout rates, malnutrition, improved age for motherhood, and reproductive health of women,

are expected to improve further. With increased focus on health, the time is ripe to have renewed focus and develop resources to make menstrual hygiene an essential part of healthy life.

Maintaining menstrual hygiene is a step towards a better health. With menstrual hygiene, a woman can have a healthy life. Menstrual hygiene must never be underestimated or ignored. Menstrual hygiene is a must for every girl and woman.

BJP OBC Morcha believes that rural woman's health and welfare is of prime importance and conducts menstrual hygiene camps with an aim to create awareness on adopting hygienic practices amongst women. More than 300 million women and girls in India do not have access to safe menstrual hygiene products, endangering their health, curtailing their education and putting their livelihoods at risk. Women are educated on the proper usage and disposal of sanitary pads as well.

Power Evacuation from Chowadhi Grid to benefit Industries and various residential areas



JJ NEWS SERVICE

JAMMU, APR 27: JPDCL/REC/PDCL has successfully completed new 33 KV lines and allied infrastructure to evacuate power from 220/33 KV Grid Substation Chowadi

and Bari Brahmana-2 Grid stations which feed power to the Bari Brahmana Industries. Since, it is the endeavor of the J&K Government to attract new Industries, Chowadhi Grid shall make abundant power available

in Bari-Brahmana Industrial area for new Industries.

Besides benefiting the Industries, the Chowadhi Grid shall also give major relief to various residential areas including Greater Kailash and Sainik Colony among others. The formal power evacuation on new 33 KV lines was switched ON load on 27.04.2023 by MD, JPDCL.

To evacuate power, under PMPD scheme 25 circuit kms of new 33 KV lines from Chowadi to Birpur, Bari Brahmana, Sanik colony, Mandal, Ratnu chak and Narmada were constructed at the cost of about 400 crs by Project Implementing agency (REC/PDCL) and M/s L&I as turn key contractor for the project.

Anti Crime Team Honours S.I Balraj Singh

JJ NEWS SERVICE

JAMMU, APR 27: Anti Crime Team today Honoured Newly Promoted S.I Balraj Singh, Program was organised by Anti Crime Team Chairman Sham Lal Gupta in which DDC Member Bishnah Sh Dharminder Kumar and Chairman MC Bishnah Sh Rajan Sharma were Present as Chief Guest on the occasion.

Sarpanch Bavishan Singh, Corporator Sahil Gupta, Ex Corporator Banarsi Dass and Social Worker Bunny Sharma were Present as Guest of Honour on the occasion. Chief Guest DDC Member Bishnah Dharminder Kumar and Chairman MC Bishnah Rajan Sharma Welcomed him with Bouquet of flowers and Presented a Shawl



of Respect to him for his Promotion. Sarpanch Bavishan Singh, Corporator Sahil Gupta, Ex Corporator Banarsi Dass, and Social Worker Bunny Sharma Presented him Moneto and Congratulated him. Chairman Sham Lal Gupta told S.I Balraj Singh is working Hard and Rising Name of Police Department.

DDC Member Dharminder Kumar and Chairman Rajan Sharma appreciated efforts of S.I Balraj Singh in Maintaining Peace full Functioning of Bishnah Traditional Functions. Corporator Sahil Gupta, Sarpanch Bavishan Singh and Bunny Sharma also Praised his Honesty and Good Nature. S.I Balraj Singh is

Serving as Wireless Operator in J&K Police and doing his job with Honesty. Gupta was accompanied with Rashpal Titta and Team Members Vijay Kumar, Ravi Kumar, Rakesh Kumar, Chander Shekhar, Nishant Sharma, Rohit Kumar, Nitish Anand, Vanish Mehra, Akshay Sharma, Yudhvir Singh, Gourav Jamwal and others.

Make 100th episode of 'Mann Ki Baat' a grand success in J&K: Kavinder



JJ NEWS SERVICE

JAMMU, APR 27: The 100th episode of Prime Minister Narendra Modi's 'Mann Ki Baat' will be telecasted on 100 polling booths in each Assembly segment of J&K UT with participation of at least 100 people to listen to the PM's 'Mann Ki Baat' on April 30th, this year.

This was stated by senior BJP leader and former

Deputy Chief Minister, Kavinder Gupta while addressing a meeting of senior leaders at Party Headquarters in Jammu. Yudhvir Sethi, Anuradha Charak, Priya Sethi, Sanjita Dogra, Dr D.K Marwal, Rekha Mahajan, Parmod Kapahi, Sunil Prajapati, Neeraj Anand, Kulwant Bhatti, Pooja Kapoor, Parag Abrol and Neeru Abrol were present in the meeting. Kavinder Gupta said

that "Mann Ki Baat" portrays "Modi Vision" towards New India and it's a part of BJP's extensive programme to take the highest level of governance to every common person. He said that through this programme Prime Minister Narendra Modi ji has reached every home and every heart. He said since television connection is still not available everywhere in India, especially in the

isolated, rural and less developed regions, radio was chosen to be the medium for the programme, owing to its wider reach.

Kavinder said "Mann Ki Baat" provides masses with a platform and an opportunity connect, suggest and become part of participatory governance through the Prime Minister's radio address. He said that India is fortunate enough that it has Narendra Modi as its Prime Minister because his dynamic personality has steered the country to new heights of success. He said that people should continue to support the BJP for a promising future of the country.

The former Deputy Chief Minister exhorted upon senior leaders to make all possible efforts to make the 100th episode of 'Mann Ki Baat' a grand success in Jammu and Kashmir Union Territory.

PM Modi's 'Mann ki Baat' inspired youth, society: Sanjay Baru



JJ NEWS SERVICE

JAMMU, APR 27: PM Modi's 'Mann ki Baat' inspired youth, society, stated Sanjay Baru, BJP senior leader and JK-UT Co-Convenor of PM Modi's "Mann Ki Baat".

Sanjay Kumar Baru said that the 100th episode of Prime Minister Narendra Modi's 'Mann Ki Baat' will be telecasted on 30th April

2023. He said that the episode will be historical, while he reviewed the preparations for Prime Minister Narendra Modi's in a meeting of district Samba at BJP district office and district Jammu south at Shiv Palace at Roopnagar.

BJP District Presidents Kashmiria Singh and Omi Khajuria chaired the meetings in which district office

bearers, Morcha presidents, all BJP Mandal President, district and Mandal in-charges of "Mann Ki Baat" of both districts were present.

Addressing the meeting, Sanjay Baru said that after becoming the Prime Minister of India in 2014, Narendra Modi started Mann Ki Baat to connect directly with the people, in which Modi ji never raises

any political issue.

He further said that many heads of their states in the world have started such programmes, but till date no one has been able to reach the magic figure of 100.

Talking to media persons after the meeting, Sanjay Baru appealed to all the social, religious organizations, institutions as well as all associations and societies to make it historic by joining the programme of Mann Ki Baat on 30th April at 11 a.m.

Addressing the meetings, Kashmiria Singh and Omi Khajuria said that his team will organize Mann Ki Baat and all others upcoming party programme at every booth. They said that the programme has inspired countless in society and has become an 'essential seen' programme for every section of society.

Sham Langer felicitates new CCI team

JJ NEWS SERVICE

JAMMU, APR 27: Sham Lal Langer, Convener BJP Trade Cell, Jammu and Kashmir today felicitated the newly elected team of Chamber of Commerce and Industries (CCI) Jammu and wished them success in addressing the issues of the business fraternity during their tenure.



Sham Lal Langer congratulated Arun Gupta, President, Chamber Of

Commerce and Industry and his team for winning the elections and hoped that the new team will work for the business fraternity as well as also work in the better interest of the public at large and fight for the other general issues of Jammu and its people as it has been doing in the past. He said that Jammu Chamber is a significant

stakeholder of J&K and its people's welfare and always acts like a forefront civil society. He said that not only the business class but the common people of Jammu have great expectations viza-viz safeguarding their interests by taking up their issues with the concerned authorities in the corridors of power and getting these addressed.

Sadhotra calls for socio-political empowerment of women, their larger role in decision making



JJ NEWS SERVICE

JAMMU, APR 27: Former minister and senior National Conference leader Mr Ajay Kumar Sadhotra today called for socio-economic and political empowerment of women, saying their role in the decision making will ensure harmonious growth of the society. "Without their political empowerment, the objective of empowering women socially and economically will remain a distant dream", Mr Sadhotra said while addressing the party workers at Raipur in Jammu North Assembly Constituency this afternoon, adding that this calls for attitudinal change to achieve the desired goals.

He said the National Conference has all along stood for women empowerment and emancipation by giving them adequate space and providing a larger platform so that they play their designated role in every sphere.

He said the women have excelled well over the years by dint of their hardwork and determination and they have proved second to none especially in the field of education. This odyssey has to be carried forward with a missionary spirit, he maintained.

Mr Sadhotra also enumerated various measures taken by the successive National Conference governments in Jammu and Kashmir with regard to women empowerment,

saying the party has a track record of undertaking female literacy in a big way and facilitating women to launch their income generating units. He recalled the achievements of women in different fields and discerning marks they have made in academics, administration and politics. He also made a mention of 50 per cent increase in the seats for female students in medical colleges by NC Government as also 33 per cent reservation for women in grass root level democratic institutions, saying these have instilled a sense of confidence among them.

He said reservation for women in Panchayats, the basic units of democracy, has proved highly beneficial for executing various

schemes aimed at their welfare at the ground level under the successive popular and representative governments.

"Women have already made their mark in all the fields and this phenomenon is required to be taken on a higher plank by ensuring opportunities to their counterparts in rural and other disadvantaged areas," Mr Sadhotra said and stressed the need for generating awareness among the women folk in far-off areas. He said the National Conference workers can play a huge role in this regard as the party is deeply rooted in every nook and corner of Jammu and Kashmir.

Prominent among those present on the occasion are Anju Jamwal, Raj Kumari Panch, Meena Jamwal, Mamta Jamwal, Makhi Manhas, Shalika Jamwal, Anita Jamwal, Raghubir Singh Manhas District President, Randhir Singh District Secretary, Ghar Singh Corporator, Rakesh Sharma District Youth President, Ankush Abrol Provincial Joint Secretary, Dr. Vikas Sharma, Zonal Secretary Jammu, Tilak Raj Bhagat and Charan Dass Bhagat.

26th Annual Jagran organized by Mahant Lucky Baba at Vaishno Mandir

JJ NEWS SERVICE

JAMMU, APR 27: The 26th Annual Jagran of Maa Bhagwati and Bhandara was organized by the Mandir Maa Vaishno Devi Committee here at Maa Vaishno Devi Mandir, Bhagwati sNagar.

The Jagran and Bhandara of Maa Bhagwati were held under the supervision of Lucky Baba, Mahant of Maa Vaishno Devi Mandir.

Earlier, special Pooja and Havan was performed followed by Bhandara in which a large number of devotees participated and at night Jagran of Maa Bhagwati performed in which devotees sung hymns based on the religious importance of Maa Bhagwati. The Annual Jagran was commenced with the lighting of the Holy lit of Maa Bhagwati by the dignitaries including former Mayor Jammu Municipal Corporation (JMC) Chander Mohan Gupta and prominent politicians.

The atmosphere of Jagran premises



was charged with devotion and the devotees offered special prayers for peace and harmony of the State.

Mahant Lucky Baba also surcharged the atmosphere by reciting Bhajans of Chandni Mata.

Talking to media persons, Lucky Baba said that every year Jagran of

Maa Bhagwati is organized for peace, communal harmony, brotherhood, unity and tranquility.

Speaking on the occasion, Chander Mohan Gupta said that the management has been organizing Jagran for the wellbeing of humanity and to build mutual coexistence.

Kavinder meets Nivedita, apprises her about J&K's developmental profile under BJP Govt



JJ NEWS SERVICE

JAMMU, APR 27: Kavinder Gupta, senior Bharatiya Janata Party (BJP) leader and former Deputy Chief Minister met Nivedita Nathoo, Vice President of Overseas Friends of Bharatiya Janata Party from Mauritius here today.

It is pertinent to mention here that Nivedita visited Jammu after paying obeisance at the Shri Mata Vaishno Devi Cave Shrine at Katra. The main purpose of the Mauritian leader to India is to participate in the Jal Abhishek of Lord Shri Ram Ji at Ayodhya for which she has brought

water of Ganga Talao from Mauritius. During the meeting, the former Dy Chief Minister apprised Nivedita Nathoo about the unprecedented development in Jammu and Kashmir after BJP's coming into power at the Centre.

He also informed Nivedita about BJP making inroads into Kashmir and people across J&K on the whole quite satisfied with the delivery of good governance by the Union Govt as well as the Union Territory Administration.

The significant role of women in the party affairs also came under discussion during the meeting and both

the leaders agreed that women can play a significant role in further strengthening this largest political party of the world. During the meeting, Nivedita also interacted telephonically with BJP Mahila Morcha President Sanjita Dogra and lauded the commendable work of her Mahila Morcha team in making BJP popular in every nook and corner of Jammu and Kashmir. She invited Sanjita Dogra to Mauritius for conducting a programme on the achievements of world's largest democracy during the tenure of the BJP Govt that has made India the most significant global player today.

Meanwhile, Nivedita Nathoo told Kavinder Gupta that she is highly impressed by the ongoing beautification of Jammu with neat and clean National Highways, International Standard Tunnels, IIT and many more. She said that she could get the real feel of unprecedented development in India on the whole and J&K in particular.

She said that restoring peace and transforming developmental profile of Jammu and Kashmir has been possible due to the relentless and dedicated efforts of India's Prime Minister Shri Narendra Modi.

Y20 Leh summit to boost tourism, strengthen India's resolve: Raman Suri

JJ NEWS SERVICE

JAMMU, APR 27: Bharatiya Janata Party (BJP) J&K Executive Member Raman Suri today said that the three-day meet of Y20 delegates at Leh, in which more than 100 young leaders from 30 countries are participating, will send a strong message to neighbouring countries, strengthen India's resolve, boost tourism and enable youngsters to hammer out solution to various issues confronting the world like global warming, role of youth in democracy, good governance, climate change, making sustainability a way of life, providing good health besides encouraging sports for physical and mental fitness.

Raman Suri said that India, after assuming the presidency of G20 on December 1 last year, had been working hard on holding various summits across the length and breadth of the country. This international summit at Leh, being the first-of-its-kind in the northernmost part of the country, is going to leave an indelible mark on the hearts and souls of people who believe in India's core value system of 'Vasudeva Kutumbakam' and are following the G20 theme of 'One Earth, One Family, One Future'.

He said, this Youth+20 meeting under the G20 summit at Leh will



enable youth from world over to see our culture, traditions, untapped and unexplored nature, hospitality of the people of Ladakh and will send a strong message to the neighboring countries who had been casting their doubts on India's resolve to develop the Union Territories of J&K as well as Ladakh. Prime Minister Narendra Modi, he said, is committed to make Ladakh carbon neutral and the youth from world over will get to see the steps being initiated towards that and will also be able to put forth their suggestions, which will be healthy and participatory in nature.

Raman Suri added that holding such international events in Jammu, Kashmir or Ladakh parts of Northern

India sends a strong message across the world that we are progressing post abrogation of Article 370 and these areas continue to be an integral part of the country. China, by boycotting G20 meet in Arunachal Pradesh, might have tried to put a point forth but this meeting and participation of over 100 delegates from 30 countries is going to establish how India is concerned about world issues and is contributing in their resolution, especially when youngsters of Ladakh will also put forth or share their views with the visiting delegates.

The BJP leader said, India under the dynamic leadership of Prime Minister Narendra Modi is progressing on all fronts and such international events or presidency of G20 is an opportunity that will enable our future leaders and technocrats besides commoners to become responsible towards global issues and be part of their solutions in whatever manner they can. He hoped that the visiting delegates will return with sweet memories of Ladakh, its lakes, pristine beauty of the cold desert and hospitality besides getting enriched with knowledge of India's vast region, that despite hostile weather conditions, continues to contribute in nation building.

India slams Pakistan...

basic facts of decolonisation," Kamboj had said. "I will not be wasting the time of this Council in responding to those remarks. Our advice to that delegation is please refer to our numerous rights of reply that we have expressed in the past," she said.

Kamboj's stern response came at the UN Security Council open debate on "Maintenance of international peace and security: Effective multilateralism through the defence of the principles of the Charter of the United Nations" chaired by Russia, President of the Council for the month of April.

With Russian Foreign Minister Sergey Lavrov presiding over the debate, Akram had referred to Jammu and Kashmir in his statement.

Tensions between India and Pakistan spiked after New Delhi abrogated Article 370 of the Constitution to revoke the special status of Jammu and Kashmir on August 5, 2019.

India's decision evoked strong reactions from Pakistan, which downgraded diplomatic ties and expelled the Indian envoy.

India has categorically told the international community that the scrapping of Article 370 was its internal matter. It also advised Pakistan to accept the reality and stop all anti-India propaganda.

India has told Pakistan that it desires normal neighbourly relations with Islamabad in an environment free of terror, hostility and violence. (Agencies)

Our small effort...

namer, "Trafficking in persons is the most heinous form of organized crime which requires holistic and coordinated action by all the stakeholders at all levels," said the Lt Governor.

"Law enforcement agencies, civil society groups, youth and every section of the society must unite to raise awareness of this issue, safeguard people from exploitation, effectively combat this violent crime and to dismantle the criminal network," he added.

The Lt Governor asked the Anti-human trafficking cells to forge partnership with youth and civil society groups.

"Anti-Human trafficking cell in the districts require a comprehensive approach and partnership with civil society and youth to prevent trafficking and assist the law enforcement agencies to punish the traffickers. Our small effort can save many innocent people from exploitation," he said.

The Lt Governor stressed upon the Law enforcement agencies to analyze three important aspects - origin, transit & destination and prepare a Priority Action Plan to strike at the root of Human Trafficking Network.

"In order to eradicate this crime, our coordinate response must focus on vulnerable groups such as children, women, labourers, displaced persons and it should be ensured they are identified & sufficiently protected," the Lt Governor said.

The Lt Governor said the Government has adopted a policy of zero tolerance for crime against women and committed to punish the criminal networks or individuals behind this heinous crime.

J&K UT has lowest number of cases of human trafficking, Rescue and rehabilitation is the priority. We are also fully committed to setting up Anti-Human Trafficking Cells in all the districts of J&K. Moreover, 202 women's help desks have been set up in all the police stations of the UT, he further added.

The Lt Governor also highlighted the significant role of security forces in establishing peace in J&K and ensuring safety of the people.

On the occasion, the Lt Governor announced recruitment for the posts of Anganwadi's Sangini and Sahayika. More than 4000 appointments will be made in a transparent manner soon. District Commissioners have been directed to complete the recruitment process within one month, he added.

Justice N. Kotwani Singh, Honble Chief Justice of J&K and Ladakh High Court said human trafficking mainly affects women and children. We should focus on the prevention part and the judiciary has a role to play where perpetrators are taken to task, he added.

Rekha Sharma, Chairperson, National Commission for Women stressed upon awareness in the society. Dr Arun Kumar Mehta, Chief Secretary reiterated the UT Administration's commitment to eradicate Human Trafficking.

Members of National Commission for Women, senior officials from civil administration, police & other law enforcement agencies, and civil society members were present.

IG Sinha lays...

Addressing the gathering at the ground breaking ceremony, the Lt Governor said the project is one of the biggest private sector investments in health sector of UT that will improve efficiency and quality of care.

"It is a new era for private investments in J&K UT and testimony to Honble PM Shri Narendra Modi's commitment to J&K UT as a leading investment destination for manufacturing and service sectors," said the Lt Governor.

The project worth Rs. 525 Cr will develop Medical College with 150 MBBS seats to fulfill the aspirations of youth and 100 bedded hospital will provide world-class healthcare at affordable rates. The project will provide employment opportunity to 2000 local youth.

We have created an enabling environment for private sector for economic development, employment and income generation. The administration is deeply and sincerely committed to ease of doing business and ease of living, said the Lt Governor.

The Lt Governor also shared the details of infrastructure being developed in the UT

The Lt Governor said that Rs 1.25 lakh crore worth road and highway projects are being completed in the Union Territory and we have also created the necessary institutional structures for investment.

The journey from Katra to Delhi will be possible in 6 hours with the completion of new Katra-Delhi expressway while the journey from Kashmir to Delhi will take only 9 hours, he added.

The Lt Governor further said that world highest connectivity bridge has been completed that will provide connectivity between Kashmir to Jammu by the end of this year. With regards to Air connectivity, 126 flights shall be operational from May 2, he added.

The Lt Governor said J&K UT is way ahead of national average on several health parameters.

We have two AIIMS, 9 Medical Colleges, J&K also leads in per person spending on healthcare facilities. Every family in the UT is covered under Ayushman Bharat. We are making sincere efforts to transform Jammu Kashmir into a prime destination for medical tourism, he added.

The Lt Governor expressed gratitude to the Hon'ble Prime Minister Shri Narendra Modi for unparalleled growth of J&K UT.

The transformation of J&K UT is a classic example of what good governance with a focus on inclusive development can

achieve in a short period of time, he added.

Dr. Arun Kumar Mehta, Chief Secretary; Sh Fayaz Ahmad, Chairman Milli Trust, and other senior officers were present on the occasion.

10 IAS officers...

(AGMUT:2015), the Managing Director of the Kashmir Power Distribution Corporation Limited, is being transferred and posted as the Deputy Commissioner of Poonch.

Mr. Rakesh Minhas, IAS (AGMUT:2016), the Managing Director of SIDCO, who is also holding the additional charge of Managing Director of SICOP, is being transferred and posted as the Deputy Commissioner of Kathua, replacing Mr. Rahul Pandey, IAS (UP-2014), who will await further orders of adjustment in the General Administration Department.

Mr. Basharat Qayoom, IAS (JH:2016), the Deputy Commissioner of Anantnag, is being transferred and posted as the Deputy Commissioner of Pulwama.

Mr. Mingshi Shierpa, IAS (AGMUT:2017), the Managing Director of Jammu and Kashmir Tourism Development Corporation, is being transferred and posted as the Additional Secretary in the Lieutenant Governor's Secretariat. He will hold the charge of the posts of Managing Director of Jammu and Kashmir Tourism Development Corporation and Director of Information, J&K, in addition to his own duties, until further orders.

Syed Fakhrudin Hamid, IAS (AM:2017), the Deputy Commissioner of Budgam, is being transferred and posted as the Deputy Commissioner of Anantnag.

Mr. Maz Lal Hassach, IAS (AGMUT:2018), the Director of Tourism, Kashmir, is being transferred and posted as the Deputy Commissioner of Shopian.

Mr. Abhishek Sharma, IAS (CG:2018), the Chief Executive Officer of J&KGA, is being transferred and posted as the Deputy Commissioner of Samba.

Mr. Akshay Labroo, IAS (TR:2018), the Additional Secretary in the Lieutenant Governor's Secretariat, holding the additional charge of Director of Information, J&K, is being transferred and posted as the Deputy Commissioner of Budgam.

Mr. Raja Yasooob Farooq, IAS (PZ:2014), the Additional Secretary to the Government, Power Development Department, holding the additional charge of the Managing Director of J&K Power Development Corporation Limited, is being transferred and posted as the Director of Tourism, Kashmir.

Ms. Anuradha Gupta, JKAS, the Deputy Commissioner of Samba, is being transferred and posted as the Chief Executive Officer of J&KGA.

Mr. Inderjeet, JKAS, the Deputy Commissioner of Poonch, is being transferred and posted as the Managing Director of SIDCO. He will also hold the charge of the post of Managing Director of SICOP, in addition to his own duties, until further orders.

Mr. Shiv Kumar Gupta, JKAS, the Special Secretary to the Government, Social Welfare Department, is being transferred and posted as the Vice-Chairman of Jammu Development Authority.

Mr. Pankaj Magotra, JKAS, the Vice-Chairman of Jammu Development Authority, is being transferred and posted as the Managing Director of J&K.

Coordination among...

forthcoming Amarnath Yatra and discussed the various issues including adequate police and security force deployment in the region, officials said. At the outset of the meeting, a detailed discussion was held and briefing was also given by the officers of CRPF, police and intelligence agencies, in view of the present security scenario and possible threats to the yatra this year, they said.

The ADGP also advised the officers to ensure that a proper co-ordination is required to be maintained among all the intelligence agencies: Army, paramilitary forces, traffic and security wings in their respective districts and areas of responsibility for a smooth and incident-free yatra, the officials said.

Singh also requested Jammu divisional commissioner to take immediate action on certain issues raised by CRPF commanders so that no inconvenience is caused to troops being deployed for the purpose.

The registration for the Amarnath pilgrimage began on April 17 at designated bank branches across the country to secure a permit.

Dr Jitendra announces...

George Freeman, Union Minister of State (Independent Charge) Science & Technology; Minister of State (Independent Charge) Earth Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh said here today that under Prime Minister Narendra Modi, India is fast moving to become an economic powerhouse, driven by its extraordinary technological and innovative capabilities which the world has begun to acknowledge, particularly after the COVID vaccine success story.

The two leaders called for enhanced Science & Technology cooperation between India and the United Kingdom.

Chairing the Meet with Co-Chair Minister Freeman, Dr Jitendra Singh, in his inaugural remarks, said that India is on the fast track move and the nation is determined to achieve its Climate Change and Environmental targets on time.

Dr Jitendra Singh highlighted the close collaboration between the two countries strengthened through an ambitious 'Roadmap 2030' that provides a framework for UK-India relations across health, climate, trade, education, science and technology, and defence.

The Indian Minister informed his British counterpart that under the leadership of Prime Minister Narendra Modi, the UK has emerged as India's second largest international research and innovation partner. The India-UK Science & Technology (S&T) collaboration has been growing at a rapid pace and the joint research programme has gone from an almost zero base to close to £300-400 million now, he said.

Both the Ministers appreciated the proposal to create an India-UK "NET Zero" Innovation Virtual Centre which will provide a platform to bring stakeholders from both countries together to work in some of the focus areas including Decarbonization of manufacturing process & transport systems and Green Hydrogen as renewable source. Dwelling on the issue of India's net zero journey, Dr Jitendra Singh said, energy efficiency and renewable energy are central pillars, where India has already taken lead by various initiatives like India Solar Alliance, Clean energy mission etc.

Dr Jitendra Singh said that during the last 75 years, India has gone through an evolutionary journey that helped us to carve an economic and political identity amidst the global nations. Today when India is celebrating the 75th year of its Independence, the roadmap for the next 25 years of India @100, will be determined by scientific and technological innovations in all walks of life, he said.

The Union Minister said that the COVID-19 pandemic has highlighted the need to reinforce cooperation, as it has once

again reminded us that we all live on one planet. He said that he hoped the India UK MoU signed today will provide a great mechanism to support research and innovation in both countries for long-term sustainable growth through expanding and maximising cooperation in areas of mutual interest.

Dr Jitendra Singh said that the multidimensional, multi-institutional, multi-agency cooperation covers energy security, food and agriculture, water, climate change, environmental studies as well as social and cultural changes that are taking place in both countries. He recalled that during the last India UK virtual summit held during May 2021, Prime Ministers from both countries emphasized their shared commitment to an enhanced partnership in science, education, research and innovation and look forward to the next ministerial Science and Innovation Council (SIC).

Dr Jitendra Singh said that in recent past, Government of India has launched several flagship initiatives such as the National Mission on Interdisciplinary Cyber Physical Systems (ICPS); Quantum Computing and Communication; National Mission on Supercomputing, Electric Mobility, Green hydrogen etc., which provides newer opportunities for collaboration.

Dr Jitendra Singh mentioned that India is committed towards the Environmental goals which includes consistent efforts towards development of mitigation & monitoring solutions for environmental pollution and techno based pathways for reducing the carbon emissions and achieve the ambitious net zero targets.

Talking about the importance of Industry-Academia collaboration for economic growth and development, the Union Minister said that the research of DST, Innovate UK, industry R & D programme will provide opportunity to Indian and UK academia and industry for developing new products/ process together for economic growth of both nations.

Dr Jitendra Singh expressed satisfaction on the MOES-NETKTON joint research programme towards exploration and conservation of marine biodiversity under Deep Ocean Mission in India as well as the MOES and UK Met Office collaboration in Weather and Climate Science which aims to undertake joint research on natural hazards in South Asian Monsoon system, improve the modelling capabilities at different scales and improve tools and techniques for risk based (Ensemble) forecasting of natural hazards at a range of prediction timescales up to a season.

Both the leaders called for newer collaborations for joint R & D projects between BBSRC- DBT in the area of Farmed Animal disease and Health & MOES-NERC Call in the area of Solid Earth hazards.

Inviting Minister Freeman for the G20 Research Ministers meeting at Mumbai on 6th July 2023, Dr Jitendra Singh said that India is holding G20 Presidency this year and organising number of meetings in scientific tracks, including Science: 30 (S20), Research and Innovation (RIIC) and Scientific Advisers meetings and urged the scientific community of both countries to participate in the meetings.

Dr Jitendra Singh concluded by thanking Minister Freeman and his team for successfully organising the SIC meeting. The two Ministers also reviewed bilateral S&T cooperation on progress made since the last SIC meeting held in New Delhi.

Man who consumed...

questioning like most of the residents of his village that is located near the ambush site. We came to know he was facing domestic issues and was perturbed," the official said.

Security forces have detained over 60 people in an ongoing anti-terrorist operation following the attack in Bhata Dhurian, a notorious infiltration route for terrorists from across the Line of Control because of its topography, dense forest cover and natural caves.

The massive search and cordon operation has been extended to many areas of both Poonch and Ramburj Rajouri but there has been no contact with the terrorists who fled the scene after the deadly ambush.

The official said a suspect has admitted to having provided logistic support to the terrorists for over two months and his further questioning is on.

Special forces are also engaged in the search operation that entered its eighth day on Thursday, officials said, adding that agencies are using drones, sniffer dogs and metal detectors in the operation.

Sources had earlier said that seven to eight terrorists in two groups are believed to have engineered the attack.

The terrorists reportedly hid themselves under a culvert on the road from where they launched the attack on the truck which was carrying fruits, vegetables and other items to Sangote village from the Bhimber Gali camp for Iftar to be organised by the Rashtriya Rifles, according to initial investigation.

Over 50 bullet marks were on the vehicle and these showed the intensity of the firing by the terrorists, the sources said.

Troopers involved in the operation are exercising utmost caution to ensure that the search and seizure of improvised explosive devices (IEDs) in the densely forested area with deep gorges and caves, they said. The slain soldiers were from a Rashtriya Rifles unit deployed for counter-terror operations.

Experts from various agencies, including the National Security Guard (NSG) and the National Investigation Agency (NIA), have visited the site of the attack, the officials said.

They said a sniper is believed to have targeted the vehicle from the front before his associates fired and lobbed grenades on the vehicle from opposite sides, apparently giving the troops no time to retaliate.

The terrorists used steel core bullets that can penetrate an armoured shield," they said, adding, before fleeing, the terrorists decamped with the service weapons of the soldiers. (Agencies)

School timing...

Secondary Level fallings in Summer Zones of Jammu Division will observe a new timing of 8:00 A.M to 2:00 P.M.

"It is hereby ordered that all Government as well as Private (recognized) schools up to Higher Secondary Level in all Summer Zones of Jammu Division shall observe school timing as 8:00 A.M to 2:00 P.M w.e.f 01-05-2023 to 30-09-2023," the order reads.

Rains lash J&K...

However there was no forecast of Major Rain or Snowfall. On April 29-30 the weather is likely to remain partly cloudy with possibility of intermittent Rain or Thunderstorm at scattered places with a 50 percent chance towards late afternoon and evening.

There could be widespread light to moderate rain, thunderstorm coupled with heavy rains at some places between May 1 to 3, the MeT office said.

The MeT office also advised orchardists to postpone spraying till May 4 in view of erratic weather conditions. Srinagar and its adjoining areas were lashed by intermittent

moderate to heavy rains resulting in drop in temperature disrupting normal activities. Many low lying areas of the Srinagar city were waterlogged due to the rains.

Reports of moderate to heavy rainfall were also received from other district headquarters of the Kashmir valley.

Srinagar recorded 39.7mm of rain, Qazigund 20.8mm, Pahalgam 19.3mm, Kupwara 21.0mm, Kokernag 31.6mm, Gulmarg 43.6mm Jammu 3.8mm, Banihal 21.8mm, Bhatua 32.6mm, Katra 16.2mm, Baderwah 43.2mm and Bathua 3.8mm during the past 24 hours the MeT office said. However, the summer capital of Jammu at Kashmir, recorded a low of 7.0 degree Celsius on Thursday against 7.9 degree Celsius which was 2.3 degree Celsius below normal for the summer capital of Jammu and Kashmir.

The day temperature was also recorded at 2.0 degree Celsius below normal of 22.8 degree Celsius in Srinagar on Thursday.

Qazigund on Srinagar-Jammu national highway had a low of 6.6 degree Celsius against 5.2 degree Celsius the previous night. It was 1.2 degree Celsius below normal for the gateway of Kashmir.

Pahalgam in south Kashmir recorded a low of 3.5 degree Celsius against 2.6 degree Celsius which was 0.9 degree Celsius below normal for the tourist hot spot.

Kokernag had a low of 5.2 degree Celsius which was 2.9 degree Celsius below normal while Kupwara recorded a low of 3.4 degree Celsius and it was 4.4 degree Celsius below normal for the frontier Kashmir district.

Gulmarg in north Kashmir recorded a low of minus 0.5 degree Celsius against 3.2 degree Celsius the previous night and it was 4.7 degree Celsius below normal for the famous ski resort, the MeT office said. (Agencies)

Progressive farmers of Jk...

the aspiring agripreneurs," he asserted.

From being an employee to a successful entrepreneur, Kumar has come a long way. He has employed around 10 people for leveling, picking, packaging and transport purposes, which he termed as a satisfying experience

Kumar's quality produce has huge demand from Big Malls and prominent business houses like Jammu Baskin, Easy Day, Big Bazar, Markets in and around Pathankot and area in periphery of Punjab adjoining Kathua.

"Encouraged by the success in local markets, I am exploring option of selling my produce online as well," he said.

The unique entrepreneurial skills of this agriculture champion has been recognized by the government and he won the prestigious Horticulture Expo Award.

Dheeraj Kumar said that there was no looking back for him after he opted for the State of the Art technology viz which irrigation which besides lowering the water dependency ensures More Crop Per Drop. He advocated for adopting best practices and devoting from the traditional methods of single crop cultivation which offers better dividends.

He also suggested the use of Neem based pesticides which are organic in nature and rules out the chance of carcinogens in the produce.

Kumar says over 200 farmers from different parts of the J&K have visited him to have first hand information and to use his experience to turn their fortunes as well.

He made a fervent appeal to the government to optimally utilize the revamped schemes and subsidies being offered by the government in agriculture and allied sectors.

Dr Jitendra Visits...

Sciences; MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today undertook a visit to the Satellite Applications Catapult at Oxford and witnessed a technical demonstration by Chief Technical Officer Paul Febvreat Harwell, Oxfordshire, United Kingdom.

The Satellite Applications Catapult is one of nine Catapults, uniquely established to transform the UK's capability for innovation in specific areas and to help drive economic growth. It is helping organisations make use of, and benefit from, satellite technologies, and bring together multi-disciplinary teams to generate ideas and solutions in an open innovation environment. The aim of the Catapult Centre is to support UK industry by accelerating the growth of satellite applications and to contribute to capturing a 10% share of the global space market by 2030.

On his visit to the Catapult Centre, Dr Jitendra Singh described India as a key Global Player in the Space sector and reiterated that under Prime Minister Narendra Modi, India is keen to take its Space cooperation with the United Kingdom (UK) to newer heights. He further appreciated the work done by Satellite Applications Catapult and said that Indian Space Research Organization (ISRO), India's premier space agency is looking forward to collaborating with the Catapult Centre and wider space sector of the United Kingdom.

Dr Jitendra Singh said that under Prime Minister Narendra Modi, Space Sector in India is emerging as a major foreign exchange earner through the launch of a large number of foreign satellites. He further stated that India has launched 385 foreign satellites so far, out of which 353 were launched in the last 8 years under this government, which is around 90 percent of all launches.

The Minister said that ISRO has gradually become one of the six largest space agencies in the world. India has one of the largest fleets of communication satellites (INSAT) and remote sensing (IRS) satellites. These satellites cater to the increasing demand for fast and reliable communication and earth observation respectively, he added.

In order to attract and nurture the young academia with innovative ideas / research aptitude for carrying out research and developing the Academia-Industry ecosystem for Space Technology, the Minister said that ISRO has set-up a Space Technology Incubation Centre in 6 regions of the Country viz. Central, East, North, North-East, South and West. This will enable the young academia to realise their innovative ideas / research aptitude into space grade components/elements which can be utilised for space applications, and guide them towards setting up the future start-ups.

On his visit, Dr Jitendra Singh also announced India UK Space Parks partnerships. He urged the space parks in the UK to collaborate with Space parks in India.

Dr Jitendra Singh said, the list of achievements of India's Space industries is quite long and informed that Indian Space Research Organization or ISRO has launched more than 100 satellites so far and has immense in-house satellite building capabilities for GSAT, Earth Observation Satellites and Space based Satellite Navigation Systems. He proudly stated that India has also developed its own GPS, which we call the Indian Regional Navigation Satellite System or IRNSS. Besides the successful launch of India's Mars orbiter mission in 2013, India has twice attempted to send its Mission to the moon known as Chandrayaan 1 and Chandrayaan 2. The third satellite Mission to the moon, the Chandrayaan 3 will be launched next year, the Minister informed.

Kashmir eagerly awaiting the 100th episode of Mann Ki Baat: Vibodh



JJ NEWS SERVICE

JAMMU, APR 27: BJP Jammu and Kashmir Mann Ki Baat program in charge Vibodh Gupta on the second day of his three-day visit to Kashmir convened a meeting of party workers at Baramullah to review the party's preparation for the centenary episode of Mann Ki Baat. During the meeting, he strongly asserted that the people of Kashmir are eagerly awaiting the 100th episode of Mann Ki Baat. "Prime Minister Narendra Modi has numer-

ous times appreciated the achievements of the people of Kashmir in his Mann Ki Baat program, which reveals that he shares a special bond with Kashmir. Similarly, the people of Kashmir are extremely enthusiastic and curious about the 100th episode of Mann Ki Baat and have resolved to celebrate it as a festival", said Vibodh. Vibodh further asked Kashmir's party unit to make the 100th episode of PM Narendra Modi's Mann Ki Baat broadcast a "historic event" on April 30 in

all the 47 assembly constituencies of the valley by organizing mega programs at identified polling booths with the participation of at least 100 people in each booth. Festival-like programs should be organized at every constituency to celebrate the 100th episode of Mann Ki Baat, he added. BJP state secretary and BDC chairperson Sopore appreciated Mann Ki Baat as a unique program to strengthen democracy as it facilitates dialogue between people and the leader. She asserted that

there will be a mega event organized to celebrate the 100th episode of Mann Ki Baat in every corner of the valley.

Media in-charge Manzoor Bhat said that Prime Minister's Mann Ki Baat program inspires us and guides us to utilize our innovative, creative, and moral power in nation-building. He also asserted that party workers are spirited to listen to the centenary episode of 'Mann Ki Baat' and are working to make it grand and historic.

BJP District President Baramullah G M Sofi informed that BJP Barmulla has planned to conduct mega events to celebrate 100th episode of Mann Ki Baat and preparations are in full swing. He also told that party workers are enthusiastically working to make it historic. Other who present on the occasion were Md War, Haleema, Anwar Khan, Mudassar Wani, Raja Waqar, Farooq Malik, Aashiq, Abdul Rehman Lone, Gulzar Ahmad, Naseer Lone, Manzoor Ahmad and Shahir Zargar.

JJSF activists protest against terror attack in Poonch, torched effigy of Pakistan



JJ NEWS SERVICE

JAMMU, APR 27: Jammu Joint Students Federation today torched an effigy of Pakistan at GGM Science College, Jammu in protest against the cowardly terrorist attack on Indian Soldiers in Poonch. The protest was led by Keshav Khan, Mudassar Wani, Raja Waqar, Farooq Malik, Aashiq, Abdul Rehman Lone, Gulzar Ahmad, Naseer Lone, Manzoor Ahmad and Shahir Zargar.

Hundreds of activists today gathered at the main gate of the college and raised slogans against terrorism and Pakistan which is the main sponsor of terrorism in Jammu

Kashmir. JJSF activists blamed Pakistan for supporting terrorist groups and unleashing them for attacks on the Indian Territory. Addressing the media persons Keshav Malhotra President Jammu Joint Students Federation Unit GGM Science College said that Pakistan is creating a sense of terror in Jammu Kashmir by sponsoring various terror attacks.

He said that today the world even knows that Pakistan is the launching pad of all terrorists and their organizations all over the world. He said three

recent terror attacks in Rajouri and Poonch i.e. first at Alpha Gate Rajouri, Second in Dhangri Village of Rajouri and now this cowardly attack in Poonch is an attempt of Pakistan to create terror in the two border districts of J&K.

He said the Indian Army is capable enough to give terrorists and Pakistan a befitting reply for their attacks.

Atul Sudan State Vice President JJSF while addressing the media persons said that Pakistan has reeked out because of the proposed G20 meeting in Srinagar district of Jammu

and Kashmir. He said that in all recent terror attacks in Jammu Kashmir local involvement of over ground Workers and Sleeper Cells has been found hence our security forces and intelligence forces should launch an aggressive operation to find out all such traitors and they all should be hanged publicly. He also expressed anguish over the Maoist attack in Dantewada of Chhattisgarh in which 10 Jawans and a driver were martyred. He said terrorism of any kind and anywhere in India should be dealt with by Iron hands.

He appealed to the Home Minister and Prime Minister of India for carrying out another surgical strike on Pakistan to destroy all its launching pads where these terrorists are trained and launched to create terror in India.

Others who addressed media during the protest are Jaspal Rana, Abhishek Sharma, Ritik Verma, Aditya, Aryan Sharma, Vipin Malhotra, Abhishek Sharma, Kavi Parag Singh, Himanshu Samyal, Tushar Pandey, Gourav Charak, Shobit Bhardwaj etc.

Nation eagerly awaiting 100th episode of PM Modi's Mann Ki Baat: Ritika Trehan

JJ NEWS SERVICE

JAMMU, APR 27: As nation looks forward to the centenary episode of Prime Minister Narendra Modi's Mann Ki Baat, Chief Spokesperson BJP Mahila Morcha J&K UT Ritika Trehan today appealed people of J&K to send suggestions and ideas on how to celebrate the 100th episode of the monthly radio program. There are three ways through which you can send your suggestions - first is through the Narendra Modi app, second is by contributing to the MyGov open forum and the third is by dialing the toll-free number 1800117800 and recording your message, said Ritika.



at this time not only within India but people in other countries would also be able to listen to Prime Minister Narendra Modi's 100th episode of the radio programme 'Mann Ki Baat' because PM Narendra Modi is a global leader. The programme was started on the occasion of Vijayadashami on October 3, 2014. Prime Minister's unique and direct communication with the citizens

through Radio, Mann Ki Baat has completed 99 Episodes till now. It has been the genesis, medium and amplifier of social changes like Swachh Bharat, Beti Bachao Beti Padhao, Water conservation, Vocal for Local etc, added Ritika. The programme has shown a tremendous impact on Industries like Khadi, Indian Toy Industry, Startups in Health, AYUSH, Space etc. With its innovative and unique interactive style of presentation, the programme has carved out a niche for itself as a unique paradigm of communication, said Ritika.

Ritika claimed that Prime Minister (PM) Narendra Modi is universally acknowledged as an excep-

tionally gifted communicator who can establish instant rapport with the masses. His oratorical skills are only one explanation for this unique ability. The sincerity with which he speaks, the integrity which he is known for, and the trust-based relationship he has struck with the people over the past eight years all contribute to his success as a mass communicator. His inclusionary approach has found unprecedented acceptance across demographics. It's PM Modi's people-centric model of development that has endeared him to the vast multitudes. And it's his non-elitist idea of a continuous dialogue with the people that led to what we now know as Mann Ki Baat, launched in October

Skill Oriented Workshop on Hydroponics Organized by GCOE, Jammu

JJ NEWS SERVICE

JAMMU, APR 27: GCOE, Jammu organized a one day Skill Oriented Workshop on Hydroponics. The department of Bio-Sciences, IQAC, NSS and IIC jointly organized the program.

Dr. Gurdev Chand, Professor and Head Division of Plant Physiology, Faculty of Basic Sciences of SKUAST was the key resource person of the program. He gave an extensive presentation on the importance of Hydroponics and how far is it beneficial for contributing towards the GDP of our country. In his presentation, he talked about the importance of smart farming, use of small spaces for greenery, innovative practices for commercializing hydroponic farming and best utilization of MSME facilities for setting up of Startups by the students.

Prof. Aekta Gupta, Principal, GCOE Jammu, in her address, exhorted the students to come forward for adopting such innova-



tive practices for sustainable development. She added that smart farming can contribute to the GDP of our Indian economy that is largely Agro based. The best takeaway from this skill program would be setting up of new Startups based on Hydroponics by our students. Later in the sessions a demonstration of the various steps involved in Hydroponics was done by the Resource person students interacted with Dr. Gurudev Chand and came across a variety of

Hydroponics like Lettuce, Wheatgrass, broccoli, forage crops, vegetables seeds and different easy techniques like terrace farming etc.

The program was convened by Prof. Seema Kotwal, Head Department of Biosciences of GCOE, Jammu. The faculty members who contributed towards the program were Prof. Shalini Rana, IQAC coordinator, Prof. Shapia Sharmeen, Prof. Seema Kumari, Dr. Shubra Jamwal. The faculty mem-

bers who attended the program were Prof. Arju Bala, DSW, Prof. Satish Kumar, Prof. Radhika Mahajan, Dr. Rajinder Kaur, Dr. Tahira Shah, Dr. Amuradha Sethi, Prof. Rubina, Prof. Anuradha Choudhary, Dr. Shushma Bala, Dr. Shalini Sharma & others. Miss Arushi Sharma, Miss Mehak and Ms. Neha anchored the program successfully. Vote of thanks was presented by the IQAC, convener, Dr. Shalini Rana.

Dr Darakhshan reviews progress of District Verification Teams for take-over of Waqf notified properties



JJ NEWS SERVICE

RAJOURI, APR 27: Chairperson J&K Waqf Board Dr Darakhshan Andrabi today chaired a review meeting of District Verification Teams constituted earlier to carry out verification of all Waqf Notified properties which have been left ignored over the years and have remained outside administrative control of J&K Waqf Board. On the instructions of Waqf Board

Chairperson, the District Verification Teams had been constituted vide order number 62 of 2023 in January this year & these teams were mandated to peruse all public representations/complaints of general public, wherein requests had been made to the Chairperson Waqf for take-over of all Waqf notified properties that were being managed locally with no legal accountability & there were lots of complaints of irregularities.

These committees had been directed to prepare a list of all Waqf notified properties & yet-to-be notified properties alongwith their assets, liabilities, staff, & income details. Pertinently, J&K Waqf Board has also initiated the process for compilation of details of un-notified religious places & their assets, wherever representations have been made by the general public for take-over. The initiative of take-over of properties under

the leadership of Dr Andrabi is being thought of as another major reform within J&K Waqf Board. In her address Dr Darakhshan said that reforms in Waqf Board have restored the trust in public and the Board is taking all steps to cleanse the wrongs in the management system of religious places. "We received thousands of requests from all corners of J&K about administrative take-over of notified religious sites and many others ill managed by the local committees. We have taken over a couple of notified places after proper verification and are looking forward to take control of many other such religious places after due checks in future said Andrabi

Delegation of Progressive Farmers call on DC Rajouri

JJ NEWS SERVICE

RAJOURI, APRIL 27: A delegation of Progressive farmers from Border Village Bhawani, Nowshera, today met with Deputy Commissioner Rajouri, Vikas Kunal, to discuss a range of pressing issues the farmers of the area are confronting. The delegation was led by Sarpanch Bhawani, Sunil Chowdhary. The farmers, who also operate an FPO called Nowshera Maize and Agro Producers Cooperative Limited, informed the Deputy Commissioner that they are producing organic corn flour and kaladi, and are in the process of establishing a milk processing unit. During the meeting, the Deputy Commissioner assured to extend full support and all possible assistance towards empowering local farmers. He directed the Deputy Registrar Cooperative to launch the FPO's products on an e-marketplace for better market visibility. He also advised

the farmers to establish an organic manure unit to further enhance their production process.

Listing different government initiatives for the farming community, the Deputy Commissioner reiterated that the District Administration is committed to promote sustainable agriculture and support the livelihoods of local farmers. By providing access to e-marketplaces and advising on the best production practices, the DC is helping these farmers improve their lives and contribute to the growth of the local economy. The Deputy Commissioner also expressed his deep admiration for the farmers and their unwavering commitment to sustainable agriculture. He lauded their efforts to produce organic corn flour and kaladi, as well as their initiative to establish a milk processing unit. The Deputy Commissioner also acknowledged the challenges faced by marginal farmers and assured them

of his unwavering support.

The Deputy Commissioner recognized the crucial role that farmers play in ensuring food security and the need to promote sustainable agriculture to safeguard the environment. He emphasized the government's unwavering commitment to supporting small-scale farmers and encouraged them to take advantage of government schemes and programs that promote sustainable agriculture. "The efforts of the Deputy Commissioner to promote organic farming practices and establish sustainable agricultural businesses are commendable. This meeting signifies the positive impact that can be achieved when the government and local farmers work together towards a common goal," said sarpanch Bhawani.

03 Notorious Drugs Paddlers arrested with 13 Gms Heroine & 01 Lacs Cash

JJ NEWS SERVICE

KISHTWAR, APR 27: Kishtwar Police is going tough against the anti-social elements, today detained 03 notorious drug smugglers from two different locations of Kishtwar and booked them in two different FIRs registered at PS Kishtwar and recovered 13 Gms Heroine like substance and 01 lacs cash from their possession. Kishtwar Police developed a specific informations and leads from previous information and accordingly two different special Nakas were established one at Link Road Gurain

led by Insp Abid Bukhari SHO PS Kishtwar assisted by PSI Manmeet Singh and 2nd naka was established at Filler Thakrie led by PSI Vikram Kotach along with his team under the supervision of DySP Hrgs Sh. Ashish Gupta and arrested 03 drug paddlers from the both Nakas and recovered Heroine (chitta) Like substance weighing about 13 gms and one lac cash and arrested on spot. The arrested persons identified as Agib Ahmed S/o Aziz Ahmed R/o Cheji Dool A/P Poochie Kishtwar booked in case FIR No. 90/2023 and recovered 02 Gms heroine like sub-

stance and 01 lacs cash from his possession. Ajaz Ahmed & Abdul Muejeb both S/os of Khushi Mohd R/o Sirgwar Thakrie Kishtwar booked in case FIR No. 91/2023 and recovered 11 Gms heroine like substance. SSP Kishtwar Sh. Khalil Poswal J&PS said that Kishtwar Police is striving hard and taking every possible step to make people especially youth aware to eradicate drug menace from the society. We request people of the area to come forward and share information about drug peddling or consumption on 9906154100



THOUGHT OF THE DAY

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

JINDRAH IMAGES

Dwindling water resources - a cause of concern

It has been a long-held perception that water problems and climate change could lead to World War III. In Jammu and Kashmir, it is assumed that water is a strategic asset but it is also a major cause of discord here in view of the 'pressure diplomacy' of two neighbouring nations - Pakistan and China against India over the use of water of rivers flowing in the state. While China has launched one of the biggest diversions of water of rivers flowing into India, Pakistan has been trying to sabotage major power projects being built on rivers in J&K by pressuring India to change the designs of dams and knocking the doors of international court. In the midst of this looming spectre of war, another layer of uncertainty and worry for J&K is receding glaciers, dwindling water resources and fast change in its weather pattern. Recent research studies are pointing to a constant rising temperature in a J&K, leading to a serious impact on the health of glaciers. According to the experts, Jammu and Kashmir has lost 22 percent of its glaciers in just five decades and if this trend continues, it will lead to a serious water crisis in the next 30 years. The scientists carrying out long term studies on glaciers in J&K have claimed that accumulation of black carbon, generated mainly by use of coal and petroleum products remains trapped due to the peculiar geological shape of valley, surrounded by majestic Himalayan ranges is affecting the glaciers, source of several high altitude lakes and rivers. Similar is the case with the glaciers in Himachal Pradesh and Tibet plateau feeding mighty rivers like Indus and Chenab, which are bone of contention between India and Pakistan. According to the research, it is estimated that about 100,000 hectares (2 million kanals) of agriculture and other lands have been converted for horticulture and expanding agriculture in the state during last 40 years but in absence of any scientific knowledge to dispose by-products of crops farmers are compelled to burn it for charcoal, leading to release of black carbon. What is more worrying for the common man is that the government has done little on account of the ambitious water harvesting scheme and preserve the dwindling number of traditional water resources like ponds and springs. Kandi belts, particularly in Samba and Kathua districts, and hilly areas of the state are heading for tough times as "gradual depletion in water resources" has been reported over the years. Around 300 village ponds or 'talabs', which could serve as an effective water recharge resource if rehabilitated and de-silted, have vanished in Kandi belts alone and are in disuse. There are apprehensions that the dwindling water resources in hilly and mountainous belts of the state, where the most of the rainfall goes waste as runoff, could trigger migration of people to plains. There is an urgent need to find out some innovative solution to conserve water and its judicious use to deal with the situation because J&K is vulnerable to various vagaries of weather related problems. Pakistan always raises objections to even the most innocuous of the projects in Jammu and Kashmir. This, besides putting an economic strain, has also given rise to a negative political and diplomatic narrative.

HOW PRAYAGRAJ BECAME A MOBSTER'S CITADEL

IT IS DISCONCERTING THAT A MOBSTER-POLITICIAN COULD ESTABLISH POLITICAL SWAY, WHICH ALSO ENABLED HIS CRIMINAL ACTIVITIES TO GROW AND FLOURISH, IN A CITY THAT GAVE INDIA ITS FIRST THREE PMS - JAWAHARLAL NEHRU, LAL BHADUR SHASTRI, INDIRA GANDHI - AND ANOTHER ONE IN THE 1980S, VP SINGH.

VIVEK KATUA

The political career of Atiq Ahmed, who was killed along with his brother Ashraf on April 15 in Prayagraj by three shooters while he was in police custody, is a reflection of the great decline that occurred in the politics of a city that played a key role in the country's freedom movement, and gave India its first three Prime Ministers - Jawaharlal Nehru, Lal Bahadur Shastri and Indira Gandhi - and another one in the 1980s.

VP Singh. Altogether, they led the country for over three-and-a-half decades. Besides, Prayagraj (earlier Allahabad) was also a city of other famous statesmen and educationists, literary personalities and jurists whose reputation was not limited to India. They all made striking contributions to India's national life. How did a mobster-politician establish political sway, which also enabled his criminal activities to grow and flourish, in a city with such credentials? Social scientists need to probe this phenomenon, for the issues that it raises impacts India's democratic evolution.

The intermingling of crime with politics, with lesser or greater intensity throughout the country, became a part of India's public life over the decades. Prayagraj was no distant political backwater. Hence, in retrospect, it seems incredible that Atiq, then not a fully established musclem and mobster, was able to carve out a political role for himself in the city relatively easily - if his official age is to be accepted - at 27, when he won the Allahabad West seat in the Uttar Pradesh Assembly polls as an Independent candidate in 1989. He succeeded in retaining this seat for 15 years through five elections! When he did give up the seat, it was to contest the Pulpur Lok Sabha seat as a candidate of the Samajwadi Party (SP) in 2004. Nehru had won three elections - 1952, 1957 and 1962 - from Pulpur. Atiq won the 2004 election, and thus had a two-decade-long political innings in Prayagraj.

Atiq belonged to the Gaddi Muslim 'biradari', who inhabited some city areas near the Jumna. They are generally engaged in petty trade, including selling milk. The Ashrafs do not consider them their equal; some state that the Gaddis are a turbulent lot and are known to nurse grievances.

Atiq's family circumstances were strained. It is widely held that his father was a tonga driver. It is also reported that he began his criminal activities, including engaging in violence, in his late teens.

However, till the mid-1980s, my friends belonging to the Indian Police Service, and having an intimate knowledge of Prayagraj, say that he had not come on the radar of the district's senior police officers. However, some persons, even in those early days, utilised his 'services' to 'send messages' to others. Prayagraj had thugs, but they largely confined themselves to



the old city. They were also of no significance politically. The city's geography is relevant to Atiq's story, hence a reference would not be out of place. The British decided to shift the capital of the North West Province from Agra to Allahabad after suppressing the 'First War of Independence'. They decided to build a new city beyond the old. Vast areas between the Ganga and the Jumna were simply taken over and a new city with a well-planned Civil Lines and cantonment was established.

The Civil Lines area witnessed the first plotted development. Three-acre plots were demarcated and given on lease for 99 years. A High Court was set up in 1866 and a university in 1887. Eventually, as the decades passed, these plots were acquired by Indian lawyers and professionals and business people. At one stage, they were well kept, but 1960s onwards, many of the large properties declined. Despite this, till the 1980s, the forays of the musclemen of the old city beyond their traditional strongholds were few.

The 1980s was a period of great social and political churn. Caste-based parties emerged in the state, as elsewhere in the country, and communal politics acquired an edge. Naturally, this impacted Allahabad, too. It is during this decade that Atiq began to spread his wings, initially through an association with a known criminal of the old city, but he also entered the business of tendering for railway metal scrap, etc. He clearly saw an opportunity to acquire a political role by contesting the Allahabad West State Assembly constituency. His senior criminal associate did so too, but Atiq won. A day before the results were declared, the senior associate was killed in a violent clash with Atiq.

As an MLA, Atiq acquired political heft and

began to intervene in land-grabbing and extortion in areas beyond the old city.

The land business became especially lucrative once the state government decided to transform leasehold land to freehold in the 1990s. Builders moved in, and it is reported that Atiq demanded a share in the business. Meanwhile, once he had retained his MLA seat twice as an Independent after his initial victory, the Samajwadi Party opened its door to him, despite his increasing involvement in crime.

He also figured in the infamous 1996 guest house episode in Lucknow against BSP chief Mayawati. In 2005, unable to stomach his brother's defeat in his bastion at the hands of Raju Pal, who some reports claim was his own one-time associate, Atiq is alleged to have been behind his murder. From there, the chain led to the murder allegedly - including by his son Asad - of Umesh Pal, the prime witness in the Raju Pal murder, in February this year. Asad was killed in a police encounter two days before Atiq's murder. While he was holding legislative office, it is reported that Atiq's will prevailed even over senior officers of the Central government.

After 2009, Atiq's political fortunes declined, but his criminal activities continued and even went beyond Prayagraj. The fear he evoked in his victims was palpable and only some conscientious officers faced him fearlessly. While the UP Police have difficult questions to answer for the laxity showed by them, which enabled the killers to murder Atiq in front of TV cameras, few will mourn his death.

For me, who grew up in Prayagraj where my family lived for a century, the real lesson of Atiq's life story lies in the decline of a once noble and notable city.

A true champion of states' rights

TKARUN

The demise of Parkash Singh Badal makes a difference not just to Punjab or Akali politics but also to national polity. He had been a steadfast champion of states' rights, seeking to expand them in the face of an overweening Centre.

Tamil Nadu's Dravidian parties and Kerala's Communists now bear the bulk of the responsibility for defending states' rights, with the regional parties of Andhra Pradesh, Telangana and Odisha being none too clear or vocal on the subject and the Aam Aadmi Party that runs Punjab and Delhi fitting the role of a sporadic critic of centralisation of the polity rather than a programmatic one.

While Badal started his political career with the Congress, he moved to the Shiromani Akali Dal fairly early, but without giving in to the separatist urges to which that party has often been vulnerable. The Akali Dal has the difficult job of representing the interests of a minority community without being in opposition to the majority community, or seeking to mobilise its own support in hostility to the majority community. This is a tough job and

many Akali Dal leaders have slipped while performing this balancing act.

The demand for a separate Sikh state, Khalistan, while not an active goal for most members of the community, has always remained an extremist slogan. Though no mainstream political party can hope to thrive while seeking separation from India, a party like the Akali Dal finds it more than convenient to use the religious platform's subliminal appeal for its own political mobilisation. A compromise between secession and acquiescence to the unitary urges of the political leadership at the Centre has been made to champion states' rights in India's constitutional structure.

After Independence, which was accompanied by the Partition, the makers of the Constitution were chary of a political structure that gave away too many powers from the Centre to the states. At the same time, all through the freedom movement, it had been recognised that India was a collection of sub-nationalities, each with its own language and culture, and that one goal of Independence was to realise the sub-national aspirations of



India's linguistic communities. After initial reluctance on the part of the Centre, the states were reorganised on a linguistic basis. And the states were assigned assured responsibilities and financial powers by way of a State List in the Constitution's Seventh Schedule. Yet, the concern that over-devolution of powers would lead to the nation's weakening found reflection in a long list of concurrent subjects, in which the Centre and the states both have the right to legislate, and the automatic right of the Centre to prevail over a state in any concurrent legislation.

The Akalis, the Dravidian parties and the Communists have always opposed absolute centralisation, seeking to retain most functions other than national defence, currency, foreign policy and pan-national communication with the states.

While such demands were at the core of the 1973 Anandpur Sahib resolution of the Akalis, it also contained additional points that sought to placate more extreme elements which wanted to combine regional autonomy with religious exclusivity. In 1978, fresh resolutions that proclaimed themselves to be based on the Anandpur Sahib resolution were passed, but

they eschewed ambiguous language that could lend itself to separatist interpretations. The Akalis became champions of states' rights, and after the passing away of senior figures in the Akali leadership, the baton passed into the hands of Badal.

After the arbitrary dismissal of the NT Rama Rao-led Telugu Desam government of Andhra Pradesh in 1983 by the Central Government led by Indira Gandhi, various Opposition-led states came together to demand restructuring of Centre-state relations. This led to the appointment of the Sarkaria Commission. It submitted a multi-volume report, whose

lengthy discussions of various contentious Centre-state issues failed to be matched by concrete recommendations for change. The most substantive result that came out of the Sarkaria Commission report was the creation of the Inter-State Council. Badal had been a votary of implementation of the Sarkaria Commission recommendations, especially with regard to the consultative appointment of a state's Governor.

Badal's alliance, first with the Jan Sangh, and later with its successor party, the BJP, stood at odds with his championing of states' rights. The Sangh Parivar, including the BJP, has always upheld a unitary vision of the state and Indian culture.

The BJP-led Centre has whittled down the state's share of the taxes collected by the Centre by labelling substantial levies on petroleum products as cess and surcharge, rather than excise duty.

The rise of cesses and surcharges in overall fiscal collections by the Centre has been such as to depress the actual transfer to the states of the proceeds of Central levies to 30 per cent, although the states are supposed to receive 41 per cent of the Centre's collections (1 percentage point of the states'

share as per the 14th Finance Commission was shaved off to accommodate the Centre's burden on the new Union Territories of Jammu & Kashmir and Ladakh). The Akalis have kept quiet on this matter.

Income tax is part of the divisible pool. When contributions to the PM Cares Fund are given 100 per cent tax exemption, the states suffer shrinkage of their revenue. At a tax rate of 30 per cent, and states' share of 41 per cent, 12.3 per cent of the corpus of the PM Cares Fund has come at the expense of the states. Yet, the PM Cares Fund is deemed to be outside the scope of scrutiny by the government's auditor - the CAG (Comptroller and Auditor General of India). The Akalis have kept mum on this too.

In a globalised world, states should be able to raise resources abroad, at least for a part of the borrowing, they are entitled to each year. The Centre has blocked this option, without any opposition from the Akalis. Even with Badal Sr alive, states' rights had eroded in the absence of a vocal opposition. His demise takes away even notional opposition north of the Vindhyas to the curtailment of states' rights.

Samantha Ruth Prabhu opens up about disrespect by designers, was asked 'Who are you?'

Actor Samantha Ruth Prabhu, who swayed the nation with her moves in 'Oo Antava', is one of the most popular actors in India. Her upcoming Pan-Indian mythological romantic drama, 'Shaakuntalam' is all set to hit the big screens on April 14. In an interview, Samantha took a trip down memory lane to reveal that she and her colleagues down south were disrespected in the past over garments from designers. The 35-year-old actress spoke about how far regional films have come in recent years, with movies in Tamil, Telugu and Kannada. Samantha said, "It's absolutely wonderful. There were times when we south actors couldn't source garments from designers because they were like, 'Who are you? South actor? What south?' With designer Neeta Lulla on board,

'Shaakuntalam' features more than 3,000 costumes for the actors, supporting cast and junior artistes. "We've come a long way from there, haven't we? This inclusivity is quite amazing, and we're now finally where we should be." According to director Gunasekhar, Samantha was the only choice for 'Shaakuntalam' for the film. Elaborating on the same, Gunasekhar said: "When I wanted to make the eternal love story of Shakuntala and Dushyant in an interesting backdrop of a beautiful whimsical forest much like a forest princess in a Disney kind of film, I wanted someone who could be relatable to the millennial audiences, and felt Samantha would be apt for this film and approached her." "The film traces the emotional journey of a woman who falls in love and the challenges fate throws at her.



Celebrities Are Ready To Enjoy A Mangolicious Summer



The mango, often referred to as the King of Fruits, is also India's national fruit. The season of this amazingly sweet and much-loved fruit is here. There are so many dishes prepared with both ripe and unripe mangoes. Celebs talk about mangoes, if they wait for their season to come, how they enjoy having their mangoes and if they eat or drink it to their heart's content or follow restrictions. Here's what their plans are: I eagerly wait for the mango season every year as it's my favourite fruit. I love making smoothies, shakes or eating mango as a whole. I make sure to strike a balance between indulgence of its taste and maintaining a healthy diet during the mango season. It is essential to remember that as much as we all adore mangoes, it's crucial to remember not to overindulge and incorporate them in moderation in our daily diet. But nothing beats the simple pleasure of biting into a ripe, juicy mango on a hot summer day. And, I'm looking forward to enjoying some delicious mangoes this season!

SRK and Taapsee Pannu's shoot for new film in Kashmir sparks new hopes for economic boost, tourism

Bollywood is once again making its presence felt in the valley! The movie is expected to give a significant boost to the economy of Kashmir and promote tourism in the region. The shooting of back-to-back Bollywood films in Kashmir has generated excitement among locals and tourists alike. According to Ilyas Ahmad, CEO of the Sonamarg Development Authority, the arrival of Bollywood stars like Shah Rukh Khan and Taapsee Pannu will not only bring economic benefits to the region but also put Kashmir on the global map of tourism."



Shah Rukh Khan and Taapsee Pannu reached Kashmir for the shoot of Rajkumar Hirani's 'Dunki'. Vicky Kaushal is also a part of this movie. "We are eagerly waiting for Bollywood to come here. We are ready with all facilities and will

develop infrastructure further," said a local hotelier. This love affair between Kashmir and Bollywood dates back to 1949 when Raj Kapoor shot parts of his film 'Barsaat' in the valley. Since then, the Kashmir Valley has become a popular location for filmmakers, with several Bollywood films like 'Kashmir Ki Kali', 'Jab Jab Phool Khile', and 'Bobby' being shot there in the 60s and 70s. "After a brief hiatus due to unfortunate circumstances in the region, Bollywood made a comeback to Kashmir in the 2000s with films like 'Mission Kashmir' and 'Haider'." In recent years, many popular Bollywood films and web series have been shot in Kashmir, giving rise to local actors like Mir Sarwar and Zaira Wasim. Lieutenant Governor Manoj Sinha's recent announcement of a new film policy and the opening of cinema halls in every district of the union territory have given a boost to the aspirations of local filmmakers and actors. "We are delighted to see the resurgence of Bollywood in Kashmir and hope that it will lead to more opportunities for local talent to shine on the big screen," said a local Line producer.

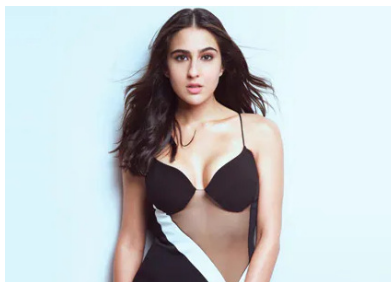
Vikramaditya Motwane set Udaan in Jamshepur on Imitiaz Ali's recommendation



Vikramaditya Motwane's first script to be made into a film was the near-masterpiece, coming-of-age, 'Udaan' (2010), that went straight to Cannes in the prestigious Un Certain Regard section, where he was competing against, among others, Jean Luc Goddard. "That was really trippy," says the filmmaker during his Sit with Hitlist conversation. It's set in Jamshepur (now in Jharkhand), about a boy who finishes school with ambitions in arts and poetry, but is forced into the mundane, by a disciplinary father, who brooks no dissent. It's almost the opposite of Motwane's own life, since he was actually driven into the media world, because his mother needed help with a TV show she was producing for teenagers. He was a teenager then, chilling all day in the Mihibai College canteen. What did he even know of a strict boarding-school or small-town life, let alone the Tata Steel township, Jamshepur, to get it so right with Udaan, we wonder.

Sara Ali Khan travels by metro in Mumbai, shares video

Actress Sara Ali Khan recently took a Metro ride in Mumbai. Taking to Instagram Story, Sara dropped a video, which shows her seated in the Metro. Dressed in a white kurta and spectacles, Sara waved at the camera while smiling widely. "Mumbai meri jaan... Didn't think I would be in Mumbai metro before you guys," she captioned the post, tagging her 'Metro In Dino' co-star Aditya Roy Kapoor and director Anurag Basu.



Seems like Sara has started shooting for 'Metro In Dino', a film that apparently draws its title from the popular song 'In Dino' from 'Life in a Metro'. The project will showcase bittersweet tales of human relationships based in contemporary times. Billed as an anthology, it will also feature Konkona Sen Sharma, Pankaj Tripathi, Fatima Sana Shaikh, Anupam Kher, Ali Fazal and Neena Gupta in the lead roles. Sharing more details about the film, Anurag Basu had earlier said, "Metro...In Dino is a tale of the people and for the people! It has been a while since I am working on this

one and I am glad to be collaborating with a powerhouse like Bhushan Kumar yet again who has always been like a pillar to me!" He added, "The storyline is very fresh and relevant as I look forward to collaborating with amazing artists who bring that essence of contemporary aura with them. As the music plays a very important role in any film, I couldn't be happier to be collaborating with my dear friend Pritam who has literally added life to the characters and story with his work." More details regarding the project are awaited. Sara was most recently seen in the mystery-thriller film 'Gaslight', alongside Vikrant Massey, directed by Pawan Kiplani, which premiered on Disney+Hotstar. She also has 'Ae Watan Mere Watan' which is a biopic of Freedom Fighter 'Usha Mehta' and 'Murder Mubarak', in the pipeline.

Rani Mukerji wins hearts with her pantsuit look



Rani give a nerdy touch to the outfit by sporting roon-coloured glasses. For the glam, she opted for nude pink lips, Kohl rimmed eyes and mascara-laden lashes. Pantsuits are undoubtedly one of the hottest and most comfortable fashion trends and our Bollywood divas are making sure to nail this ensemble with their unique touch. On Wednesday, Rani turned muse for fashion designer Masaba. She did a photoshoot in a beige pantsuit designed by none other than Masaba. "Sharing the pictures, Masaba captioned the post, "Rani Mukerji in The New Collection. The new rock n roll print is paired over a casual spread collar shirt and is coupled with straight fit, wide leg trousers." She also added the hashtags - feels like summer, the future is print, think in colour, House of Masaba, Masaba Masaba and The Masaba Print. Rani give a nerdy touch to the outfit by sporting roon-coloured glasses. For the glam, she opted for nude pink lips, Kohl rimmed eyes and mascara-laden lashes. She was also seen wearing several bracelets on her wrists. Rani's bossy lady look stole netizens' attention. "Wow just wow !!! Rani is looking like a rani", "wow, great creation Masaba, the queen looks elegant," another one basking in the success of her film 'Mrs. Chatterjee v/s Norway'.



HIGH ON NOSTALGIA: POPULAR HOLLYWOOD FRANCHISES EXPAND AS SERIES

Popular franchises continue to expand with new spinoffs: Big Bang Theory, Stranger Things (animated series), Harry Potter, The Conjuring (TV series), Rick & Morty (anime spinoff), and Twilight (TV series in development).

The trend of revisiting popular franchises continues to get strong in the world of showbiz, with new spinoffs being announced. We take a look at some of such announcements, which has left fans excited. Revisiting Big Bang Theory The Big Bang Theory universe is set to get a new addition. As per a report by Deadline, Chuck Lorre, who co-created The Big Bang Theory as well as its spin-off Young Sheldon, is in the early stages of developing another comedy series derived from that universe. Plot details have not been revealed yet. It is believed to be an hour-long series featuring a mostly new cast with potential for known Big Bang Theory stars to appear in guest spots. Stranger Things universe expands The 'Stranger Things' universe is getting bigger. Even though the global hit series is set to end next year, the sci-fi series universe will still be around, now in the form of an animated series. The untitled animated series will be set in the same universe by the creators, the Duffer Brothers, reports Variety. No new details about the upcoming series have been revealed as yet. "We've always dreamed of an animated Stranger Things in the vein of the Saturday morning cartoons that we grew up loving, and to see this dream realized has been absolutely thrilling. We couldn't be more blown away by what Eric Robles and his team have come up with - the scripts and artwork are incredible, and we can't wait to share more with you! The adventure continues," said Matt and Ross Duffer in a statement. Back to the Harry Potter world It's official now! A TV series based on the Harry Potter franchise is being developed with an entirely new cast. The new show will be based on JK Rowling's seven novels. It is advertised as a "faithful adaptation of the beloved Harry Potter book series. The series is expected to remain true to the original books and will feature a new cast, introducing a new generation of viewers to the magical world of Harry Potter.

DON'T FEEL LIKE EXERCISING? IT COULD BE YOUR MICROBIOME

Your gut may help motivate you to exercise. Or it might nudge you to skip your workout.

Which direction you take appears to be influenced by your diet and the health of your microbiome, the name given to the communities of bacteria, viruses and fungi that live in the intestines.

Intriguing new mouse studies show that the makeup of an animal's microbiome influenced how much it wanted to exercise, in part by sending signals to the animal's brains. Change a mouse's microbiome, and you changed whether it felt like moving. Although the new studies involved animals, they amplify and extend recent human research showing that active people's microbiomes can be quite different from those of people who rarely exercise. The findings raise the possibility that, depending on how we alter our internal microbes, we might wind up enjoying — or avoiding — exercise more.

Gut health affects overall health. The importance of the microbiome for our health is almost indisputable at this point. The state of our guts has been shown to affect our hearts, waistlines, sleep, moods, and risks for a variety of diseases, including diabetes and some types of cancer. Microbiomes are also quite malleable. Our gut bugs' numbers and types surge and dip, depending on how we live, including whether and how



we exercise. A study last year found that elite, cross-country skiers' guts contained fewer types of bacteria after a grueling season than the microbiomes of healthy non-athletes, but more of the remaining strains found in the athletes were associated with metabolic health.

While we know that exercise can influence the health of the microbiome, it's much less clear whether the effects work the other way, and your microbiome can influence your exercise. Anecdotally, people and lab mice taking antibiotics don't exercise much, but the reason might be that they probably felt ill before starting the drugs, discouraging physical activity.

If you give a mouse an antibiotic... So, scientists at the University of California at Riverside decided to wipe out the microbiomes of mice that love to run and see how they'd respond. The UC-Riverside mice were part of an ongoing experi-

ment in which female mice, that ran more than their lab mates, were bred to male mice of the same persuasion. Over multiple generations, the scientists developed a strain of super-runner mice. These animals voluntarily ran on wheels about three times as much as other mice. They also developed different microbiomes.

Now, for a study published last year in Behavioural Processes, the scientists gave some of these marathon mice broad-spectrum antibiotics, to kill off most of their gut bacteria. The animals continued to eat and otherwise live in unchanged ways, indicating the antibiotics hadn't sickened them.

But when the researchers gave the animals free access to running wheels, the marathoner mice's running mileage fell steeply. They averaged about 21 percent less distance every day, numbers that barely rebounded during the subsequent 12 days of

the study. The new experiment underscored "just how much" the microbiome seemed to be influencing the athletic animals' will-

microbiomes into mice without gut bugs — and vice versa — and kept gathering realms of genetic and tissue samples. By the end they had more than

THE MICROBIOMES OF PHYSICALLY ACTIVE PEOPLE CAN BE QUITE DIFFERENT FROM THOSE OF PEOPLE WHO RARELY EXERCISE

ingness to run, said Theodore Garland, an evolutionary biologist at UC-Riverside, whose lab developed the marathon mice and who oversaw the new study.

How the gut talks to the brain But Garland's study didn't look at how microbiomes affect exercise motivation. For that, we need the results of another ambitious study, published in December in Nature, which looked deep inside the guts and brains of mice.

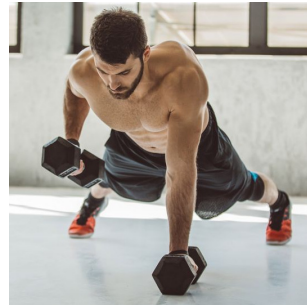
In the study, scientists at the Perelman School of Medicine at the University of Pennsylvania and other institutions gathered eight types of mice, which naturally ran different daily distances, and began genotyping them and checking thousands of molecules released in their guts, blood, and brains before and during exercise. They also gave some of the mice antibiotics, bred others to have no microbiomes from birth, let them run or sit, gathered more tissues, transplanted fecal samples from happily running mice with robust

2.1 million data points about their mice. What they uncovered in that data was a direct communication link from the gut to the brain, activated by exercise. This communication began, they found, with the release of certain molecules in the gut during exercise, that then stimulated specialized nerves connecting the gut and midbrain. Once turned on, these nerves sent signals prompting the release in the brain of extra dopamine, the neurochemical most associated with rewards and motivation. The scientists also found that the higher the amounts of several, specific strains of bacteria in the animals' guts, the more dopamine their brains produced, and the more the mice ran.

Can our microbiomes affect motivation? In effect, the animals created a runner's high, originating in their microbiome, that encouraged them to exercise, said Christoph Thaiss, an assistant professor of microbiology at Penn Medicine and senior author of the study.

The Crossfit Open Just Kicked Off With 23.1: Here's Our Modified Home Gym Version

Get a taste of the monstrous 14-minute workout with just a pair of dumbbells



The Crossfit Open kicked off with a bang, offering up participants a monster 14 minutes of fast rowing, explosive throwing, heavy lifting and gymnastics, in what might possibly be one of the most quintessential CrossFit workouts ever devised.

We've already shared our top tips on tackling this behemoth, from one of the fittest men in Britain, right here. But, if you've been an interested observer in the 'sport of fitness' for a while and want to get a taste for this test from the (dis)comfort of your own home gym, then get ready to take on our modified dumbbell-only version.

Featuring none of the machines, medicine balls or high flying gymnastics, but following the same template and reps with some clever substitutions — all you need to do is warm-up, grab your dumbbells, set a timer for 14 minutes and make it as far as you can through the following workout before the buzzer sounds.

Finished before the bell? Start again from the beginning.

1. Burpee x 60
Squat down and place both hands on the floor between your feet. Jump your feet back onto the top of a press-up and lower your chest to the ground (A). Straighten your arms and hop your feet forwards, before jumping into the air with hands on head (B) Repeat.

2. Butterfly Sit-up x 50
After your final burpee flip over and move immediately into sit-ups. With your legs bent and your soles together, lie with your hands behind your head (A). Tense your abs as you lift up, and touch your hands to your feet (B). Reverse the move, touching the floor behind your head on each rep.

3. Thrusters x 40
Clean your dumbbells up to your shoulders and squat down, keeping your back straight and your chest up, until your thighs are beyond parallel to the ground (A). Stand back up explosively and, in one motion, press both of the dumbbells overhead to full lockout (B). Now, reverse the movement lowering the dumbbells to your shoulders and dropping into a squat. Repeat.

4. Dumbbell Cleans x 30
With dumbbells on the outside of your feet, hinge down and grab them with a flat back (A). Stand back up explosively with a slight jump, using the momentum to pull the dumbbells on to your shoulders and stand tall (B). Lower under control to the ground and repeat.

5. Renegade row push-ups x 20
After your final clean, drop into a strong plank with both hands on your dumbbells. Lower your chest to the ground and back up performing a press-up (A). Next, shift your weight onto your left hand, row the right dumbbell towards your hip (B). Pause briefly, then lower the weight under control. Repeat on your left side. That's one rep.

Weight loss after 60: Tips seniors should keep in mind

AIMING FOR WEIGHT LOSS IS ALWAYS CHALLENGING. ADD YOUR AGE TO IT, AND YOU'LL REALISE THAT BEING 60 MEANS WEIGHT LOSS JOURNEY WON'T BE SIMPLE. HERE ARE SOME WEIGHT LOSS TIPS THAT WOMEN OVER 60 CAN FOLLOW.

Whether you are 16 or 60, a weight-loss journey is not a cakewalk. Yes, when you are younger, your metabolism works in your favour. That is exactly why even if you eat a lot and do less movement, unwanted fat doesn't surprise you. But as you grow older, gaining weight becomes easier than losing it. That doesn't mean you should let your weight dominate you. Being overweight will make your health even worse.



Let's find out what seniors should keep in mind while thinking of weight loss after 60.

To know about weight loss tricks for seniors, HealthShots reached out to fitness guru Amander Singh of Team Amander fame.

Ways women can lose weight after 60

The most important thing is that it's not just exercises that

you should keep in mind, but also your diet and other aspects of your life for weight loss after 60.

1. Resistance training
Resistance training incorporates using weights or resistance bands to develop muscle mass. Don't worry, it's safe for women over 60. Singh says that it bolsters metabolism and facilitates weight loss. The training also

helps in strengthening bones and containing osteoporosis, which is a common problem among older women.

2. Physical activities
Any kind of physical activity is vital for weight loss. Regular exercise for women over 60 can help to retain muscle mass, increase metabolism and aid in weight loss. You can go for low-impact activities like walking

and swimming. Yoga can help as well.

3. Proper intake of diet
A balanced diet is crucial for weight loss, and women over 60 should focus on consuming foods that are rich in protein and other nutrients. They should avoid foods that are high in sugar and fat. Protein is extremely important, as it can prevent muscle loss and promote weight loss. So, start eating protein-rich foods.

4. Positive attitude
Whether you are a senior or not, a positive attitude is paramount to weight loss success. Women over 60 should focus on their objectives and celebrate their progress, rather than becoming disheartened by setbacks, says the expert.

5. Sufficient sleep
Getting adequate sleep is essential for weight loss, as it

enables regulating hormones that influence appetite and metabolism. Women over 60 should ensure at least 7 to 8 hours of sleep per night.

1. Do not aim for rapid weight loss

Rapid weight loss seems to be a great idea, but it can lead to muscle loss and other adverse health effects. Women over 60 should strive for a slow and steady weight loss of one to 2 pounds per week, advises Singh.

2. Consult a doctor
Women over 60 should consult a doctor before commencing a weight loss programme. They may have underlying health conditions that need to be assessed before initiating any new diet or exercise regimen. It is also important to seek the assistance of a fitness coach to achieve your desired results safely.

The Most Effective Weight Loss Method I See Almost No One Using

The fitness industry is a cesspool of pseudoscience and misinformation.

While the only way to lose weight, which is a caloric deficit is kept in obscurity — Useless and dangerous fat loss pills, gimmicky workout plans, and fancy diets are shoved down our throats.

Even coming to the caloric deficit, things like hours of exercise and restrictive diets are advocated. These help for sure — but there's one highly effective method that is barely talked about.

I stumbled across this method when I noticed something — every time I came home for vacations, I'd gain weight and within just a few weeks of getting back to college, I'd lose it all.

Turns out, I was unknowingly exploiting this obscure fat loss method in college.

This Can Constitute Up To 50% of Your Total Daily Energy Expenditure Your Total Daily Energy Expenditure (TDEE) is the number of calories you burn in a day. If your calorie intake is lesser than this, you'll lose weight. As simple as that.

So, to lose weight — you need to either increase your TDEE and/or decrease your calorie intake. Exercise, especially cardio, achieves the former, and dieting the latter.

But research shows that exercise usually accounts for only between 2 to 10% of the TDEE. The rest is accounted for by: Your Basal Metabolic Rate (BMR) (About 50% of your TDEE) — this is the energy required for bodily functions such as respiration, cell repair, brain functions, and blood pumping.

The Thermic Effect of Food (BMF) (About 8-15% of your TDEE) — this is the energy required to digest and assimilate the consumed nutrients.

Your Non-Exercise Activity Thermogenesis (NEAT) (From 15 to 50% of your TDEEs) — a fancy term for your daily physical activity apart from exercise.

It's the last one — NEAT that we are interested in. Studies have

found it contribute a whopping 50% to the TDEE of highly active individuals.

Yes, 50% — which is over 5 times that of exercise. Remember how I would mysteriously lose weight in college?

It was because of a ramped-up NEAT — my college campus is 300+ acres and by walking to class, the gym, canteens, or the grocery store, I'd unconsciously get in around 5 to 6 km of walking every single day!

Even in my fat-loss checklist, this is one of the bolded items.

Even in my fat-loss checklist, this is one of the bolded items. account for up to 50% of your TDEE and increasing it is the most effective way to lose weight.

Ever since I discovered NEAT, I've been on a constant quest to find sneaky and easy ways to increase it. Here are the effective ones I've found:

1. Walk while talking on the phone

I love conversing and it's not uncommon for my phone conversations to stretch to 3 and even 4 hours. By walking instead of lying on the couch, my NEAT's shot to the moon. Irrespective of how long you converse, walk — any walking is better than no walking.

2. Use a shopping basket instead of a trolley
I've been doing this for so long that it feels natural now. You have to carry the basket which, unlike the smooth trolley is work. Unless you're buying a ton load of things, go for the basket.

3. If you work at a desk, stretch now and then
As a writer and software developer, I'm glued to my desk, so I do this all the time. Not only does this increase your NEAT, but it also prevents stiff joints and chronic neck and back pain.

4. Take the stairs instead of the elevator
If this is too cumbersome — take the elevator one floor below or above your target floor.

With my hostel elevator going only to floors 3 and above and my floor

being the second, I used to do this all the time.

5. Ditch the car for short trips
The first few weeks after I learned how to drive, I took my car everywhere — even to the milk shop a stone's throw away. Now, unless I really need to take my car, I walk.

6. When you're working, keep your phone on the opposite side of the room
Not only will this make you walk every time you have to check your phone, but it will also dissuade you from unnecessarily checking it.

7. Undertake some cleaning
With the maid dismissed, to help my mom, I took up the duty of mopping the floor. Moreover, thanks to all the dust that settles in my road-fading room, I've to clean it every morning. Cleaning can make you move a surprising lot.

8. Get in those quick reps
Ever since I got my doorway pullup bar, I've made it a norm to bang out a few reps each time I pass it. If you don't have one, I worries — drop and get in a few pushups or pump some quick squats at different times of the day.



Div Com directs DCs to organise special grievances redressal camps for WPR families

SENIOR OFFICERS OF LINE DEPARTMENTS ASKED TO REMAIN PRESENT FOR PROMPT ACTION, PROVIDING OTHER SERVICES

JI NEWS SERVICE

JAMMU, APRIL 27: Divisional Commissioner Jammu Ramesh Kumar on Thursday directed Deputy Commissioners of Jammu, Samba and Kathua to organise special camps in the localities of West Pakistani Refugees (WPR) to listen and redress their grievances and provide them different services. The Div Com issued these directions while chairing a meeting convened to review the disposal of grievances received in the districts. Deputy Commissioner Jammu, Avny Lavasa, Additional Commissioner



Jammu, Pankaj Katoch, Chief Engineers of JPDCI, Jal Shakti, FWD, Director School Education, Joint Director Employment, Custodian Jammu, Deputy Labour Commissioner,

Joint Director Rural Development Department, President WPR and other concerned officers were present in the meeting, while Deputy Commissioner Samba and

Kathua participated in the meeting through video conferencing. The Special Grievance Camp will address the issues faced by the West Pakistani Refugees and

provide them with necessary support and assistance. The Div Com directed HoDs to ensure that the District officers of the concerned departments remain present and disseminate information about various Government schemes during the camps. During the meeting, the Div Com also listened to the grievances of WPR and the President WPR highlighted various concerns of the WPR families. The Div Com said that the Government is committed to provide all possible assistance to the WPR families. He assured that their genuine grievances would be addressed in a time bound manner. The Div Com said that the camps will provide an opportunity to WPR families to voice their concerns and avail various government schemes, such as skill development, self-employment, social assistance, studies, sports, and financial inclusion. It was informed that a calendar has already been circulated for organising camps in the districts. Camps would start from May 1, 2023. Meanwhile, the Div Com also directed DCs of 3 districts to expedite the disposal of compensation cases of WPR and ensure that no beneficiary is left out in the process.

Kathua admin kicks off Rabi harvest along Hiranagar International Border



JI NEWS SERVICE

KATHUA, APRIL 27: Deputy Commissioner Kathua, Rahul Pandey today kicked started harvesting of Rabi crop across zero line along International Border in village Karol Krishna of Hiranagar sector. He was accompanied by DDC Member Karan Attri, CO BSF Shekhar and other concerned officers. While speaking on the occasion, the DC said the handholding efforts of the administration supported by BSF is now bearing fruits as is evident from the increasing trend in harvest with each successive crop year. He appreciated the farming community of the border belt for their extensive efforts in bringing back cultivation to the abandoned fields which were lying barren for decades. Pertinently, during Rabi 2021-22, the area sown under Wheat Crop was 141 Acres, wherein 35 farmers were roped in for cultivation. Subsequently, the area under cultivation was increased to 251 Acres during Rabi 2022-23 wherein the number of farmers rose to 66 which stand testimony to the relentless efforts put in by the district administration to ease the lives of farming communities along the IB. Among others, District Agriculture Officer (Extension), Kathua Murari Lal, Sub Divisional Agriculture Officer, Dayalchak, Ashwani Sharma, AFO-Marheen, Jamsheer Andhra, JAEO, Marheen Narayan Singh and AEA Sanjeev Singh were also present on the occasion.

Kathua: DFCO organises awareness program on prevention of drug abuse

JI NEWS SERVICE

KATHUA, APRIL 27: Drugs and Food Control Organization J&K, in collaboration with Kathua Pharmaceutical Association, on Thursday organized an awareness program on the prevention of drug abuse, Role of Trade fraternity particularly with respect to supply of safe and efficacious medicines to the end users within the ambit of law. The objective of the awareness programme was to strengthen action and cooperation of Pharma Fraternity in achieving a role model society free of Drug Abuse. The awareness Programme was attended by various sections of the society particularly Prominent Members, Members of Pharma Fraternity and Senior officers of the Department i.e Deputy Drugs Controller Mohd Iqbal Palla, Assistant Drugs Controller, Kathua/Samba, Assistant Drugs Controller (HQ) Jammu, Drugs Controller Officers, Member of Pharmaceuticals Association of Kathua. Speaking on the occasion, Mohammad Iqbal Palla, Deputy Drugs Controller asked the Pharma Trade Fraternity to stock and sell medicinal formulations strictly in consonance to the conditions of licenses and in adherence to the

mandate of law. "Procure the medicines through authorised channels to ensure the genuineness of medical products," he advised. He also exhorted them to contribute in eradication of the menace of misuse of habit forming formulations. He reiterated that the Government has initiated pro active measures by constituting District Level Monitoring Committees under NOCORD to end the menace and rehabilitate the affected youth. Rajesh Angurala, Assistant Drugs Controller, in his address, said that such programs definitely help to educate the common masses about the drug abuse which is destroying our future generations. He said that Kathua is a sensitive state and there remains an apprehension of influx of habit forming substances through a clandestine manner from neighboring states. Archana Mujoo, Assistant Drugs Controller (HQ) Jammu, in her address, impressed upon the trade Fraternity to strictly follow the conditions of licenses and informed that Department in its endeavor to curb the misuse of such narcotic and psychotropic substances has started a massive drive to ensure that such pharmaceutical preparations are sold for licit use only. Pankaj Malhotra, Assistant Drugs Controller also apprised the Participants impressed upon the trade fraternity to switch over to computerized system of billing for maintenance of records and install CCTV cameras in lieu of guidelines issued by Government. Similar Awareness Program was also conducted at Akhnoor wherein members of chemists association of far flung areas also attended the awareness program under the direct supervision of Deputy Drugs Controller Sh Mohd Iqbal Palla. Arvind Sharma, ADC Jammu informed that such programs are being conducted at Tehsil Level as a part of Nasha Mukat Bharat Abhiyaan which aims to reach out the masses and spread awareness about substance abuse and drug abuse. Members of Chemists Associations and Pharma Trade Fraternity stressed that their Associations stand united against this social evil. They assured full cooperation & support of the Pharma Trade w.r.t dispensing of drugs in accordance with the law and in the best interest of Patient Care. They took a pledge that they shall act as Warriors to eradicate the menace of drug abuse from the society.

DC B'pora visits Land Slide hit area of Nusso

Interacts with the affected families

JI NEWS SERVICE

BANDIPORA, APRIL 27: Deputy Commissioner Dr. Owais Ahmed on Thursday visited the area affected by the recent landslide in Nusso Bandipora. The purpose of the visit was to take stock of the situation and damage caused by recent land slide due to incessant rains. During the visit, the Deputy Commissioner interacted with the people and took stock of relief measures provided to affected families. He said that the land slide was reported yesterday at around 11pm, and a team of officers led by Tehsildar Bandipora sheikh Tariq, SHO Bandipora and other officials immediately reached the spot to assess the situation besides taking relief and rehabilitation measures. He said the team immediately rehabilitated the families affected by the land slide to avoid loss of life. Dr. Owais also urged the public to be vigilant during such situations and take all necessary precautions to avoid any damage or loss of life. He said the District Administration is closely monitoring the situation throughout the district and urged the public to immediately contact the control room in case of any such situations.

YSS Deptt organises farewell for retiring DYSSO Gurmukh Singh Dutta

JI NEWS SERVICE

SHOPIAN, APRIL 27: District Youth Services & Sports Office Shopian today organised a farewell to honour the services of the retiring DYSSO, Gurmukh Singh Dutta, who is achieved superannuation after serving the department for decades. The function was attended by the staff members of Joint Director Youth Services & Sports Kashmir, The ZPEOs, PELS, PEMs, PELs, REs, REs and other ministerial staff of the district Shopian also participated in the function. While Joint Director YS&S Kashmir, Waseem Raja, virtually joined the function. The Joint Director applauded the outgoing officer for the role he played in the department. The officials highlighted the contribution of the retiring officer in the field of sports and wished him a happy post retirement life. It was informed that DYSSO Shopian touched new horizons of achievements under the leadership of the retiring officer. During his tenure the department hosted various Provincial Level sports activities.

DC Kulgam chairs District Level NCORD Committee meeting

JI NEWS SERVICE

KULGAM, APRIL 27: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of the District Level Committee under the Narco Coordination Centre (NCORD) to discuss various measures to curb the drug abuse and narcotic trade in the district and review the implementation of decisions and directions passed in previous meeting. During the meeting, threadbare discussion was held on various issues related to incidence of drug addiction, areas of concern and hotspots of drug use besides cultivation of illicit poppy & cannabis in the district. The DC sought details from the concerned departments about the measures taken to control the drug menace and cultivation of illicit poppy & cannabis in the district. The meeting was informed that massive poppy destruction drives have been launched across the district and so-far poppy on hundreds of kanals of land have been destroyed by the teams of Revenue, Excise, Police and RDD. The DC stressed to step up vigil against drug proliferation, consumption and intensifying awareness against such addictive substances and directed to start a help-line number to receive information from people about drug peddlers from their areas. He also instructed the Irrigation & Flood Control department to launch massive destruction drives to eliminate cannabis from river banks. The DC also instructed the concerned to improve the functioning of the drug de-addiction centre and approves funds of Rs.10 lac for the centre. It was informed that during the current month 11 drug peddlers have been arrested and 10 FIRs have been launched. The meeting was attended by ADC, Viagar Ahmed Giri, ACR, Mir Imtiaz-ul-Aziz, ACD, Mohammad Intran, CDO, CMO, Dy-SF HQ, DOJTSWO and other officers from police and civil administration.

DDC Chairperson Ramban reviews progress achieved under District Capex 2022-23

JI NEWS SERVICE

RAMBAN, APRIL 27: Chairperson District Development Council Ramban, Shamshad Shan today chaired a meeting of concerned district and sectoral officers to review the status of developmental projects undertaken in the District under District Capex 2022-23 and other schemes. Vice Chairperson DDC, Rabia Hamid;

DDC members and Chairpersons of Block Development Councils besides Additional District Development Commissioner (ADD), Rajinder Sharma, CPO, Dr. Kasturi Lal and other district and sectoral officers were also present. At the outset, the Chief Executive Officer (ADDC) District Development Council apprised the meeting about the physical and financial status of works of R&B, PMGSY, Jal Shakti,

JPDCI, Health, Education, Forest and other sectors schemes. The DDCs/BDCs discussed and raised important issues regarding the development of their concerned areas. The DDC members also raised the demand for the link roads to benefit the general public. Speaking in the meeting, the DDC chairperson exhorted officers to mobilize the resources at work places and speed up the pace of developmental works

with strict adherence to the quality parameters. The Chairperson further laid emphasis on the timely completion of all development projects and full utilisation of funds allotted to the concerned departments. She impressed upon the members that plan formulation is essential for planned development of the district and exhorted them to carry out a detailed gap analysis to identify works of community benefit.

4TH J&K BIODIVERSITY COUNCIL MEETING HELD

Jammu, Srinagar become 5th & 6th Cities in India to develop LBSAP

JI NEWS SERVICE

JAMMU, APRIL 27: The 4th meeting of J&K Biodiversity Council was held today at Forest Complex Van Bhawan, Jammu under the Chairmanship of Dr. Mohit Gera, PCCF (HoFF)/ Chairman Pollution Control Committee, J&K and Chairman J&K Biodiversity Council.

It was informed that smart cities of Jammu and Srinagar have become 5th & 6th cities in the country to have developed a Local Biodiversity Strategy & Action Plan (LBSAP). These LBSAPs will act as a guiding tool for the city administrators and help them to strike a balance between developmental priorities and biodiversity conservation of the smart cities. During the meeting, the Council was apprised of the progress achieved during the FY 2022-23, especially on documentation of biodiversity of J&K by updation of People's Biodiversity Registers (PBRs) in UT of Jammu & Kashmir for all the Biodiversity Management Committees (BMCs) which stand constituted in all the Rural and Urban Local Bodies. It



was further informed that updation of documentation of biodiversity of 2511 villages has been completed so far, while the target has been set to complete the process of updation of remaining villages during 2023-24 in consultation with the respective BMCs. The Chairman also apprised the members on the steps taken for documentation of biodiversity in electronic format for which two workshops were organized in Jammu and Srinagar recently in collaboration with National Biodiversity Authority. The other important achievements apprised to the Council were geo-tagging & heritage registers for mighty Chinars, promotion of planting of Peepal and Bargad trees and release of several publications during the last year. The other important agenda discussed during the

meeting of the Council included the progress in preparation of Biodiversity Strategy & Action Plan (BSAP) for UT of Jammu and Kashmir. He informed that the UT Level Plan is under the consideration of the Government and the Council made consultations with the concerned line departments to ensure that inputs from all departments are considered especially the stakeholder departments like Agriculture Department, Animal & Sheep Husbandry, Department of Horticulture, Department of Floriculture, Department of Fisheries, Department of Wildlife Protection, Rural Development and Panchayati Raj Department. The Council also deliberated on steps taken for activation of Biodiversity Management Committees and their involvement in "Sustainable utilization &

collection of Non-Timber Forest Products" as sanctioned by the Government recently. The members took note of the efforts made towards creation of awareness through various training programmes organized at different levels across UT of Jammu and Kashmir during 2022-23 and advised to make efforts to activate the BMCs so that people can benefit especially in light of the recently sanctioned policy on NTFPs. Esteemed members of the Council advised for expediting signing of MoUs with KSUAU-K, IIM-Jammu, and Universities of Kashmir and Jammu for taking the working of Biodiversity Council to next level. It was also decided to strengthen the efforts on Access & Benefit Sharing mechanism and intensify the efforts for training and awareness among the mem-

bers of BMCs. Identification of Biodiversity Heritage Sites, Other Effective Area-Based Conservation Measures (OECMs) was also given priority by the Council. The meeting was moderated by Asaf Mahmood Sagar, PCCF/ Member Secretary, J&K Biodiversity Council / Director, JK BRU. Other Members of the J&K Biodiversity Council who attended the meeting include Suresh Gupta, PCCF/ Chief Wildlife Warden, Wildlife Protection Department, representative of Administrative Department of Agriculture Production, T.K Bhat, Special Secretary, representative of Department of Forest, Ecology & Environment, Harpreet Kour, Special Secretary (Technical), representative of Department of Rural Development and Panchayati Raj Waseem Raja, Addl. Secretary and non-official members of the Council Dr. C.M. Seth, IFS (Retd.), Eminent Wildlife Expert, Prof. Geeta Sumbli (Retd.) Mushroom Expert, Dr. Anzar Khuroo (Botanist), Department of Botany, University of Kashmir and Dr. Susheel Verma, Department of Botany, Jammu University.

Reasi: Awareness Camp on Women centric schemes held at village Bhabher

JI NEWS SERVICE

REASI, APRIL 27: District Hub for Empowerment of Women (DHFEW) Reasi, in collaboration with SBIRESTI today organised an awareness camp for local women here at village Bhabher Panchayat Bhabher Bhamana. During the awareness camp, Gender Specialist Rita imparted awareness to the participants regarding different women centric schemes. The AWWs, AWHs and local women were made aware about the women centric schemes like Tejaswini scheme, Old-age pension, PCP and widow pension, Sukanya Samridhi Yojana, Benefits of Labour card, skills development courses etc. Later, the pamphlets containing information about different schemes were distributed among the women. The cases of Sukanya Samridhi Yojana, skill development courses and pension were noted down and the participants were provided information about online procedures to apply and avail the benefits of different schemes.

Union MoS Darshana Jardosh reviews functioning of Handloom & Handicraft deptt

EMPHASIZES FOCUS ON VALUE ADDITION, TRAINING OF ARTISANS, MARKET LINKAGES, E-COMMERCE PLATFORMS

JI NEWS SERVICE

KATHUA, APRIL 27: Union Minister of State for Railways and Textiles, Darshana Jardosh, today chaired a meeting to review and discuss the issues faced by the Handloom and Handicraft Department in the district.

During the meeting, the Union MoS emphasized the importance of focusing on value addition and training of artisans, in addition to market linkages and e-commerce platforms.

Union MoS called for development of a complete ecosystem from production to distribution, stressing that this would help in achieving the government's goal of creating a self-reliant India. She exhorted upon the Handloom and Handicraft Department to work towards this goal by providing artisans with the necessary training and resources to help them enhance their skills and capabilities.

Jardosh also emphasized the need to establish ODFP (One District One Product) stalls at railway stations, which would not only provide artisans with a platform to showcase their products, but would also help in promoting local handicrafts and handlooms. She stressed that this would not only benefit the artisans, but would also help boost the local economy.

She further called for the training of artisans in gift packaging, which would



enable them to provide attractive packaging for their products and thereby increase their marketability. She emphasized that such training would not only help in increasing the income of artisans, but would also help in promoting the 'Make in India' initiative.

Union MoS expressed confidence that the Handloom and Handicraft Department would take necessary measures to achieve the government's goals. She assured the

artisans of the government's continued support in their efforts towards building a self-reliant India.

While discussing the need to bring synergy between central and UT level agencies to promote textile in the region, the Union MoS called for making concerted efforts so as to improve the overall outcomes besides boosting the export of the local artifacts.

Earlier, Union MoS interacted with arti-

sans of Pashmina, Basohli Paintings and other crafts who have received skill development training in the district. She said that the Government of India is extending handholding to create proper eco system for nurturing and preserving art forms besides giving marketing avenues to get good value of their crafts.

She also gave away successful training completion certificates among all the trainees and also encouraged them to implement what they have learned during their training so as to enhance their earnings.

Union MoS also took a detailed review of prestigious Shahpur Kandi Dam Project wherein she was briefed about the status of ongoing works and the benefit to be derived from the project chiefly catering to the irrigation water needs of Jammu and Kashmir.

She was also briefed about other ongoing projects in the district including the Delhi Amritsar Katra Expressway and North India's First Biotech Park which will transform the development profile of the district in coming times.

Later, MoS inspected the ongoing works on NHAI expressway near Chadwal. She also interacted with the workers and engineers on the site to understand the challenges they are facing.

Besides, she also interacted with the locals and took feedback regarding the progress on the works.

DDC Rajouri discusses formulation of District Capex Budget plan 2023-24



JI NEWS SERVICE

RAJOURI, APRIL 27: District Development Commissioner Rajouri, Vikas Kundal today chaired a meeting of concerned officers to discuss and finalize modalities for formulating the District Capex Budget plan for the year 2023-24. The meeting was held to ensure that the projects proposed are within the budgetary limits and feasible to execute. During the meeting, the DDC emphasized the importance of completing old works under the District Capex Budget in a timely manner. He urged the officers to identify works and projects that benefit the maximum number of people and can be completed within the stipulated time frame, as per the guidelines of the Finance department. The DDC also directed the departments to keep only those works in the current year plan that can be completed in the next one or two years and that benefit the maximum number of people.

"This will ensure that the proposed projects are feasible and will have a positive impact on the ground" he added.

Furthermore, the DDC stressed the need to formulate the plan within the already conveyed ceilings. This will ensure that the proposed projects are within the budgetary limits and are feasible to execute. He reiterated that timely formulation of the plan will help to take up the works in time and utilization of budgetary provision.

The proposed projects will address the needs of the public and benefit them, while utilizing budgetary provisions efficiently. The DDC's directives will ensure that the projects are feasible and will have a positive impact on the public.

The meeting was attended by the CPO, Mohammad Khurshid; SE Jal Shakti, Bharam Jyoti Sharma; ExEn Jal Shakti Rajouri, Ashwini Sharma; ExEn Jal Shakti Nowshera, Vipin Kumar; ExEn PWD (R&B) Rajouri, Maqbool Hussain and other concerned officers.

Pardeep Kumar reviews digitization of J&K's Archival records



JI NEWS SERVICE

JAMMU, APRIL 27: Director Archives, Archaeology and Museums, Pardeep Kumar today reviewed the process of digitization of archival records at Archives repository, Kala Kendra Jammu. He took keen interest in the methodology adopted and also imparted necessary directions for execution of the digitization project in a more effective manner.

"It hardly needs to be emphasized as to how much critical a role such records are supposed to play in historical references, the departmental Archives repositories are a treasure house of such archival documents" he observed.

During the visit, he was informed by the officials of the department that nearly 2 lakh archival documents have been digitized in the process that started recently. He further directed officials to speed up the work of digitization.

It is pertinent here to mention that the Honorable High Court of Jammu Kashmir and Ladakh has also imparted directions regarding the digitization of archival records.

During the visit, the Director also took round of the state of art Archives repository building that is being constructed in the Kala Kendra and directed the officials concerned for timely completion and execution of the Archives Repository so that the Archival records can be shifted in the new building as soon as the building is handed over to the department.

Dr Hina review progress on establishment of clusters in Jammu division

JI NEWS SERVICE

JAMMU, APRIL 27: Vice Chairperson, J&K Khadi and Village Industries Board (KVIB), Dr. Hina Shaifi Bhat, today reviewed progress on establishment of clusters in Jammu division under Scheme of Funds for Regeneration of Traditional Industries (SFURTI).

The meeting was attended by Secretary/Chief Executive Officer, Farrukh Qazi, Deputy Chief Executive Officer (Schemes), Muzaffar Abdul Nasir Allagband, Deputy Chief Executive Officer Jammu Division, Tilak Raj and other senior officers of KVIB besides representatives from SKUAST Jammu (Technical Agency), J&K ITCO and Implementing Agencies of Masterjee Beekeeping Cluster Samba and Banihal Beekeeping Cluster Ram-ban. It was informed in the meeting that three Beekeeping Clusters including Masterjee Beekeeping Cluster district



JI NEWS SERVICE

Samba, Kailashkund Sudmahadev Beekeeping cluster district Doda and Banihal Beekeeping Cluster district Ramban are being established in the division with a project cost of Rs. 4.08 crore. Vice Chairperson enjoined upon all stakeholders to put in coordinated efforts in getting these clusters functional at an earliest. She reiterated that by making the clusters operational, more than 600 beekeepers associated with these clusters will be benefited. Further, she asked the Implementing Agencies and Technical Agency to ensure organization of all the leftover programmes

(Training Programmes, Awareness Programmes) under Hard and Soft intervention during the month of May 2023 so that the clusters can be made functional. Secretary/CIO, J&K KVIB, highlighted that the objective of the cluster is to organize the traditional industries and artisans into clusters so as to make them competitive, provide support for their long term sustainability and enhance marketability of such clusters by providing support for new products, design intervention, improved packaging and also improvement of marketing infrastructure.

SP College organized Tug of war event for students

JI NEWS SERVICE

SRINAGAR, APRIL 27: The Physical Education Department of Sri Pratap College today organized 'Tug of war' between students of various groups to kick-start the sports calendar of the academic session 2023-24. Various groups of boys and girls participated in the event. The event was flagged off by Principal SP College, Prof. (Dr.) Ch Jeelani Qureshi. In his introductory address, he urged upon the students to actively participate in the sports activities that will be held from time to time during the academic session. Stressing upon the physical agility, he talked about the importance of physical fitness and significance of games in the daily lives. The event was also attended by Prof. Manzoor Ahmad Wani, Dr. Khurshid Ahmad Parray, Dr. Ruheena Tabassum, Dr. Nadia Shah, Prof. Zafar Majeed and Mr. Owais Wani. Prof. Manzoor Ahmad Wani, Head Department of Botany addressed the participants and ensured them that sports activities shall be a regular feature of the college.

Regional Provident Fund Commissioner visits Kupwara; Presides over outreach programme

JI NEWS SERVICE

KUPWARA, APRIL 27: Regional Provident Fund Commissioner, J&K and Ladakh, Rizwan Uddin visited Kupwara today to address a mega district outreach programme "Nidhi Aapke Nikat 2.0" conducted by employee-owned provident fund organisation (EPFO), Ministry of Labour & Employment in collaboration with District administration Kupwara.

This awareness and outreach programme was held at the meeting hall of DC office complex Kupwara. The aim of the programme was to ensure broad participation, awareness, grievance redressal, training and information exchange between stakeholders and EPFO. A large number of subscribers, pensioners, private school teachers, casual labourers, employees, employers, representatives, contractors, and officers of District Administration Kupwara besides other stake-



holders participated in the mega outreach programme.

At the outset, Regional PF Commissioner, Rizwan Uddin thanked Deputy Commissioner Kupwara, Dr. Doifode Sagar Dattatray for organising such an impressive and well attended outreach programme on a very short notice.

Regional PF Commissioner highlighted the importance of enrolling more and more employees, contractual or casual, drivers, and conductors under the Employees Provident Fund (EPF) to extend the benefits of social security schemes like Employee's Provident Fund

Scheme, 1952, Employer's Deposit Linked Insurance Scheme, 1976 and Employee's Pension scheme, 1995.

The PF Commissioner spoke at length about rights of employees and duties of employers. "Employees have the right to social security. If an employee in the private sector deposits a provident fund for 10 years he has the right to pension in the private sector," the PF Commissioner said.

PF Commissioner directed concerned officers of District administration to frame the list of employees in the private sector and send them to EPFO so that

employees are hand-held properly for their enrolment under provident fund. In the well attended mega outreach programme employers and employees of private sector were sensitized about provisions of social security, besides covering themes of EDLI - eligibility, benefits and claims, Keeping track of pass-book accounts, Importance of E-nomination, Know Your UAN, UAN Activation, & member profile - KYC, and UAN related issues.

Rizwan Uddin stressed that EPFO will ensure remittance of provident funds in respect of all eligible members well in time and appropriately.

He also assured to resolve the issues faced by the schools, hotels, private firms, other establishments and stakeholders by providing handholding support and training particularly on UAN activation, KYC updation, Claim settlement and E-nomination. Live demonstrations about enrollment, and redressal of

grievances were made for a number of employees of Schools and other Establishments. Several grievances were solved on the spot besides the correction of several names through virtual mode by PF Commissioner himself.

Similarly feedback and queries regarding different grievances from the participants were received and several grievances were redressed on spot after taking the grievances with concerned quarters through virtual mode.

N. Gopalakrishnan, RPFC - I (Allit, HQ) central Observer addressed the programme and highlighted the importance of social security schemes. Hilal Ahmad Mir Assistant Commissioner Development Kupwara, who is District Nodal officer from district administration Kupwara coordinated the outreach programme and thanked the EPFO on behalf of District administration Kupwara for giving awareness about importance of social security schemes.

District Election Office Kathua intensifies Voter Enrolment Drive



JI NEWS SERVICE

KATHUA, APRIL 27: As part of the ongoing Special Summary Revision 2023, the District Election Office Kathua intensified Voter Sensitization Drives as part of its voter literacy programme under Systematic Voters' Education and Electoral Participation (SVEEP) Programme.

The election cell has planned activities at grassroots level by roping in school and colleges along with the teams comprising ARO, AERO, BLOs, supervisory staff to educate the prospective voters about the importance of voting and their role in the electoral process, besides highlighting the importance of voter participation in a democracy and educating the eligible voters about their registration in the electoral roll.

Besides extensive door to door campaigns in all ACs by respective BLOs, SVEEP Van is visiting Panchayat to Panchayat to educate masses about the ongoing Special Summary Revision Exercise and how a common citizen can update their details or enroll for fresh registration as a new voter.

Installation of hoardings at prominent locations across the district and Social media campaigns have also been intensified to educate all stakeholders about the important window in the shape of Special Summary revision wherein District Election machinery has initiated extensive drive to update the error free electoral rolls. Besides, people are also being sensitized about the online registration as a voter on the National Voters Service Portal (NVSP) and the Mobile Voter Helpline App.

Perennially, ECI has issued a revised schedule under which claim and objections shall be taken till 06 May 2023, Claims and objections shall be disposed by 15 May 2023 and Final publication of Electoral Rolls shall be held on 27 May 2023.

Orientation programme for Hajj pilgrims of Bandipora on April, 29

JI NEWS SERVICE

BANDIPORA, April 27: The orientation cum training programme about Manasik-e-Hajj and other logistics for Hajj pilgrims of District Bandipora will be conducted on 29th April, 2023 at 10:00 am at Peer Masjid Plan Bandipora.

The concerned Hajj pilgrims of Bandipora district have been asked to attend the program on scheduled date and time.

DC, other Officers of Kishtwar Administration preside over School Diwas Programme at various Blocks

J1 NEWS SERVICE

KISHTWAR, APRIL 27: The School Diwas programmes were organised today in 11 designated Schools across different blocks of district Kishtwar.

The School Diwas programmes were conducted under the close supervision of District Officers and sectoral officers of the district, including Deputy Commissioner, Additional District Development Commissioner, Assistant Commissioner Revenue, SDM Chatroo, Assistant Commissioner Panchayat, ACD besides SDMs and Tehsildars.

Deputy Commissioner, Dr Devansh Yadav presided over the proceedings of the School Diwas programme at Government Middle School Pahalgura of panchayat Chingam B of block Interdwal. During the Programme, Deputy Commissioner, in presence of the Tehsildar Chatroo, Suman Ji, BDO Chatroo, Tasleem Wani, CEO, Prehlad Bhagat, CAO Amjad Hussain Malik, BMO Chatroo, Dr Saima Aqo, GM NHIDCL, besides other field



functionaries and PRIs interacted with the "Back to School" Children who have completed the 3 months Bridge course under "Back to School" project Talash and motivated and encouraged them for showing good performance in recently conducted Endline test.

On the occasion, the Deputy Commissioner announced the result of Back to School Children (3 months ago enrolled for Bridge Course) who have recently appeared for the Endline Test after completing the Bridge course. Pertinent to mention that these Out of School Children in the age groups 6-14 years were earlier enrolled

wards to continue the Education without any fail. He assured all possible help from the Administration in this regard.

The Deputy Commissioner also sensitized the citizens about various initiatives started by District Administration, including the "Hello Kishtwar" - an Interview Response System to listen to the queries and grievances of the poor people of the far flung areas of the District regarding the service deliverance mechanism over phone to save their money and time which they spent on travelling to govt. offices.

He informed the people that any person can call on IVRS number 8470-800-900 and register his/her grievances over the phone through this transparent and affordable mechanism. "The caller can also check the status of his/her complaint lodged through an online link on their mobile phone." The Deputy Commissioner also spoke about the ongoing talent hunt singing programme "Kishtwar Idol" where every talented singer of all age groups has got the opportunity to showcase his/her talent.

Mayor Jammu chairs awareness cum interaction session on Polythene Ban at PSPS Govt College for Women

J1 NEWS SERVICE

JAMMU, APRIL 27: Waste Management Committee and C2D club of Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar, in collaboration with Jammu Municipal Corporation (JMC) on Thursday organised an Awareness cum Interactive session on Polythene Ban - a mass movement on "Banning Polythene".

Rajinder Sharma, Mayor Jammu was the Chief Guest and Baldev Balaria, Deputy Mayor Jammu was the Guest of Honor on the occasion.

The programme started with lighting of the traditional lamp by the Mayor, Deputy Mayor, Principal of the College and senior faculty followed by recitation of Saraswati vandana by Dr Vijender Kumar, HOD Sanskrit Department.

Rajinder Sharma, Mayor Jammu, in his address, highlighted the major challenges faced to the nation as well as Jammu due to massive urbanization. He also mentioned that Plastic waste is a major challenge and initiatives to ban plastic and polythene have been taken by JMC as per G20 objectives.

Baldev Balaria, Deputy

Mayor, in his address, acquainted the audience with various steps taken by JMC in controlling plastic pollution.

Earlier, Prof. Menu Mahajan, the College Principal presented the formal welcome address and apprised the gathering about the importance of clean environment and urgency of banning Polythene from the city of temples.

The Principal emphasised that the Institution is taking initiatives to make this campus plastic and polythene free. She further added that how Plastic has come to be used extensively since the past 30 years and as it is not degradable, is leading to various ailments. She insisted that the students as stakeholders should play a positive role by coming forward with innovative ideas to reduce the use of plastic and be the ambassadors of change.

During the program, a documentary on "Hazards of plastic and use of biodegradable carry bags" by DRDO was also shown to the students. A Symposium on the topic "Why polythene to be banned" was also organized in which many students expressed thought provoking views. The Symposium was adjudged by Prof. Mamta Gupta, Dean Commerce, Prof. Kamlesh Salathia, Dean Sciences, and Prof. Anjali Bhat, Dean Social Sciences.

The 1st, 2nd and 3rd positions were conferred upon Mehak Pawar, Sanchita, and jointly to Mansha Akhtar & Prabot Kour, respectively. A pledge was also taken by all including JMC team members, faculty and students of College for shunning use of single use plastic and Polythene to curb this menace.

Students also raised slo-

gans like "Say No To Plastic", "Polythene Hatao Bharat Ko Bachao", etc to spread awareness among the masses.

The stage was managed by Dr M K Mussa Convenor Of the Waste Management Committee.

The staff secretary Prof Mala Bhasin besides committee members of Waste management present in the event were Prof. Harneet Singh, Dr. Ujjwal sharma , Prof. Paramjeet singh, Prof. Suman Bala , Prof. Roopali Salathia, Dr. Ravinder Sharma, Prof. Rajinder Kumar, and Prof. Nidhi Suri graced the occasion.

Technical support in the program was provided by Dr. Ashok Kumar (HOD Biochemistry) and the program concluded with the formal vote of thanks presented by Prof. Suman Bala. A large gathering of students and faculty members from various departments were present on the occasion.

24000 farmers attend first session of 4 month long Kisan Sampark Abhiyan

J1 NEWS SERVICE

JAMMU, APRIL 27: Receiving overwhelming response from the farming community across all districts of Jammu and Kashmir, more than 24000 farmers attended the orientation programme under KISAN SAMPARK ABHIYAN during the first 3-day session held across 264 venues of the Union Territory.

A first of its kind massive farmer's orientation exercise is being undertaken by Agriculture Production Department in the UT with an ambitious target of reaching out to farmers in each and every Panchayat of the UT under the Abhiyan in next 4 months. The exercise which commenced on 24th April will conclude on 31st August, 2023. This ambitious farmers outreach program has been planned under the recently launched HOLISTIC AGRICULTURE DEVELOPMENT PROGRAMME (HADP).

The orientation programme, which is being organised simultaneously across all districts of the UT, has been designed to be conducted on first three days of every week. An exhaustive district specific calendar has been issued by the government in this regard. The Resource Persons for the orientations would be the officers and officials drawn from Agriculture, Animal/Sheep Husbandry, Horticulture, Sericulture and Fisheries Departments, who have been trained beforehand during the 641 training sessions which were held across all districts during the months of January to April. An innovative tool of describing the different schemes/programmes using short films has been put in place. A total of 49 videos of schemes under HADP and other Centrally Sponsored Schemes will be shown to the farmers across the venues in J&K.

Using audio visual aids in describing the schemes had a last-

ing and much more engaging, engrossing effect on the farmers. Besides, question answer session after each screening session of videos was held to clear the doubts of farmers. The farmers were also provided with pamphlets on all the schemes in three languages (Hindi, Urdu and English) which also contained the information about the contact details of all the departments under the agriculture production department of the UT.

Also, the farmers were also informed about the mode of application under these schemes using the KISAN SATHI, the IT Dashboard of the schemes developed by APD. A simple scan of the QR codes on the pamphlets takes the farmer to the KISAN SATHI Portal where he can register easily and there is no need for visiting any office for applying under any of the schemes.

The farmers were also apprised of DAKSH KISAN - a Learning Management System (LMS) for

skill development of the farmers.

A first of its kind in the country, DAKSH KISAN, has been developed by Agriculture Production Department, where 118 skilling courses as per the agro-climatic zones of the J&K UT are available for free to the farmers. Again, a simple scan of the QR code at the back of pamphlet takes the farmer to DAKSH KISAN Portal where he can register for free and undertake any skilling course of his/her liking.

The video lectures under the LMS are available in Kashmiri, Urdu, Dogri and Hindi and Textual material is also available in Hindi, Urdu and English. Besides, specialised modules on business development and financial management have also been included to ensure that the farmers are not merely trained but become a skillful entrepreneur.

The successful farmers who clear the course shall be provided Certificates from SKUAST-J/K.

IT Department conducts orientation sessions on API Setu, JKMYGOV instance

J1 NEWS SERVICE

JAMMU, APRIL 27: The Information Technology Department, in association with Central NeGD and MYGOV team, New Delhi, today conducted two interactive virtual sessions on API Setu platform and JKMYGOV instance with the officers from the Administrative Departments and Integrated Child Development Society (ICDS), Social Welfare Department of Jammu and Kashmir, Civil Secretariat in which more than 250 officers and officials participated. Additional Secretary IT, Satish Sharma, gave an overview of API integration program and mentioned that API is a useful mechanism that allows two software applications to exchange messages or data in a standard format.

The workshop on API Setu was hosted by Manpreet Singh, Consultant to IT Department and Anoop Kumar from NeGD, New Delhi, while the sessions on JKMYGOV instance were hosted by Puneet Kant, Senior Consultant to IT Department and Shivangi Verma from MYGOV central team.

In a separate session, Satish Sharma gave an overview of the JKMYGOV program and mentioned that the instance is an interactive citizen engagement platform that collaborates with government bodies to engage with citizens for policy formulation and seeks the opinion of people on issues/ topics of public interest and welfare.

NOTICE

I Sneha Sharma D/o Madan Lal R/o village Jindrah Tehsil Darsal Distt Jammu, my mother name was written in my 9th class certificate Sonu Sharma instead of Sonu Devi . now i am applying for the correction of the same above said. objection if any may be conveyed to concerning authority within 15 days from the publication of this notice.

NOTICE

I Paramvir Singh s/o Sh. Jarnal Singh R/o H. No. 1223 Sec-06 Nanak Nagar Jammu purchased Bajaj Pulsar-220 Regn. No- JK21B 1653 from Arjun Kumar S/o Vijay Kumar R/o village Glar po Pangdour Samba. Now i am applying for the transfer of said vehicle in my name. Anybody having objection can contact ARTO Samba with in 7 days.

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE CHIEF HORTICULTURE OFFICER, REASI MINI SECRETARIAT REASI

Phone/Fax No; 01991-245659 e-mail: hortreasi@gmail.com

PUBLIC NOTICE

It is for the information of public in general and farming community of district reasi in particular that Department of Horticulture is providing incentives/Subsidy under UT Capex and various centrally Sponsored Schemes like MIDH, PMDP, RKVY, SMAA, PMKSY etc. for the year 2022-23 on following major components Activities.

S.No.	Name of the Component/Activity
1	Areas expansion (Establishment of new Fruit Orchard with Normal Spacing, High Density and modified Ultra High Density)
2	Creation of water sources (Tanks, Ponds, Check Dams, Farm Ponds, tube well, Dug well, etc.)
3	Micro-irrigation system (Drip Irrigation/Sprinkle Irrigation System etc.)
4	Water Lifting devices like pump sets, Diesel/Electric Pump set & Distribution system like HDPE Pipe etc.
5	protected cultivation (Green House Structures & Shade net House) includes Tubular Structure, Wooden Structure, Bamboo Structure.
6	Promotion if integrated nutrient Management (INM) and Integrated Pest management (IPM)
7	Adoption of Organic Farming vermi-compost Units & vermin-beds
8	Horticulture mechanization. Tractor Power Tiller etc.
9	Plant protection machinery like power saw, spray pumps etc.
10	promary/Mobile minimal processing Units (Low cost preservation Units reefer van, Cold Store, etc.)
11	Modified High Density Apple Plantation (Minimum 1 Kanal @ 50% Subsidy)
12	Al/overa Plantation @ Rs 3750/- per Kanal (75% subsidy)
13	Strawberry Plantation @ rs 13000/- per Kanal (50% subsidy)
14	Food Processing Unit @ 50% subsidy or upto Rs 10.00 Lakh/ unit
15	Subsidy for establishing Custom Hiring Centre or individual basis @ 40% subsidy and machinery bank in selected village @ 80% subsidy for self help Group FPO, Cooperative Societies etc.

All the interested persons are advised to contact horticulture Development Officer of their respective Zone or office of undersigned. They can apply through Horticulture App and for establishing orchard they can apply online or jansugam Portal of Jammu and Kashmir government. for further detail they can also visit official website of the Department of Horticulture jammu (www.hortijmu.jk.gov.in) for further details

No: CHO/RSI/106

Date: 20-04-2023

DIP/J-695/23

SD/- CHIEF HORTICULTURE OFFICER, REASI

UNION TERRITORY OF JAMMU & KASHMIR OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI MECH. DIVISION NORTH JAMMU

NOTICE INVITING TENDER

e-NIT No. 16 of 2023-24

For and on behalf of Commissioner, Municipal Corporation, Jammu, Executive Engineer, Jal Shakti Mech. Division North Jammu, invites tenders by e-tendering mode from the reputed/registered firms/Sole Prop. for the below mentioned work:-

S. No.	Name of work	Cost of document/ tender fee (in Rs.)	Earnest money	Validity of Rates	Bid validity
1.	Repair to departmental water tanker Nos. JK28BV-2152 and JK28BV-2153.	200/-	02% of the Quoted amount	180 days	180 days

Date of Publishing : 26-04-2023 02.00 pm.

1. Bid documents can be seen at and downloaded from the website <http://jtenders.gov.in> from 26-04-2023 (02.00 pm).

2. The Bids shall be deposited in electronic format on the website <http://jtenders.gov.in> from 26-04-2023 (02.00 pm) to 05-05-2023 (02.00 pm).

3. The complete bidding process will be online <http://jtenders.gov.in>.

4. The Technical bids received shall be opened online on 06-05-2023 (02.00 pm) or any other subsequent date in the office of Executive Engineer Jal Shakti PHE Mech. Division North Jammu.

5. The Financial bid of the bidders shall be opened online after scrutinizing the technical bid in the office of the Executive Engineer Jal Shakti Mech. Division North Jammu in presence of the bidders who wish to attend. If the office happens to be closed on the date of opening of the bids as specified, the bids will be opened on the next working day at the same time and venue.

6. Cost of bidding document in shape of e-challan/single window challan of JMC pledged to Executive Engineer, Jal Shakti Mech. Division North Jammu/tender fee receipt through online payment through the JMC link <http://www.jmcjammu.org/online-payment.html>

7. The original instruments in respect of cost of document, EMD in the shape of CDR/FDR and other relevant document of L₁ bidder will be required to be submitted to the Executive Engineer Jal Shakti Mech. Division North Jammu after opening of financial bids on line. No separate intimation about opening of financial bids will be sent by this office / by the tender opening authority. In case the original documents are not submitted by the L₁ bidder opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.

8. The date and time of opening of financial bids will be notified on website <http://jtenders.gov.in> and conveyed to the bidders automatically through an e-mail message on their e-mail address.

9. The original documents when submitted by L₁ bidder for the cost of tender documents, specified in the tender document should be same as uploaded on line (Scans of copies otherwise allotment will not be issued, the tenders will be cancelled and the bidder will not be allowed to participate in any further / future tendering process in the division for a period of one year.

10. Bid security of successful tenderer will have to be in form of CDR/FDR of any scheduled bank and shall have to be valid for 180 days after last date of receipt of Bid.

11. Only such firms should submit tender, who have requisite infrastructure and workshop facility for carrying out similar type of job which may be inspected by the competent authority before awarding the job contract so as to access the working capacity of the tenderer. The workmanship and material used should be of high quality and as per the specifications of the job order / tender.

12. The bid for the execution of work shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/tenderer withdraws his bid/tender before the said period or makes any modifications in the terms and conditions of the bid, the earnest money of the firm shall stand forfeited.

13. The tenderers are advised to visit the site of work / inspect the parts to be fabricated before uploading their tenders so as to acquaint themselves with exact measurement and site conditions.

14. Special conditions as per Finance Department order No. OM A/24 (2017)-651 dated 07-06-2018.

i. Furnishing of hard copies of bids immediately after submission of e-tenders is dispensed with. The same should be obtained only from the bidder who is declared as L-1 after opening of financial bids.

ii. The cost of tenders should be collected by introducing e-challan or simply uploading a copy of necessary challan / receipt.

iii. Similarly, instead of insisting on actual call deposit receipt, a copy of same duly pledged to the concerned department should be uploaded by the tenderers. However, before allotting the work or issuing the supply order, the original CDR/FDR should be obtained and kept on record.

15. Other details, instructions and terms and conditions can be seen / downloaded from the bidding document.

JSM/DNJ/188-90

Date: 25-04-2023

DIP/J-715/23

SD/- EXECUTIVE ENGINEER JAL SHAKTI MECH. DIVISION NORTH JAMMU

DC Jammu reviews progress of Jal Jeevan Mission schemes, PMAY (U)?

JI NEWS SERVICE

JAMMU, APRIL 27: Deputy Commissioner Jammu Avny Lavasa today reviewed the progress of work on Jal Jeevan Mission schemes and implementation of Pradhan Mantri Awas Yojna (Urban) here at a meeting.

Chief Planning Officer Yoginder Katoch along with senior officers of the concerned department attended the meeting.

The meeting was informed that 272 JIM projects have been approved



for the district, for which Rs 1200 crore has been allotted. The Deputy

Commissioner said that JIM is a flagship program of the Central government under which 100% saturation of functional household tap water has to be ensured by the implementing agency by the end of this year.

She also asked the ESAs to activate/involve Pani Samitis to expedite the process so that the target can be achieved in a time bound manner. The Deputy Commissioner asked the officers to focus on allotting the works, monitoring of execution and completion without any delay. The Deputy Commissioner exhorted for mobilizing men and machinery for completing the projects in a stipulated time frame besides urged to ensure productive and fruitful utilization of the available resources.

While reviewing the progress of works under PMAY (U), the DC stressed on the concerned authorities to take all possible measures to accelerate the pace of construction work of Houses for their time-bound completion.

DC Doda chairs BOCA meeting of Bhadarwah Development Authority

DIRECTS CEO TO HOLD MONTHLY MEETINGS FOR TIMELY DECISION OF APPLICATIONS



JI NEWS SERVICE

DODA, APRIL 27: The Bhadarwah Development Authority (BDA) today convened the meeting of the Building Operation Controlling Authority (BOCA) to discuss cases pending for approval.

The meeting was chaired by District Development Commissioner Doda, Vishesh Paul Mahajan as per powers vested under the Control of Building Operation Act, 1988.

During the meeting 114 cases were discussed out of which 15 cases were approved and 13 cases were referred for clarification, while 23 cases were reverted back to applicants for completing the necessary formalities and 63 cases were rejected.

The DC directed CEO Bhadarwah Development Authority to convene regular monthly meetings of BOCA to decide the applications of the citizens in a time bound manner.

IIM Jammu inks MoU with IE University Spain to reinforce global footprint, advance excellence in teaching and research

JI NEWS SERVICE

JAMMU, APRIL 27: Indian Institute of Management (IIM) Jammu signed a Memorandum of Understanding (MoU) with the internationally renowned IE University, Spain. The MoU was signed by Prof. B.S. Sahay, Director, IIM Jammu, and Maria-Eugenia Marin, Vice-Provost, Global Academic Partnerships and Alliances, IE University, Madrid, Spain.

Prof. B.S. Sahay happily announced the collaboration of IIM Jammu with IE University, Spain to reinforce the global footprint and advance excellence in teaching and research at IIM Jammu. This will be marked as a positive step towards absorbing the best practices in research and teaching from the best B-Schools in the world. According to him, these collaborations are a vital



part of IIM Jammu's international endeavors, and these will be helpful in fostering the advancement in teaching, research, and cultural understanding as well as the international reputation of both the institutes through student and faculty exchange, executive education, and research programs. India is a fast-growing economy; this collaboration is acting as a great opportunity for

leaders equipped with an entrepreneurial mindset, a holistic perspective of the world, and an understanding of the importance of a life-long learning journey.

The collaboration aims to foster advancement in teaching, and cultural understanding, as well as the International Reputations of both Institutions through the exchange of postgraduate students, faculty members, and academic information and materials; the organization of joint corporate training programs, joint research programs, joint conferences; Executive Education Programs, and other academic exchanges that both Institutes agree to.

The MoU Signing was coordinated by Dr. Sarbjit Singh, Chairperson, International Relations, and Dr. Somu Gorai, Co-Chairperson, International Relations, IIM Jammu.

DECC organises awareness cum Counselling sessions at Udhampur



JI NEWS SERVICE

UDHAMPUR, APRIL 27: The District Employment & Counselling Centre Udhampur organized two Awareness/ Counselling sessions at GK Educational Trust Udhampur, in association with NSDC (National Skill Development Corporation) PMKVY here today.

More than 300 un-employed youth participated in the Awareness/Counselling sessions. Deputy Director Employment Udhampur, Anshuman Singh, accompanied by Assistant Director Employment, Priyanka Gupta and Career Counselling Officer Navdeep Kour acquainted the students about the registration process on Jalsamp.nic.in & NCS Portal. The participants were also informed about the upcoming Job fairs/ Mission Youth Schemes, Self-Employment Schemes of the Employment department and self-employment schemes run by the other departments i.e. PMEGP/Handicraft/ Handloom/ Fisheries/ Agriculture/ Horticulture/ Animal Husbandry/ Sericulture/NRLM/Cooperative/floriculture/KVIB etc.

The team of officers also highlighted the importance of skill development among students for future prospects in solar power generation/mud house/chuna house technology/water conservation in hilly areas/medicinal plants plantations.

Secy. Tourism holds consultations with stakeholders

JI NEWS SERVICE

SRINAGAR, APRIL 27: As part of his stakeholder consultations, Secretary, Tourism & Culture, Syed Abid Rasheed Shah today held a marathon interactive session with representatives of various segments of the local tourism industry represented by KHARA-KHAROF coordination committee here.

Complimenting the stakeholders on the beginning of a good tourism season, the Tourism Secretary hoped that it

STRESSES ON CLOSE COORDINATION, ASSURES EASE OF REGULATORY PROCESSES; SAYS COMMITTED TO TAKE J&K TOURISM TO NEW

would lead to a bumper season of tourist arrivals breaking all previous records. He said this would be achieved only through a synergized approach between the Department and the stakeholders, stressing on close coordination between the two.

Secretary Tourism said Government has accorded top priority to further develop the tourism sector in the UT and it

would be his endeavour to see it scaling new heights. He said all requisite measures would be taken for the purpose.

Responding to the issues raised by various stakeholders, Syed Abid Rasheed said he has already directed easing of various processes related to regulation of tourism services and the same would be monitored in days to come.

He said an annual calendar of activities is being framed by the Department for giving the tourists ample and varied experiences.

The issues raised by the representatives of stakeholders included ease of doing business, establishment of common STIP, consideration of power tariff under PMSE, periodic and regular promotion of J&K tourism in

the country's domestic market and abroad, determining hotel tariffs and other issues.

Secretary Tourism assured the stakeholder that the issues would be given a considerate thought by the Government and would be sympathetically looked into.

Earlier, Director, Tourism, Kashmir, Fazlul Haseeb briefed the meeting about various measures being taken by the Department for the betterment of tourism scenario and stakeholders.

Management System Portal launched for 3 Temple Shrines of Samba District

DEDICATED ONLINE SYSTEM MEANT FOR MORE EFFECTIVE, TRANSPARENT & SMOOTH TEMPLE OPERATIONS: DC

JI NEWS SERVICE

SAMBA, APRIL 27: In a significant step towards use of modern technology for enforcing transparency and efficiency, District Administration Samba, under the aegis of Deputy Commissioner, Anuradha Gupta, today launched the Temple Management System portal for three temples of the district, namely Baba Shiv Ghoran Ji, Narsingh Dham Mandir and Baba Chambliyal.

It is pertinent to mention here that the Deputy Commissioner or her representatives are the chairpersons of the respective management committees of all these temples constituted with the consent of local people. These Committees also have local people as members who have religious knowledge. At the recently held joint meeting of management committees, it was decided to shift to digital



operations for transparency and efficiency so that the offerings made by devotees can be used to improve facilities for pilgrims and also for undertaking developmental and welfare measures.


The online portal aims to streamline the management of temple inventory records, devotee Seva, stock entry, employee attendance, staff registration, and account management. The system will bring transparency and efficiency in the functioning of the temples.

Speaking on the occasion, Deputy Commissioner Samba Mrs. Anuradha Gupta emphasized the importance of adopting digital technologies to improve the functioning of temples. She said that the online portal will help in maintaining

and managing operations in an efficient and transparent manner.

The initiative taken by the District Administration Samba is commendable and will go a long way in providing better services to the devotees. The online portal will also aid in the effective management of temple resources and contribute towards the development of shrines. The Deputy Commissioner appreciated the efforts of District Informatics Officer, NIC, Mala Ram for his efforts in the introduction of this software.

The inaugural ceremony was attended by ADDC, Rajinder Singh; Registrar, Subash Chander; District Informatics Officer, Mala Ram; District Information Officer, Ajay Sharma; Tehsildar Samba, Mohit Gupta; Tehsildar Ramgarh, Farooq Hussain; NIC Engineers Hatish Kumar & Satish Kumar.



Smt. Pushpa Devi Mengi

"TENTH DAY/ KRIVA/UTHALA"
With profound grief and sorrow, we regret to inform the sad demise of our beloved *Smt. Pushpa Devi Mengi* W/o Late Sh. Dev Dutt Mengi

"TENTH DAY" will be performed on *29th April, 2023(Saturday)*, at *10:00am* at her residence in *265/5 Channi Himmat, Jammu*.

"KRIVA" will be performed on *2nd MAY, 2023 (TUESDAY)* at *12 noon* at her residence in *265/5 CHANNI HIMMAT, JAMMU*.

"UTHALA" will be performed on *3rd MAY, 2023 (WEDNESDAY)*, at *"PANCH MANDIR SEC-2 CHANNI HIMMAT (4:00PM - 5:00PM)"

GRIEF STRIKEN:-
DAUGHTERS AND SONS IN LAW
Late Smt. Kamta Gandotra & Sh. Pritam Pal Gandotra
Smt. Saroj Wahi & Sh. Ashok Wahi
Smt. Vinod Suri & Sh. Varinder Suri
Smt. Renu Verma & Sh. Ashok Verma
SONS AND DAUGHTERS IN LAW
Shri. Kuldeep Rattan Mengi & Smt. Sunita Mengi
Shri. Someshwar Mengi & Smt. Anju Mengi
Shri. Rameshwar Mengi & Smt. Anjali Mengi
Mobile no 6005532023, 9419244724, 8030501345
SHIKSHA NIKETAN
RURAL SCHOOL
PUSHP VATIKA

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