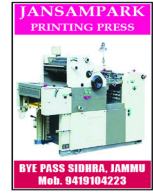


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PM Modi inaugurates 91 fm radio transmitters, to benefit border, aspirational districts

AGENCIES
NEW DELHI, APR 28

Prime Minister Narendra Modi on Friday inaugurated 91 FM transmitters and said this would revolutionise the radio industry, while asserting his government was working constantly for the democratisation of technology.

Underscoring the emotional connect of his generation with the radio, Modi said he has a relationship with the medium as a host too as he referred to the upcoming 100th episode of Mann Ki Baat this Sunday.

"This kind of emotional connect with the people of the country was possible only through the radio."

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Rajnath Singh chairs SCO defence ministers' meeting

AGENCIES
NEW DELHI, APR 28

Defence Ministers of India, Russia, China and other member nations of the Shanghai Cooperation Organisation (SCO) on April 28 deliberated on pressing regional security challenges and related issues at a conclave hosted by New Delhi.

The meeting, chaired by Defence Minister Rajnath Singh, is also expected to review the overall situation in Afghanistan.

"India views SCO as an important organisation to promote defence cooperation among member states. We, as a nation, wish to further strengthen the spirit of trust and cooperation among the members"

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Amit Shah attacks Cong over Kharge's 'Venomous Snake' Barb at PM

AGENCIES
NAVALGUND (KTR), APR 28

Training guns on the Congress over its President M Mallikarjun Kharge's 'venomous snake' barb at Prime Minister Narendra Modi, Union Home Minister Amit Shah on Friday said the party and its leaders have lost their mind.

Noting that Modi is welcomed across the world with a lot of respect, he said the Congress cannot instigate people with such statements, because the support for the PM will increase, as much as they abuse him.

"Congress is lacking on issues, in the last nine years Prime Minister Narendra Modi has increased India's pride in the world, he has worked to make India prosperous, he has made India's infrastructure strong, he has made India's borders safe."

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Locals sheltered Poonch attack Terrorists, weapons and explosives came from Pak through drones: DGP Dilbag Singh

JI NEWS SERVICE
JAMMU, APR 28

Jammu and Kashmir Police on Friday claimed that the terror plot in last week's Poonch ambush has been uncovered and six locals have been arrested for sheltering the terrorists before they carried out the attack on an army vehicle

using explosives and weapons that came from Pakistan through drones.

Director General of Police Dilbag Singh said the April 20 attack was a well-planned one and executed by three to five terrorists. They first did a recon of the area, understood the terrain and then chose the spot of attack.



He said over 200 people have been questioned till now and the operation to neutralise the terrorists involved in the attack is on.

"Six persons (of a module) have been arrested. They include those who have provided material (weapons, ammunition, explosives) to the terrorists besides shelter

and food and guided them from one to another place," Singh told reporters during a visit to Rajouri district.

"We are getting clues during questioning. We are working on that," he said.

Singh, who visited Darhal and remote Buth Khanari area in the foothills of

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In a first, 'Women in Khaki' perform duty in night hours at checkpoints in Jammu city



JI NEWS SERVICE
JAMMU, APR 28

In a major step to keep vigil on lady drug peddlers vis-a-vis extending helping hand to the woman in need

during night hours, Jammu Police have deployed 'women in khaki' at several checkpoints falling in the jurisdictions of Jammu city.

This is for the first time.

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LG addresses National Seminar on NEP-2020 at Mahatma Gandhi Kashi Vidyapith, Varanasi

JI NEWS SERVICE
VARANASI, APR 28

Lieutenant Governor Shri Manoj Sinha addressed the National Seminar on "National Education Policy-2020: Exploring the Prospects" at Mahatma Gandhi Kashi Vidyapith, Varanasi, today.

The Lt Governor highlighted various aspects of the National Education Policy and shared the vision to meet the challenges of future work-place.

"Under the guidance of Hon'ble Prime Minister Shri Narendra Modi ji, NEP 2020 has brought transforma-



tive reform in education. It has ensured that education system meets the challenges of 21st century and enables

youth to become job giver rather than job seeker," said the Lt Governor.

The National Education

Policy encourages Knowledge, Innovation and Independent thinking for students' Holistic Development. Global outlook with an emphasis on Indian knowledge tradition makes the learning a lifelong process, observed the Lt Governor.

The Lt Governor said the latest innovations in Artificial Intelligence will have greater impact on fourth industrial revolution. He said, since automation is changing workplaces across the world, youth will need reskilling, tech upskilling & mental flexibility to adapt to the changes.

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India's first 'cable-stayed' Anji Khad railway bridge nearing completion

JI NEWS SERVICE
JAMMU, APR 28

Expediting the completion process, all 96 cables are fully installed in the Anji Khad cable-stayed rail bridge, the first such bridge in Indian Railways, on Wednesday (26 April).

The Anji bridge is designed with a total 96 cables - 48 cables each on lateral and central spans. "The cables totally weigh 848.7 metric tonnes with total length of cable strands involved running into 653 kilometres," the official said.



A crucial bridge in the Kashmir rail link project, cables

were installed in a record time period of 11 months from June 2022 to April 2023 despite constraints.

As on date, 44 out of total 47 segments have been launched which require support of stay cables. Now, the balance three segments shall be launched without stay cables as per the design.

After missing multiple deadlines, including those in 2017 and 2022, the project costing over Rs 400 crore, India's first cable-stayed rail bridge will be ready in May

this year.

Twenty years and in the making, the delayed construction of the Anji Khad bridge, a crucial connector for the passage of a train between Jammu and Kashmir (J&K), is a major chink in the armour of the Indian Railways' ambitious plan to seamlessly connect Kashmir to the rest of India.

The total length of the bridge is 725 metres, which includes a 473-metre-long asymmetric

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J&K Bribery Cases CBI quizzes Ex-J&K Gov Satya Pal Malik for five hours over his claims

AGENCIES
NEW DELHI, APR 28

The CBI questioned former Jammu and Kashmir governor Satya Pal Malik for nearly five hours Friday in connection with his probe into the alleged insurance scam in the Union Territory which came to light after his statement that he was offered bribes to clear related files, officials said.

A Central Bureau of Investigation (CBI) team arrived at the Som Vihar residence of Malik in the R K Puram area of the national capital around 11.45 am to seek clarifications over his claims, they said.

Officials said the exercise continued for nearly five hours during which several questions were lobbed at him about the claims made in his statements recorded with the CBI last year.

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Govt forms panels on registration of births, deaths in Jammu and Kashmir

JI NEWS SERVICE
JAMMU, APR 28

The Government has ordered constitution of Union territory Level Inter Departmental Coordination Committee and District Level Inter Departmental Coordination Committee on registration of Births and Deaths in Jammu and Kashmir.

According to an order, the UT-level committee is headed by Administrative Secretary,

Planning, Development & Monitoring Department, and members of the committee include Administrative Secretary or Representative not below the rank of Additional Secretary, Housing & Urban Development Department, Administrative Secretary/ Representative not below the rank of Additional Secretary, Department of Rural Development & Panchayati Raj Department, Administrative Secretary/ Representative not

below the rank of Additional Secretary, Health & Medical Education Department, Director Census Operations, J&K/ Representative, Director General, Economics & Statistics, J&K (Chief Registrar, (Births & Deaths), Commissioner Municipal Corporation, Jammu/ Srinagar, Regional Director (E&S), (Additional Chief Registrar, Births & Deaths), Jammu Kashmir, Director Rural Development Jammu/Kashmir,

CONT. ON ► PAGE 4

Five Lakh people to listen to PM's 100th 'Mann Ki Baat' in J&K: Ravinder Raina

JI NEWS SERVICE
JAMMU, APR 28

More than 5 Lakh people would listen to the Prime Minister's 'Mann Ki Baat' AIR programme in Jammu & Kashmir. BJP activists are working enthusiastically to organize public programmes on about 5000 Booths in Jammu and more than 500 Booths in Kashmir to

CONT. ON ► PAGE 4



Widespread rains lash J&K, Gulmarg receives fresh snowfall

JI NEWS SERVICE
SRINAGAR, APR 28

Widespread rains lashed Kashmir valley and isolated places of Jammu region during the past 24 hours while upper reaches including ski resort of Gulmarg received a fresh snowfall on Friday, Meteorological Department said.

Ski resort of Gulmarg in North Kashmir received 8.8 Cms of fresh snowfall overnight to the delight of the tourists, the MeT office said.

Upper reaches of Kashmir valley including Pir Panjal mountain range also received a fresh snowfall today.

The MeT office predicts scattered to fairly widespread light rain over Kashmir division during the next 24 hours. The weather is likely to improve from this afternoon onwards, it said.

From April 29 to May 2 the weather would remain partly cloudy with possibility of intermittent Rain or Thunderstorm at scattered places towards late afternoon and



evening with 50% chance, the MeT office said and added

widespread light to moderate rain, thunderstorm with

heavy rain at some places could occur on May 3 and 4.

It said overall the weather is likely to remain erratic until May 4.

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. It was still raining at most places of the Kashmir valley when this report was filed.

Srinagar recorded 18.6mm of rain, Qazigund 6.8mm, Pahalgam 7.7mm, Kupwara 15.3mm, Kokernag 5.0mm, Gulmarg 26.4mm during the past 24 hours, the MeT office said.

Srinagar, the summer capital of Jammu and Kashmir, recorded a low of 6.5 degree Celsius against 7.0 degree

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UPSC NDA 1 2023: Meet Vanshika Chowdhary, the female topper of Jammu who is all set to serve the nation

"FROM THE BOXING RING TO THE NATIONAL DEFENSE ACADEMY: VANSHIKA CHOWDHARY'S INSPIRING JOURNEY OF PERSEVERANCE AND VICTORY"

JI NEWS SERVICE

JAMMU, APR 28: Union Public Service Commission (UPSC) has announced the final result of the entrance exam for the National Defence Academy and Naval Academy - UPSC NDA & NA Examination (I), 2023. Vanshika Chaudhary, a resident of Udhampur district of Jammu and Kashmir, has earned 47th rank in NDA, bringing honor to the region. She is the first person from her region to join the armed forces by earning AIR 47.



Describing Defense Wala as the catalyst for her success, Vanshika Chowdhary says, "It was my childhood dream to join the Indian Armed Forces and serve the nation. My father's service in the Border Security Force (BSF) inspired me to step into this field. After taking boxing training at a young age, I aspired to join the National Defense Academy (NDA). However, till then I did not know how to prepare for the exam. After

that my boxing coach told me about Defense Wala, which is an ideal platform for defense related exams. During my preparation, I used PW Defense's resources. It also included preparation from the free batch named Shakti, which conducts mock tests, test series and marathons. I took guidance from the platform teacher Asim Sir and subscribed to Shaurya Batch for Defense preparation. Alakh Pandey, CEO and Founder, Physics Wala, says, "The success story of Vanshika Chowdhary is an inspiration to all the young

students who aspire to serve their country through the Defense Services. At PW, we are extremely happy to have achieved the peerless result and take pride in the amazing performance, hard work and success of the students of PW, especially the girls. This result will definitely motivate other women of the country to appear in the NDA exam." Notably, a total of 575,000 students had registered themselves for the NDA (National Defense Academy) exam this year, out of which 177,000 were girls. The amazing performance of women candidates in NDA & NA Exam (I), 2023 makes it clear that women are not behind in any field and they are also capable of serving the country and contributing to the defense forces. Girls were not allowed to take the NDA exam until September 2021, when the Supreme Court permitted them to do so. Since then, Girls have been performing exceptionally well and have taken many available seats.

Tribals, others not getting benefits of Forest Right Act on ground in Rajouri: Altaf Bukhari

JI NEWS SERVICE

RAJOURI, APR 28: Apni Party President, Syed Mohammed Altaf Bukhari on Friday said tribals and others categorized people were not getting benefits of Forest Rights Act on the ground in Rajouri although the FRA has been implemented by the Govt in J&K.

The Forest Rights Act was implemented in Jammu and Kashmir by the Govt to benefit and give land rights to the tribals, and forest dwellers and their claims were also submitted to the respective committees framed by the concerned administration. However, the people including tribals, and other forest dwellers were not given rights as per the rules. Instead, they preferred to adopt bulldozer politics and deprive people from their constitutional rights, said Altaf Bukhari while addressing a one day worker's convention in Taryath in Kalakote, Rajouri district. This was the first huge workers' convention in a remote area like Taryath.

Bukhari was concerned over the shabby condition of roads, and inability of the administration in providing basic amenities to the people in Taryath and other areas in Rajouri.

He said that the poor and marginalized section of society, especially tribals in Rajouri like other parts of Jammu and Kashmir, were dependent upon the state and forest lands for decades. They made this barren land cultivable and their cattle would use the grazing yards. But they have been barred from grazing their cattle, and a drive on the name encroachment has also been launched.

Although the drive was stopped

following Apni Party's intervention as the issue was raised with the Union Govt, he said that the Govt officials who were involved in evicting people and snatching the shelters and land from poor will be held accountable if Apni Party forms Govt in J&K.

He also referred to the seasonal migration and difficulties faced by the tribal people while shifting from summer to winter zone. "The claims that the tribals are provided transportation facilities seem to have failed as the deserving tribal people continue to suffer. The providing of transportation to the tribals for seasonal migrations appears not to be benefiting to the seasonal migration of tribals with their cattle to upper reaches," he said.

He also demanded that the ration supply in the Govt depots in villages has also stopped and accordingly, the quota of ration per family should be enhanced on the subsidized rates.

He also referred to the issues of mining workers in Kalakote and thermal power projects, while asking the Govt to fulfill the pending demands of the workers as early as possible.

"The people across Jammu region and Kashmir regions have been facing legal issues, and their demand for holding assembly elections are not being accepted citing various reasons. It appears that a political party is not willing to contest polls in Jammu and Kashmir. The NC, BJP, Congress Party and PDP have ruled J&K for over 72 years, and they did nothing for the people. However, when Art 370 on August 5, 2019 was revoked and J&K was downgraded from a state, it was the Apni Party which came into being and then we struggled hard to resolve the issues of the people," he added.

He said that it was the Apni Party that ensured protection of jobs and land for the locals when the people were apprehensive of the central Govt's approach and other traditional political parties were not willing to speak.

"We have no tinted leaders. Our leaders are committed to work for the people without discrimination. The people should vote and support the Apni Party in upcoming Assembly Elections in J&K. If we get a chance, we will ensure good governance, equitable development by removing the disparity between rural and urban areas with regard to distribution of funds for development. We are committed to protect the natural resources, not allow non-local contractors to work in J&K and restore darbar move practice within 24 hours after forming the Govt," he added.

He recalled that when the Apni Party was founded, there was no hope among the people. However, the Apni Party has given a ray of hope to the people of both the regions by representing them at the time of crises while other political parties were worried about themselves.

He also criticized BJP and its former legislator who represented Kalakote-Sunderbani for underdevelopment and failure in providing basic amenities to the people like drinking water, electricity, road, health, and educational infrastructure.

He also raised the issue of Jammu Migrants from Talwara, Poni, Reasi, Rajouri, and other places who had to abandon their houses and were forced to spend a life of migrants for decades till today.

Rajesh Gupta warns Congress don't live in illusion that people have forgotten its corruption era

JI NEWS SERVICE

JAMMU, APR 28: National Democratic Party Indian (NDPI) J&K UT Chief Rajesh Gupta on Friday warned Congress that don't live in misconception that people have forgotten the past Congress rule and its corruption era. Congress leaders were liars by character and that they never fulfilled their promises in any of the states they were elected particularly in J&K. They forgot, they used to say Sonia Gandhi is everything for India. "It is necessary to understand the intentions behind the promises. Some people just make promises for the sake of winning elections," he said. Congress is bemoaning Jammu's misery and "shedding crocodile tears" over the plight of the region which is an outcome of discrimination meted out to it during over four decades of



the divisive, wrong and anti-people policies of the Congress. Gupta assured that his party would continue to work for the well-being of the people. He took on the Congress for its failures in every sector and causing unrest among the people over administrative and developmental inertia. Gupta said that the people of Jammu and Kashmir were fed up with the bluffs and failures of the Congress party rule and are suffering on all counts from last seven decades. He said that National Democratic Party Indian is the only unifying force for the rights of the people of the UT and appealed people to support NDPI to expose Congress, NC and PDP and protect the policies and programmes which are introduced by the NDPI for the welfare of the pluralistic, poor and downtrodden sections of the society.

SMVDSB successfully conducts mock drill exercises to take stock of Disaster Preparedness

JI NEWS SERVICE

KATRA, APR 28: Disaster Management has been one of the priority areas of the Board in view of difficult terrain and topography of the Shrine area. In a bid to enhance preparedness for disaster management, Shri Mata Vaishno Devi Shrine Board conducts trainings and joint mock drill exercises from time to time with stakeholders to check the alertness and response mechanism in the event of any disaster like eventually to ensure quick and most effective response from all concerned.

Accordingly, under the overall guidance of Hon'ble Chairman, SMVDSB (Hon'ble Lt. Governor, JK-UT), Shri Mata Vaishno Devi Shrine Board has conducted five-day mock drill exercises in priority sectors of Shrine Board including Bhawan, Bhairon, Sanjichhat, Adhukwari and Banganga which started from April 24 and concluded successfully today with debriefing session with the stakeholders to plug any gaps and enhance preparedness for disaster management.

These included security agencies like CRPF, Jammu & Kashmir Police, Department of Fire & Emergency Services, State Disaster Response Force, Reasi and a team from NDRF who joined the mock



exercises yesterday to assess the overall level of preparedness for effectively and promptly responding to any emergency situation.

Besides, the NDRF also displayed various search and rescue equipment and conducted table talk sessions regarding the do's and don'ts during disasters.

The mock drills were conducted with the objective to sensitize stakeholders with regard to potential natural and manmade hazards like landslides, earthquakes, forest fires, electric fires and structure collapse in the Shrine area and giving them hands on exposure to mitigation measures, crowd control, basic of search and rescue, operation and maintenance of fire fighting vehicles besides, a comprehensive inventory audit of the Disaster Management

Stores set up by the Shrine Board at various locations on the track. About 295 participants attended these mock drill exercises during a five days programme which concluded today.

While extending gratitude to the specialized agencies who imparted their expertise to the participants during these mock drill exercises, Anshul Garg, Chief Executive Officer, SMVDSB said that such mock drills shall enhance coordination among various agencies and wings of the shrine board to tackle any emergency, especially recurrent forest fires, shooting stones and landslides which are the main challenges in and around the shrine area, besides the situation of crowd management which may occur during peak days.

He called for synergised efforts to strengthen the communication system on the track and carry out continuous improvement in human resource strengthening by means of training and mock drills.

He also exhorted that "techniques demonstrated by the NDRF during the course of mock drills will definitely be helpful for the participants to avert any eventuality."

The mock-drill exercise concluded with a debriefing session held at Bhawan. At the session, the Officer-in-Charge NDRF highlighted the practices being observed during these mock drills and also shared suggestions and feedback for improvements needed to ensure effective response during disaster in future with minimum loss of time and resources.

Kharge's statement against PM reflects Cong's frustration, malice: Kavinder

SRTC VRS employees meet Kavinder; raises demands



JI NEWS SERVICE

JAMMU, APR 28: Kavinder Gupta, senior Bharatiya Janata Party (BJP) leader and former Deputy Chief Minister has launched a scathing attack on the Congress President Mallikarjun Kharge for issuing irrelevant statement against the Prime Minister by calling him as 'poisonous snake'.

Responding strongly to

Kharge's statement against PM Modi, Kavinder said that it is an irony of this nation and its people despite getting decimated on the Nation's political landscape, Congress and its leaders led by the Party chief Mallikarjun Kharge issue erroneous statements least bothering about the sentiments of the people across the nation.

Kavinder said Kharge's statement was a reflection

of what the Gandhi family feels about the PM. "He (Kharge) gave clarification that he was attacking BJP's ideology. BJP's ideology is 'nation first'. So is he saying he was not attacking PM Modi, rather he was attacking India?" he said.

Kavinder asserted that Congress had never imagined to reach a stage of getting wiped out of the power corridors of the nation. In fact they believed

in the firm conviction that they are born to remain in power for ever by fooling the people. Thus unable to find any scope of returning to power, the leaders of this party are passing through the phase of utter chaos and confusion, he added. Meanwhile, a deputation of VRS employees of SRTC met Kavinder Gupta and put forth their demands. The demands put forth by the deputation led by Association President, Dev Raj Bali, included releasing of 6th Pay Commission arrears with effect from January 2006 and pending COLA arrears with effect from 1999, DA arrear from April 2012, 2388 retired employees amount of both Jammu and Kashmir Province amounting Rs 21192 crore, etc. Giving a patient hearing to the deputation, Kavinder assured that their demands will be highlighted at higher level to fulfill them at the earliest.

DST-SERB Sponsored National Workshop on Green Hydrogen Production Organised at SMVDU



JI NEWS SERVICE

JAMMU, APR 28: DST-SERB sponsored 2 days workshop was organized by the school of Mechanical Engineering at Shri Mata Vaishno Devi University. The workshop was attended by more than 30 participants across India.

The workshop was graced by Padma Shri RK Sinha Vice Chancellor, SMVDU & Dr. Mansa Ram Nouni Ex. Adviser, Ministry of New & Renewable Energy, GOI and Dr. AJAY Koul, Dean FOE.

The workshop is a step towards spreading awareness about harness-

ing hydrogen as an energy source & applying it for the benefit of the society. The event was convened by Prof. M. Eswaramoorthy, Head, SoME & Dr. Yathesh Anand, Asst. Prof. SoME and Dr. Sanjeev Anand, Asst. Prof. SoEM, being the organising secretary. The workshop had speakers from the diverse fields sufficing the aim of the workshop. Dr. Mansa Ram Nouni, Dr Ravail Singh.

Senior Scientist, CSIR, IIM Jammu / Dr. B Satya Sekhar, IIT JAMMU / Prof. Kannan Iyer, IIT JAMMU and Dr. Ravi Kumar Arun, IIT Jammu. The speakers deliberated on the various techniques for utilizing hydrogen

from different sources and also the ways to utilize it. They also appraised the participants about the various government policies in action and ways to get involved with the hydrogen mission. The participants were also briefed about the alternate sources of hydrogen than the conventional ones and the limitations on the ways towards the green hydrogen mission. Dr. RK. Mishra presented the vote of thanks where he thanked the DST-SRB, GOI, all the participants, the university administration and the faculty and staff of the SoME for their sincere efforts towards the success of the event.

Dharmarth Trust celebrates Maa Baglamukhi Jayanti with religious fervour

JJ NEWS SERVICE

JAMMU, APR 28: Dharmarth Trust today celebrated Baglamukhi Jayanti with traditional fervour and gaiety here at Natraj Temple inside the premises of historical Shri Raghunath ji Temple.

In this connection, a Hawan was performed by Pujaris of Shri Raghunath ji Temple followed by Arti in the temple of Mata Baglamukhi ji. On the occasion, Brig (Retd) R.S Langeh, President of the Trust, Ashok Kumar Sharma (SSP Retd), Secretary, Varinder Singh Jamwal, Additional Secretary along with staff of Dharmarth Trust participated in the Hawan and Poojan.riya Sethi, former minister, Yudhvir Sethi, J&K BJP Vice President and Smt Prem Lata Sharma, President Gau Kranti Manch Jammu Kashmir also thronged the Raghunath ji Temple to pay obeisance to Mata Baglamukhi.

A temple priest said "Mata Baglamukhi is one of the ten Mahavidyas (great



wisdom Goddesses) in Hinduism. Mata Baglamukhi Devi removes the devotees' misconceptions and delusions (or the devotees' enemies) with her cudgel. She is also known as Pitambara."

Speaking on the occasion, Brig (Retd) R.S Langeh said that J&K Dharmarth Trust has the history of paying focused attention towards religious activities in the

region and the people associated with this over hundred years old institution never failed in fulfilling their responsibility of carrying out conventional religious obligations. He advised the younger generation to visit the shrines and temples to have knowledge of rich culture and traditions associated with this great land of seas and saints.

Ashok Kumar Sharma

said that today's celebrations of Mata Baglamukhi Devi Jayanti and several others in the past are being carried out flawlessly in the temples and shrines of Dharmarth Trust since decades and every constituent of the Trust gives his or her hundred percent in ensuring success of these religious functions and events. Later, Parsad was also served among the

IIT Jammu establishes Sharad Saraf Centre for Ayurved and Indic Studies

JJ NEWS SERVICE

JAMMU, APR 28: The Centre for Essential Skills (CES) at the Indian Institute of Technology Jammu (IIT Jammu) under the aegis of Prof Sharad Saraf, Chairman of the Board of Governors, IIT Jammu, has announced the establishment of the Sharad Saraf Centre for Ayurved and Indic Studies (SSCAIS). The official announcement was made during the National G-20 Conference, jointly organized by IIT Jammu, IIT Jammu, AIIMS Jammu, in collaboration with J&K Government and Dait Indian Chamber of Commerce & Industry (DICC), to deliberate upon priorities, prospects and way forward for creating an inclusive & sustainable society.

The SSCAIS aims to revive and study ancient Indian medical and wellness knowledge, cultural practices, and languages for the preservation of Indian heritage. The centre will be involved in active research, teaching, and training activities, and will offer a full-time post-doctoral position for active research



in the field of Ayurved and Indic Studies. It will also publish articles in renowned journals and conferences; invite 2 to 3 internships positions during each summer break; offer introductory courses on Ayurveda, Indian heritage, and language-certification programs in Sanskrit, Pali, and Tamil; create and build a resource centre for authentic reading materials and secondary literature; carry out awareness activities for the appreciation of ancient Indian heritage and knowledge through public seminars, maintain social media pages, publish a bi-

annual digest of the Centre's activities, organize online/offline talks by experts; felicitate eminent persons from the concerned field; and collaborate with academic, research, and medical organizations/people that are actively involved in ayurvedic and indic studies nationally and internationally.

Prof Saraf expressed his elation over the establishment of the centre, stating that it would be a path-breaking research and education centre introducing ancient Indian culture to young students. IIT Jammu

is the first among 23 IITs to establish such a centre, and students are expected to benefit greatly from this initiative.

Prof Manoj S Gaur, Director IIT Jammu, expressed his gratitude to Dr. Sharad Kumar Saraf for donating 50 lac INR towards the initiative. He stated that it is a step towards attaining the mandate of the New Education Policy 2020, ensuring that students get exposure to the Indian-value system. The centre is expected to grow and prosper in the coming years with the support of IIT Jammu.

Shiv Sena warns countrywide agitation for free registration of Amarnath Yatra



JJ NEWS SERVICE

JAMMU, APR 28: Shiv Sena (Uddhav Balasahab Thackeray) Jammu and Kashmir unit expressed great resentment against the government for not showing any positive response on several important issues regarding Shri Amarnath Yatra like free registration, toll exemption for passenger vehicles and

preservation of the natural Himshivaling during the Yatra period. The Party warned countrywide agitation if their genuine demand will not be considered and also demanded inclusion of Shiv Sena leaders in the first Pujan of Shri Amarnath Yatra.

Addressing media persons at Party Head Office in Jammu today, Manish Sahni, President Shiv Sena

J&K termed it unfortunate that despite submitting memorandums to the Lieutenant Governor of J&K Union Territory, Union Home Minister Amit Shah and the Chief Secretary of J&K, Dr. Arun Kumar Mehra no positive response has been received till date. Sahni said that taking strict cognizance of this by the party high command, party national secre-

tary and MP Anil Desai has instructed all the state units to raise their voice in their respective states to make Jizya registration free.

Sahni said in warning tone that if there will be no positive response to in the next one week, nationwide agitation will be launched.

Sahni appealed to all the religious organizations to join this campaign of Shiv Sena and called upon to strengthen the religious faith of the Hindu people of the country. Besides, Sahni demanded inclusion of all Hindu organizations including Shiv Sena in the first puja of holy Shri Amarnath.

Among those who were present in the press conference includes Vikas Bakshi, Raj Singh, Rajesh Handa, Mangu Ram.

Mann ki Baat 100 episode will create a historically significant event: Vinay Gupta

JJ NEWS SERVICE

JAMMU, APR 28: Bharatiya Janata Party (BJP) senior leader and Jammu North Seh Prabhari Vinay Gupta said in the meeting of BJP District Jammu North while reviewing the preparations for the 100th episode of PM's 'Mann Ki Baat' with senior party leaders he said that the lakhs of people of J&K would listen to the 100th episode 'Mann Ki Baat' at about 10,000 booths, regarding PM Narendra Modi's popular event 'Mann Ki Baat' 100 episode, on 30 April. The meeting was organized under the leadership of BJP District President Jammu North Om Khajuria in the presence of District office bearers including DDC Chairman, BDC Chairman, DDC Members, Sarpanches, Councillors, Panches, Mandal Presidents and General Secretaries, all Morcha Presidents and their General Secretaries attended the meeting at Janipur Jammu North. During the meeting threadbare discussion on the upcoming PM Modi @100 Mann Ki Baat was discussed to celebrate the program like a festival in all Mandals, Panchayats as well as in all booth levels within Jammu District North. The proceedings of the meeting conducted by Ajay Sharma General Secretary District Jammu North.

Senior BJP leader Vinay Gupta, while addressing the meeting interacted with the BJP cadres and sought first-hand information about numer-

ous organizational workouts. Vinay Gupta. While addressing the meeting, tossed light on the organizational matters. He prompted all activists and party functionaries of Jammu North to celebrate the upcoming Mann Ki Baat 100 episode with pomp and show in Jammu District North. Vinay Gupta glorified that PM Modi gave momentum for burning social issues campaigns through 'Mann Ki Baat'. Gupta emphasized that 'PM Modi's 'Mann Ki Baat' 100th episode will be a game-changer. The episode will air on April 30. So we are planning to make the 100th 'Mann Ki Baat' a historic event in Jammu North. He said BJP is planning to organize numerous places belonging to every section of society, where the general public can gather and listen to the PM. Vinay also educates party workers that the government will be issuing a coin of 100 rupees will be minted by the Central Government to commemorate the 100th edition of the radio program, Mann Ki Baat, with PM Narendra Modi. He said One Hundred Rupees denomination coin will only be minted at the Mint and issued under the authority of the Central Government on the occasion of the 100th Episode of Mann Ki Baat.

Vinay highlighted that the face of the coin will feature the Lion Capital of Ashoka Pillar in the centre and the legend "Satyameva Jayate" will be inscribed below the Lion Capital in Devnagri script Gupta added. He

asked all party cadres to stay in the midst of the inhabitants and celebrate the 100 episodes of Mann Ki Baat like a grand festival throughout the Jammu North.

District President Om Khajuria in his address asked the party leaders to ensure that the 'Mann Ki Baat' event is listened to at every Mandal, panchayats include the booth levels with the participation of local prominent persons of the society. He also asked to ensure that every senior leader of the party is present in the booth program. Om Khajuria said that the 'Mann Ki Baat' program has proved to be the most successful in terms of listeners and its utility, for which the masses are eagerly waiting to be broadcasted again. He said that this 'Mann Ki Baat' program should not be seen in the political context as through this program, Prime Minister as a leader of all residents of this nation covers all the relevant social issues of high priority with the involvement of prominent social personalities.

Jammu DDC Chairman Bharat Bhushan, Ex MLA Shiv Dev Singh, Kissan Morcha Parbharri Nav Kishore Sharma, Mann Ki Baat Co Incharge Sanjay Baru, BDC Chairman Surinder Bhagat, DDC Member Joginder Singh, Surinder Sharma, Suraj Parkash Padra Corporator, Vaishno Sharma Mahila Morcha State Vice President, Suresh Khajuria Mandal President Muthi Palora also shared their valuable experience in the meeting.

Y20 Summit to incorporate ideas of youths in policy proposals: BJYM

JJ NEWS SERVICE

JAMMU, APR 28: Y20 India Summit would exemplify the youth-centric efforts and showcase policy measures ideated by the youth.

This was stated by State President BJYM Arun Prabhath, while speaking in the meeting held at Chinore, Jammu North assembly in Jammu. On the occasion, National Media Incharge & Parbharri Jammu Kashmir BJYM was also present.

The program was organized by District President Jammu North Rajat Manhas.

State President BJYM Arun Prabhath said that Y20 is one of the eight groups under the G20. Every year, the country holding the presidency are responsible of hosting such events weeks prior to understand what the youth think and try to incorporate their suggestion into policy proposals. This aims to create connection between the G20 governments and the local youth, he added.

Singh said that the Y20 India summit in 2023 will provide the India with an opportunity to showcase its values and policy measures to the youth across the globe.



"Y20 Summit is a unique opportunity to allow the youth to provide constructive policy inputs and to utilise the platform to voice their opinions for the world audience. The Youth 20 India Summit brings together the trustees of our future generations from across the G20 countries to deliberate, discuss and deduce innovative, sustainable and actionable solutions especially in the realm of social development. At the Y20 Summit, India will not only speak; but also provide an audience to youth from across the world, to be heard in the world's largest democracy amongst those young leaders geared up with the baton to the future," he added.

National Media Incharge & Parbharri Jammu Kashmir BJYM Amandeep Singh said that the international summit being held at Leh 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'.

"Youth-20 summit will enable youth from world over to see our culture, tra-

ditions, untapped and unexplored nature, hospitality 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," he added.

City Traffic Police seize 4 sports bikes for violation of rules

JJ NEWS SERVICE

JAMMU, APRIL 28: Taking Strict action Stunt Bikers, Traffic Police City Jammu today seized 4 sports bikes for violation of traffic rules under MV Act.

SOT Narwal, SI Amrpal Singh seized the sports bikes during a routine checking in the area.

Meanwhile, Dy. SP Traffic City South, Bikram Kumar has appealed to parents to do counselling of their children and tell them not to indulge in dangerous driving and stunt biking on public roads. The SSP Traffic City Jammu also stressed upon strict action under M.V Act/rule besides counselling of the public against stunt biking.

District Administration Organize Awareness Camp at GDCW Kathua

JJ NEWS SERVICE

KATHUA, APR 28: -An awareness camp was organized by District Administration in collaboration with Electoral Literacy Club of college on the theme SVEEP under the Indian presidency of G20 on 28-04-2023 in the college campus.

The entire Programme was carried out under the patronage of Dr Savi Behl, esteemed Principal of the College in Presence of Dr. Arun Dev Singh Convener Electoral Literacy Club, Vishav Bandhu Sharma, Teshitshal welfare officer Kathua Dedicated AERO, Kewal Kumar BLO supervisor and other designated officers from District Election



Department. The officers awared near about 300 students of the college and briefed them regarding apps of Govt for getting registered for Electoral participation.

The purpose of the camp was to spread message among the young students and people regarding the importance of Systematic Voters Education and Electoral Participation (SVEEP) and its purpose. Dr. Savi Behl Principal of the college conveyed the

future of country and that they can contribute and guide the new voters in better way. Dr Arun Dev Singh, Convener Electoral Literacy club Spoke on the occasion and disclosed with our correspondent that all young volunteers can be proved better tool work effectively and aware the youth in the election process. He motivated them to come forward and aware young people who are reaching in the age group of 18+, they should register with election process as soon as possible through their BLO in their respective Places.

He also extended special thanks to the media persons who covered the Programme. The large number of students was present on the occasion.

FROM THE FRONT PAGE...

Locals sheltered Poonch...

snow-covered Pir Panjal mountains, also said that such incidents are not possible without local support. "One full module in this has been caught. They were giving them support for past two to three months. A local named Nisar and his family were providing all support from the shelter. The material (explosives) had come from Pakistan through drone. They picked up the weapons and provided them to the terrorists. Weapons, grenades and ammunition explosives were included in that," he said. He added that security forces are identifying more local support. "They will be working on it strongly. The terrorists choose places close to forests, where they get local support and also have escape route into forests," he said. Giving further details about the module, Singh said Nisar has been a terrorist for a long time. "He was working as OGW of Pakistan origin LeT commander in the 1990s. He was under our radar. We had picked him two to three times in the past for interrogation. He was in our list of suspects and was picked this time too," he said. "When interrogated, we found he was fully involved along with other family members," the DGP said. On the modus operandi, he said that the terrorists first did recon of area, understood the terrain and considered aspects like speed of the vehicle to come down to zero in view of downhill terrains and sharp turn at the place of attack. "They came close and ambushed the vehicle. Then they fired on the vehicle which got damaged. The troops got injured. They planted an IED, set it afire and exploded it," he said. Singh said there is floating population of terrorists coming from Pakistan. "They remain here for several months. They do recon and such acts. We have neutralised the moral of them also in the past. Two to four such terrorists remain active during a period of time," he said. According to Singh there are 10 to 12 such elements operating in the area. On the use of Chinese steel core ammunition, he said that it was used in the Dhangri incident too. "The terrorists come better prepared for such attacks," he said. (Agencies)

In a first, 'Women...

time, women constables have been deployed during night hours and to start with, deployment has been made in the vity areas, a senior police officer said. The officer said that at every check point, two women personnel are deployed from 10 pm to 6 am. "So far 12 prominent check points in the city area are having the deployment not only to keep vigil on any untoward incidents but also to make women more secure during night hours especially the working ladies and assisting those travelling alone in need," he stated. Moreover, he said that as involvement of women drug peddlers have also witnessed a spike in the recent past, the deployment of lady constables will also help in keeping check on suspicious movements and curb the illegal trade. Initially, deployment is made at major entry and exit points of Jammu city, adding the officer said, "in the next phase, women constables will be deployed in the rural belts."

LG addresses National...

ever-changing needs of the industry. The Lt Governor called upon the Universities & educational institutions to focus on 6Cs - Curiosity, Choice, Collaboration, Creativity, Communication and Critical Thinking, to empower youth. One in campuses & classrooms should reflect the change and issues affecting the world, he added. The Lt Governor also highlighted the advantages of multidisciplinary Education. "Education nurtures our soul. NEP emphasises on establishing balance in living & life and to inculcate the desire for lifelong learning process. Real education in the true sense starts from where the syllabus ends and a student begins to discover him or herself," said the Lt Governor. "Our National Education Policy aims to transform higher educational institutions as knowledge hubs that will create vibrant communities; bridge the gap between disciplines; enable artistic, creative development of students; promote research & innovation and make the education more inclusive, he said. As we are moving towards multi-disciplinary education, it is important that we focus on bridging technology gap and make our campuses a nursery of talents, who will make immediate contribution to India's knowledge economy, the Lt Governor added. The Lt Governor also shared the efforts to implement NEP-2020, in letter and spirit, in J&K UT. Prof. Anand Kumar Tyagi, Vice Chancellor, Mahatma Gandhi Kashi Vidyapeeth, Varanasi; HoDs; faculty members, resource persons and students in large number were present on the occasion.

IG addresses National...

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India's first 'cable-stayed...

cable-stayed bridge, located on the axis of a central pylon at 193 metres height from the top of the foundation, standing at a height of 331 metres (nearly 77 storeys) above the river-bed. The project is commissioned by the Northern Railways and is being executed by Konkan Railway Corporation Limited (KRCL) and Hindustan Construction Company. The bridge connects tunnel T2 on Katra side to tunnel T3 on Reasi in Jammu & Kashmir on the Udhampur-Srinagar-Baramulla Railway Line project.

Govt forms panels on...

Director, Health Services, Jammu/ Kashmir and Director, Urban Local Bodies, Jammu/Kashmir. The 12-member committee has been tasked to ensure smooth implementation of Civil Registration System; to

bring interdepartmental co-ordination of departments engaged in civil registration to resolve the operational problems affecting the registration work; to discuss and resolve the issues which requires intervention at the top level; to co-ordinate, unify and supervise the work of registration for securing an efficient system of registration; any other issues for smooth implementation in the UT of Jammu & Kashmir; and to convene meeting(s) at UT Level at least once in a year.

The District level Inter Departmental Coordination Committee(s) comprises Deputy Commissioner (Concerned) as chairman and its members include Additional Deputy Commissioner (Concerned),

Chief Medical Officer (District Registrar, Births & Member, District Statistics & Evaluation Officer District Registrar, Births & Deaths), Block Development Officer Blocks, Chief Executive Officer (Registrar) Cantonment Board Badambagh Srinagar/Satwari Jammu, Executive Officer (Registrar) concerned Council /Municipalities, Health Officer Jammu/Srinagar (Registrar) Municipal Corporation Jammu/Srinagar, as per the order.

The terms of reference include to ensure smooth implementation of Civil Registration System; to bring interdepartmental co-ordination of departments engaged in civil registration to resolve the operational problems affecting the registration work; to discuss and resolve the issues for smooth implementation at the top level; iv, to co-ordinate, unify and supervise the work of registration for securing an efficient system of registration; any other issues for smooth implementation in the districts; and to convene quarterly meeting(s) at District Level.

Five Lakh people...

facilitate the masses to listen to the popular AIR programme of PM, said Ravinder Raina, President, Bharatiya Janata Party, Jammu & Kashmir. J&K BJP President Ravinder Raina accompanied by former Dy. CM Kavinder Gupta, was addressing the media persons at party headquarter, Trikuta Nagar, Jammu. Ravinder Raina while addressing the media persons also appealed to the residents of Jammu & Kashmir to listen to the programmes in groups in various programmes organized by BJP activists.

"PM's Mann Ki Baat" programme will complete 100 episodes on 30 April 2023, in which he will be engaging in a fruitful dialogue with the Nation for a renaissance. The programme was first aired on the 30th October 2014 on the auspicious day of Vijay Dashmi, which is repeatedly aired on the last Sunday of every month. It has given clear indication that he would always be in direct touch with the residents of this great Nation," said Ravinder Raina.

"Through the medium of this programme, the PM discusses very inspirational and motivational issues with the public. PM discusses the extraordinary persons who have changed the discourse of the society through their sheer hard work. Those who have volunteered for the good, those who have served the nation and society selflessly, have been prioritized by Modi ji in this programme, which has provided a new direction and inspiration to the common people to do something special.

Raina said that as the Mann Ki Baat reaches 100, it has generated marked curiosity and enthusiasm in the public. He said that party activists as well as common people are eagerly waiting to listen to the people's PM in the 100th episode of "Mann Ki Baat". Raina said that more than 5 Lakh people would listen to the Prime Minister's Mann Ki Baat in Jammu & Kashmir. He said that BJP activists are working enthusiastically to organize public programmes on about 5000 Booths in Jammu and more than 500 Booths in Kashmir to facilitate the masses to listen to the popular AIR programme of PM on 30th of April.

Raina appreciated the BJP activists for making the dedicated efforts to arrange such public programmes on a massive scale so that common masses could be able to listen to the programme collectively. NGOs, social, religious, students, business organizations have also arranged to listen to the programme.

"It is historic that a head of a nation has maintained continuous touch with the masses through any such media and effort", said Ravinder Raina.

Ravinder Raina added that PM Modi has also highlighted the success stories of the common people of Jammu & Kashmir through 'Mann Ki Baat'. He said that the PM has inspired talented and hardworking residents of J&K to excel in their respective fields. Through this programme, honourable Prime Minister has patred the traditional values and promoted the culture along with the modern technology.

BJP Office Secretary Tilak Raj Gupta, Library Department Incharge Prof. Kulbhushan Mohtra, Training Department Incharge Parnesh Mahajan and other leaders were also present on the occasion.

CBI quizzes Ex-J&K...

This is the second time in seven months that Malik, who served as governor of various states, was quizzed by the CBI. Officials, however, clarified that Malik is not an accused or a suspect in the case so far. His statement was recorded in October last year after he concluded his gubernatorial responsibilities in Bihar, Jammu and Kashmir, Goa, and Meghalaya.

After the latest CBI notice to seek clarifications from him, Malik had tweeted, "I have exposed the sins of some people by speaking the truth. Maybe that's why I have been called. I am the son of a farmer. I will not panic. I stand by the truth." The CBI registered two FIRs in connection with the corruption allegations levelled by Malik in awarding contracts for a group medical insurance scheme for government employees and civil work worth Rs 2,200 crore related to the Kiru hydroelectric power project in Jammu and Kashmir.

Malik had claimed that he was offered a Rs 300 crore bribe for clearing two files during his tenure as the Jammu and Kashmir governor between August 23, 2018, and October 30, 2019. The agency has booked Reliance General Insurance and Trinity Re-Insurance Brokers Limited as accused in its FIR related to the medical insurance scheme for Jammu and Kashmir government employees reportedly cleared by Malik at a state administrative council meeting on August 31, 2018. The scheme was subsequently scrapped. Unknown officials of the finance department of the

government of Jammu and Kashmir, by abusing their official positions in a conspiracy and connivance with Trinity Insurance Brokers Limited, Reliance General Insurance Company Limited and other unknown public servants and private persons, have committed the offences of criminal conspiracy and criminal misconduct," one of the FIRs alleged. They caused "pecuniary advantage to themselves and wrongful loss to the state exchequer during the period 2017 and 2018 and thereby, in this manner, cheated the government of Jammu and Kashmir", it further alleges.

In the second FIR about alleged malpractices in the awarding of contracts for the civil work package of the Kiru hydroelectric power project, the CBI alleged that the guidelines related to e-tendering were not followed. "The case was registered on allegations of malpractices in the award of the contract worth Rs 2,200 crore (approximately) of civil works of the Kiru Hydro Electric Power Project (HEP) to a private company in the year 2019," it has said. The probe agency has booked senior IAS officer Navin Kumar Chaudhary, former chairman of Chenab Valley Power Projects (Private) Limited, M S Babu, former managing director, M K Mittal and Arun Kumar Mishra, former directors, and Patel Engineering Limited.

"Though a decision was taken in the 47th board meeting of Chenab Valley Power Projects Limited to tender through e-tendering with the reverse auction after the cancellation of the ongoing tendering process, the same was not implemented (as per the decision taken in the 48th board meeting) and the tender was finally awarded to Patel Engineering Limited," the FIR alleged. (Agencies)

Widespread rains lash...

Celsius on Friday which was 2.8 degree Celsius below normal for the summer capital of Jammu and Kashmir. The day temperature was also recorded at 5.2 degree Celsius below normal of 22.8 degree Celsius in Srinagar on Friday. Qaziqund on Srinagar-Jammu National highway had a low of 6.8 degree Celsius against 6.6 degree Celsius the previous night and it was 1.0 degree Celsius below normal for the gateway of Kashmir. Pahalgam in south Kashmir recorded a low of 4.2 degree Celsius against 3.5 degree Celsius and it was 0.2 degree Celsius below normal for the tourists hot spot. Tokerang had a low of 5.7 degree Celsius which was 2.4 degree Celsius below normal while Kupwara recorded a low of 5.6 degree Celsius and it was 2.2 degree Celsius below normal for the frontier Kashmir district. Gulmarg in north Kashmir recorded a low of minus 1.0 degree Celsius against 3.2 degree Celsius the previous night and it was 5.2 degree Celsius below normal for the famous ski resort, the MeT office said.

PM Modi inaugurates...

Through this, I remain linked to the strength of the country and the collective power of the duty among the people of the country," he said. Modi said government initiatives such as the Swachh Bharat Abhiyaan, Beti Bachao Beti Padhao, and Har Ghar Tiranga became people's movements through the Mann Ki Baat.

"Therefore, in a way, I am part of your All India Radio Team," the prime minister said after virtually inaugurating 91 FM transmitters covering two crore people across 85 districts.

Modi underlined that the inauguration of 91 FM transmitters was in line with the government policy to give preference to the underprivileged who have been deprived of this facility so far. "Those who were considered to be distant will now get a chance to connect at a greater level," Modi said.

"The prime minister said the government is continuously working for the democratisation of technology. "No Indian should feel scarcity of opportunity if India has to rise up to its full potential."

Making modern technology accessible and affordable is key to this, he added.

The prime minister emphasised the tech revolution the country has witnessed over the past few years has presented radio and especially FM in a new avatar.

Noting the rise of the internet, the prime minister said radio has come to the fore in innovative ways through podcasts and online FM. "Digital India has not only given new listeners to the radio but a new thought process as well," Modi said.

The same revolution can be witnessed in every broadcast medium, he said.

The services of DD free dish, the largest DTH platform in the country, are being provided to 4.30 crore homes and real-time information about the world is reaching the doorsteps of rural households and border areas, the prime minister noted.

He underlined education and entertainment are also reaching those sections of society that have been deprived of these facilities. "This has resulted in removing the disparity between different sections of society and providing quality information to everyone."

"Be it DTH or FM radio, this power gives us a window to peep into future India. We have to prepare ourselves for this future," Modi said.

The prime minister also talked about the dimension of linguistic diversity. "This connectivity does not link just the tools of communications but it connects the people too. This is reflective of the work culture of this government," Modi said.

"Our government is strengthening cultural connectivity and intellectual connectivity also," he added.

Giving the example of Padma Awards, Modi said that now, instead of being based on recommendations, the honours are being conferred for service to the nation and society. The PM noted the presence of numerous Padma Awardees in the programme and welcomed them.

The prime minister said the vision and mission of all communication channels like All India Radio is to connect the country and its 140 crore citizens.

He also expressed confidence that all stakeholders will continue to move forward with this vision resulting in the strengthening of the country through continuous dialogue.

Modi said the move would take FM radio services to more than two crore people, staying in remote regions

SC directs all States, UTs to register cases against those making hate speeches even in absence of complaint

AGENCIES NEW DELHI, APR 28

The Supreme Court on Friday directed all states and union territories (UTs) to register cases against those making hate speeches even without any complaint, terming these speeches as a "serious offence" capable of affecting the secular fabric of the country. Extending the scope of its 2022 order beyond three states-Uttar Pradesh, Delhi and Uttarakhand, a bench of Justices KM Joseph and BV Nagarathna also made it clear to authorities that any hesitation to act will be viewed as contempt of the top court and appropriate action will be taken against the erring officers.

"Respondent Nos... (all states and UTs) shall ensure that immediately as and when any speech or any action takes place which attracts offences such as Sections 153A, 153B and 295A and 505 of the IPC etc., suo motu action will be taken to register cases even if no complaint is forthcoming and proceed against the offenders in accordance with law," it directed.

and give them affordable access to information. "These FM transmitters will play a key role in a range of services be it timely dissemination of information, weather forecast for agriculture or connecting the women self-help groups with new markets," Modi said in his virtuo.

The launch event was attended by chief ministers, public representatives, Padma awardees and officials from across 18 states and two union territories.

Information and Broadcasting Minister Anurag Thakur joined the function from Ladakh.

The expansion takes place two days before the landmark 100th episode of Mann Ki Baat, the prime minister's monthly radio programme.

Modi said the expansion of optical fibre networks into the villages has led to a reduction of costs of mobiles and data which have led to ease of access to information. "Today, digital entertainment is emerging from every nook and corner of the country. Even the street-vendors are using the UPI now, they are availing the banking facilities," he said.

The 91 new 100 W FM transmitters have been installed in 84 districts with a special focus on enhancing coverage in Bihar, Jharkhand, Odisha, West Bengal, Assam, Meghalaya, Nagaland, Haryana, Rajasthan, Uttar Pradesh, Uttarakhand, Andhra Pradesh, Kerala, Telangana, Chhattisgarh, Gujarat, Madhya Pradesh, Maharashtra, Ladakh and Andaman & Nicobar Islands. (Agencies)

Rajnath Singh chairs...

of the SCO". Mr. Singh said in his opening remarks. Chinese Defence Minister Li Shangfu, Russia's Sergei Shoigu, Tajikistan's Colonel General Sherarz Mirzo, Iran's Brigadier General Mohammad Reza Gharai Ashstiyani and Kazakhstan's Colonel General Ruslan Zhaksykyov are among those attending the meeting in Delhi.

Pakistan's Defence Minister Khawaja Asif was scheduled to participate in the meeting through virtual mode.

"This forum provides an opportunity to all of us to exchange our views, share our perspectives and concerns. This is an important platform where we can discuss the challenges before us, find solutions to them," Mr. Singh said.

Officials involved in preparations for the meeting earlier said the main focus of the deliberations would be on regional security situations including the developments in Afghanistan.

They said enhancing coordination among the SCO member countries to effectively combat terrorism and extremism will be another priority.

The SCO is an influential economic and security bloc and has emerged as one of the largest transregional international organisations.

The SCO was founded at a summit in Shanghai in 2001 by the presidents of Russia, China, the Kyrgyz Republic, Kazakhstan, Tajikistan and Uzbekistan. India and Pakistan became its permanent members in 2017.

India was invited to the SCO in 2005 and has generally participated in the ministerial-level meetings of the grouping, which focus mainly on security and economic cooperation in the Eurasian region.

India has shown a keen interest in deepening its security-related cooperation with the SCO and its Regional Anti-Terrorism Structure (RATS), which specifically deals with issues relating to security and defence. (Agencies)

Amit Shah attacks...

Wherever Modi ji goes across the world people there welcome him with 'Modi-Modi' slogans," Shah said.

Addressing a public meeting at Navalgund in Dhawad district, he said, "Congress President Kharge says our leader Modi, whom the whole world respects and welcomes, is like a venomous snake. I want to ask you, can you make the Congress party, which has compared Modi to a venomous snake, victorious in the election?" "The same Congress gives the slogan 'Modi teri khabar khudegi', Sonia Gandhi says 'Maut Ka Saudagar', Priyanka Gandhi says 'neechi jati ke log' (people of low caste), and he (Kharge) says 'Vishela Sand' (venomous snake), Congress people, you have lost your mind. How much ever you abuse Modi, lotus will bloom," Shah said.

By abusing Modi, Congress cannot instigate people of Karnataka, he further said and added that, "if you abuse Modi, support for him will increase." Addressing a campaign rally in poll bound Karnataka, Kharge on Thursday likened Modi to a venomous snake. As a row erupted, he later sought to clarify that his remarks were not aimed at the Prime Minister but at the ruling BJP.

Among the Prime Ministers of India, Modi is the only one, who was born in a poor family as a son of a tea seller, Shah said. Today, after assuming the high office he is working for the betterment of crores of poor people. "Congress always speaks about Garibi Hatao (getting rid of poverty), but did not do anything for the poor," he added. (Agencies)

Koul Chairs meeting to organize public program celebrating 100th episode of PM's Mann Ki Baat

JJ NEWS SERVICE

srinagar, apr 28
Prime Minister Narendra Modi's Mann Ki Baat, a popular radio program that airs across India, is set to mark its 100th episode on April 30, 2023. The show, which began airing in 2014, has become a platform for PM Modi to speak directly to the citizens of India about important issues affecting their daily lives.

To commemorate this milestone, the J&K Bharatiya Janata Party (BJP) General Secretary (Org.) Ashok Koul chaired a meeting in S1 Church lane Srinagar to organize a public program. The meeting was attended by BJP J&K General Secretary Vibodh Gupta incharge and incharge Mann Ki Baat program. Koul emphasized that the Man Ki Baat of PM Modi is not politically motivated but aims to promote the welfare of people, and has covered a wide range of topics from weather, environment, cleanliness, various social issues to even examinations.

He cited the example of the famous vegetable "Nadru," which gained prominence after PM Narendra Modi spoke about it on Mann Ki Baat, leading to increased exports and a boost in the economy for those affilia-



ted with its production. The same goes for saffron or the person who created the solar car, as the PM always talks about the welfare of the people in Mann Ki Baat.

According to a recent survey, the program has been successful in reaching a large audience with nearly 96% of people aware of Mann Ki Baat. Over 100 crore people have listened to the program at least once, with 23 crore people listening regularly and 41 crore people with the potential to convert into regular listeners.

Koul further noted that Mann Ki Baat has been a non-partisan platform and that PM Modi has never discussed political issues in its 99 episodes. He reaffirmed BJP's commitment to working for the welfare of the people and stated that the program has cov-

ered issues that have not been addressed in the past 50-60 years.

In anticipation of the 100th episode, the Incharge for Mann Ki Baat, Mr. ABC, has visited the south and central Kashmir districts to oversee preparations for the upcoming public program. He urged party workers to work with full enthusiasm and ensure that the event is a success.

Mann Ki Baat has been translated into 23 Indian languages and 29 dialects, making it accessible to people across India. The program has become an important tool for the Prime Minister to connect with citizens and promote his vision of a better India.

On the occasion BJP General Secretary Jammu and Kashmir and Mann Ki Baat in charge Vibodh Gupta on the second day of

his three-day visit to Kashmir convened a meeting of party workers at Barammullah 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.

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.

Gear up for upcoming ULB polls: Rattan Lal asks workers

JJ NEWS SERVICE

UDHAMPUR, APR 28: atan Lal Gupta, Provincial President NC Jammu today exhorted upon the party cadre to gear up for the upcoming Urban Local Body (ULB) polls in the state.

He was addressing a meeting of party workers at Udhampur on Friday in connection with upcoming ULB elections in the state. The meeting was organised by Sunil Verma, District President JKNC Udhampur.

At the beginning of the meeting, Sunil Verma apprised the senior functionaries of the Party that the Municipal Council of Udhampur has miserably failed to address civic issues of the district. He alleged that siphoning of funds and unproductive expenditure made the Municipal Council unproductive. He asserted that there has been no development on ground about which the government has been making tall claims. In fact, the people are decrying for basic amenities besides tormented by receiving false and hefty power bills,

no regular water supply and lack of medical facilities, he added.

Rattan Lal Gupta said that the Municipal bodies across the state have become the den of corruption and the people are fed up of the poor performance given by the incumbent helmsmen running the municipalities/ Councils, Corporations.

Criticizing the government at the Centre for betraying the youth, Rattan Lal said that today the youth of Jammu and Kashmir feeling isolated, discriminated and in utter frustration due to hollow policies of the centre and youth are indulging in drug related activities. He said unemployment is at peak in J&K and the youth can clearly see how they have been plunged into darkness with a bleak future ahead under the BJP regime at the Centre running a proxy Govt in J&K.

The senior NC leader asserted that BJP as well as its Government has a track record of making hollow promises and raising false slogans never to be fulfilled. Even the commitment made by LG

Administration with unemployed youth of J&K for creating adequate facilities for their future has miserably failed, he added.

"Today, hospitals are facing dearth of doctors and para medical staff and health centres running without doctors and specialists, schools facing shortage of teachers and infrastructure, highly educated youth of J&K have become a victim of adhocism, contractual system and academic arrangements in the Govt colleges," he said, adding that promise of government for raising Border Battalion has also become a hoax.

Rattan Lal Gupta questioned that what is the purpose of holding international conferences like Y20 when the Government has miserably failed to fulfil the aspirations of youth? It's unfortunate that today youth are going over-aged due to rampant corruption in Jammu and Kashmir as present every recruitment are witnessing scam after scam. Therefore it is the time for the National Conference activists to expose all these facts before the people to gather their

support and win the aforesaid polls.

The Provincial President asked the party cadre to gear up lions to make a mark in the forthcoming ULB polls as the chances of the party are bright this time because people have been disappointed by the poor performance of incumbent government.

Pradeep Bali, Provincial Secretary JKNC said that ground level workers can play the active role in changing the course of ULB polls therefore it is significant that NC cadre should mobilize the grass-root level workers to ensure resounding victory in the upcoming polls.

Akash Verma, Youth leader said that only National Conference can address people's problems for which the party cadre will have to further strengthen the base of party at grass roots level.

Among others who were present in the meeting include Pavitar Singh, K.D Sharma, Raju Pandit, Adil Shah, Ram Krishan, Radha Devi, Parveen Akther, Sujjal Ahmed, Anyatullah, Satpal, Kishore Sadhotra and others.

Team Bani provides free tea, snacks among differently-abled patients at SDH

JJ NEWS SERVICE

BANI, APR 28: Team Bani Cooperative Society Ltd today provided free food, tea and snacks among the differently-abled patients during the camp held at Sub District Hospital Bani.

During the camp, Sudham Malik, President of the Society along with Secretary Ashwani Kumar, members Suresh Kumar, Manoj Kumar and Mohammad Ashram served tea and snacks among the patients.

Pertinent to mention here that a special camp was organised for differently-abled patients at Sub District Hospital Bani in which Team Bani provided free food, tea and snacks nearly among 200 patients.

Sudham Malik, in his address, said that the volunteers of Team Bani have decided to provide a free



tea and snacks to the patients during the camp at SDH Bani. He asserted that with more support of public in this noble work, his team would sooner than later will expand the facility to cover lunch and dinner too.

He said that such endeavours are not possible without public support. He thanked the people

across all sections for their unflinching support to the team for its endeavours. Dr. Dev Raj, BMO Bani along with medical staff of SDH Bani appreciated the efforts of Team Bani. Dr. Dev Raj also complemented Team Bani for initiating free breakfast service for the patients and attendants of Sub District Hospital Bani.

Notably, the noble initiative of providing free food service everyday to the patients and their attendants at Sub District Hospital Bani was started by Dr. Rameshwar Singh, Talib Hussain (Tony), C.M Spolia and Er Muzaffar Sheikh who are well known in the region for their relentless philanthropic endeavours.

DD & OE JU organises a Guest Lecture on the Role of Youth in Nation Building



JJ NEWS SERVICE

JAMMU, APR 28: The Directorate of Distance & Online Education today organized a Guest Lecture on the theme "Role of Youth in Nation Building" for the students of DD&OE and the Directorate of Sports and Physical Education, University of Jammu.

The guest speaker was

Prof. Sudarshan Iyengar, former, Vice-Chancellor, Gujarat Vidyalaya, Ahmedabad. In an interactive session, Prof. Sudarshan Iyengar threw light on the challenges faced by the youth of today and suggested ways to handle them. Presenting his views from a 'Gandhian' perspective, he motivated the youth to stay committed towards the

achievement of goals by pursuing values like truthfulness, non-violence, simplicity, fearlessness and tolerance. Prof. Iyengar spoke at length about harmony at self/individual and social levels, citing examples and narrating cases.

He motivated the participants to identify local problems and work on their solutions with a 'bottom-up' approach. "Sustainable

lifestyles lead to joy, happiness and well-being", he added. In his presiding remarks, Director, Directorate of Distance & Online Education, Prof. Neelu Rohmetra talked about balancing the act of life and behaviour to combine pragmatism, and modernisation with the indigenous and cultural roots of our country.

She encouraged to invoke this balance for a fruitful outcome in all walks of personal & professional life.

Prof. Rohmetra in her remarks placed emphasis on the value of co-existence in a competitive perspective for the larger good.

The session was coordinated by Dr. Neelam Choudhary and Prof. Anju Thappa presented a vote of thanks.

The event was attended enthusiastically by a large number of students, faculty and staff.

GDC Billawar, Electoral Registration Office, Billawar organises a Special Enrolment Camp



JJ NEWS SERVICE

JAMMU, APR 28: GDC Billawar in collaboration with Electoral Registration Office, Billawar organized a Special Enrolment Camp under the banner of Systematic Voter's Education and Electoral Participation (SVEEP) on 28th April, 2023 under the mentorship and guidance of Dr. Alka Sharma, Principal GDC Billawar. As we all know that Govt. of India has initiated various activities at Tehsil, Block and

Village level to create the awareness about the maximum participation of voters in the elections and this Special Camp was one such step in this regard.

The proceedings of the program were conducted by Dr. Manu Sharma, Head, Deptt. Of English, GDC Billawar. The event began with the formal welcome address. The Chief Guest of the event was Dr. Alka Sharma, Principal, GDC Billawar. Ms. Shefali Bagat, JKAS and CDPO, Billawar was the Guest of Honour of

the event. The program was attended by BLOs, BLO Supervisors and the students. Guest of Honour, Ms. Shefali Bagat highlighted the significance of electoral participation and electoral roll registration in the ongoing electoral roll revision and stressed upon participants for maximum voters' registration. She also shared his experience among participants to register themselves through their concerned BLOs. Further, she informed the students how to register themselves

through various modes like online mode and offline mode. She stressed upon the students to get themselves registered on 30th April in Special Camp at their nearby Polling stations. The program was attended by more than 50 participants. The members of SVEEP committee who attended the program, were Dr. Shiv K. Khajuria (Convener), Dr. Sunil Dutt, Prof. Sunita Devi, Physical Director Mr. Ravi Kumar made the necessary arrangements of the event.

Modi Govt reversing all wrongs committed by successive regimes in J&K: Raj Rattan Raina

JJ NEWS SERVICE

JAMMU, APR 28: BJP leader Raj Rattan Raina on Thursday asserted that the BJP Government led by PM Narendra Modi is working to reverse all wrongs committed by the successive regimes in J&K.

In a statement issued to media fraternity, the BJP leader said that every wrong committed by the previous dispensations in J&K shall be rectified and



the accountability will be set to teach the much

deserving lesson to the wrongdoers. He said that in the same context, an SIT has been formed to probe into illegal lease of temple properties across the Valley. He said that DCs of all the ten districts have been working to find if any of the aforesaid properties are being misused through such illegal lease deeds.

Raina said that the Modi Government is very particular about such illegal deals carried out by force in

the Valley and has given out-standing instructions to reverse all the bungling and fix accountability as well.

He categorically said that days of delinquency have gone and now there is rule of law in J&K and those who have committed wrongs in the past will all have remorse as the government is all set to tighten noose around all the wrongdoers of the past and the present as well.

ADDCC reviews Jal Shakti Abhiyan, Catch the rain 2023 at Udhampur

JJ NEWS SERVICE

UDHAMPUR, APRIL-28: Additional District Development Commissioner, Udhampur Ghan Sham Singh today convened a meeting of officers of line departments to review the status of Jal Shakti Abhiyan, Catch the rain 2023 campaign in the district.

At the onset, SE Jal Shakti R K Mahajan spoke about the parameters of CIR, the latest progress and role of different departments for effective implementation of Jal Shakti Abhiyan, Catch the rain initiative in the district. The Concerned officers were direct-

ed to generate awareness among the common masses to conserve /save water, with a focus on rain water harvesting techniques to utilize rainwater in the District. The ADDC asked all the officers present in the meeting, to ensure the rain water harvesting initiative is implemented in letter and spirit in the district. He stressed on organizing IEC activity for involvement of the general public in water conservation. Emphasis was laid on motivation of the general public to adopt roof water harvesting and replicate the same for water conservation in their respective areas.

Jal Shakti Abhiyan, Catch the rain 2023 was launched by the Government of India on 4th March, 2023 in all the districts of the country, covering both rural and urban area with the central theme "source sustainability for drinking water" to bring the necessary focus on sustainability of drinking water supply, specially ground water sources and springs.

Among others, Chief Planning Officer, Mudassar Yaqoob Zargar, Assistant Commissioner Development, Dr. Ranjeet Kotwal and other district officers attended the meeting.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Hassle-free journey to Amarnath cave shrine

It is welcoming to hear that National Highway Infrastructure Development Corporation Limited has prepared a preliminary report on construction of Pahalgam road to Panjtarni, Sangam Top and Baltal connecting holy Amarnath cave shrine, (located at the height of 13,000 feet from sea level). The road project is much-needed and much-awaited in the wake of growing rush of pilgrims at the shrine during the pilgrimage. It is expected that the project could be approved this year itself and completed in the next five years. Once the road is built, pilgrims from across the country and Jammu and Kashmir will be able to visit and pay obeisance at the cave shrine in the south Kashmir Himalayas without any trouble. The government has expedited the road project to Amarnath cave shrine against the backdrop of last year's unfortunate incident of flash-flood triggered by a cloudburst. The Government of India had made it clear that the tragedy near holy Amarnath cave shrine in South Kashmir Himalayas was not a cloudburst as the incident did not satisfy the criteria for the same. There was a possibility that highly localized heavy rainfall could trigger flash floods near the holy cave shrine. It had also given a clean chit to the Indian Meteorological Department in the Amarnath yatra tragedy that left 15 pilgrims dead, on July 8 last year. It said there was "no failure" of IMD to forecast the precise weather conditions near the holy cave shrine nestled in South Kashmir Himalayas. On July 8 last year, there had been an intense spell of rain or shower near the holy cave which was highly localized. It was a short, intense and sudden shower over the area. However, it does not satisfy the criteria for cloudburst. Cloudburst events are considered when rainfall occurs at the rate of 10 cm/ hour or more over a geographical area of approximately 20-30 square km. The Centre claims that the rainfall recorded by IMD's Automatic Weather Station (AWS) located 50 meter below the holy cave had been 25 mm within one hour. But there could have been higher rainfall satisfying this criteria of cloud burst in the upper reaches for which data are not available. The combination of both the in-situ weather and flow from the upper reaches could have resulted in the flash flood near Holy Cave. Centralized data on the loss of lives and missing people are not available with this ministry. The occurrence of the cloud burst is not predictable worldwide. Furthermore, the IMD has Doppler Weather Radars (DWR) installed in high altitudes like that in Srinagar and Jammu in J&K and Leh in Ladakh, Kufri in Himachal Pradesh, Mukteshwar in Uttarakhand and Surkhanda Devi in Uttarakhand. The completion of the upcoming road project will enable administration to deal with any eventuality effectively by ensuring timely response to emergent situations.

HIS CONTRIBUTION TO THE NATION IS INDELIBLE

During the turbulent 1970s and 1980s in Punjab, Badal Sahab put 'Punjab First' and 'India First'. He opposed any plan that would weaken India or compromise the interests of the people of Punjab, even if it meant loss of power. He was a man deeply committed to fulfilling the ideals of the great Gurus. He also made noteworthy efforts to preserve and celebrate Sikh heritage. Who can forget his role in ensuring justice for the riot victims of 1984?

NARENDRA MODI

ON the evening of April 25, when I received the news of Sardar Parkash Singh Badal ji's demise, I was filled with immense sadness. In his passing away, I have lost a father figure, someone who guided me for decades. In more ways than one, he shaped India's and Punjab's politics, and that can be described as unparalleled.

That Badal Sahab was a big leader is widely accepted. But, more importantly, he was a big-hearted human being. Being a big leader is easier but being a big-hearted person requires a lot more. People across Punjab say — there was something very different about Badal Sahab! ('Badal Sahab ki baat alag thi').

It can be confidently said that Sardar Parkash Singh Badal was among the tallest kisan netas of our times. Agriculture was his real passion. Whenever he spoke on any occasion, his speeches were filled with facts, latest information and a lot of insight.

I got to closely interact with Badal Sahab in the 1990s when I was involved in party work in North India. Badal Sahab's reputation preceded him — he was a political stalwart who had been Punjab's youngest Chief Minister, a Union Cabinet Minister and someone who held sway over the hearts of crores of Punjabis across the world. I, on the other hand, was an ordinary karyakarta. Yet, true to his nature, he never let this create a gap between us. He was filled with warmth and kindness. These were traits that remained with him till his last breath. Everyone who interacted closely with Badal Sahab would recall his wit and sense of humour.

In the mid and late 1990s, the political climate in Punjab was very different. The state had seen much turmoil and elections were due in 1997. Our parties (SAD and BJP) went to the people together and Badal Sahab was our leader. His credibility was a key reason that the people blessed us with a resounding win. Not only that, our alliance successfully won the municipal elections in Chandigarh and also the Lok Sabha seat in the city. His persona was such that our alliance went on to serve the state for 15 years between 1997 and 2017!

There is an anecdote I can never forget. After taking oath as CM, Badal Sahab told me that we would go to Amritsar together, where we would halt at night and the next day we would pray and have langar. I was in my room at a guest house but, when he got to know of this, he came there and began to pick up my luggage. I asked him why he was doing this, to which he told me that I would have to come with him to the room meant for the CM and stay there only. I kept telling him that there was no need to do this, but he insisted. Eventually, this is exactly what happened and Badal Sahab stayed in another room. I will always cherish this gesture of his towards a very ordinary karyakarta like



After the NDA government came to power at the Centre in 2014, he once again provided valuable insights based on his rich governmental experience. He strongly supported several reforms, including the historic GST.

Badal Sahab had a very special interest in gushalals and kept cows of various breeds. During one of our meetings, he told me that he had a desire to breed cows from Gir. I arranged five cows for him and after that, when we would meet, he would talk to me about the cows and also joke that those cows are Gujaratis in every way — they never get angry, agitated or attack anyone, not even when children are playing around. He would also remark that no wonder the Gujaratis are so gentle... after all they drink the milk of the cows of Gir.

After 2001, I got to interact with Badal Sahab in a different capacity — we were now Chief Ministers of our respective states. I was blessed to receive Badal Sahab's guidance on numerous issues, especially those related to agriculture, including water conservation, animal husbandry and dairy farming. He was also someone who believed in tapping the potential of the diaspora, considering that there are so many hardworking Punjabis settled overseas.

Once he told me that he wanted to understand what Alang Shipyard was about. Then he came there and spent the entire day at Alang Shipyard and understood how recycling took place. Punjab is not a coastal state; so, in a way, there was no direct relevance of a shipyard for him but such was his desire to learn new things that he spent the day there and understood different aspects of the sector.

I will always cherish his words of appreciation for the Gujarat Government's repair and restoration efforts of the holy Lakhpat Gardwara in Kutch, which was damaged during the 2001 earthquake.

After the NDA government came to power at the Centre in 2014, he once again provided valuable insights based on his rich governmental experience. He strongly supported several reforms, including the historic GST.

I have highlighted just a few aspects of our interaction. At a larger level, his contribution to our nation is indelible. He was among the bravest soldiers for the restoration of democracy during the dark days of the Emergency. He himself suffered the highhandedness of the imperious Congress culture when his experiments were dismissed. And, these experiences only made his belief in democracy stronger.

During the turbulent period of the 1970s and 1980s in Punjab, Badal Sahab put 'Punjab First' and 'India First'. He steadfastly opposed any plan that would weaken India or compromise the interests of the people of Punjab, even if it meant loss of power.

He was a man deeply committed to fulfilling the ideals of the great Gurus. He also made noteworthy efforts to preserve and celebrate Sikh heritage. Who can forget his role in ensuring justice for the riot victims of 1984?

Badal Sahab was a person who brought people together. He could work with leaders of all ideologies. He never associated any relationship with political gains or losses. This was particularly useful in furthering a spirit of national unity.

The void left by Badal Sahab's demise will be tough to fill. Here was a statesman whose life witnessed many challenges but he overcame them and rose like a phoenix. He will be missed but he will live on in our hearts and he will also live on through the outstanding work he has done over the decades.

Nuanced strategy can address J&K challenges

LUV PURI

IN December 2001, District and Sessions Judge Vijay Kumar Phool and three others were killed when militants ambushed their vehicle and fired at them in Poonch district. The four were attacked when they were on the way to Poonch from Rajouri.

Early that year, a police vehicle was ambushed in Gambhir Mughlan village of Rajouri on January 1, 2001, in which 14 personnel of the Special Operations Group (SOG) and two health workers were killed. On July 22, 2003, Deputy Superintendent of Police (DSP) Viresh Singh was killed in an ambush at Pagai in Rajouri district. The vehicle of the DSP, who was on his way to Shahdara Sharief from Rajouri, was also ambushed in the evening. In the same vein, the recent attack on an Army vehicle in Bhimber Gali area of Poonch resulted in the death of five soldiers. The solitary truck was reportedly taking fruits and other items to Sangote village in Jammu and Kashmir for iftar that was being organised by the Army.

In the last quarter of 2021, not far from the site of the recent attack, an unsuccessful hunt for

militants in Mendhar area of Poonch led to the killing of nine soldiers. The Kashmir valley has witnessed targeted killings of members of the minority community in the past three years, whereas in Rajouri and Poonch districts, most of the attacks have been carried out by trained militants armed with sophisticated weaponry.

This is not the first time that Rajouri and Poonch have presented a challenge. The developments in the area have to be understood through a complex interplay of factors such as geography, ethnicity and history. While researching for my books — Militancy in Jammu & Kashmir: The Uncovered Face and Across the Line of Control — which cover these areas as well as the region across the Line of Control (LoC), I found that binary assumptions must be shunned. In 1947, India's political case over Muslim-majority J&K rested on the support of Sheikh Abdullah in the Kashmir valley. Abdullah's influence among the non-Kashmiri-speaking Muslims to the south of Pir Panjal, an area more populous than the Valley, was minimal. Unlike the Valley, which never had the tradition of its residents joining the military, many non-Kashmiri-



speaking Muslims, particularly from undivided Poonch, had fought in World War II. As they were influenced by communal conflagration from neighbouring Punjab province in 1947 and trained in military warfare, the result was predictable. Many areas in undivided Poonch became the sites of a rebellion by some locals, including ex-servicemen, against the princely ruler with the support of important sections in newly created Pakistan.

After accession, Indian Army's quick success in the Valley against the invaders, mostly of Pashtun ethnicity, was enabled by the ground

assistance of Sheikh Abdullah and his National Conference cadre, who had unquestioned support in the Valley, going by independent accounts. In contrast to the Valley, in the areas across the LoC, the Indian Army was outnumbered by the Pakistani army and its supporters. This is evidenced in the official document, History of Operations in Jammu & Kashmir (1947-48), by military historian SN Prasad and cited by AG Noorani in a journal in 2019. Rajouri and Poonch share geographical, ethnic, linguistic and family ties with the areas across the LoC. In 1965, during Operation Gibraltar, infiltrators

pushed by the Pakistani army established control in several pockets of the hinterland, going as deep as Darhal area in Rajouri district. In sharp contrast, in the Kashmir valley, infiltrators were easily caught and they failed to receive support from Kashmiri-speaking Muslims.

In Rajouri and Poonch, infiltrators were finally pushed back after several days of the Army's operation. Some locals, who had helped the infiltrators, went across the LoC and spent the rest of their lives there. In the early 1990s, Rajouri and Poonch were initially used by Kashmiri-speaking militants to

enter this side of the LoC and later militancy engulfed the area. After years of bloodletting in the region that continued till 2005, it had more or less attained peace till 2019.

So, what explains the resurgence of violence in the past three years? It is hard to attribute the developments solely to the 2019 abrogation of Article 370 and the bifurcation of the state. However, such attacks cannot take place without local support. The political vacuum, which prevails in J&K since 2019, is causing an information glut from far-flung areas. In the past three years, the only visible political mobilisation that the region witnessed is courtesy bitter ethnic polarisation between Paharis and Gujjars. The former demanded Scheduled Tribe status, as is enjoyed by Gujjars; the latter opposed the demand.

The recent developments may necessitate bringing back the protocols of the late 1990s and this will require additional troops to fill the gaps. Post 1995, after the militants became active in Rajouri-Poonch, the area domination and road-opening patrols became part of the protocol. Unlike the Valley, where troops can move from one end to another within two

to three hours, it takes eight to nine hours to reach far-flung posts along the LoC and the hinterland. The areas close to the LoC are historically infamous for guides and informers who work for the best bidder.

Going forward, militants will aim to attract global attention with these attacks. The G20 tourism working group meeting in Srinagar next month and, more importantly, the G20 Heads of State and Government Summit in New Delhi, expected to be attended by US President Joe Biden, are events for which it is critical to maintain vigil. There is no one-size-fits-all solution to the multi-layered challenges that are emanating from various parts of J&K. India's political leadership needs to connect the dots of J&K between its diverse components, grounded in history, demography and geography, with broader geopolitical trends, including from across the border, and take corrective measures. The past has shown that employing a unidimensional approach to sanitise the region, without a nuanced strategic as well as political approach for which collation of inputs, analysis and execution require distinct competencies, doesn't work.

BAD BOY'S AMRIN QURESHI: 'I get angry when people compare me with Kiara Advani'

Actor Amrin Qureshi is often compared with Kiara Advani for their similar features, and she has now said that the comparison makes her angry as she feels they are unfair. She wants to establish her own identity as an actor. Amrin makes her Bollywood debut with Rajkumar Santosh's *Bad Boy* on Friday.

Bad Boy also stars Mithun Chakrabarty's son Namashi Chakrabarty in the lead role. The film marks the Bollywood debut of both Amrin and Namashi. Himesh Reshammiya has composed the music for the film which also stars Rajpal Yadav and Johnny Lever. The film released in theatres on April 28, alongside Mani Ratnam's *PS-2*.

Amrin told Aaj Tak, "I used to share my pictures on social media and someone called me Kiara Advani. It started

and then everyone started commenting in a similar manner. People say I copy her. It did not stop there, even a few news websites addressed me like that. I would like to appeal to everyone, please stop giving me this tag (of Kiara Advani copy). I am still in the growing phase of my features and haven't got any surgery done."

She added, "Kiara is very beautiful, and I like her. But I get angry when people constantly compare me with her. There's a limit to everything. My target is to establish an identity of my own. I work towards it daily."

Ahead of the film's release, Amrin talked about her debut at the film's trailer launch and said, "As a newcomer, it's my privilege to debut with *Bad Boy* and get directed by one of the greatest directors of the industry, Rajkumar Santoshi.



Vipul Amrutlal Shah: 'The Kerala Story' Aims To Become Voice Of Thousands Of Women



Vipul Amrutlal Shah talked about his film 'The Kerala Story', in which actress Adah Sharma is playing the role of Fathima Ba, a Hindu Malayali nurse, who is among the 32,000 women who went missing from Kerala and were then recruited to the ISIS (Islamic State of Iraq and Syria) after being forced to convert to Islam.

As the story is based on true events, Vipul said that it involved a lot of research and it is an attempt to bring out the truth in front of everyone.

He said: "The film is an amalgamation of years of research and true stories which have never been dared to be told before, it will uncover many hidden truths that have been hidden for long. It will uncover the dangerous threat radicalisation poses to the women of our nation and will create awareness about this conspiracy being hatched against India."

Directed by Sudipto Sen, it is a story of four women and how from being regular college students in Kerala, they became part of terror organisations.

"The film aims to become the voice of tens of thousands of women across the globe who have been indoctrinated and exploited for terrorism and other crimes," added Vipul.

Apart from Adah, the film also features Yogita Bihani, Sonia Balani and Siddhi Idnani. It is slated to hit theatres on May 5.

VIKRAM: WE FORGOT ABOUT OUR IMAGE WHILE WORKING ON 'PONNIYIN SELVAN'

Each character in 'Ponniyin Selvan' is a hero and the actors playing these roles are huge stars but they made a decision to put craft above their on-screen personas, says superstar Vikram.

The Mani Ratnam-directed two-part magnum opus, boasts of some of the biggest names from the Indian entertainment industry, including Aishwarya Rai Bachchan, Jayam Ravi, Karthi and Trisha.

"When you go to a set, you have your aura, big or small, hero, and everybody responds to you that way, unless you are a new face. So, the way you are treated you take that for granted."

"But when you have a film like this, everybody here is a hero or heroine. Then there is Mani sir, who is the master craftsman, (so) when we went there, it was all for-



got that image," the actor told agencies in an interview here. The film is a cinematic retelling of Kalki Krishnamurthy's 1955

novels and chronicles the early days of Chola empire. For his role as crown prince Aditha

Karikalan in the movie, Vikram said he "read and read" the script and "imbibed a lot from it".

"But when I went there, he (Ratnam) said, 'I want you to feel like this person, like you are angry, unpredictable, try doing that but let's not get into drama zone, keep it down, try to be real'. So, after a point, I became the character," the actor said. The two-part "Ponniyin Selvan" gave Vikram an opportunity to closely observe all his co-stars. He was particularly impressed by Ravi and Karthi's acting styles.

"He (Ravi) is the most mischievous guy and has done feisty roles. He is a mass hero. I was like, 'how is he going to be (Rajaraja Chola) because that guy is very different'.

Eva Green wins \$1 million in court case over fee for failed film



Hollywood actor Eva Green on Friday won a legal fight with financiers whom she had sued in London's High Court for her fee for a failed film in which she was to star. The French actor, whose film credits include the James Bond movie *Casino Royale*, had sued White Lantern Films and SMC Specialty Finance for the \$1 million fee she said she was owed for the planned independent movie *A Patriot*, in which she was to play the lead role as a soldier.

Judge Michael Green said in a written ruling that Eva Green was entitled to payment of the \$1 million fee. The production company had launched a counter claim against Green for breach of contract, blaming her for the science fiction film's failure before it went into production in late 2019, saying she had never intended it to go ahead.

Green, 42, appeared in court in January to say she had become concerned the film's production team had been cutting corners, citing how her stunt training had been reduced from four weeks to five days. White Lantern's lawyers said Green, also an executive producer on the project, had made unreasonable demands about crew, locations and equipment.

They cited WhatsApp messages from Green in which she described one producer as a "f***** moron" who should be fired and another as "evil". She also described funders of the movie as "a*****es" and some proposed crew members as "s***** peasants".

But the judge said that, while Green "may have said some extremely unpleasant things" about the film's producer and crew, "this was born from a genuine feeling of concern that any film ... would be of very low quality".

ED SHEERAN performs Thinking Out Loud live in court during Copyright trial

Grammy-winning musician Ed Sheeran is in court to deny claims that his 2014 song *Thinking Out Loud* is a copy of Marvin Gaye's 1973 classic *Let's Get It On*. Ed even played guitar and sang on the stand on Thursday during the testimony for the \$100 million copyright infringement trial against him, to prove whether his single copied the Marvin Gaye song *Let's Get It On*.

The ongoing trial suit alleges that Ed Sheeran's song planted elements directly from Marvin Gaye's *Let's Get It On*. This issue between Ed Sheeran and the estate of the *Let's Get It On*'s late co-writer, Ed Townsend, first originated in 2016.

Now as per a report by People, Ed talked about his process of writing a song and said how he can write almost eight to ten songs a day now, which was previously one or two songs a day as a teenager. "If a song takes longer than a day, it's not worth pursuing," he said.

On Thursday, Ed Sheeran played the opening line of *Thinking Out Loud* in an attempt to rebut the testimony of the plaintiff's expert witness, Alexander Stewart.

The singer also claimed that this week alone, he has written 10 songs. The singer then went on to detail how he created *Thinking Out Loud*, and said that it was a "very collaborative" process between him and the co-writer Amy Wedge. He said that he was inspired to make the song after listening to Amy Wedge go through the chords ahead of dinner and it struck him instantly.

Sonam Bajwa on competition with Shehnaaz Gill in Honsla Rakh: 'I'll be very honest when I was doing a song with her...'

Actor Sonam Bajwa recently opened up about working with Shehnaaz Gill in their film *Honsla Rakh*. Directed by Amarjit Singh Saron, the 2021 film starred Sonam Bajwa and Shehnaaz with Diljit Dosanjh who was also the producer of the movie. Talking about the film, Sonam also clarified that there was no competition between her and Shehnaaz as she felt secured about her part in the film. *Honsla Rakh* is set in Canada and revolves around the story of a divorced father (Diljit Dosanjh), who raised his son on his own. In the film, Shehnaaz Gill plays Diljit's ex-wife while Sonam appears as his new love whom he wants to marry.

During a conversation with RJ Siddharth Kanan, Sonam was asked if she faced any competition, while working with Shehnaaz. The actor shared, "I don't think so. I got the narration for the entire script. I read it and unfortunately, we didn't have scenes together. We were together in a song and we had a lot of fun. There was no competition... honestly, because I was just so secure by what I was going to do on screen. I already knew my part. So there was no competition like that." She added, "But, I will be very



honest when I was doing a song with her, she is so good as a dancer, I was like 'Wow'.

We were teaching each other steps. It made me feel like Oh my God. Abhi mujhe nahi bhulna hai. Mujhe bhi karna hai ache se (I have to perform well). Shehnaaz was like 'Are main toh abhi ayi hu. Mujhe

kuch aa nahi raha hai, mujhe bhi sikhana hai (Even I have to learn)," she added. Sonam further said in Hindi, "When someone, even your co-star, started performing well, you also feel like doing the same. So, it made me feel more responsible. She is so good at what she is doing."



Step i- side Ala- - a Da- day's cool a- d moder- family home i- Mumbai with the prettiest i- teriors

Actor Ananya Panday's cousin Alanna Panday, who married longtime boyfriend Ivor McCray on March 16 this year, has posted a house tour video. She took to her YouTube channel on Friday to share a glimpse of her family home in Mumbai, where she also had some of her pre-wedding functions last month. Alanna, who is a social media personality and model, took fans into her perfectly-designed family home with a cool vibe in every room. Opening the door of her

Mumbai home, Alanna said, "This is where we have stayed for the past maybe 17 or 20 years. Before this we used to stay in a joint family with Ananya and Rysa (Chuncky Panday and Bhavana Pandey's daughters). The kids grew up, then I think it was time for everyone to get their own space. So we live here now. It's just my mom, me, Ahaan (her brother) and my dad." Alanna is the daughter of actor Chuncky Panday's brother Chikki Panday and his wife, fitness expert Deanne Panday.

The home opens to a spacious front yard with a huge dining table and more than a dozen chairs. For a relaxing, cafe vibe, there are lots of potted plants placed around the space. Like the rest of the house, the front yard also has a grey and wheat-toned furniture and walls. There's also a stout area with extra large, comfortable sofas and lots of trees and plants of different sizes as well as Buddha statues in different textures and colours, giving the whole place a Zen, vacation home vibe.

Inside the house - from the staircase and common areas to the living room - the modern decor - think minimal cream walls and white sofas with huge cushions - gives a calm, cool vibe. From a private terrace with black-and-white tiles to a quaint wooden staircase and a cream and beige living room with everything in neutral tones, the entire house is not one bit over-the-top. There's little bit of colour by way of huge paintings, and lots of artifacts and textured cushions thrown in here and there to add interest to the

spacious living spaces. In her home tour video, Alanna also spoke about her family dogs, who use a waterbody near the entrance as their swimming room. Alanna, who lives in Los Angeles, often visits her family home in Mumbai. Last month, Shah Rukh Khan, Gauri Khan, Sonakshi Sinha, Shanaya Kapoor, Neelam Kothari, Maheep Kapoor and many other celebs were spotted in Alanna's wedding videos and photos that were widely shared on social media.

15 Best Foods For Glowing Skin You Must Know



Glowing, radiant skin is not only a confidence booster, but it is also a telltale sign regarding robust health. You may have wondered how to achieve flawless skin despite living in a polluted environment and amidst harsh climatic conditions. It starts with your body's internal health. Pay attention to what food you are consuming; ensure you take the best foods for glowing skin.

Taking the foods isn't enough though; make sure you are consuming them at the proper time and in the right way. For instance, fruits are great for the skin but if you are eating fruits after 4:00 PM then the results might not show up as they should. "Any time of the day is good to have fruits. But due to the nature of the lifestyle we are leading these days, there are many cases where people face bloating, gas and whatnot,

should they have fruits after 4:00 PM. These are also reasons citing that according to our slowing metabolism, our bodies are no longer able to metabolize these fruits," explained Gayatri Dutta, Consultant Nutritionist.

She further elaborated, "It is important to consider that fruits are best to be consumed in the morning or early afternoon. I personally prefer to consume it as a mid-morning snack or as an independent meal."

15 Superfoods for Flawless and Radiant Skin

The secret to good health and great skin lies in what you feed your body and on your lifestyle (1). As you eat different kinds of food, it synthesizes the food to obtain the nutrient molecules that it needs (2). It absorbs proteins, carbohydrates, vitamins, minerals, and fats from the food which is transmitted to your organs through the blood. If you

are having dull skin then you must check your diet and lifestyle. Are you having a balanced diet or taking food containing an excess of sugar, fat or oil content? These don't supply the required nutrients to your body leading to a lack of essential nutrients and thus developing issues. So, ensure you are taking the right foods for good skin.

Before we dive into the foods that are good for your skin, let's clarify how food helps in getting flawless skin. The food that you eat must supply essential nutrients to your skin, repair the damaged cells, and treat the allergens that might irritate your skin. The essential nutrients for good skin health are vitamins C, A, D, and E, collagen, and omega-3 fatty acids (3). The right nutrition is the key to spotless skin. So make it a point to fix your diet for skin health; con-

sume foods that have rich content of these nutrients. Let's learn about the 15 superfoods which may help you achieve the glowing skin of your dreams.

- 1. Wonderful Tomatoes!**
Collagen is responsible for the firmness of the skin. It helps in the formation of fibroblasts in your skin which further helps

- 2. Caring Carrots**
Aging may directly affect the skin (2) and its glow. When you are turning to food to prevent such adverse effects on your skin then having carrots is a good option. It is a rich source of antioxidants and beta-carotene that protects the skin from sun damage and boosts tissue regen-

TURN TO FOOD FOR FLAWLESS SKIN. MAKE SURE YOU ARE HAVING THE BEST FOODS FOR GLOWING SKIN. YOU MAY HAVE A BAD HAIR DAY BUT NEVER A BAD SKIN DAY!

new cells to germinate (4) and replace dead cells. You know how important collagen is for improving skin health! You can increase its production in your body by eating tomatoes. This humble "vegetable" contains lycopene (3) that multiplies collagen in your body and also resists free radicals. Tomatoes are also a great source of antioxidants; it protects you from the damage caused by the Sun's UV rays, saves your skin from wrinkles, reduces pigmentation and keeps it flawless. Gayatri Dutta suggests, "Dark, leafy greens [not cooked to death; preferably medium crunch], tomatoes, berries, and all kinds of citrus fruits are a treasure trove of vitamin C and antioxidants. You need this more if you are exposed to the sun, to counter the effects of sun damage. These also optimize collagen production for that tight supple youthful skin." So, tomatoes definitely belong to some of the best foods for glowing skin!

eration (5). Carrots are also a very potent source for boosting cell collagen that helps to prevent skin aging.

As you take care of skin aging, you solve a major issue that affects skin health and affects its glow. After you include carrots in your diet, you may notice the change subsequently.

- 3. Fish and More Fishes**
Omega-3 fatty acid is a crucial nutrient for better physical as well as skin health. You may take its supplements and other vegan sources but if you are a non-vegetarian, then enjoy your fish platters! Fish is a rich source of omega-3 fatty acids. "Top options are salmon, sardines, and mackerel.

But otherwise, most locally caught fishes provide ample omega-3 fatty acid, which helps to reduce inflammation and keeps the skin supple and moisturized. Consider it the internal investment of Hyaluronic Acid in the food version," Gayatri Dutta suggested.

Does exercise cause you heartburn or acidity? Try this out to avoid it!



Exercise is good for overall health, losing weight, and feeling energetic all through the day. However, what if you get acidity or heartburn post-workout? When you exercise intensively, the acid is pushed towards the esophagus during the movements and leads to irritation or burning.

It is quite common to feel heartburn after a vigorous workout session. It is more common in people who do a lot of bending and twisting exercises or who had a very heavy meal a couple of hours before exercising.

Avoid foods that cause acidity

Even though intense movements do push the acid from the stomach into the esophagus, the formation of acid is triggered only when you eat oily and spicy foods. So you must avoid eating such foods or limit your portion. Drinks such as coffee, carbonated beverages, and alcohol also cause heartburn and should be avoided.

Do not lie down immediately after exercise

It is natural to feel exhausted after a heavy workout routine. However, even then you must not lie down immediately after the exercise. Let the body's blood circulation and overall functioning settle or it may cause heartburn. You should wait for at least half an hour before lying down after the exercise.

Stay away from certain exercises

At times certain exercises can cause heartburn and acidity. For that, you need to watch which exercises trigger acid reflux. More often downward dog pose or performing inversions can cause acidity as these are the exercises against the natural gravity of the digestion. If intensive workouts or core exercises cause acidity then you should shift to normal exercises like cycling and swimming.

Add the health benefits of raw mangoes to your summer diet with these recipes

Raw mango is one of the summer fruits that brings along a lot of sweet childhood memories. Many of us must have grown up waiting for the raw mangoes to drop from the tree. Eating it with red chili powder and salt or using it to make aam panna, raw mango is versatile that way. Its tangy flavour is one of the reasons why it's the star of many dishes. It is also packed with vitamins, minerals and antioxidants that help our body to stay healthy. Let's find out the health benefits of raw mangoes and some delicious raw mango recipes you can use this summer.

Health Shots connected with HariPriya N, executive nutritionist, Clouline Group of Hospitals, Chennai, to know all about this favourite summer fruit.

Health benefits of raw mango

It is a great source of Vitamins A, B6, C and K, and is also full of minerals such as potassium. Thanks to these, raw mangoes offer many health benefits!

Here are some products that you can try:

Have raw mango this summer for better health. Image courtesy: Adobe Stock

- 1. Raw mango hydrates the body**
Raw mango is rich in sodium chloride, potassium, magnesium, phosphorus, vitamin C, calcium and iron which help to replenish the electrolytes that get lost due to excessive sweating in summer. It also gives instant energy prevents fatigue and tiredness, says HariPriya.
- 2. Raw mango boosts immune system**
Consuming raw mangoes will help to meet up the daily dose of vitamins A and C.

Are stale rotis healthier than fresh ones? Experts on how to consume, store

Not all leftover foods are unhealthy, and some may actually become more nutritious if stored in a right manner overnight. Many people consume baasi roti or stale roti in their breakfast while others discard them fearing spoilage. However, as per experts leftover rotis have their own set of benefits for diabetes and digestion and the process of freezing them overnight can increase resistant starch which could be beneficial in blood sugar control. Baasi or stale rotis should be best consumed in breakfast along with milk or vegetables, say experts.

However, it's better to consume them within 12-15 hours of preparing them and freezing them for best results. (Also read: Diabetes: Can eating cold leftover rice improve your blood sugar levels?)

Is stale roti better than fresh

one?

"Wheat is one of the world's most common and controversial cereal. It is a rich source of fibre, vitamins, minerals and antioxidants. It is a good source of carbohydrates and an energy food. Whole wheat flour ranks moderate on glycaemic index and high on glycaemic load, but it is also a good source of insoluble fibre which can be effective in reducing the postprandial blood response. Researchers suggest that repeated cycle of cooking and freezing increases the resistant starch which may potentially increase the healthy gut microbiota. Grains high in resistant starch improve human health and possess beneficial effects for diabetics. Further studies need to be carried to support the health benefits of stale rotis for diabetics," says Nutritionist Priya Palan in an email interview with HT Digital.



The right way to consume leftover rotis

"Leftover rotis are an integral part of the Indian meals. People generally prefer it to be for breakfast. Adding it in the right manner may enhance the nutritional value of the food. Roti contains more carbohydrates, hence combining them with veg-



etables and protein foods is advisable. Keeping a watch on the count of rotis is important. High amount of gluten in wheat can worsen irritable bowel disease and cause inflammation in digestive tract," says Priya Palan.

Benefits and side effects of eating stale rotis "Social media is abuzz with the benefits of baasi

roti, or stale chapati. When left out for 12 hours, roti undergoes changes in taste, texture, and starch composition. It leads to formation of resistant starch, which acts like fibre and doesn't break down into glucose as easily. However, the difference in glycaemic index between fresh and stale chapati may not significantly impact blood sugar control. If not stored properly, bacteria or Mold growth is possible. Consuming 12-hour-old roti is acceptable if stored correctly and appears fine, but fresh roti offers the best taste and texture. Note that there is a difference between roti made from fresh dough and fermented dough, as fermentation improves digestion, nutrient bioavailability, gut health, and adds unique flavour," says Dr. Khalid J Farooqui, Principal Consultant - Endocrinology & Diabetes, Max Hospital, Gurgaon.

Is It Better to Take Vitamin D Daily or Weekly? Here's What Experts Suggest

How can you ensure your vitamin D supplement is being its most effective?

Vitamin D, the "sunshine vitamin," serves numerous purposes in the body, from supporting healthy bones to boosting immunity. But the age-old question remains—is it possible to have too much of a good thing?

Recent debate has focused on the effects of large doses of vitamin D administered weekly, rather than the traditional smaller daily dose. Which option provides a better opportunity for absorption? Which is healthier? Researchers continue to discuss the best way to supplement this critical vitamin.

By and large, however, most experts continue to recommend smaller daily doses (outside of a few specific health circumstances). Here's what to look for in a vitamin D supplement and why, for most people, a slow and steady dosage is often best.

What Experts Say About Vitamin D Dosage

According to the National Institutes of Health Office of Dietary Supplements, the recommended amount of daily vitamin D for adults aged 19-70 is 15 micrograms or 600



International Units (IU). The tolerable upper limit for adults—the highest amount considered safe—is 4,000 IU.

You'll find a wide variety of vitamin D dosages in pills, gummies, and other supplements. While many contain 1,000 IU in the hundreds, some contain 5,000 IU or more.

One reason for the variation in OTC amounts of vitamin D: various studies have shown that a higher vitamin D dose administered weekly could result in some positive health outcomes for certain groups.

A 2023 meta-analysis, for example, found that very high weekly dosages (up to 21,000 IU) reduced intensive care unit hospitalization and death in people with COVID-19.2 In another study from 2018, pregnant women deficient in vitamin D3 received either 1,000 IU daily or 50,000 IU weekly.3 The group who received the high weekly dose had no adverse side effects and had higher levels of vitamin D in their blood after 10 weeks.

While there may be special circumstances where a higher weekly dosage is warranted, most in the

medical community remain cautious about recommending this route for the general population.

"Most patients who require vitamin D supplements should take a

small daily dose," Nate Wood, MD, Instructor of General Medicine at Yale Medicine, told Health. "For patients who are severely deficient in vitamin D, a larger weekly dose may be prescribed for the short-term."

Vitamin expert Arlene Levitan, MD, co-founder of Vous Vitamin, agreed: "Absorption is better and more constant, and taking a daily dose gives you more flexibility with regard to actual dosing."

Dr. Levitan also explained the variety of factors that go into finding proper vitamin D dosage. "The exact amount each person should take varies depending on numerous factors. Things that can influence needs include where you live, ethnicity,

other medical conditions such as GI illnesses, and specific symptoms," she said.

26 Symptoms of Low Vitamin D You Need to Know About

Vitamin D Deficiencies in the US

Vitamin D comes in endless supply from the sun, and several foods contain high amounts as well. Salmon, tuna, egg yolks, fortified cereals, and certain mushrooms are high in the "sunshine vitamin."

Still, a surprisingly high percentage of Americans aren't getting enough. Data from 2022 revealed that approximately 41% of the U.S. population had vitamin D insufficiency, with a higher prevalence of deficiencies in women, non-Hispanic Black Americans, and people aged 20-29.4

According to Harvard's T.H. Chan School of Public Health, the median intake of vitamin D from food and supplements in women 51 to 71 years

The recommended daily dose of vitamin D for adults is 600 International Units (IU). Without the proper amount of vitamin D, individuals may experience fatigue, muscle weakness, and bone pain. Experts recommend looking for vitamin D supplements with a third-party testing stamp, like NSF, USP, BSGC, and Informed-Sport.

Nasha Mukht Bharat Abhiyan: DC Rajouri chairs meeting to Finalize Arrangements for Mega Awareness Rally

JI NEWS SERVICE

RAJOURI, APRIL 28: Deputy Commissioner Rajouri, Vikas Kundal today chaired a meeting to finalize the arrangements for a mega awareness rally being organized under the 'Nasha Mukht Bharat' campaign tomorrow.

The rally will start from Government Degree College and culminate at PWD Dakbunglow. The primary objective of the rally is to raise awareness about the harmful effects of drug abuse and inspire people to work towards a drug-free society.

During the meeting, the Deputy Commissioner Rajouri, Vikas Kundal emphasized the importance of creating a mass movement against drug abuse.



He said that the objective of the rally is to make the people aware of the hazards of drug abuse.

Calling for putting sincere efforts, he said that this problem can be tackled only by joint efforts of all stakeholders including the civil society.

The 'Nasha Mukht Bharat' campaign is a nationwide campaign that was launched by the Government of India to address the issue of drug abuse in the country. The officers were also stressed upon to ensure that the rally is conducted smoothly and

the primary objective of creating awareness among the public about drug abuse is achieved. The meeting decided to rope in people from all walks of life including the religious leaders in the mega awareness rally to sensitise the targeted group about

the ill effects of drug abuse. The District Administration Rajouri is putting in dedicated efforts to eliminate the menace of drug abuse from society by taking all desirable measures. The organisation of this awareness rally is just one step in this direction. In addition to this, the District Administration is also planning to organize many more programs such as conferences, tabletalks, and other events to educate the masses about the dangers of drug abuse.

Officers present in the meeting were ADC Rajouri, Rajiv Kumar Khajuria; Principal, GMC, Dr Amarjeet Singh; POICDS, Shoket Mehmoed Malik; ACR, Imran Rashid Kataria; ACD, Vijay Kumar; DIO, Narinder Kumar and other concerned officers.

Special SVEEP Camps held in Educational Institutions of Reasi



JI NEWS SERVICE

RAJOURI, APRIL 28: As part of the ongoing Special Summary Revision of Photo Electoral Rolls 2023, a series of Special Camps were organised in Colleges of District Reasi and Shri Mata Vaishno Devi University, Kakryal, Katra under the aegis of Systematic Voters' Education and Electoral Participation (SVEEP).

Babla Rakwal, District Election Officer (Deputy Commissioner), Reasi, along with the Deputy District Election Officer, Reasi, Electoral Registration Officer, Reasi, Assistant Electoral Registration Officer (Tehsildar), Reasi and other officers visited Govt. Degree College, Reasi, Govt. Polytechnic College, Reasi and Govt. ITI Reasi, where the Booth Level Officers were available with copies of the draft Electoral Roll and relevant forms.

Awareness was created among the staff and students of these Colleges and Institutes. The students and staff were given detailed information about the ongoing Special Summary Revision of Photo Electoral Rolls 2023 and the process of enrollment, correction and deletion of names.

The students were impressed upon to take part in the Summary Revision.

Awareness Programme on Electoral Literacy organized in GDC Kalakote

JI NEWS SERVICE

JAMMU, APRIL 28: NSS unit of Government Degree College Kalakote, under the banner of Systematic Voters' Education and Electoral Participation (SVEEP) Programme and in collaboration with Sub-District administration Kalakote, organised an awareness Programme on Electoral Literacy. The event was held under the supervision of the Principal Dr. Seema Arora. The SVEEP (Systematic Voters' Education Electoral Participation) is a flagship program of Election Commission of India for voter education, spreading voter awareness and promoting voter literacy in India. The objective of the programme was to create awareness among the students about their voting rights and how they can enroll themselves in the voter list. Tehsildar Kalakote and his team gave a brief presentation to the students and staff. They educated the audience regarding procedure relating to registration of name in Electoral Roll, correction and deletion of their existing particulars. They also encouraged them to enroll digitally in the electoral process. At the end, a formal vote of thanks was presented by Mr. Anayat Ullah Khan (HoD Arabics).

JI NEWS SERVICE

MVD Jammu imposes Rs 8.50 lakh fine for violation of traffic rules

JAMMU, APRIL 28: Motor Vehicles Department, headed by RTO, Jammu Pankaj Bhagotra, has imposed Rs 8.50 lakh fine for the various visible offences under Motor Vehicles Act, 1988 and Central Motor Vehicles Rules 1989 during series of Naka checking conducted in past three weeks. The MVD team(s) laid special nakas at different locations along National Highway on April 11, 2023, April 20, 2023 & April 27, 2023 to check the violations. More than 301 vehicles were checked during the enforcement drive carried out at various locations of National Highway, out of which 71 vehicles were compounded on the spot for Rs 5.18 lakh and 44 other vehicles were challaned for various violations such as violation of route permit, plying without fitness, without Permit, without Speed Limiting Device and protruding of rods, for which Rs 3.32 lakh is expected to be realized. Moreover, the enforcement team has recommended suspension of 9 Driving Licenses of Drivers and one Route Permit of vehicle No. JK2B91037.

The enforcement team consisted of Neeraj Sharma, ARTO (Flying Squad), Motor Vehicles Inspectors Rajeev Kundal, Ranjeev Bhasin, and MVTA, other staff.

ACD listens to public grievances, issues

JI NEWS SERVICE

DODA, APRIL 28: Assistant Commissioner Development Doda Phulail Singh, in the presence of Block Development Council Chairman Abdul Gani Batt, today held a meeting with PRIs, field functionaries, Aspirational Block, Kastigarh and discussed with them the contours of this year's Development Plan. He also listened to the grievances of Panchayats pertaining to different sectors.

During the meeting the PRIs projected several developmental issues seeking up-gradation of road and school infrastructure. The ACD briefed in detail the development plan for the Aspirational blocks and stated that the main focus area under this year's ABDP plan will be the upgradation of schools and Anganwadi infrastructure in addition to the filling of other critical gaps hampering the day to day life of locals.

The ACD also urged the PRIs to ensure that all the pending PMAY cases in their panchayats be immediately completed to pave the way for sanctioning of new targets. He further asked them to put the completed soakage pits into use on priority. "If any soakage pit will be found closed the demand of that job card holder will not be projected in this year" he warned.

Among others present in the meeting were BDO Kastigarh, ZEO Bhagwah, Principal Hr Sec School Kastigarh, PRIs, besides office staff of RDD were also present.

Tourism Directorate Jammu organises 'Bike Rally' from Jammu to Sinthan Kishtwar

JI NEWS SERVICE

JAMMU, APRIL 28: In its endeavour to promote off beat tourist destinations and rural tourism in Jammu region, the Directorate of Tourism Jammu is organizing maiden two day 'Sinthan Festival 2023' at Sinthan Kishtwar.

As a part of the upcoming festivities at Sinthan Kishtwar, a Bike Rally was flagged off from Jammu to Sinthan Kishtwar today. A group of about 30 bikers was flagged off amid loud chants of 'Bharat Mata ki Jai' from Kala Kendra Jammu by Deputy Director Tourism Jammu Dr. Umesh Shan along with Assistant Director Tourism NHW Batole Ms Ambika Bali and other officials of the Tourism Department.

Speaking on the occasion, Dr. Shan briefed that the Sinthan Festival is first of its kind cultural cum adventure event at Sinthan Kishtwar. He further added that the Directorate of Tourism Jammu is committed to its endeavours to promote the offbeat desti-



nations and more promotional events shall be organized in this year at various destinations of Jammu Division. The group of bikers was received with great enthusiasm at the Tourist Reception Centre Kishtwar by Chief Executive Officer Kishtwar Development Authority, Indrajeet Parihar and Tehsildar Kishtwar Muneesh Umar. The bikers would enjoy night camping at Kishtwar town from where they shall start their onwards journey on 29th April, 2023 and participate in the two day

cultural Bonanza at Sinthan Maidan and also indulge in captivating snow activities like paragliding, snow skiing, snow rafting and other snow fun activities being held on 29th and 30th of April, 2023.

The group of bikers expressed their gratitude towards the Directorate of Tourism Jammu and District Administration Kishtwar for organizing adventure activities for enthusiasts which helps in boosting the adventure tourism potential of these areas. Worthwhile to mention here that the bikers shall cover Jammu, Udhampur, Ramban, Doda and Kishtwar districts during this biking expedition and shall promote the message of 'Nasha Mukht Bharat' during this Adventurous biking expedition.

The maiden 'Sinthan Festival 2023' is being jointly organized by the Directorate of Tourism Jammu, Indian Army, District Administration Kishtwar and JKAACL under the overall supervision of Department of Tourism, J&K.

Abhishek Sharma assumes charge as DC Samba

Holds introductory meeting; seeks focus on public services delivery, anti drug campaign, resolution of public grievances

JI NEWS SERVICE

SAMBA, APRIL 28: Abhishek Sharma today assumed charge as Deputy Commissioner (DC), Samba. Soon after assuming the charge, the DC chaired an introductory meeting with the district officers and sub-ordinate staff in the meeting hall of the DC office.

Speaking at the meeting, the DC exhorted officers and field functionaries to work with added dedication and honesty to take the present developmental scenario of the district to its higher levels.

The DC sought co-operation and commitment from all district officers to take the development profile of the district to zenith.

He said "Our thrust should be on close monitoring of developmental works and welfare programmes at all levels and ensure resolution of the public issues in a time bound manner."

Mr. Sharma also highlighted priorities for the district, including the identification and eradication of drug hotspots and ensuring border security. He further emphasized the government's priority sectors such as digital literacy, self-employment and e-governance, and stressed the importance of a people-friendly administration.

Earlier, Additional District Development Commissioner Rajinder Singh, while welcoming the DC, assured of all possible support for smooth functioning of the district administration.

Additional Deputy Commissioner, Assistant Commissioner Revenue, Sub Divisional Magistrates, Chief Planning Officer and other district officers besides sub-ordinate staff attended the meeting.

Kishtwar Administration conducts NEET coaching screening test with BYJUS & AKASH collaboration

INTERACTIVE ONLINE, OFFLINE COACHING CLASSES STARTING FROM MAY 15

JI NEWS SERVICE

KISHTWAR, APRIL 28: The District Administration Kishtwar today successfully conducted the screening test for NEET online-offline coaching, an arduous task accomplished with finesse.

The offline screening test was

conducted at two centers, namely, Govt Boys Higher Secondary school Kishtwar and Govt Girls Higher Secondary school Kishtwar wherein more than 200 NEET Aspirants took the test.

A multitude of eligible and enthusiastic NEET aspirants from the district of Kishtwar par-

took in the screening examination to undergo registration for upcoming interactive online offline coaching classes that is being organised by the District Administration Kishtwar, in association with renowned educational institutions BYJUS and AKASH.

Commencing from 15th of May 2023, the classes will take place at the Auditorium Projector, GDC Kishtwar and will consist of interactive sessions through online mediums from the studios of said institutions.

The screening test was con-

ducted in accordance with all the prescribed guidelines, with the overall supervision of Deputy Commissioner Kishtwar Dr. Devansh Yadav, and under the close scrutiny of Chief Education Officer Kishtwar, Prehlad Bhagat, in collaboration with the staff at the twin centers.

Justice Tashi Rabstan visits District Jail Amphalla, Jammu

JI NEWS SERVICE

JAMMU, APRIL 28: Justice Tash Rabstan, Judge, High Court of J&K and Ladakh and Executive Chairman, J&K Legal Services Authority accompanied by Amit Kumar Gupta, Member Secretary, J&K LSA today visited District Jail, Amphalla Jammu, where he was received by Secretary DLSA Jammu, Superintendent District Jail, Additional SP, City Jammu, Chief Legal Aid Defense Counsel, Jammu and other jail staff. On his arrival, Justice Tashi was given a ceremonial guard of honour, where after, he visited the e-mulakat center, where a jail inmate hailing from district Pulwama in Kashmir valley was having a virtual meeting with his parents and other family members. Justice Tashi was informed that whenever a jail inmate or his family member approaches the jail authorities for e-mulakat, the same is organized.

The Executive Chairman, J&K LSA enquired about the number of convicts serving their sentences and also about the under trial prisoners belonging to UT of J&K as well as other States and foreign nationals, upon which the



Superintendent of the jail informed Justice Tashi that the District Jail Amphalla, Jammu has a capacity of 426 persons, whereas, presently more than 700 inmates are residing in the jail. He further informed that out of the sanctioned strength of the staff he is managing the affairs of the jail with only 50% staff. Justice Tashi appreciated the efforts made by the Govt. in general and Dept. of Prisons in particular for maintaining the standard of living in jail and providing all the basic necessary facilities like hygienic food, medical facilities and skill training etc., to the inmates. All the inmates of the jail during interaction admitted that they are being represent-

ed in their respective cases by the

lawyers either engaged by them or provided by Legal Services Authority.

Justice Tashi also delivered a docket issued by the court of 2nd Additional Sessions Judge, Jammu to one under trial admitted to bail in case FIR No. 151/2020 of PS Nawaband Jammu for offence U/S 450/304 IPC and directed the Superintendent of the jail to release him forthwith. During the visit the medical officers and the para medical staff posted in the said jail were also present.

Training for Haj pilgrims of Kupwara to be held on May 2 & 3

JI NEWS SERVICE

KUPWARA, APRIL 28: According to Assistant Commissioner Revenue Kupwara, the training for Manasik-e-Hajj of selected Hajj Pilgrims of District Kupwara will start from 2nd May 2023.

Accordingly, the training for the pilgrims belonging to the tehsils of Kupwara, Trehgam, Kralpora, Keran, Karnah, Machli, Sogam, Lalpora and Drugmullah will be held at Masjid Murshideen Kupwara on 2nd May 2023 at 10:00 AM. Similarly, training for the pilgrims belonging to Handwara, Zachaldara, Ramhall, Langate, Kralgund, Vilgam and Qalambad tehsils will be held at Jamia Masjid Jaded Handwara on 3rd May 2023 at 10:00 AM.

Chairperson NCW visits Kupwara

Interacts with specially-abled persons, women beneficiaries at Sakhi-OSC

J1 NEWS SERVICE

KUPWARA, APRIL 28: Chairperson, National Commission for Women (NCW) Gol, Rekha Sharma today visited front district Kupwara to review the empowerment of women and women friendly schemes in the district.

On reaching Kupwara, the Chairperson paid a visit to SAKHI One Stop Centre at Geerhathi in Zangli area of Kupwara district and inspected the office and other facilities of the centre and took stock of legal support, emergency Response & Rescue Service, assistance to women and social counselling being provided to women. She also interacted with domestic violence affected women and specially-abled persons. Chairperson also inspected the stalls set up by ICDS. The Chairperson was accompanied by Deputy Commissioner Kupwara, Dr. Doifode, Sagar Dattatray, SSP Kupwara, Yougal Manhas; SP Handwara, Sheema Nabi Qasba; MD Mission Shakti, Harvinder Kour and Senior Research officer National Commission for Women, Ashutosh

Takes review of different women-friendly schemes



Pandey. Later, the Chairperson convened a meeting of the concerned officers at the Mini Meeting Hall of the DC office Complex.

The Chairperson NCW took detailed review of various schemes related to

empowerment of women. Addressing the meeting the Chairperson asked women to come forward to take benefit of women friendly schemes of Government of India. She emphasized that women have to lead from the front in every sphere of life.

The Chairperson complimented the District Administration Kupwara for showing good progress in empowerment of women. She assured Deputy Commissioner Kupwara regarding all possible support from the National Commission for Women.

The Deputy Commissioner Kupwara in his welcome address thanked the Chairperson evaluating benefits being provided for betterment of women in Kupwara district. He also thanked the Chairperson for giving valuable suggestions in justice delivery and service delivery mechanism.

Earlier, District Social Welfare Officer Kupwara, Hidayatullah Mir gave a detailed overview of different achievements under women welfare schemes through a power-point presentation. Review meeting was attended by SSP Kupwara, SP Handwara, all CDPOs, members of child welfare committees and juvenile justice board, District Mission Coordinator, Mission Shakti, Kupwara, Social Workers of Special Cell for Women and other concerned.

DC Kulgam reviews functioning of Eklavya Model Residential School Tangmarg

J1 NEWS SERVICE

KULGAM, APRIL 28: The Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today chaired a meeting of concerned officers to review the functioning of the Eklavya Model Residential School Tangmarg.

During the meeting, the CEO informed the chair about the available facilities and additional requirements of the residential school.

He also informed that presently there are 60 students enrolled in the Residential school and this year there will be addition of more 70 students.

The DC emphasized the significance of providing quality education to tribal students. He further stressed the importance of ensuring that the students have access to all necessary resources to excel in their academic pursuits, including extra-curricular activities. Dr. Bilal also highlighted the need for regular monitoring of the academic progress of the students and stressed to ensure availability of requisite facilities for the students at the residential school.

The Eklavya Model Residential School is an ambitious initiative of the Government of India to facilitate tribal students in obtaining quality education and enabling them to compete with students from other parts of the country. The meeting was attended by JDP Zahid Sajjad, SDM Noorabid Bashir UI Hassan, GM DIC Bashir Ahmad, CEO Mushtaq Ahmad Qadri, Principal Abdul Gani Bhat and other officers.

PSPS Govt College for Women Gandhi Nagar hosts Jashan-E-Eid

J1 NEWS SERVICE

JAMMU, APRIL 28: Eid, the festival that upholds the spirit of brotherhood, love and secularism, was today celebrated with great enthusiasm by Padma Shri Padma Sachdev Government College for Women, Gandhi Nagar.

Prof. Mima Mahajan, the College Principal was the Chief Guest on the occasion. She addressed the students and apprised them about the customs and practices of Eid. She also envisioned Eid as a celebration and as a means of self-control and self-diagnosis and emphasised the importance of humanity and universal brotherhood. Advocate Radha Sharma, President Alumni Association of the College



graced the occasion with her esteemed presence. The event showcased the rich cultural diversity of India. The program began with a soulful Kawayali performance on "Khawaja mere Khawaja" by Prof. Rahul Sharma, Prof. Abhinav Sharma, Prof. Varun Sharma, and Prof. Jyoti Iqbal.

The students of the College performed a scintillating skit on the play Idgah by Munshi Premchand, which brought alive the essence of the festival and showcased the beauty of the occasion. The celebration continued with a mesmerizing singing performance by Prof. Nislan Thapa and Prof. Suman Bala, which added an enchanting touch to the event. The program also included a kawayali dance by the students of the College. Through their perform-

ances including Dance, Sufi Songs, Skits and many more, the faculty and the students brought out the significance of Eid.

The spirit of Eid was well imbibed by the students. The dance performance on the tunes of Qawwali filled the environment with happiness and love.

The special attraction of today's programme was Exhibition cum Sale from Women Self Help Group, NRLM-UMEED, district Jammu.

The stalls included Haat Bazar selling Bangles, Toys, Sweets, Eatables, Parandaas, Fancy Baskets, applying designer Mehandi and a lot more. It was a hand holding effort by the NSS wing as a social outreach program for Rural Women.

DDC Pulwama releases 5 vital publications of district

J1 NEWS SERVICE

PULWAMA, APRIL 28: The District Development Commissioner (DDC) Pulwama, Bascer UI Haq Choudhary today released five vital publications highlighting the socio-economic profile of Pulwama District and one Evaluation study Report on Ayushman Bharat-JAY (AB-JAY).

The publications released include District Statistical Hand Book, District at a Glance, Economic Review, Village Amenities for the year 2021-22 and Evaluation study Report on Ayushman Bharat-JAY (AB-JAY). Assistant Commissioner Revenue Pulwama, Chief Planning Officer Pulwama, Assistant Commissioner Dev. Pulwama, District Statistics & Evaluation Officer Pulwama, and Tehsildar Pulwama were present during the event. District Statistics and Evaluation Office Pulwama is the Nodal Agency for collection, compilation and dissemination of important statistical data in the district. The data contained in these publications and report serve as an important tool for the Govt./District Administration, researchers, Planners, Students, youth and other stakeholders in and outside Union Territory for formulation of plan strategies, publication of research articles, reports etc, which is vital in identifying the critical gaps and priority areas for key Govt. interventions in the next 25 years.

After releasing the publications, the DDC appreciated the sincere efforts put in by DSEO Pulwama and his staff for compiling and bringing out these publications and stressed on improvement of these publications in future by regular updation and wide coverage.

Training for selected Haj pilgrims of Shopian to be held on May-02

J1 NEWS SERVICE

SHOPIAN, APRIL 28: The first orientation/training programme scheduled for the selected Haj pilgrims of District Shopian has been fixed by State Hajj committee Srinagar on May 02.

Accordingly all the selected aspirants of District Shopian have been requested by District Administration to attend the said orientation/ training programme at Jamia Masjid Sharief Shopian on May 02 at 10.00 am onwards.

All selected Haj pilgrims are informed to attend this phase of orientation training program as per schedule.

DC joins Maha Yagye at Reganya Mata Asthapan temple at Badipora Budgam

Pandit Community expresses gratitude to Dist Admin for making adequate arrangements for religious function held after 32 years

J1 NEWS SERVICE

BUDGAM, APRIL 28: The Deputy Commissioner (DC), Budgam, S F Hamid, today visited the Reganya Mata Asthapan temple at Badipora Budgam and joined Pandit community at Maha Yagya (Hawan), held after a long gap of 32 years, there.

Kashmiri pandits thronged the temple from different parts of the country to participate in the religious function. The Pandit community expressed their gratitude to the District Administration Budgam for making adequate arrangements for the smooth celebrations of religious function.

Speaking on the occasion, the DC said that the Pandit was held after a 32-year gap, and witnessing both Pandit and the Muslim community together joining each other's functions here is a testimony of our communal unity and brotherhood.

He instructed the concerned to ensure all facilities and arrangements are made at the temple for Pandit community. "We are wholeheartedly thankful to DC, S F Hamid ji for all the arrangements and help extended to make this function happen smoothly," said a Kashmiri Pandit, Buntji. He said that the Hawan was held for the first time after 1989 and both locals and the District Administration have extended support to the Pandit community for this.

DDC Rajouri discusses formulation of Education sector District Capex Budget, SAMAGRA Shiksha Plan 2023-24

J1 NEWS SERVICE

RAJOURI, APRIL 28: District Development Commissioner Rajouri, Vikas Kunal today chaired a meeting to discuss the formulation of District Capex Budget and SAMAGRA Shiksha plan for the year 2023-24 in respect of the Education Sector.

During the meeting, the DDC emphasized the importance of completing ongoing projects under the District Capex Budget and SAMAGRA Shiksha in a timely manner.

He urged the officers to prioritize projects in the current year plan that benefit the maximum number of people and can be executed within the specified timeframe. In addition, the DDC also directed to keep the provision of renovation of unsafe school buildings. This will ensure that the

school buildings are safe for students and staff.

He also emphasized the importance of adhering to the budgetary limits while formulating the plan. He stressed that the proposed projects must be feasible and shall ensure efficient and smooth execution. The timely formulation of the plan will lead to the efficient utilization of budgetary provisions and ensure that the projects

are completed within the specified timelines.

The DDC reiterated that the formulation of the plan within the budgetary limits will help in taking up the projects on time and executing them efficiently.

The meeting was attended by the Chief Planning Officer, Mohammad Khurshid; Chief Education Officer, Sultana Kouser; DPEO and representatives from SAMAGRA Shiksha.

Dr Samoon lays foundation stone for workshop block, 50 bedded hostel at ITI Charar-e-Sharief

J1 NEWS SERVICE

BUDGAM, APRIL 28: Principal Secretary, Skill Development Department, Dr Asgar Hassan Samoon, today laid foundation stones for Workshop Block and 50 bedded Hostel at Industrial Training Institute (ITI), Charar-e-Sharief in Budgam.

During the visit, Principal Secretary also chaired a certificate distribution function where meritorious students of various related trades and another short term courses like SHGS were felicitated. Besides, success stories of pass out students were also felicitated by the Principal Secretary.

Stressing on providing skilled education to students for better employment prospects, Principal Secretary said that as many as 6000 youths, both girls and boys, have been trained under various short term courses last year while as target of imparting training to 20,000 youths has been set for this financial year.

SPAYS FOCUS BEING GIVEN ON PROVIDING JOB ORIENTED SKILL COURSES TO YOUTH



Principal Secretary asked the officers for speedy completion of both the projects including hostel accommodation with all requisite facilities available to students. He stressed on providing skilled training to local youth under different trades saying that hand-holding of skilled youth shall open economic resources and employment avenues for them. Principal Secretary said that ITI Charar-e-Sharief which has been

established in the year 1988 has been immensely contributing in training of youth under various skilled trades.

He said that the workshop block and 50 bedded hostel, being established with an estimated cost of Rs 134.76 lakh and Rs 192.75 lakh respectively shall reinforce the contribution from this institution.

Director, Skill Development Department, Sudarshan Kumar,

who also spoke on the occasion, said that under the guidance of Principal Secretary SDD is achieving new heights in terms of providing skill training to the youth of J&K, be it long term regular courses or short term courses, development and upgradation of infrastructure in terms of buildings, providing of latest machinery/equipment to ITIs and development of Human Resources,

teaching and non teaching staff of Skill Development Department.

He said 25 Job oriented regular courses are functional in ITI Budgam and ITI Charar-e-Sharief, having a total intake capacity of 592 (340 + 252).

Superintendent, ITI Charar-e-Sharief, Bashir Ahmad, said that 100 percent target in terms of admissions was achieved last year in both the ITIs of the district.

Training for Haj pilgrims of Kulgam to be held on April 29 & May 01

J1 NEWS SERVICE

KULGAM, APRIL 28: All the selected Haj pilgrims of Kulgam, D.H, Pora, Devsar and Pahloo Tehsils are informed that their orientation/training programme is scheduled to be held at Markazi Jamia Masjid Kulgam on April 29 from 10 AM.

Whereas training for selected Haj pilgrims from Tehsil Qaimoo, Frisal and Yaripora will be on May 01 at Markazi Jamia Masjid Kulgam from 10 AM.

All selected Haj pilgrims from Kulgam are informed to attend this phase of orientation training program as per schedule.

GDC Ajas organises Awareness programme on SVEEP



J1 NEWS SERVICE

BANDIPORA, APRIL 28: Government Degree College Ajas in collaboration with District Election Office Bandipora today conducted a program on SVEEP 2023 (Systematic Voters' Education and Electoral Participation) to create awareness among the citizens about the importance of their participation in the upcoming elections. The program was organized under the auspices of the Election Commission of India (ECI) and included several informative sessions and interactive activities to engage the participants and was attended by faculty members and a large number of students. During the program, informative sessions on various topics related to the electoral process, including the role of the Election Commission of India, the process of voter registration, the use of Electronic Voting Machines (EVMs), and the importance of ethical voting.

The program received positive feedback from the participants, who found it informative and engaging. Participants also appreciated the efforts of the District Election Office Bandipora for organizing such a program and creating awareness about the electoral process.

Cricketers voice concern for India's protesting wrestlers, ask for justice

KAPIL DEV, HARBHAJAN SINGH, VIRENDER SEHWAG AMONG THOSE TO COME OUT IN SUPPORT OF THE WRESTLERS, WHO HAVE LEVELLED SEXUAL-HARASSMENT ALLEGATIONS AGAINST THE WRESTLING FEDERATION CHIEF

NEW DELHI: Kapil Dev, Virender Sehwag, Harbhajan Singh and Irfan Pathan have become the first cricketers to break their silence on the protests being carried out by India's top wrestlers demanding the dismissal of Brij Bhushan Sharan Singh, the Indian wrestling federation chief. The wrestlers have alleged that Singh sexually abused and exploited women wrestlers over the past decade.

On Friday afternoon, the Delhi Police agreed to investigate the charges against Singh, a week after the complaint was first filed and only after the wrestlers moved the Supreme Court for action. But the wrestlers' larger mission is to remove Singh from his position as federation chief, and to draw attention to the charges against him.

"Will they ever get justice," Kapil asked in an Instagram post with a photograph of Vinesh Phogat, Bajrang Punia and Sakshi Malik - the latter two Olympic medalists - who have been leading a protest at New Delhi's Jantar Mantar for the past five days. They were part of a group of 30-odd wrestlers at Jantar Mantar in January this year, too, when they made public the allegations against Singh, a member of parliament from the ruling Bharatiya Janata Party.

Following that, the union sports ministry, of which former BCCI president Anurag Thakur is the man in charge, tasked its oversight committee to investigate the matter and submit the findings by February. The committee included,



among others, boxer MC Mary Kom and wrestler Yogeshwar Dutt, both Olympic Games medalists (Mary Kom is also a former member of parliament). Reports suggest that even two months on, the findings of the oversight committee have not been made available to the wrestlers. Support for the wrestlers had been extremely limited all along. On Thursday, PT Usha, the champion athlete on the 1980s who is now the president of the Indian Olympic Association, said that the conduct of the protesting wrestlers amounted to "indiscipline" and that it was "not good for sport". Her comments were met with severe public criticism and Pania expressed disappointment at the "harsh reaction".

Then, on Friday, Phogat issued a list of sorts to the Indian cricket community, asking why they had been silent on the plight of their fellow sportspeople.

gaya [What has happened now]? Are you so afraid of the system? Or maybe there's something fishy going on there too?"

While Kapil's message had come a day before, on Thursday, Harbhajan tweeted on Friday, "I am pained as a sports person to find pride of our country coming out to protest on the streets", while Sehwag wrote, "It's a sensitive matter and needs an impartial investigation", and Pathan said, "Indian athletes are always our pride not only when they get medals for us...". At the time of filing this report, no current Indian cricketers had spoken on the issue.

Phogat's appeal did get a response on Friday from some of India's most celebrated athletes, who tweeted out their support for the protesting wrestlers. "What's happening [the street protests] must never have happened," Neeraj Chopra, the Olympic javelin throw champion, said. "This is a sensitive issue, and must be dealt with in an impartial and transparent manner." And Nikhat Zareen, the two-time world champion boxer, wrote, "It breaks my heart to see our Olympic & World medalists in this state."

A day before, Abhinav Bindra, the shooter who won India's first individual gold medal at an Olympic Games in 2008, tweeted, "It is deeply concerning to see our athletes finding it necessary to protest on the streets regarding the allegations of harassment in the Indian wrestling administration."

Shastri backs Rahane's inclusion in WTC final squad: 'In a one-off, you need your most experienced players'

NEW DELHI: Ravi Shastri, the former India coach, is "glad" the selectors have valued Ajinkya Rahane's experience in picking him for the WTC final against Australia at the Oval from June 7-11. He underlined Rahane's desire to play first-class cricket and the runs he made there as one of the key differentiators. Rahane captained Mumbai during the 2022-23 Ranji Trophy, where they narrowly missed qualifying for the knockouts. He made 634 runs in 11 innings at an average of 57.64, including two centuries.

A night prior to the BCCI announcing the Indian squad via a media release, Rahane impressed with a 29-ball 71 in a Player-of-the-match winning effort for Chennai Super Kings against Kolkata Knight Riders. Overall, Rahane's powerplay game and his six-hitting in the season has come in for appreciation.

"I'm so glad he's made it to the side," Shastri told ESPNcricinfo on the Ravi &

Raunak Show. "He batted beautifully in these two-three games he's played in the IPL, has looked in great touch. And let's not forget the experience he has. The moment Shastri was lacer was injured, you had to look in that direction." "People think he's just played three IPL games and that's why he's in the side."

They must have been on holiday for six months when he was playing first-class cricket. They must've been somewhere in the jungle where there's no contact with anyone in the world. When you go six months into a holiday, you miss those 600 runs." Rahane's spot had been under scrutiny after runs dried up post his heroics on the Australia tour in 2020-21, where he led India into their second-straight Test series win amid several challenges posed by injuries and Covid protocols.

His previous Test hundred had come on that second Test of that tour as a stand-in captain, on Boxing Day in Melbourne, to help India level the series after they had slumped to 36 all out in an embarrassing loss in Adelaide.

Since being left out, Rahane battled a wrist injury that limited his IPL participation last year. Once he returned, he touched upon playing with freedom and without worrying about a comeback. Shastri compared Rahane's comeback to Cheteshwar Pujara's.

Pujara too found himself out along with Rahane after the South Africa tour last year, but prolific returns in county cricket fueled his return. He made eight hundreds - including three doubles - for Sussex across formats last year.

"Absolutely, it's a one-off big game, like the Super Bowl, and you need your experienced player," Shastri said of Rahane's inclusion. "Don't forget just two-and-a-half years ago, the man won a Test series in Australia. He was the captain when Virat [Kohli] went [on paternity leave] and did a sterling job"

"People forget that hundred at the MCG, the way he played, and the fact that he's gone back to the grind. You saw what it did with Pujara, he went back to the grind playing domestic cricket, playing county cricket, just got the number of runs under his belt, then came back into Test cricket and performed. It's the same thing with Rahane, let's hope that experience comes handy."

Shastri didn't mince words when asked if chatter around Rahane's gender and his ball-striking may have been a factor in his eventual selection. "Oh, a lot, because the memory is fresh," he responded. "Domestic cricket was over two months ago. People might tend to forget it, even the selectors. Suddenly you come in and play that kind of innings where you look at ease, the timing is good, the footwork is good, the confidence is good, it wouldn't definitely help." "Wasn't invited to a single selection meeting"



Today newly formed friends Committee Jammu held a meeting under the chairmanship of sh. Virender Singh Manhas Sr. Congress leader at the residence of sh. Pawan Dev Singh to discuss some important issues related to our young generation and others, following were present s/sh. Sat Pal Sapolia, Jugal Kishore Sharma, R.P. Magotra, Vijay Malhotra, Pawan Sharma, Ramesh Sharma, Ram Magotra, Manmeet Singh, Ravi Panotra, Surinder Kumar and others.

Premier League 2022-23: Pep Guardiola Keeps Focus On League As Real Madrid Looms

Manchester City manager Pep Guardiola is ignoring the widely held narrative that his team has pretty much wrapped up another Premier League title and can now start focusing on winning the Champions League for the first time.

For Guardiola, one of his biggest challenges now is to keep his players in the present following City's 4-1 win over Arsenal on Wednesday.

City might be in second place and two points behind Arsenal, but the defending champions are in charge of the title race after outpacing the long-time leaders at Etihad Stadium. City has two games in hand - against West Ham and Brighton next month - and can move into first place, albeit possibly for only a couple of days, by winning at Fulham on Sunday.

Arsenal next plays against Chelsea on Tuesday and will be seeking its first win in five games after a dip in results right at the wrong time.

Listen to most soccer fans and scroll through social media, and you'd be forgiven for thinking the title race is already over.

"It's normal," Guardiola said, "that is the tendency - after what we have done in the past, Arsenal not being champions for a long time, we being undefeated in 15 games, seven in the Premier League."

"But I said to the players after Arsenal, what happened to Arsenal in the last games - three draws and one defeat - can happen to us. They say it's impossible. No, my friend, it can be possible. You can lose games and drop points in one week. If we are aware of that, it will be easier for us and not drop points."

For that reason, Guardiola has no intention of even starting to think about the two-legged meeting with Real Madrid in the Champions League semifinals as City seeks the one big title to elude the club.

The first leg is in Madrid on May 9, before which City plays three times in the Premier League - a competition Guardiola has previously said is his priority. Now, as City bids for a Premier League-Champions League-Fa Cup treble to match Manchester United's achievement from 1999, Guardiola is treating every game the same.

UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD
(R&B) CONST. DIVN. NO. III, JAMMU
SHORT NOTICE INVITING TENDER
 Short e-NIT No. CD-III/ 07 of 2023-24 Dated 27-04-2023

For and on behalf of the Lieutenant Governor, Union Territory of Jammu and Kashmir, tenders are invited on open-tender basis from approved and eligible Contractors registered with Union Territory of J&K, CPWD, Railways, MES and other State/ Central Governments for each of the following works :-

S. No	Name of Work	Advertised Cost (in lacs)	Cost of document fee (Rs)	Earnest Money (In Rupees)	Time allowed for completion	Time and date of opening of tender	Class of Contractor
1	Construction of road by way of Providing and fixing WBM Gull. Wet Mix Macadam, 30mm thick bit and 25 mm thick CC/C/P on Hazrat Nizam road, T-10, Jammu, Ward No.04, Jammu Municipal Committee (P-Call)	47.35	400/-	(2% of the Advertised Cost)	07 Days	10:00 Hrs on or after 08-05-2023	A / B / Hot Mix Plant Holder

1. Position of AAA- 2. Accorded
3. Position of Funds - 4. Partly Available (by UEED Department)

The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website <http://tenders.gov.in> as per below schedule :

1	Date of Issue of Tender Notice	27-04-2023
2	Period of downloading of bidding documents	From 28-04-2023 to 06-05-2023, 1800 Hrs
3	Date, Time and place of pre-bid meeting	01-05-2023 at 1300 Hrs. in the Office of Executive Engineer PWD (R&B) Const. Divn. No. III Jammu
4	Bid submission Start Date	28-04-2023
5	Bid Submission End Date	06-05-2023 upto 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	08-05-2023 on or after 1400 Hrs in the Office of Executive Engineer PWD (R&B) Const. Div. No.III Jammu
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed

1. Bids must be accompanied with cost of Tender document in shape of e-charge through Treasury indicating Treasury Voucher No. & date, e-NIT No. and name of work duly crediting to 009 (Revenue) favouring Executive Engineer PWD (R&B) Const. Divn. No. III Jammu and upload the same in treasury challan/receipt. Earnest Money / Bid security in shape of CDR/DR/IG pledged to Executive Engineer PWD (R&B) Const. Divn. No.III Jammu. The CDR/DR/IG shall be valid for 45 days beyond the bid validity period. The original instruments in respect of cost of documents, EMD and relevant documents of L1 to be submitted to the Executive Engineer PWD (R&B) Const. Div. No.III Jammu at the time of allotment.

2. The electronic bidding system would not allow any late submission of bids after due date and time as per server time. Bidders may modify their bids by uploading their request for modification before the deadline for submission of bids. For this, the bidder need not to make any additional payment towards the cost of tender document. For bid modification and consequential re-submission, the bidder is not required to withdraw his bid submitted earlier. The last modified bid submitted by the bidder within the bid submission time shall be considered as the bid. For this purpose, modification/withdrawal after means will not be accepted. In online system of bid submission, the modification and consequential submission of bids is allowed any number of times. The bidders may withdraw his bid by uploading their request before the deadline for submission of bids; however, if the bid is withdrawn, the re-submission of the bid is not allowed. No bid shall be modified or withdrawn after the deadline of submission of bids.

3. The date and time of opening of Financial-Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The Financial-bids of responsive bidders shall be opened online in the Executive Engineer PWD (R&B) Const. Div. No.III Jammu. The date for same shall be intimated separately.

4. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids.

5. The earnest money shall be forfeited, if -

- Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modifications in the terms and conditions of the bid.
- Failure of Successful bidder to furnish the required performance security within specified time period after issue of letter of acceptance.
- Failure of successful bidder to execute the agreement on same day of allotment of work contract as per Chief Engineer PW (R&B) Department Jammu's Circular No. CEJ/C/1260-87 dated 07-10-2021.

6. Instruction to bidders regarding extending process.

6.1 Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.

6.2 To participate in bidding process, bidders have to get "Digital Signature Certificate (DSC)" as per Information Technology Act-2000. Bidders can get digital certificate from any approved vendors.

6.3 The bidders have to submit their bids online in electronic form with digital Signature. No financial bid will be accepted in physical form.

6.4 Bids will be opened online as per time schedule mentioned above.

6.5 Bidders must ensure to upload scanned copy of all necessary documents mentioned in NIT and SBD with technical bid online.

Mendis, Fernando skittle Ireland to seal Sri Lanka's innings victory

GALLE: Prabath Jayasuriya became the fastest spinner in the history of the game to 50 Test wickets. Kamesh Mendis reeled in another five-wicket haul and Asitha Fernando roughed Ireland up. Although they had conceded 492 in the first innings, Sri Lanka completed an innings victory shortly before scheduled tea on day five. Only Harry Tector had mounted any serious resistance, batting out 189 balls for his 85, though Andy Balbirnie did also contribute a 46, despite having had to go off the field for a spell after Asitha had hit on the helmet. Resisting Sri Lanka's spinners on a fifth day at Galle was always going to be difficult. But Ireland while disappointed they did not

make the opposition bat again, after they had been so secure in the first innings. They were ten runs short.

It was Jayasuriya who made the first incision of the day, and in doing so, had himself written into the record books. The previous fastest spinner to 50 Test wickets had been Alf Valentine, who completed the feat in eight Tests, way back in 1951. Jayasuriya did it in seven Tests (five of those have been played in Galle), going equal with Vernon Philander, who got to the milestone in 2012. The other bowlers in their company are Tom Richardson and Charlie Turner, who did it in six Tests - both played in the 1800s.

short cover, Mendis bowled himself into excellent rhythm, frequently finding ripping turn off the pitch. He had one turn and bounce more than Curtis Campher expected, which meant the attempted sweep shot went into the hands of leg slip. Balbirnie then spooned a Mendis delivery and later, Andy McBrine and Graham Hume both had their outside edges taken, and gobbled up behind the stumps. Having bowled opener James McCollum late on day four, the lower-order wickets completed his third five-wicket haul. It had only been in the last leg that Mendis had set a new Sri Lanka record by getting to 50 wickets in 11 Tests. Despite Mendis' outstanding use of the condi-

tions, perhaps Asitha's bowling on day five was even more impressive, however, as he repeatedly attacked with the bouncer. In just his second over, he struck Balbirnie on the helmet grille - the deflection coming off his thumb. Balbirnie, slightly dazed by the blow, left the field as a precaution, and would only return after the fall of the fifth wicket.

Harry Tector hit a batting 85 but Ireland couldn't make Sri Lanka bat again. He kept getting balls to rear up menacingly at batsmen, occasionally only narrowly missing out on having them caught at short leg after batters nervously fended at him. In the last over of that seven-over spell - a serious shift given the heat - he got his reward.

Advisor Bhatnagar visits JKAIDCLs' Cold Store project; Inspects development works

JJ NEWS SERVICE

NEW DELHI, APRIL 28: Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar, today visited Cold Store Project of Jammu and Kashmir Agro Industries Development Corporation Limited (JKAIDCL) at Lawrence Road here and inspected the ongoing developmental works there. During the visit, Advisor Bhatnagar was briefed about the expansion and modernization of 4400 MT Cold Store Project being established



Advisor, on the occasion, interacted with the project executing team and took stock of progress on the ongoing works. He expressed satisfaction over the pace and quality of works being done at the project site. Speaking on the occasion, Advisor Bhatnagar said that this Cold Store Project is aimed at creating a modern and efficient infrastructure for storage and preservation of perishable agricultural products such as fruits and vegetables. He added that the project is expected to provide much needed support to farmers and small-scale food processing industries of Jammu and Kashmir as well as other parts of the country. Advisor further highlighted that this Cold Store Project is a crucial initiative that will go a long way in supporting the agriculture and food processing sector. He added that the project will provide farmers and small scale food processing industries with access to modern and efficient storage facilities, thereby enabling them to better preserve and market their produce. Pertinently, the existing Cold Store of JKAIDCL needed to be upgraded so that the highly perishable crops can be stored there. This will enable farmers of UT of J&K to store highly perishable produce of J&K like Strawberry, Peach, Plum, Cherry, Apple and other Agricultural Products near the consumer market outside J&K, thus helping farmers to get better price for their produce with flexibility to sell the produce at appropriate time.

with a cost of Rs 1024.34 lakh. He also inspected the status of additional cold rooms for market development of Horticulture Produce from J&K being constructed at the cost of Rs. 1986.57 lakh.

Director Agriculture inaugurates 2 Hi tech polyhouse at Wathora, Budgam



JJ NEWS SERVICE

SRINAGAR, APRIL 28: The Director Agriculture Kashmir, Chowdhury Mohammad Iqbal today inaugurated two Hi-tech poly house at Wathora of Chadoora, Budgam.

During his visit to the sub-division, the Director took stock of the agriculture scenario in the area.

Speaking to the farmers of different areas of the sub-division, the Director said that the department is working on an ambitious plan of providing farmers with round the year availability of seedlings of different vegetable crops. He said to achieve this goal the department has established hi tech poly houses in all the districts of Kashmir.

Chowdhury Iqbal highlighted the importance of integrated farming and asked the farmers to diversify their agriculture operations.

Director asked the concerned officers to guide the farmers during their preparation of paddy nurseries and during the pre and post harvest operations of oil seed (Mustard) crop.

He apprised farmers that the department will provide all the technical assistance to them in comprehensively performing their agriculture activities.

Chairperson NCW visits B'la; reviews progress of OSC for Women at Khawjabagh

OSC Provides Confidential Counseling to those who need it: Rekha Sharma Says that Various Initiatives Have Been Launched for the Empowerment of Women

JJ NEWS SERVICE

BARAMULLA, APRIL 28: The Chairperson, National Commission for Women (NCW) Rekha Sharma today conducted an extensive tour of Baramulla where she carried out several activities meant for the upliftment of women in all walks of life.

At the outset, the Chairperson visited One Stop Centre (OSC) Khawja Bagh Baramulla where she interacted with the victims and got appraisal of their issues. She also held a comprehensive review of the functioning and progress of the centre.

Speaking on the occasion, the Chairperson said that various initiatives have been launched with an aim to uplift women and bring in gender sensitivity especially by reaching out to women who have been vic-



steps are taken to improve the welfare of women of Baramulla. The Chairperson emphasised that women need to be confident in empowering themselves as they are the ones who shape the society. She exhorted upon the officers to launch massive awareness drives across the district so that the women can understand their rights. During the meeting, she also highlighted the role of women in the lives of people and their contribution towards society. Meanwhile, the Chairperson also appreciated the efforts of the district administration for organizing career counselling for girl students at the very opportune time and hoped that more such programmes are held for each and every student at Higher Secondary level so that they are able to make better career choices at the initial stage of their lives.

Later, the Chairperson held a comprehensive meeting with all the concerned officers at Dak Bungalow and discussed various measures to be taken for the upliftment of the women. The meeting covered a wide range of topics including the women centric welfare schemes and other benefits aiming to ensure socio-economic development of a woman.

Speaking on the occasion, Rekha Sharma said that the Commission will be taking all the recommendations discussed during the meeting forward to ensure that all necessary

Programme.

Special Camps on SSR 2023 held across Shopian



JJ NEWS SERVICE

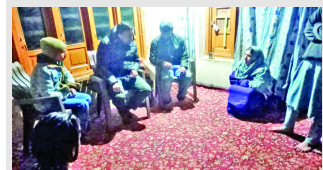
SHOPIAN, APRIL 28: On the directions of the Chief Electoral Officer, the District Election Office Shopian today held a series of special camps and awareness meetings in degree colleges, higher secondary schools, polytechnic colleges and ITIs of the district.

The camps were attended by large gatherings of eligible voters, prospective voters, BLOs and BLO Supervisors and staff members of the concerned institutions of both 36-Zainpura and 37- Shopian Assembly Constituencies.

Addressing the gatherings, Dy District Election Officer, Jahangeer Ahmad said that because of good response to the enrolment, the time limit of the special summary revision 2023 has been extended up to 6th May 2023 and same need to be informed to general public and cashed to fetch more enrollments.

BLOs were urged to verify the Assured Minimum Facility (AMF) Status of the polling stations and report the gaps at earliest for the redressal of the same. During the camps, on spot registrations were done by the BLOs and information about online methods viz nvsp.in and voter helpline app was also imparted.

DC Kupwara visits Batpora Haihama; offers condolences to bereaved family



JJ NEWS SERVICE

KUPWARA, APRIL 28: The Deputy Commissioner (DC) Kupwara, Dr. Doifode Sagar Dattatray today visited Trumman Batpora in Haihama area to condole the demise of 8-year old Ahrar Ahmad Qureshi 5/o Farooq Ahmad Qureshi who died in a road accident at Moughalpora Kupwara on April 27.

The DC offered his condolences with the bereaved family and prayed for courage to the bereaved family to bear this irreparable loss. Dr Sagar was accompanied by Tehsilidar Kupwara, Nayaz Ahmad Bhat and officers from local Army unit and Police. Pertinently, 8 year old Ahrar Ahmad Qureshi was hit by a motor cycle at Mughalpora crossing when he was returning to Parrynard at his aunt's home from school. Locals immediately rushed the injured boy to SDH Kupwara where doctors declared him brought dead. Police has taken cognizance of the accident case and registered an FIR.

Programme.

District Election Office Srinagar conducts Voter Sensitization Camps under SVEEP

JJ NEWS SERVICE

SRINAGAR APRIL 28:- In connection with ongoing Special Summary Revision 2023, the District Election Office, Srinagar today organized number of Special Voter Sensitization Camps as part of voter literacy programme under Systematic Voters' Education and Electoral Participation (SVEEP)



Programme.

The Camps were held on the directions of Deputy Commissioner Srinagar, Mohammad Aijaz Asad, who is also the District Election Officer(DEO) in compliance to the instructions of Election Commission of India under the supervision of Electoral Registration Officers(EROs) and dedicated Assistant Electoral Registration Officers(AEROs) at various Educational Institutions

including Kashmir University, Degree Colleges, Polytechnic Colleges, Women's Polytechnic, ITIs, Coaching Centres and other Professional Institutions.

During the Camps, the AEROs and DLMFs educated students about the value of their registration in the Electoral Rolls. Special focus was laid on the registration of all eligible prospective electors by or before 6th May 2023.

The efforts of the District Election Machinery was widely acclaimed by the student community and a large number of students were provided different forms related to the ongoing SSR-2023 for registering their claims.

The endeavour continues for tomorrow's Special Camp as well to maximize the registration of all eligible electors in District Srinagar.

Model G20 Youth Summit held at SKICC Srinagar by Tourism Department

JJ NEWS SERVICE

SRINAGAR, APRIL 28: Secretary, Tourism, Dr. Syed Abid Rasheed Shah today remarked that the upcoming 3rd Tourism Working Group (TWG) meet being held under the auspices of G20 Summit is a momentous occasion for entire Jammu and Kashmir as such kind of important global event will be held for the first time here.

The Secretary made these remarks while delivering the keynote address during the Model G-20 Summit (Youth Inception Meet) at SKICC here.

The Summit was organised by Directorate of Tourism Kashmir and held as a replica of original 3rd Tourism Working Group Meet to be held at SKICC



Secretary Tourism inaugurates function

important part of GSDP of our UT and most of the people are directly or indirectly associated with it.

While addressing the large number of University students who replicated delegates of participating countries at the event, the Secretary said that it is remarkable occasion for students participating in the Summit as they while get taste of what global events look like. He added that it will be their lifetime experience as they will get taste of what it means to represent a country.

The Secretary further said that this Model G-20 Summit is also a big opportunity for professional and personal intellectual growth of participating stu-

dents. Dr. Abid during the address also spoke on the importance of sustainable tourism and its role in promoting economic growth and development. He emphasized the need to balance tourism with environmental conservation and preservation of local culture and heritage. He also urged the students to play an active role in promoting tourism in their communities and to be ambassadors for sustainable tourism practices.

Director Tourism Kashmir, Faz Lul Haseeb in his address spoke about the importance of Model G-20 Summit. He highlighted that this replication of original G-20 Summit is an opportunity for the young students to hone their public speaking intellect.

Smt Pushpa Devi Mengi

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

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

"KRIVYA" 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 STRIKERS:-
"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 Raneshwar Mengi & Smt Rita Mengi
Mobile no 600532023, 9419244724, 8803501345
SHIKSHA NIKETAN
R.M PUBLIC SCHOOL
PUSHP VATIKA

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