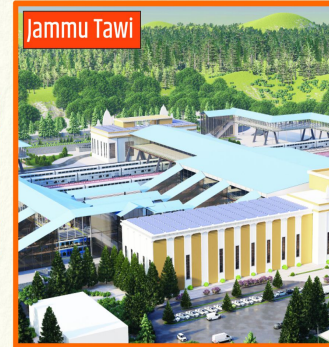
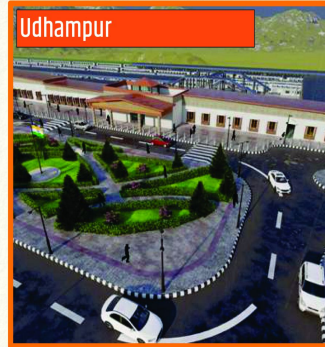
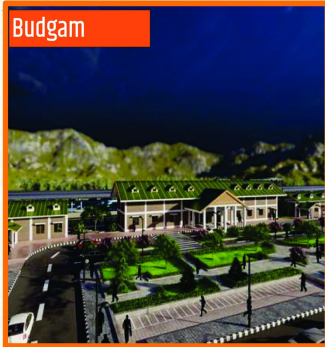




# TRANSFORMING 508 RAILWAY STATIONS ACROSS THE COUNTRY UNDER AMRIT BHARAT STATION SCHEME

## 3 Stations in Jammu & Kashmir will also be Redeveloped



**508 Stations will become world class with an investment of Rs. 25000 Crore**  
**3 Stations in Jammu & Kashmir will become modern with an investment of Rs. 294 Crore**

- ✔ Stations to be redeveloped as City Centres with provision of amenities like roof plaza, shopping zone, food court, kids play area etc.
- ✔ Provision of segregated entry & exit gates, multi-level parking, lift, escalator, executive lounge, waiting area, travelator, Divyangjan friendly facilities
- ✔ With the integration of Multi-modal connectivity the redeveloped stations will become the center of Socio-Economic activities of the region

### Railway Stations to be Redeveloped in Jammu & Kashmir

Jammu Tawi

Budgam

Udhampur

Foundation Stone Laying

by

# Narendra Modi

## Prime Minister

(via video conferencing) 6 August, 2023, 11:00 AM

### August Presence

**Ashwini Vaishnaw**  
Minister of Railways,  
Communications and Electronics  
& Information Technology

**Raosaheb Patil Danve**  
Minister of State for Railways,  
Coal and Mines

**Darshana Jardosh**  
Minister of State for  
Railways & Textiles



**DD NEWS** live broadcast on DD News



# Chairperson DDC B'la, DC B'la chair meet, discuss Action Plan for 'Meri Maati Mera Desh' campaign

JJ NEWS SERVICE

BARAMULLA, AUGUST 05: The Chairperson, District Development Council (DDC) Baramulla, Safena Beigh and Deputy Commissioner (DC) Baramulla, Dr Syed Shershish Asgar today chaired a meeting of all the concerned officers at Dak Bungalow here to discuss the action plan for implementation of the components envisaged under 'Meri Maati Mera Desh' campaign.

At the outset, the Deputy Commissioner



Chairperson DDC Baramulla achieved and briefed the meeting with regard to the progress about different themes under the

Meri Maati Mera Desh campaign. She also gave a detailed outline of the events to be held in the district.

Safena Beigh while speaking on the occasion highlighted the importance of the Meri Maati Mera Desh campaign and said that it aims to foster a sense of unity and pride across all sections of society, celebrating India's rich heritage and patriotic spirit.

She expressed that celebrating Azadi Ka Amrit Mahotsav, the hallmark event on the Independence Day 2023, will be paying tribute to the Veers martyrs through ceremonies at all levels across the district.

It was also informed that at least 75 plant saplings will be planted in each Panchayat and wards of the district. The officers of concerned departments were asked to ensure that the saplings are planted within well protected locations in Panchayats, Educational institutions and other places. Safena Beigh exhorted upon the concerned officers of all departments to ensure that all the components under Meri Maati Mera Desh campaign be accomplished.

# Health deptt Doda releases Gambusia fishes for prevention of Dengue/Malaria



JJ NEWS SERVICE

DODA, AUGUST 05: In an effort to tackle vector borne diseases during the monsoon and to prevent its spread in the district, the health department Doda kick-started the district wide awareness campaign and released 243 Gambusia Fishes in a fountain/pond at Old Bus Stand Doda.

The gambusia fishes were released by Chief Medical Officer Doda, Dr. Ab Hamid Zargar in presence of Executive Officer Municipal Committee Doda Sh Yousuf ul Umar and concerned staff of the department.

CMO said that gambusia fish which is also called as Mosquito Fish eats the mosquito larvae and helps in controlling the spread of various diseases like Dengue & Malaria.

He said that dumping of gambusia fish in water bodies is an eco-friendly process of mosquito control and is more effective than the indoor process of fogging and spraying.

The CMO also added that gambusia fish will be released in other water bodies in the district very soon.

Pertinent to mention here that the health department has been organizing awareness programmes in the community since the last two months as a part of Anti Dengue Month to inform the general public about the prevention and control of various vector borne diseases.

Among others who were present on the occasion included Rishi Kumar Pandita (Head Phst), Mohd Shaif Attu (HE), Basharat Ali Mir (Malaria Inspector), Ferooz Ahmed (JH), Liaqat Ali Zargar (BHW), Shamas ud Din (BHW) besides

# Handing over ceremony of engagement orders to 72 newly appointed sanginis, sahayikas held at Kathua

10 retro fitted scooties among specially abled persons distributed

JJ NEWS SERVICE

KATHUA, AUGUST 05: District Administration Kathua hosted a handing over ceremony where engagement orders to newly selected Sanginis and Sahayikas in different POSHAN projects of the district besides retro fitted scooties among specially abled persons were distributed here at conference hall of DC office complex.

The programme was part of a mega event held at SKICC, Srinagar where-in Lt. Governor Manoj Sinha presided over the handing over ceremony of all the districts of Jammu and Kashmir virtually.

Deputy Commissioner Kathua Rakesh Minhas, DDC Vice Chairman Raighunandan Singh, PO ICDS Kathua Dr Basharat Hussain, ADC Kathua Ranjit Singh, CPO Kathua Uttam Singh, DSWO Kathua Abdul Rahim and other district officers were also present.

During the event, the DC Kathua alongwith Vice Chairman DDC handed over 72 engagement orders comprising 50 newly appointed sanginis and 22 Sahayikas placed in POSHAN projects of Duggan, Hiranagar and

Barnoti.

A total of 10 Retro Fitted scooties were also distributed among the specially abled persons under Distribution of Motorised Tricycle scheme through Rehabilitation Council of Social Welfare department.

While speaking on the occasion, the DC Kathua said the engagement of Sanginis and Sahyikas in different poshan projects of the district has been completed in a free, fair and

transparent manner so as to provide necessary human resource in Anganwadi centres.

He said these centres are playing an important role in catering the nutritional needs of children below three years and lactating mothers.

Regarding the distribution of Retro fitted scooties among specially abled persons, the DC said the scheme of the Social Welfare department is playing a key role in empowering them and making them self reliant.

# Chairperson DDC kick starts work on JJM Schemes in Banihal

ND NEWS SERVICE

RAMBAN, AUGUST 05: Chairperson, District Development Council, Ramban, Dr. Shamshad Shan today conducted an extensive tour of Banihal area besides taking part in Jal Jeevan Mission fortnight programmes.

The Chairperson also kick started work on Thachi Amkoot, Water Supply Scheme under JJM projects worth over Rs 9 crore here in Sub-division Banihal. Vice Chairperson DDC Rabia Hamid, DDC member Fayaz, DDC member Imtiyaz

Khanday, officers from PHE department, FRIs, locals were present on the occasion. Speaking on the occasion, the Chairperson said that the WSS scheme shall cover 2 panchayats including Chamalwas lower B and Thachi Panchayat and give benefit to a huge population area.

While interacting with the locals, the DDC Chairperson said that Jal Jeevan Mission is envisioned to provide functional tapped water connections to all the households and steps are being taken by the department to achieve the 100% targets under FHTC in the district.

# DDC Chairperson Ganderbal visits several areas of district to assess issues, needs of people

JJ NEWS SERVICE

GANDERBAL, AUGUST 05: The Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishaq today visited several areas of the district to take stock of various issues and problems being faced by the people.

During the visit to various areas including Dangeerpora, Sonerpora Theeru and other surrounding areas, people raised issues regarding development of sports fields, drinking water, construction of school buildings and other issues and demands.

At Sonerpora Theeru, people raised the issue of drinking water pipeline catering to the whole area, and upgradation of roads in the area. They also raised the issue of facing lots of inconvenience due to shortage of drinking water, on which the DDC Chairperson directed the

AEE Jal Shakti for augmentation of the pipeline.

At Middle School Sonerpora Theeru, the Chairperson DDC checked the attendance of teachers, staff position in the school, accommodation position, toilet and drinking water facilities and status of books and uniform available to the students besides school building was also reviewed and necessary interventions were given to the concerned officers to mitigate them.

At Dangeerpora and Sonerpora people raised the issue of development of sports fields. People of Dangeerpora also demanded development of the park.

DDC Chairperson on spot issued necessary directions to the District Officer Youth Services and Sports and also to the Block Development Officer for the upgradation and development of sports fields and the park.

# Handing over of appointment letters, scooty's by LG

JJ NEWS SERVICE

RAJOURI, August 05: In a momentous occasion held at the DC Office Rajouri, the appointment orders were distributed among 168 new newly recruited Anganwadi Workers, Helpers after a transparent selection process.

The event was presided over by Deputy Commissioner Rajouri, Vikas Khandel, in presence of ADDC, Pawan Kumar Parihar, PO ICDS, Shoket Mehmood Malik; CPO,

# Rajouri admin organises live telecast

Mohammad Khurshid; ACR, Imran Rashid Kataria; CAO, Sohan Singh; DSWO, Wakeel Ahmed Bhatt; DIO, Israr Bukhari; DIO NIC, Muzaffar Mir; AD Planning, Mohd Rafi and other officers.

The ceremony commenced with the attendees joining an online session at SKICC Srinagar, where LG Manoj Sinha addressed the gathering. Subsequently, the distribution of appointment letters took place.

Speaking on the occasion, Deputy Commissioner expressed his appreciation for the remarkable work accomplished by the ICDS team in the district. He lauded the transparent recruitment process and congratulated the DPO Rajouri.

The distribution of appointment orders to the 168 Sanginis (Anganwadi workers) Sahayikas (Anganwadi helpers) signifies a significant milestone in strengthening the ICDS services in the

district. The administration remains committed to providing essential support and resources to ensure the well-being and growth of the region's children and beneficiaries.

Addressing the gathering, the PO ICDS emphasized the critical role of POSHAN (ICDS) in improving the nutritional status of children, adolescent girls, pregnant women, and lactating mothers in the district. He commended the team's efforts in revitalizing and

re-energizing the Anganwadi centers, ensuring dedicated service to the children and beneficiaries of POSHAN schemes.

In addition to the engagement orders, the event witnessed the distribution of 20 motorized tricycles (Scooties) among specially abled persons, further emphasizing the government's commitment to inclusivity and empowerment. The scooties will provide enhanced mobility and independence to those with disabilities, enabling them to navigate their daily life more efficiently.

# ACB holds workshop cum Seminar for officials in Ramban

JJ NEWS SERVICE

RAMBAN, AUGUST 05: Jammu and Kashmir Anti-Corruption Bureau (ACB) Doda today organised a one day Workshop cum Seminar on Corruption Free Jammu & Kashmir for officers and officials, which was presided over by Deputy Commissioner Ramban, Musarrat Islam.

Additional District Development Commissioner, Rajinder Sharma, ADC Harband Lal Sharma, CPO Dr. Kasturi Lal, ACR Gias-Ul-Haq, Dy. SP ACB Doda, Sagar Singh Salathia, Inspectors ACB Doda Rajinder Sharma and Shamim Ahmed besides other senior officers and officials were present in the programme.

At the outset, the participants were given a detailed PowerPoint presentation on corruption and its impacts on society.



Speaking on the occasion, the Deputy Commissioner appreciated the Anti-Corruption Bureau (ACB) for organizing a workshop cum awareness programme titled 'Corruption Free Jammu & Kashmir' at DC Office for sensitization of Government employees.

The DC said that governance reforms are pivotal for corruption free society and various

Reform measures have been taken during the recent past through technological interventions to ensure accountable, transparent and corruption free Governance Architecture so that benefits of Government schemes percolate to genuine beneficiaries and payments are transferred to vendors without any intermediary.

The DC called upon the officers

and officials to maintain integrity, transparency, accountability and justice at all levels while implementing government schemes so that people do not face any inconvenience. He urged all to work with dedication and honesty. He also highlighted the role of education in inculcating moral, ethical values so that newer generations can imbibe values of integrity.

# 93 Motorized tricycles distributed among specially-abled persons in Kulgam

JJ NEWS SERVICE

KULGAM, AUGUST 05: The Chairperson, District Development Council (DDC) Kulgam, Mohd Afzal Parry, Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat today distributed motorized tricycles among specially-abled persons at mini-secretariat, here.

During the distribution function that was organized by District Social Welfare Office Kulgam and sponsored by J&K Rehabilitation Council 93 motorized tri-cycles were distributed among the beneficiaries.

Speaking on the occasion, the Deputy Commissioner said that the distribution of these motorized tricycles has been done with an aim to empower specially-abled persons.

He further said efforts are afoot to provide opportunities and proper facilities to specially-abled persons and children of the district to empower them so that they can realize their dreams and aspirations.

Among others, ADDC Showkat Ahmad Rafter; DDC member Manzanq, Choudhary Jameela; TSWOs, officials of the department, and beneficiaries were present on the occasion.



# JINDRAH IMAGES



### BRIEFLY

#### Delhi-NCR And J&K Observe 5.8 Magnitude Earthquake

NEW DELHI, Aug 5: An earthquake of 5.8 magnitude hit the Hindukush region of Afghanistan late on Saturday, jolts of which were felt in the Delhi-NCR region and Jammu and Kashmir.

According to NCS, its epicentre was found at Latitude 36.38, and Longitude 70.77. The earthquake occurred at a depth of 181 km.

An earthquake had hit the Gulmarg area of Jammu and Kashmir earlier in the day as well.

#### Terrorist Killed In Encounter With Security Forces In J&K's Rajouri

RAJOURI, Aug 5: A terrorist was killed in an encounter with security forces in the Rajouri district of Jammu and Kashmir on Saturday.

Additional Director General of Police (ADGP), Jammu, Mukesh Singh said.

The encounter started during a cordon and search operation by the police and the Army at Gundhakhawas village in the Budhal area following information about the presence of terrorists there, officials said. They said a few gunshots were heard from the besieged village and reinforcements were rushed to the scene. The ADGP said in Jammu that the encounter was going on. "According to feedback..."

#### Four Booked Under PSA In Jammu And Kashmir's Budgam

Srinagar, Aug 5: Four people, including an over-ground worker of a terrorist group, have been booked under the stringent Public Safety Act (PSA) in Jammu and Kashmir's Budgam district, police said on Saturday.

They were lodged at the Central Jail in Jammu's Kot-Balwal and the Central Jail in Srinagar after obtaining formal detention orders from the competent authority, an official said.

Those booked under the PSA include...

#### Youth Detained For 'Reckless' Stunts On Road In J&K's Budgam

Srinagar, Aug 5: Police on Saturday detained a youth for alleged reckless stunts on road in Budgam district of Jammu and Kashmir.

The detention followed after a video surfaced on social media, showing a local youth from Pakherpora, Budgam, performing dangerous stunts on a public road.

Police took swift action and detained the rider responsible.

The individual was identified as Amir Rashid Wagay, a resident...

## We have laid a new foundation for growth and prosperity of J&K; ended decades of tyranny and terror ecosystem: LG Sinha



J I NEWS SERVICE

SRINAGAR, AUGUST 05: Lieutenant Governor Shri Manoj Sinha today handed over appointment letters to Anganwadi Sanganis and Sahayikas, and specially fitted 2832 scooty's to persons with disabilities across the UT at a ceremony held at KICC Srinagar.

The Lt Governor also launched Mission Youth's Pratsahan Scheme and Soft skill Training & Coaching program for Judicial and other Legal Services.

"The unprecedented growth and peace is a testament to the dedication, hard work, meticulous planning and implementation of team J&K. I dedicate these initiatives to

the people, who are working with commitment to build Corruption-free, Fear-free and Aatmanirbhar J&K," the Lt Governor said.

The new initiatives of Mission Youth will empower youngsters, help them to become leaders of tomorrow and change makers, he added.

In his address on the occasion, the Lt Governor shared the extraordinary journey of Jammu Kashmir over the past four years.

"On 5th August 2019, Hon'ble Prime Minister Shri Narendra Modi ji had ended the discriminatory system which harbored separatism and nepotism. He ushered sustained peace, dignity, security, equal access to resources for new aspirations,

**LT GOVERNOR HANDS-OVER APPOINTMENT LETTERS TO ANGANWADI SANGINIS & SAHAYIKAS; SPECIALLY-FITTED 2832 SCOOTY'S TO PERSONS WITH DISABILITIES. LAUNCHES MISSION YOUTH'S PRATSAHAN SCHEME, SOFT SKILL TRAINING & COACHING PROGRAM FOR JUDICIAL & OTHER LEGAL SERVICES**

**UNDER LEADERSHIP OF HON'BLE PM SHRI NARENDRA MODI JI, WE HAVE ESTABLISHED A LASTING PEACE, WHICH HAS BROUGHT SOCIAL JUSTICE, OPPORTUNITY AND DIGNITY TO PEOPLE: LG SINHA**

**THE COMPLETE DISMANTLING OF TERROR SYMPATHIZERS AND SECESSIONIST NETWORK HAS ALLOWED THE SOCIETY TO LIVE WITH FREEDOM, LIVE WITHOUT FEAR: LG**

**THE BIGGEST CHANGE IS VISIBLE ON THE GROUND AS PEOPLE ARE LIVING FREELY AFTER SO MANY DECADES. STREET PROTESTS, CLOSURE OF SCHOOLS, COLLEGES FOR 150 DAYS A YEAR, STONE PELTING AND SEPARATISM HAVE ENDED: LG SINHA**

new resolutions for J&K's glorious  
■ Contd On Page-4...

## Lt Governor inaugurates Srinagar Smart City's heritage conservation, Restoration, Illumination of Heritage Building projects



J I NEWS SERVICE

SRINAGAR, AUGUST 05: Lieutenant Governor Shri Manoj Sinha today e-inaugurated several projects of heritage conservation by Srinagar Smart City Limited in an event at Kashmir Art Emporium.

In his address, the Lt Governor appreciated the endeavours of the Srinagar Smart City Limited for conservation and restoration of heritage buildings and improving the quality of life of the residents of the city.

He said the compendium of heritage buildings for conservation, restoration of Shri Kathleshwar temple

**THESE PROJECTS WILL PLAY A PIVOTAL ROLE IN TRANSFORMING URBAN LANDSCAPE; BRING POSITIVE CHANGE IN LIVES OF AAM AADMI AND GIVE BOOST TO SUSTAINABLE ECONOMIC ACTIVITY AND RESILIENCE OF SRINAGAR: LG**

**WE MUST EMBRACE A HOLISTIC APPROACH IN URBAN REJUVENATION. IT IS OUR COLLECTIVE RESPONSIBILITY TO GIVE A NEW SHAPE TO THE SOCIETY AND TO ENSURE PRO-ACTIVE GOVERNANCE FOR EASE OF LIVING OF THE CITIZENS: LG**

**SUPPORTERS OF TERRORISM, SEPARATISM ARE THE BIGGEST ENEMIES OF PEACE AND PROGRESS: LG SINHA**

**GOVERNMENT HAS TAKEN DECISIVE STEPS AGAINST CORRUPTION, ENSURING SEAMLESS DELIVERY OF PUBLIC SERVICES AT THE DOORSTEP OF THE CITIZEN: LG**

and 15 Ghats on river Jhelum in Shehr-e-Khaas will play a pivotal role in transforming urban landscape.

"We must embrace a holistic approach in urban rejuvenation. The launch of GIS based survey and Digital Door Numbering, Facade Illumination of 11 heritage locations will bring positive change in lives of aam aadmi, give boost to

sustainable economic-activity and resilience of Srinagar," the Lt Governor said.

At the inaugural ceremony, the Lt Governor highlighted the efforts made in the last four years to establish a just, transparent, accountable, responsive, citizen-centric governance system in the UT. "The Government has taken  
■ Contd On Page-4...

## Divisive Elements Hell Bent To Disturb Peace Among Communities In J&K: Azad



J I NEWS SERVICE

DODA, Aug 5: Divisive elements are hell-bent on disturbing peace among communities in Jammu and Kashmir, Democratic Progressive Azad Party chairman Ghulam Nabi

Azad said on Saturday.

Addressing a public meeting at the Gagla area of Doda on the first day of his 10-day tour of Chenab valley, Azad said the Union Territory has already suffered during 33 years of  
■ Contd On Page-4...

## Pakistan's Former PM Imran Khan Arrested; Sentenced To Three Years In Jail In Corruption Case

Islamabad, Aug 5: Pakistan's former Prime Minister Imran Khan was arrested on Saturday after he was found guilty in a corruption trial and sentenced to three years in prison, a verdict that disqualified him for five years from holding any public office.

Additional Judge Humayun Dilawar of the Islamabad-based district and sessions court found...  
■ Contd On Page-4...

## India Emerging As World's Favourite Cost-Effective Healthcare Destination: Dr Jitendra Singh



J I NEWS SERVICE

JAMMU August 5: Union Minister of State (Independent Charge) Science & Technology, MoS PMO, Personnel, Public Grievances, Pensions, Atomic Energy and Space, Dr Jitendra Singh today said that India is fast emerging as the world's favourite cost-effective healthcare destination. India already taken a lead in the areas of Preventive Healthcare and Integrated healthcare, he added.

Dr. Jitendra Singh said this while inaugurating the Annual Conference of Indian Academy of Otorhinolaryngology Head & Neck Surgery organised by Shri Mata Vaishno Devi Narayana Superspecialty Hospital at Convention Centre, Jammu.

Dr. Jitendra Singh asserted that Ayushman Bharat is so far the world's best health insurance scheme and credit goes to Prime Minister Narendra Modi for having conceptualised it. This is possibly the only health insurance scheme in the world which offers the option of seeking insurance cover even for a pre-existing disease, like for example, if today a person is detected having cancer, he can thereafter go and get himself insured to receive the financial support for treatment which is not seen anywhere even among the developed nations, Dr. Jitendra Singh added. Dr. Jitendra Singh said, by bringing in Ayushman Bharat, India has  
■ Contd On Page-4...

## Rusted Mortar Shell, Landmine Defused In J&K's Samba, Poonch

J I NEWS SERVICE

Samba/Mendhar (J&K), Aug 5: A rusted mortar shell and a landmine were detected and later defused in controlled explosions at separate places in Samba and Poonch districts of Jammu and Kashmir on Saturday, police said.

The powerful mortar shell was noticed by some villagers in Nad  
■ Contd On Page-4...

## BJP Celebrates 4th Anniversary Of Article 370 Abrogation, Congress, PDP Stage Protest

J I NEWS SERVICE

JAMMU, Aug 5: The BJP on Saturday celebrated the fourth anniversary of the abrogation of Article 370 by holding a public meeting in Srinagar, while its rivals staged protests, with the Congress calling it a "black day".

The Centre on this day in 2019 had revoked Article 370, which gave special status to the erstwhile state of Jammu and Kashmir, and bifurcated it into union territories of Jammu and

Kashmir and Ladakh. Several leaders and workers of the BJP's Jammu and Kashmir unit, led by general secretary organisation, J-K, Ashok Koul, participated in the meeting at Jawahar Nagar.

This programme was held to open the eyes of those leaders who are trying to "provoke" the people in the name of Article 370, party spokesperson Thakur Abhijeet Jasrotia told reporters in Srinagar. "These leaders are propagating lies, but the common people and the poor want develop-

ment... Today, people have risen above dynastic politics, and they do not want any Abdullah or Mufti to befool them," he said in an apparent reference to National Conference (NC) chief Farooq Abdullah and Peoples Democratic Party (PDP) supreme Mehbooba Mufti.

During the meeting, BJP leaders highlighted the changes in Jammu and Kashmir after the Centre's 2019 decision, with Jasrotia saying there used to be shutdowns for the  
■ Contd On Page-4...

## Cabinet Approves Rs 1.39 Lakh Cr For Connecting 6.4 Lakh Villages With Broadband

J I NEWS SERVICE

NEW DELHI, Aug 5: The Union Cabinet has approved a last-mile broadband connectivity plan for 6.4 lakh villages

across the country under the BharatNet project at present, and the balance is likely to be connected in two and a half years, they added. "The Cabinet in its meeting, held on Friday  
■ Contd On Page-4...

## Offering 675 Services Online Is A Milestone Towards 'Corruption Free' J&K: CS



J I NEWS SERVICE

SRINAGAR, Aug 5: Chief Secretary, Dr Arun Kumar Mehta, while speaking on the occasion of 'Corruption Free J&K Day' appreciated the role of IT Department in

and IT Departments, Prerna Puri; Director Information, Minga Sherpa; Joint Director, Information Headquarter, Naresh Kumar; Joint Director, Information Kashmir, Mohammad Aslam; Information Officers, besides other concerned officers.

During this event the Chief Secretary highlighted the role of IT tools in weeding out corruption. He maintained that technology is greatest enabler in creating an era of efficiency, fairness and equity for all.

While enumerating the advantages, he made out that the introduction of  
■ Contd On Page-4...

## "J&K Will Play Crucial Role In Amrit Kaal..." Union Minister Jitendra Singh On 4th Anniversary Of Article 370 Abrogation

J I NEWS SERVICE

JAMMU, Aug 5: On the occasion of the fourth anniversary of the revocation of Article 370 and 35-A in Jammu and Kashmir, Union Minister Jitendra Singh on Saturday said that the Union Territory will play a crucial role in Amrit Kaal.

"In the third term of PM Modi's government, Jammu and Kashmir will

play a crucial role in Amrit Kaal," he said.

The Centre abrogated the special status of Jammu and Kashmir under Article 370 on August 5, 2019, soon after the second term of the PM Modi-led government began.

While talking to reporters, he also said that god wanted that "this auspicious work" to be done during Prime Minister Narendra Modi's tenure.

"I think that god wanted that PM Modi should be the Prime Minister of the country and this auspicious work should be done by his hands. Many articles, and comments are being made today, but in a very planned manner, the PM Modi-led government has worked to establish a system in Jammu and Kashmir," Singh said, adding that in the first  
■ Contd On Page-4...



## FROM THE FRONT PAGE

**IPS Officer Basant ...**

for allegedly displaying insubordination to his superiors despite a court order.

As per the order issued by the Union Ministry of Home Affairs, Rath shall continue to be under suspension for a further period of 180 days from July 31, 2023.

“...the President, after considering the facts and circumstances of the case and the recommendations of the Central Review Committee, has come to the conclusion that Shri Basant Kumar Rath, IPS (AGMUT: 2000) shall continue to remain under suspension for a further period of 180 days beyond 31.07.2023 i.e., up to 27.01.2024,” the order dated July 28 said. It was made public on Monday.

The order said the central review committee took into account the facts and circumstances of his suspension “in totality” and recommended the extension under Rule 3 of the All India Services (Discipline and Appeal) Rules, 1969.

Under this rule, any government officer against whom disciplinary proceedings are contemplated or are pending can remain suspended till the passing of the final order in the case.

**Lt Governor interacts...**

from Baramulla and Sh Aman Hussain from Ramban regarding sanctioning of land compensation, the Lt Governor directed the Divisional Commissioners and concerned departments to take appraisal of the similar matters put forth by the complainants and address the issues on merit.

The Lt Governor directed the Deputy Commissioners to look into the unresolved complaints/cases and submit action taken reports to Lt Governor’s secretariat.

Deputy Commissioners should also monitor the Kissan Sampark Abhiyan in the Districts. Swachhta Abhiyan must be the priority of district administrations, he added.

He further impressed on the officials for ensuring operationalization of District-wise help desks for industrial investment proposals.

The Lt Governor also took appraisal of the Power scenario, efforts being put in to end the practice of beggary, saturation of Unique Identity Card, reducing the gap in granting old age pension.

Road accidents due to old and dilapidated vehicles should be looked into seriously to reduce the accidents, he added.

The Lt Governor appreciated the efforts of all officials and stakeholders for the smooth conduct of Muharram and ongoing Shri Anantnath Ji Yatra.

He also reviewed the preparations of District Administrations, all the departments for the Independence Day celebration.

Ms Rehana Batul Commissioner/Secretary, Public Grievances conducted the proceedings of the LG’s Mulaqaat.

Dr Arun Kumar Mehta, Chief Secretary; Sh R K Goyal, Additional Chief Secretary, Home Department; Dr Mandep Kumar Bhandari, Principal Secretary to Lt Governor; Administrative Secretaries; Divisional Commissioners, Deputy Commissioners, SSPs, HOs and other senior officers were present during the interaction, in person and through virtual mode.

**Lt Governor addresses...**

“For the first time after independence, the common citizen of J&K can think freely and express their feelings without any fear from separatist-terrorist network. It is one of the biggest transformations common man is witnessing under leadership of Hon’ble Prime Minister Shri Narendra Modi Ji,” the Lt Governor said.

He said, apart from economic development and unparalleled growth with equity, there is a rapid social change which is reflected in day to day lives of common citizens. There is growing aspiration in the society to excel, he added.

“Peace is the first step in the journey of development. And, we do not believe in buying peace but in establishing peace. There is no distinction in policy and intent. Discriminatory policies imposed for 70 years are gone and citizens are getting equal opportunities for development,” the Lt Governor observed.

He said, the peaceful conduct of the G20 summit, Muharram procession being taken out in Kashmir after 34 years, revival of cinema, unprecedented tourists visiting J&K UT has sent the message that J&K is on the move.

Sh Ram Madhav, President India Foundation; Sh B.V.R. Subrahmanyam, CEO, NITI Aayog; Sh Alok Bansal, Director, India Foundation; Lt Gen Syed Atia Hasmain (Retd), eminent personalities, experts, senior functionaries and members of India Foundation shared their views during the roundtable discussion and lauded the steps and initiatives taken by the Lt Governor administration for the equal and inclusive development of J&K.

**J&K High Court...**

with the Maulana Ali Miyan Educational Trust, Bathindi, the functioning of which was taken over on the orders of the Jammu divisional commissioner on June 14 last year for misusing funds received from foreign NGOs, they said.

The government lawyer confirmed that the madrasah run by the petitioners are different from those of the Maulana Ali Miyan Educational Trust.

However, he submitted that an investigation into illegal funding of these seminaries is an ongoing exercise and the respondents are free to initiate action against any such madrasahs found involved in anti-national or anti-social activities and also those not in a position to explain the source of their funding.

“In view of the above, this petition is allowed by holding that the order of the divisional commissioner, Jammu, is applicable only to the madrasahs run by the Maulana Ali Miyan Educational Trust and cannot be universally applied to all madrasahs being run legitimately in the UT of Jammu and Kashmir,” the court said, quashing the impugned order of the Kishwar additional deputy commissioner. The court also made it clear that in case it comes to the notice of the government during any investigation that the madrasahs being run by the petitioners or others are operating in violation of the law, it is free to initiate appropriate action after notifying and providing an adequate opportunity for hearing.

**Nearly 3,000...**

“The transmission has to be broken. Those infected should self isolate themselves. They should not visit public places,” he said.

Chief Medical Officer (CMO), Jammu, Harbhash Singh

eye flu cases are common during the monsoon season.

He said the symptoms include redness, itching, watery eyes.

**J&K Govt Asks...**

said, adding, “Any absence shall be only permissible with prior permission of their immediate superior.”

All the Administrative Secretaries, Heads of the Departments, Managing Directors/Chief Executives of the Public Sector Undertakings, it said, are advised to ensure that all officers/officials working under their administrative control, and stationed at Srinagar/Jammu, attend the function at their respective places.

**Govt Employees...**

a work friendly environment so that they may give in their best for nation building.

“DoPT has been granting mass promotions to employees in order to motivate them and overcome the problem of long stagnation. Another 2,000 promotions in ASO and other Grades are in process and hopefully they will get promoted by this year end,” said Dr Jitendra Singh.

The Minister said that in the last nine years, under the leadership of Prime Minister Narendra Modi, the Government has periodically reviewed the longstanding stagnation issues in the various Central Ministries that are a legacy of the past due to pending court cases, lack of vacancies in higher grades and other personnel issues.

The Minister said, last year alone about 9,000 mass promotions were made and prior to that the DoPT granted 4,000 promotions in the preceding three years.

Dr Jitendra Singh said, the Government is concerned about long stagnation in certain cadres and at certain levels where some of the employees working in the lowest rung of administration spend their entire service tenure of 30 to 35 years without getting a single promotion. The DoPT Minister said he has discussed the issue with all the senior officers in the Department and several innovative means have been evolved to avoid stagnation at middle and lower rungs of the administration.

Accusing the earlier UPA government, Dr Jitendra Singh regretted that in a large number of cases, stagnation in promotions was the result of litigations prompted by inappropriate decisions taken or rules twisted to give out of turn promotions to the favoured ones by the then government.

In a few of the 4,000 promotions cleared in recent years, the Government granted promotions despite the cases being sub-judice, by consulting legal experts and making valid provisions for judicial scrutiny, said the Minister.

The orders for mass promotion of these employees belonging to the CSS cadre were issued after several rounds of high-level meetings in DoPT chaired by Dr Jitendra Singh in the preceding months.

Expressing satisfaction that there is an inflow of more talented and efficient recruits in the Government through UPSC and SSC, Dr Jitendra Singh said, in order to bring in the ease of governance as well as objectivity in empanelment, the government has, in the last nine years, improvised upon the procedures so as to ensure that there are no subjective preferences involved in carrying out the promotions.

“Online database has led to greater accountability and efficiency among the Government workforce,” he said.

Dr Jitendra Singh called upon the CSS delegations to open avenues for training of their respective cadres by using Mission Karmayogi platform and organise Chintan Shivirs and workshops to raise credibility at work and the society in general.

“All this is meant not only to ensure effective and timely delivery of outcomes for the public, but also to enable the employees to perform to the best of their ability,” he said.

**Locals Farmers...**

political leader, said, “If people in Kashmir did not allow them to install smart meters there, why are they forcing this installation in Jammu? We will not allow them to put up smart meters here.”

Sharma said the authorities should have given a rebate or free power units to the poor people of Jammu and Kashmir similar to the subsidy schemes in Punjab and Delhi.

Sudesh Kumari, a social activist who belongs to a farming family, said, “The installation of smart meters will definitely hit the poor people. The department should, instead, provide free electricity or rebate up to Rs 800 as being given in Punjab and other places,” she said.

She said that more women will come out on the roads here to raise their voices on the issue.

The Aam Aadmi Party government in Delhi allows free power for up to 200 units to domestic consumers and a Rs 800 rebate to those consuming between 201 and 400 units per month.

**Lt Governor inaugurates...**

it is deeply connected with heritage, culture, traditional knowledge and co-existence with nature,” the Lt Governor said.

The workshop will help in developing a holistic strategy and action plan for improved livelihoods and regeneration of pasture land and rangelands, he added.

At the inaugural session, the Lt Governor highlighted the concerted efforts of the UT Administration, under the guidance of Hon’ble Prime Minister, to bring transformation in the lives of pastoral communities such as Gujjar, Bakarwals, Gaddi-Sippi.

“Hon’ble Prime Minister Shri Narendra Modi Ji has empowered the tribal community of J&K UT and migratory population has been brought to the mainstream of development. Forest Rights Act, rights on forest produce and various other initiatives have brought a new dawn in their lives,” the Lt Governor observed.

He said, the world is recognizing the significance of Pastoralism and the United Nations General Assembly (UNGA) has declared 2026 as International Year of Rangelands and Pastoralists.

“I consider our tribal community as protectors of forests and the climate warriors. They will certainly play a significant role in maintaining biodiversity, climate change mitigation, and contributing to growth and food security,” the Lt Governor said.

He also shared the measures taken by the administration to extend the socio-economic benefits and livelihood opportunities to the youth and members of families of pastoral communities and facilitate their smooth movement during migratory season.

Holistic Agriculture Development Programme has

given priority to the community dependent on livestock and a campaign has been launched to conserve open range and increase green cover in the UT, he added.

Sh P Vivekanandan, Vice Chair, RISG South Asia, shared his view on the theme of the workshop and gave a powerpoint presentation.

Dr. Shahid Iqbal Choudhary, Secretary, Tribal Affairs Department and Dr Nazir A Ganai, Vice Chancellor SKUAST Kashmir highlighted the efforts of Lt Governor led UT administration for welfare and development of pastoral communities of Jammu Kashmir.

They also shared the unprecedented and historic initiatives taken and implemented by the UT administration, especially for the tribal communities.

Sh Roshan Jaggi, Principal Chief Conservator of Forests; faculty members of SKUAST, scientists, researchers, officers of UT administration and a large number of members of pastoral communities were present.

**Banks disburse...**

sector and 546.30 crore under Non priority sector aggregating to total credit of Rs 969.75 showing an achievement of 88 percent contribution towards total credit dispensation in the district.

It was also informed that there has been a total credit disbursement of 1101.77 crores against the yearly target of Rs 862.08 crore registering an achievement of 128% of the annual credit plan 2022-25 for quarter ending March 2023.

The DIC emphasized the need for improving the credit flow in Agriculture and allied sectors under HADP plan. Besides the credit flow in renewable energy sector was also emphasized upon.

The performance with respect to social security schemes under Janusarakshya was also discussed and the DIC emphasized the need for roping in the people under social security schemes with joint coordination of all concerned agencies.

Besides reviewing the performance of Banks and Govt. departments under various schemes, the Chairman of DCC & DIC emphasized the need for agencies to sponsor quality cases and the Banks for speedy disposal of Govt. Sponsored cases.

The meeting was attended by, LBM Ganderbal; DDM, NABARD; GM, DIC, CAO, CAHO, AD Fisheries, AD Handicrafts & Handloom, District Coordinators of all Banks and representatives of other development agencies.

**139.04 acres ....**

developing major tourism space in J&K UT.

Hailing the Army for its cooperation, the Lt Governor said the DCC and security forces are dedicated to welfare of people.

We will make honest and dedicated efforts to fulfill all the conditions of the MoU and develop tourism and other related activities in such a way that the tourists visiting Kashmir valley find Tattoo ground as one of the most attractive destinations, he said.

The Lt Governor also discussed with the senior Army officers the ‘Mera Mati Mera Desh’ campaign to honour the martyrs and preparations for Independence Day events.

Lt General Rajiv Ghai, GOC 15 Corps; Dr Mandep Kumar Bhandari, Principal Secretary to Lt Governor; Sh Vijay Kumar, ADGP Kashmir; Sh Vijay Bihuri, Divisional Commissioner Kashmir; senior officers of the Army and UT Administration were present on the occasion.

**Mufti Sayeed...**

(Article) 370 will not be touched. He tied their hands. He was not after power, otherwise he would not take three months to form the (coalition) government (in Jammu and Kashmir),” he said.

Mufti alleged that the Bharatiya Janata Party (BJP) backtracked from its commitments and accused it of trying to pressure on the people of Jammu and Kashmir into subjugation.

“The BJP wants us to throw in the towel. We will not do it... If all of us – Hindus, Muslims, Sikhs, Gujjars, Paharis – stand united, we will make the BJP give up,” he said.

Mufti, the only woman to become the chief minister of Jammu and Kashmir, said her father had the courage to stand for people.

Despite having only 16 MLAs (in the 2002 Assembly polls, Mufti said) in the Congress (which had 20 seats) that he would form the government only if talks were held with Pakistan and separatists,” he said.

Mufti said her father did not believe in misleading people and firmly believed that Jammu and Kashmir’s future was with India.

“Despite being the (Pradesh) Congress president, he accepted the decision taken by Indira Gandhi in 1975 to bring back Sheikh Mohammad Abdullah into the mainstream,” she said.

**Vigilance Awareness Camp organised at B'la****Dr Sehrih presided over the function; terms Transparency, Accountability Vital for ensuring Social Justice and Welfare Governance**

BARAMULLA, AUGUST 05: With an aim to spread awareness and promote good governance in the government offices, the Anti-Corruption Bureau in collaboration with District Administration Baramulla today organized a daylong awareness programme on ‘Corruption Free Jammu and Kashmir’ at Dak Bungalow, here.

Deputy Commissioner (DC) Baramulla, Dr Syed Seehrih Aggar presided over the programme as the chief guest while as SSP, Anti-Corruption Bureau, District Vigilance Officer Baramulla, All District/Zonal Officers, Tehsildars, All Patwaris, besides other senior officials of ACB were present in the awareness programme.

At the outset, a powerpoint presentation was presented wherein a series of clips were transmitted for the participants to aware them of the corruption and its impacts on society.

Mufti said during her father’s first term as chief minister, significant progress was made on both the reconciliation and development fronts in Jammu and Kashmir.

“The Advani-Hurrariyat talks were held, the Srinagar-Muzaffarabad road was re-opened and development work got a fillip,” she said.

Mufti asked the BJP what did it achieve by doing away with the special constitutional provisions regarding Jammu and Kashmir.

“What have you achieved in Kashmir? Jawaharlal Nehru came to Lal Chowk and unfurled the national flag with thousands of Kashmiris present. Today, you hoist the tricolour and there is no Kashmiri there, only security people,” she said.

Mufti alleged that the BJP is trying to convert the entire country into Manipur and appealed to the opposition parties to stay united in order to counter these attempts.

“Manipur is just a trailer, the film is yet to start. The BJP wants to turn the entire country into Manipur. My appeal to the opposition is to stay united if they want to save India. Do not get into number games,” she said.

More than 160 people have lost their lives in Manipur in ethnic clashes that have been going on for almost three months.

Mufti hit out at the government for making a provision for nominating Kashmiri migrants to the Jammu and Kashmir Assembly, instead of reserving seats for the community.

“You have kept a provision for nominating Kashmiri Pandits. If you have the courage, you should reserve the seats and we will vote for them just like we have done in the past. Constituencies with a Muslim population have elected Pyare Lal Handoo, M.L Fotedar, Manohar Koul, D P Dhar etc.

“I also want to ask, why no reservation for Sikhs? Because you cannot do Hindu-Muslim (politics) if you give reservations to Sikhs,” she said.

The PDP chief said her party is not the problem, but solution to the issue.

“We are not the problem. We are the solution. We want a solution to emerge within the democratic set up,” she said.

Mufti asked the party cadre to prepare for the panchayat and other local bodies’ elections that are due later in the year.

“The BDC and panchayat elections are due. Take these spaces so that you can serve people,” she said.

**Police Files ...**

“The chargesheet against the nine accused including a woman and three brothers was filed in the court of law for judicial determination in connection with the last year’s attack on the police party,” a police official said.

He said the case, which was registered under various sections of Indian Penal Code including attempt to murder at Police Station Ghagwal, was closed with the filing of the chargesheet.

**Remove Tinted Films...**

Writ Petition (civil) no 265 of 2011”, the police said.

**VIGILANCE AWARENESS DAY OBSERVED AT SHOPIAN**

SHOPIAN, AUGUST 05: Vigilance Awareness event was today organised at Shopian, with Assistant Commissioner, Revenue, Shopian, Shahbaz Ahmed Boda in chair to urge stakeholders to work for evolving corruption free society.

During the awareness programme, Speakers elaborated in detail the forms, causes and repercussions of corruption in the society. Various speakers deliberated on the laws and rules dealing with corruption and procedures to deal with this menace.

ACR stated that there was a need to work together to eradicate corruption and oppose all forms of corruption. Stressing that the Administration was committed to provide corruption free governance and quality services, he sought cooperation of all stakeholders in eradicating this social evil and urged them to work towards making Shopian district a corruption free district.

He also urged the officers to keep close vigil on the subordinate staff and dispose-off the grievances and cases in fixed timelines.

Senior Prosecuting Officer, Naseer Ahmed while speaking on the occasion, shared glaring examples of the corruption in the society and urged all the participants to spread awareness about the ill effects of the corruption.

A pledge ceremony was also held on this occasion to fight and eradicate this evil completely from society.

District/Sectoral officers, besides officials from Anti-corruption Bureau (ACB) were present on the occasion.

**Vigilance Awareness Camp organised at B'la****Dr Sehrih presided over the function; terms Transparency, Accountability Vital for ensuring Social Justice and Welfare Governance**

Elucidating further, Dr Sehrih also underscored that citizens participation is imperative in eradication of corrupt practices at all levels and people must also be made aware about the ill effects of that corruption. She further reiterated that other reformative measures need to be taken to end anti-poor, anti-development and anti-ethical activity.

Moreover, the DC exhorted upon the concerned authorities to maintain integrity, transparency, accountability and justice at all levels while implementing government schemes so that people do not face any inconvenience. She urged all to work with dedication and honesty so that newer generations can imbibe values of integrity.

Meanwhile, a series of lectures were also deliberated on the occasion to highlight the ill effects of corruption and measures required to be taken to end the menace.

# DC Budgam distributes motorized scooties to specially-abled persons of district

BUDGAM, AUGUST 05: The Deputy Commissioner (DC) Budgam, Akshay Labroo today handed over keys of motorised scooties to the eligible specially-abled persons and also handed over appointment orders to Anganwadi Workers (Sanginis) on behalf of LG, Shri Manoj Sinha during a function held at Sports Stadium Budgam.



The distribution cum orientation programme was organised by the District Social Welfare Office in collaboration with PO, ICDS, Budgam.

Speaking on the occasion, the DC said that the initiative of providing assistance and empowering our specially-abled persons was taken under the directions of Hon'ble Lieutenant Governor.

He said the District Administration is keen on

providing all possible support to all extremely specially-abled persons across the district and ensure them accessibility to their utmost satisfaction level.

He said that all efforts are on to keep providing prosthetic aids viz. scooties, hearing aid, tricycles, accessibility to all offices and covering beneficiaries under all central and UT level schemes to benefit them.

Speaking regarding the recruitment of Anganwadi Workers and Helpers, he

Ahmad Jabra and other DDC members appreciated the district administration for providing motorized scooties to the eligible beneficiaries and termed it as important for their empowerment.

SP Budgam, Al Tahir Gillani who also spoke on the occasion, said that the mobility will help these specially-abled persons to be independent and will prove a major tool for their freedom of movement.

Among others, DDC Members, ADC Budgam, District Social Welfare Officer Budgam and TSOs were also present on the occasion. A large number of specially-abled persons participated in the event, where awareness and orientation regarding drugs menace and its precautionary measure was provided by the department.

# LMD J&K conducts Awareness campaign for consumers

SRINAGAR, AUGUST 05: A massive awareness campaign was today conducted by Legal Metrology Department (LMD) J&K in various parts of the Union territory wherein the Consumers were apprised about the various consumer oriented legislations aimed at protecting their Consumer Rights.

In this regard, the main function was convened at Jammu which was presided over by Controller LMD J&K, Majid K.A. Drabu who emphasised upon all the Consumers to check the various parameters as part of their basic consumer rights

before purchasing any product. The Consumers were also apprised about the care to be taken while making any purchase through e-commerce platforms. It was emphasised that it is mandatory upon the various e-commerce portals to disclose the details of the products like complete manufacturing address, Country of Origin, Date of Packing, and Customer Care details etc. in pursuance with the recent amendments.

The various safeguards meant for the aggrieved consumers and the methods for enforcement of such provisions were thoroughly highlighted during the event. The demonstrations were held regarding the declarations on packaged commodities, safety measures, warranty, potency, purity which are required to be looked upon by consumers before purchasing any product.

Besides this, demonstrations were given about net content checking in packaged goods, LPG cylinders, measurement of delivery from the petrol pumps etc. The Consumers were pressed upon to ensure the

weight of their items on a certified weighing scale and any use of any non-standard or unverified weights and measures is a criminal offence which must be brought into the notice of concerned legal metrology officers.

In Kashmir region, the awareness campaigns were held in Srinagar and Pulwama Districts as well wherein the Consumers were apprised by the Legal Metrology Officers to safeguard their rights before making any purchase and in case of any complaint the department may be immediately contacted.

# Director Horticulture tours various areas of Baramulla

CONDUCTS THOROUGH ASSESSMENT OF OPERATIONS AT THE DFPN KRALWATH, KUNZER & FPN ZANGAM, PATTAN; INTERACTS WITH ORCHARDISTS



SRINAGAR, AUGUST 05: In a move to assure the commitment of the Department towards fostering progressive horticultural practices and fortifying the horticultural landscape of the area, the Director Horticulture Kashmir, G.R. Mir today toured various areas of Baramulla district.

Commencing the tour, Director Horticulture visited the Kunzer area of the district, where he inspected a high-density apple orchard established in collaboration with the Department at village Lalpora, spanning on 05 kanals.

During the visit, Mir engaged with local orchardists, attentively absorbing

their perspectives and needs, while assuring them of unwavering support. He urged the field functionaries of the Department to extend comprehensive technical expertise to orchardists, encompassing every aspect from training and pruning to harvesting techniques, encompassing thinning, fertilization, nutrient management, and comprehensive pest and disease control measures.

Continuing the tour, Director Horticulture conducted a thorough assessment of operations at the Departmental Fruit Plant Nursery (DFPN) Kralwath, Kunzer, and the

Fruit Plant Nursery (FPN) Zangam, Pattan. He underscored the significance of nurturing superior quality fruit plants, equipping the region to compete proficiently on both national and international platforms. Mir encouraged optimal land and resource utilization within the nurseries, reinforcing the importance of swift nursery operations and accentuating a dedicated focus on both orchard and nursery hygiene.

Culminating the tour, Director Horticulture visited high-density apple orchards in the Pattan area, engaging directly with the local farming community. This open exchange of insights further highlighted the Department's resolve to foster a symbiotic partnership with the community, ultimately enhancing the horticultural landscape of the region.

The tour marked a significant stride in advancing horticulture practices within the region, affirming the Department's commitment to innovative approaches and quality enhancement.

Director Horticulture reiterated the Department's dedication to supporting local farmers, bolstering agricultural excellence, and nurturing a thriving horticultural ecosystem.

# Awareness programmes held across Kulgam to observe 'Vigilance Awareness Day'

KULGAM, AUGUST 05: In connection with the celebration of 'Vigilance Awareness Day', awareness programmes were today held at different places in Kulgam.

The Anti-Corruption Bureau (ACB) South Kashmir in collaboration with District Administration Kulgam organized a vigilance awareness programme at Government Degree College Kulgam.

The programme was attended by Principal GDC Kulgam, representatives of DVO Kulgam & other district officers and officials from various departments.

On the occasion measures being taken by the government to put an end to corruption, including switch over to e-Governance, disbursement of wel-

fare Benefits of various schemes of the Government in a transparent manner through the DBT initiative, implementation of e-tendering in public procurement, simplification of procedure and other measures were highlighted.

Officers/officials from ACB said that the objective of the programme is to encourage all stakeholders to collectively participate in the prevention of bribery and to raise public awareness regarding the existence, causes and gravity and the threat posed by the corruption.

Officers and resource persons from ACB & Assistant professors/students of GDC Kulgam also deliberated on various Acts and added that the focus areas of the awareness day is to spread greater awareness to general masses as

well as local committees, NGO's etc to encourage complainants under Public Interest Disclosure and protection of Informers and conduct a unique clearance campaign to get rid from corruption.

Rural Development Department and Panchayati Raj Kulgam also organized a programme on Vigilance Awareness at BHQ Kulgam as a day of resolution for freedom from corruption.

Speaking on the occasion, ACD and ACP Kulgam highlighted the hazards of corruption and its catastrophic effects. The participants were urged to remain honest, sincere and dedicated in their official duties. It was said that public servants need to work hard to sustain and further improve the public trust on the Administrative set-up.

## UNION TERRITORY OF JAMMU AND KASHMIR OFFICE OF THE CHILD DEVELOPMENT PROJECT OFFICER POSHAN PROJECT DANSAL, DISTRICT JAMMU

Advertisement Notice No.02 of 2023 Dated: 24.07.2023  
Subject: Advertisement for Recruitment of Sanginis (Anganwadi Workers) and Sahayikas (Anganwadi Helpers) in Anganwadi Centres for 1st Phase of POSHAN Project Dansal.  
Reference: 1. Government order No 222-JK (SWD) of 2022 Dated: 30.11.2022  
2. Government Order No.103-JK (SWD) of 2023 dated: 28.04.2023  
Approval has been accorded, vide order No. 103-JK(SWD) of 2023 dated: 28.04.2023 and approval by the Director, Mission POSHAN J&K, Srinagar vide order No: MD/Poshan/Estt/13338-49 Dated:09.05.2023 for filling up of various vacancies of Sanginis (Anganwadi Workers) and Sahayikas (Anganwadi Helpers) in Anganwadi Centres for 1st Phase of POSHAN Project Dansal Anganwadi Workers/Helpers, as per the details of Post given below:

Sr. No.	Name of Project	Name of Post	No. of Post
1	Dansal	AWW	02 Posts
		AWH	01 Posts
			<b>Total 03 Posts</b>

Applications are invited in the Prescribed Performa in Annexure "C" from the eligible candidates for engagement as Anganwadi Workers and Anganwadi Helpers on Honorarium basis for aforementioned posts of Anganwadi Centres. The important dates/details with regard to the posts are as under:  
a) Date of commencement for submission of application: 05.08.2023  
b) Last date for submission of applications is 19.08.2023  
c) Annexure A- Name of the Post, Location/Ward / Qualification and Criteria for selection  
d) Annexure B - Affidavit

### Annexure A Anganwadi Worker (Sanginis)

S.No	Name of Panchayat	Name of Anganwadi Center	WARD NO.	NAME OF POST	NO. OF POSTS
1	Tarah	Tarah Bami	05	AWW	01 No.
2	Khanpur	Bye Pass- B	06	AWW	01 No.

### Annexure B Anganwadi Helpers (Sahayikas)

S.No	Name of Panchayat	Name of Anganwadi Center	WARD NO.	NAME OF POST	NO. OF POSTS
1	Jindrah	Jindrah-B	03	AWH	01 No.

### Eligibility

#### A. For Anganwadi Workers(Sanginis)

- The candidate must be domicile of the UT of J&K.
- Women candidates in the age group of 18-37 years shall be eligible.
- The candidate should be a resident of the electoral ward where Anganwadi Centre is situated. Name in the voter list for the ward shall be considered as the proof of residence of the candidate. In case the name of the candidate appears in the voter list along with her parents, then she must provide certificate of being unmarried issued by the concerned Tehsildar. Where ever, there is any dispute as to residence for any reason, then a residence proof certifying the ward of residence from the concerned SDM/ACR shall be considered.
- Minimum qualification for Anganwadi Worker shall be 10+2 and maximum graduation in case of married candidate is available in the ward; 10+2 pass candidate from the adjoining ward shall be considered which would require prior approval of Mission Director, Mission POSHAN J&K.
- In case suitable candidate is not available for adjoining ward, candidate from the nearest ward within the ward can be considered subject to the approval of the MD, Mission POSHAN.
- Weightage shall be given on the basis of marks obtained in 10+2 and selection shall be done purely on merit basis and not other criteria to be considered.
- In case of tie in merit of the eligible candidate, candidate with higher age will be preferred.
- Candidate with qualification higher than graduation shall not be considered.

#### B. Anganwadi Helpers(Sahayikas)

- The selection of Helper shall be restricted to the electoral ward where Anganwadi Centre is located.
- Women candidates in the age group of 18-37 years shall be eligible.
- The candidate must be domicile of the UT of J&K.
- Minimum qualification for Anganwadi Helper shall be matriculation.
- In case no matriculate candidate available in the ward, candidates with qualification not less than 8<sup>th</sup> standard shall be considered.
- The committee shall select the most destitute/needily married woman of the ward as helper from amongst those who fulfil the qualification criteria. In case no married candidate is available, unmarried candidate may be considered.
- In case eligible candidate is available within the family of retiring AWWs, the said candidate shall qualify for additional two percent points.

#### Certificates Required

- Domicile Certificate.
- 10<sup>th</sup> /12<sup>th</sup> and Graduation Mark Sheet in case of Sanginis (AWWs) & 10<sup>th</sup> Mark Sheet of school education / University in case of Sahayikas(AWHs).
- Date of Birth/Matriculation Certificate.
- Residence/Ward certificate where the vacancy has been verified from concerned BDO.
- Voter list of concerned ward where post has been available.
- Un Married certificate issued by concerned Tehsildar in case of name of the candidate appeared in voter list with her parents.
- Certificate from concerned Sarpanch in case of candidate belongs to the family of retired AWW.
- Death Certificate in case of widow/divorcee copy in case of candidate applying for Sahayikas(AWH) for considering most destitute/needily.
- Affidavit duly attested by Judicial Magistrate/ Executive Magistrate 1st Class as shown in Annexure "B".

#### Document Verification

- Candidate who is shortlisted for Document verification will be required to appear for Document Verification along-with the original documents as well as self-attested Photostat copy of each document as per the Advertisement Notification. The candidate must be in possession of the prescribed academic qualification and other document like Domicile Certificate, on or before the last date of submission of application form.
- Marks sheet(s)/Diploma/Degree of the qualification prescribed for the post as per Advertisement Notification.
- Date of Birth/Matriculation Certificate.
- Domicile Certificate.
- Unmarried Certificate (where required)
- Candidate have to bring two passport size recent color photographs and one original Photo ID proof. Photo ID Proof can be:
  - Aadhar Card
  - Voter ID card
- The candidates who are supposed to furnish various certificate issued by or before the prescribed cut-off date, shall be required to produce them at the time of Document Verification or as may be sought by the Committee; in case of failure, the committee shall take necessary decision which shall be final.

#### ANNEXURE-B

All applicants to submit affidavit stating following facts:

- All Documents submitted are correct, without any mismatch, scanning, duplicate or fallacious in nature. If found incorrect or in any of the above stated situation the candidature of deponent may be cancelled and liable to action under law.
- Maximum qualification is Graduation for vacancy of Anganwadi worker and Class X for Anganwadi Helper and this is as per facts and onus of proving it to be true lies with the deponent.
- The deponent has read the HR policy no. 222-JK(SWD) of 2022 dated: 30.11.2022 and is well versed with all salient features of the policy and shall be applicable to the deponent in case of selection as Anganwadi worker/ Anganwadi Helper.
- If at any point of time any adverse/false found in my Selection, I will forfeit my selection.

Note: Candidates have to submit the application form at CDPO Office Dansal, C/O Opposite SBI Dansal, Dansal, during office hours.

No.:CDPO/D/ 712-724 /2023  
Date: 2-8-23

CHILD DEVELOPMENT PROJECT OFFICER  
POSHAN PROJECT DANSAL

#### ANNEXURE-C

Format of Application  
Advertisement Notice No. 01 of 2023 Dated:- 12-05-2023

1. Name of Poshan Project	
2. Name of Anganwadi Centre	
3. Post applied for	
4. Name of the Candidate	
5. Father's Name	
6. Husband's Name	
7. Residence	
8. Ward No.	
9. Name of Panchayat	
10. Address for correspondence	
11. Contact No.	
12. Date of Birth	
13. Age as on 01.01.2023	
14. Academic Qualification:	

S.No	Examination passed	Board/University	Year of Passing	Marks Obtained	Total Marks	Percentage

- Is the candidate belongs to the family of retired AWW (YES/NO).
- Documents Attached:  
Signature of the candidate.  
Date:

Color Photograph



THOUGHT OF THE DAY

"An eye for and eye will only make the whole world blind." - Mahatma Gandhi

JINDRAH IMAGES

J&K youth fall prey to drug abuse

It is a matter of concern that the young generation of Jammu and Kashmir has virtually slipped into the tight grip of narco-terrorism as unabated smuggling of habit-forming drugs from across the border has taken a heavy toll on the youths, particularly teenagers, in the Union Territory. The recent report of the parliamentary panel has exposed the deep-rooted menace of drug abuse in the Union Territory which shares its border with hostile neighbour-Pakistan which continues to pump in and smuggle drugs into this side of the border. The problem of drug smuggling is not confined to these narcotics only. Smuggling and easy availability of drugs including injections, tablets and Codeine-based Cough Syrup (CBCS) in different parts of J&K have also affected the young generation badly. Going by the report's statistics, there are estimated 13.50 lakh drug users in Jammu and Kashmir and most of them are in the age group of 18 to 75 years. The estimated number of current drug use among children aged 10-17 years and adults 18-75 years based on the projected population in 2018. The panel has suggested better coordination among all the concerned agencies to control the trafficking, production and distribution of drugs. About 10-17 years age group, the panel claims that the estimated 1,68,700 children are drug users in Jammu and Kashmir and they are taking Cannabis, Opioids, Sedatives, Cocaine, Amphetamine-Type Stimulants (ATS), inhalants and Hallucinogens. Majority of them are using Opioids and inhalants while others are habitual of taking Sedatives and Cannabis. As far as 18-75 years age group is concerned, the Standing Committee has informed the Parliament that 11,80,000 adults are drug users in Jammu and Kashmir and majority of them are addicts of Opioids followed by Cannabis, Sedatives and Inhalants. With this, a total of 13,48,700 persons are drug users in Union Territory and the number might be higher as these estimates are based on the projected population in 2018. The report's startling findings have brought a sense of fear among the parents who too have been grappling with the problem of keeping their children away from this menace. The need of the hour is that the government should impart the knowledge about the significance of preventive education, awareness generation, counseling, treatment and rehabilitation of affected persons and greater involvement of society in eradicating the menace. Jammu and Kashmir Police and Anti-Narcotics Task Force needs to adopt a 'zero tolerance policy' towards the menace and because of collective efforts of all the concerned agencies large number of drugs have been seized as indicative of the effectiveness of the policy. The Force should also investigate the major reasons that have made the UT as one of the prime destinations and transit points for smuggling of ganja, hashish, heroin and tablets of all types. The government should also seriously look into the problem of drug abuse and initiate some concrete measures to bring out the young generation from clutches of drugs.

DANGERS OF NUCLEAR ARMS RACE

WILLIAM J. KINSELLA

Christopher Nolan's film 'Oppenheimer' has focused new attention on the legacies of the Manhattan Project - the World War II programme to develop nuclear weapons. As the anniversaries of the bombings of Hiroshima and Nagasaki on August 6 and August 9, 1945, approach, it is a timely moment to look further at dilemmas wrought by the creation of the atomic bomb.

The Manhattan Project spawned a trinity of interconnected legacies. It initiated a global arms race that threatens the survival of humanity and the planet as we know it. It also led to widespread public health and environmental damage from nuclear weapons production and testing. And it generated a culture of governmental secrecy with troubling political consequences.

As a researcher examining communication in science, technology, energy and environmental contexts, I have studied these legacies of nuclear weapons production. From 2000 to 2005, I also served on a citizen advisory board that provides input to federal and state officials on a massive environmental cleanup programme at the Hanford nuclear site in Washington state that continues today.

Hanford is less well known than Los Alamos, New Mexico, where scientists designed the first atomic weapons, but it was also crucial to the Manhattan Project. There, an enormous, secret industrial facility produced the plutonium fuel for the Trinity test on July 16, 1945, and the bomb that incinerated Nagasaki a few weeks later. (The Hiroshima bomb was fuelled by uranium produced in Oak Ridge, Tennessee, at another of the principal Manhattan Project sites.)

Later, workers at Hanford made most of the plutonium used in the U.S. nuclear arsenal throughout the Cold War. In the process, Hanford became one of the most contaminated places on Earth. Total cleanup costs are projected to reach up to US \$640 billion, and the job won't be completed for decades, if ever.

Nuclear weapons production and testing have harmed public health and the environment in multiple ways. For example, a new study released in preprint form in July 2023 while awaiting scientific peer review finds that fallout from the Trinity nuclear test reached 46 U.S. states and parts of Canada and Mexico.

Dozens of families who lived near the site - many of them Hispanic or Indigenous - were unknowingly exposed to radioactive contamination. So far, they have not been included in the federal programme to compensate uranium miners and "downwinders" who developed radiation-linked illnesses after exposure to later atmospheric nuclear tests.

On July 27, 2023, however, the U.S. Senate voted to extend the Radiation Exposure Compensation Act and expand it to communities near the Trinity test site in New Mexico. A companion Bill is under consideration in the House of

Representatives.

The largest above-ground U.S. tests, along with tests conducted underwater, took place in the Pacific islands. Meanwhile, the Soviet Union and other nations conducted their own testing programmes. Globally



through 2017, nuclear-armed nations exploded 528 weapons above ground or underwater, and an additional 1,528 underground.

Estimating how many people have suffered health effects from these tests is notoriously difficult. So is accounting for disruptions to communities that were displaced by these experiments.

Nuclear weapons production has also exposed many people, communities and ecosystems to radiological and toxic chemical pollution. Here, Hanford offers troubling lessons.

Starting in 1944, workers at the remote site in eastern Washington state irradiated uranium fuel in reactors and then dissolved it in acid to extract its plutonium content. Hanford's nine reactors, located along the Columbia river to provide a source of cooling water, discharged water contaminated with radioactive and hazardous chemicals into the river through 1987, when the last operating reactor was shut down.

Extracting plutonium from the irradiated fuel, an activity called reprocessing, generated 56 million gallons of liquid waste laced with radioactive and chemical poisons. The wastes were stored in underground tanks designed to last 25 years, based on an assumption that a disposal solution would be developed later.

Seventy-eight years after the first tank was built, that solution remains elusive. A project to vitrify, or embed tank wastes in glass for permanent disposal, has been mired in technical, managerial and political difficulties, and repeatedly threatened with cancellation.

Now, officials are considering mixing some radioactive sludges with concrete grout and shipping them elsewhere for disposal - or perhaps leaving them in the tanks. Critics regard those proposals as risky compromises. Meanwhile, an

estimated 1 million gallons of liquid waste have leaked from some tanks into the ground, threatening the Columbia river, a backbone of the Pacific Northwest's economy and ecology.

Radioactive trash still litters parts of Hanford. Irradiated bodies of laboratory animals were buried there. The site houses radioactive debris ranging from medical waste to propulsion reactors from decommissioned submarines and parts of the reactor that partially melted down at Three Mile Island in Pennsylvania in 1979. Advocates for a full Hanford cleanup warn that without such a commitment, the site will become a "national sacrifice zone," a place abandoned in the name of national security.

As the movie 'Oppenheimer' shows, government secrecy has shrouded nuclear weapons activities from their inception. Clearly, the science and technology of those weapons have dangerous potential and require careful safeguarding. But as I have argued previously, the principle of secrecy quickly expanded more broadly. Here again, Hanford provides an example.

Hanford's reactor fuel has sometimes been reprocessed before its most-highly radioactive isotopes had time to decay. In the 1940s and 1950s, managers knowingly released toxic gases into the air, contaminating farmlands and pastures downwind. Some releases supported an effort to monitor Soviet nuclear progress. By tracking deliberate emissions from Hanford, scientists learned better how to spot and evaluate Soviet nuclear tests.

In the mid-1980s, local residents grew suspicious about an apparent excess of illnesses and deaths in their community. Initially, strict secrecy - reinforced by the region's economic dependence on the Hanford site - made it hard for concerned citizens to get information.

Once the curtain of secrecy was partially lifted under pressure from area residents and journalists, public outrage prompted two major health effects studies that engendered fierce controversy. By the close of the decade, more than 3,500 "downwinders" had filed lawsuits related to illnesses they attributed to Hanford. A judge finally dismissed the case in 2016 after awarding limited compensation to a handful of plaintiffs, leaving a bitter legacy of legal disputes and personal anguish. Currently active atomic weapons facilities also have seen their share of nuclear and toxic chemical contamination. Among them, Los Alamos National Laboratory - home to Oppenheimer's original command, and now a site for both military and civilian research - has contended with groundwater pollution, workplace hazards related to the toxic metal beryllium, and gaps in emergency planning and worker safety procedures.

As Nolan's film recounts, J. Robert Oppenheimer and many other Manhattan Project scientists had deep concerns about how their work might create unprecedented dangers. Looking at the legacies of the Trinity test, I wonder whether any of them imagined the scale and scope of those outcomes.

(William J. Kinsella is Professor Emeritus of Communication at North Carolina State University.)

SKY IS THE LIMIT FOR AVIATION INDUSTRY

(PROF. (DR.) MANOJ S. KAMAT

According to one projection, domestic passenger traffic is likely to rise to 160 million in 2024 and 350 million by 2030 with banks looking at lending on a long-term basis

In a positive development in the Indian aviation industry, the Inter Globe Aviation, operator of low-cost airline IndiGo, has most recently reported a profit of 3,091 crore for the quarter ended June 2023, as compared to a net loss of 1,064 crore in the same period a year ago.

The success of IndiGo is attributable to strong operational performance and the highest number of quarterly passengers leading revenue jump of almost 30% on a year-on-year basis to 16,683 crore. A year-ago period this carrier had reported a top line of 12,855 crore by providing scheduled services to 78 domestic destinations, 22 international destinations along 37 additional international destinations.

Given its operational stronghold, IndiGo is now looking at floating a venture capital fund that will invest in early-stage companies in the aviation and allied sectors, including travel, lifestyle, hospitality and transportation. This airline carrier will be with acquiring more assets like aircraft engines to make better use of its cash flows, enough to light up the mood of the markets.

Not just for IndiGo, the entire aviation industry now set to churn in new records in the industry sphere. New tranches of funds are flowing in too. The Reserve Bank of India has published that the outstanding credit to the Indian aviation sector has risen by around 50% in recent times compared to a year earlier. This not only suggests a greater buoyancy in the sector but



also increasing liking of the banks to fund them. According to one projection, India's domestic passenger traffic is likely to rise to 160 million in 2024 and 350 million by 2030 with banks majorly looking at lending on a long-term basis. In 2013-14, there were six crore passengers; now the airlines are carrying about 14.5 crore passengers annually. During the pre-COVID times, our high was just about 420,000 passengers a day while in the non-peak season this year, we crossed 460,000 on a single day. By 2040, Indian aviation is predicted to accommodate 400 million additional air passenger journeys compared to the present travellers.

The fleet size of aircraft in India grew from sub-400 about 10 years ago to about 700 now. With such advancing demand in the civil aviation industry in India, several new airport developments are underway across the corners of the country. The government has now planned to have 230-240 airports by 2030, including for heliports and water aerodromes, up from 148 (131 operational) airports at present. India is also set to issue a record number of

commercial pilot licences (CPLs) in 2023, surpassing the figure from 2022.

The Directorate General of Civil Aviation (DGCA) in 2023 has issued 1,135 CPLs, which is the highest for any year. This figure comprises both certifications for domestically trained cadets and licence conversions for those trained abroad.

Continuing to augment the airport infrastructure, the government aims to develop 100 airports by 2024 under the UDAN scheme. India expects to invest US \$1.83 billion in the development of airport infrastructure by the year 2026 as well as expanded capacity for metro airports which would be able to accommodate the growing number of planes. Last month the country's largest airport, Indira Gandhi International (IGI) Airport in New Delhi achieved a significant milestone by launching dual elevated Eastern Cross Taxiways and the fourth runway. This airport currently handles more than 1,500 aircraft movements daily, and is the first to have four runways and an elevated taxiway.

According to IATA's projections, the aviation

industry is expected to grow at a CAGR of 5.8% for the next two decades. These numbers will help airline carriers develop new routes from tier II and III cities within the country as well as expand internationally. The new investments will provide a fillip to the entire value chain of the aviation industry as to the government and private sector airport developers are planning to infuse an investment close to 75,000 crore over the next decade.

The month of July 2023 marked the fifth straight month when domestic air traffic surpassed pre-COVID levels with the carriers like IndiGo, Air India, Vistara, AirAsia India and Akasa Air increasing their respective market share. In anticipation of growth, Air India has indicated to buy 470 Boeing and Airbus planes, while IndiGo ordered 500 Airbus aircraft this year taking its outstanding order book to about 1,330 in the past 12 years. This led to the establishment of a new record for the single largest purchase agreement in commercial aviation.

The aviation sector currently forms close to 10% of India's GDP and this composition will grow rapidly. At this rate of expansion, thousands of new employees will be needed to support the aviation industry. However, this growth will not be enough to bring India anywhere close to the developed markets. India has roughly 1000 jets flying while a single operator in the U.S. and China has that many aeroplanes in their single fleet. American Airlines alone for instance has a fleet of 1,500 planes, while the total commercial aircraft in the U.S. are estimated at 7,000.

The number of passengers travelling by air in India is extremely low compared to other modes of transport. The rough estimates suggest that hardly 3% of the Indian population

travel by air compared to 45% in the U.S. Such comparisons hint about the type of growth in the sector, India could achieve in the future if the policymakers address few concerns.

The prime issue to be addressed in the aviation sector are fears about it turning to be into a duopoly market. IndiGo and Air India have proven to be established players, while newer airlines have all but exited the aviation market owing to the predatory pricing practices.

The emerging duopoly together commands a 71% share of the aviation market, and has meant the highest surge in airfare by 25-30% in last couple of months to cover their past losses. Such tariff hikes amount to predatory pricing and has largely remained unaddressed by the government. The practice of airlines offering substantial discounts to attract customers has led to reduced competition and an unjustifiable surge in air ticket prices during periods of low demand. To address this concern, the ministry of aviation needs to encourage more private players and discourage market concentration.

The next challenge of the government is to create a pool of skilled talent in the economy for the industry to draw their HR pool. The aviation industry is experiencing a surge in demand for new workforce, with airlines, regulatory bodies, ATC, and airport operators all looking to hire. Companies like Air India, Air India Express, and Akasa Air are among the airlines actively hiring, with plans to recruit hundreds or even thousands of new employees in the coming years.

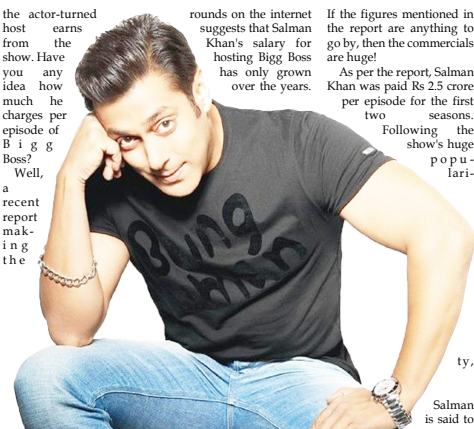
The aviation ministry and the DGCA are also increasing their workforce to meet the demands of monitoring the growing fleet and expanding airports in the country.

# Salman Khan Remuneration to Host Bigg Boss

Bigg Boss and Salman Khan are synonymous. The most popular TV reality show may have seen many hosts, but none could command the kind of attention and TRPs that Sallu Bhai got for the show.

The Bollywood Bhaaijaan started hosting the show from Bigg Boss Season 4 and never looked back. The actor is perfect for the show as he knows exactly what the viewers want. He is known to be kind to the contestants and at the same time, we have seen Sallu school them too when they crossed the line. So there's no doubting the fact that Salman Khan holds a huge mass appeal and there can never be another actor who can match his charisma on the Indian small screen.

Now, if that be the case, the next question one can ask would be how much



Salman is said to

the actor-turned host from the show. Have you any idea how much he charges per episode of Bigg Boss? Well, a recent report making the actor's salary for hosting Bigg Boss has only grown over the years.

As per the report, Salman was paid Rs 2.5 crore per episode for the first two seasons. Following the show's huge popularity, Salman Khan's remuneration for the second season is said to have doubled his remuneration. Salman took home a whopping 5 crore per episode of BB7, Rs 5.5 crore for BB8.

Salman remuneration for Season 9 is said to be anywhere between Rs 7 and 8 crores. The Bigg Boss host was paid a whopping 8 crore as fee per episode for BB10.

When Salman Khan was asked during a press conference if he would actually earn Rs 11 crore per episode in Season 11, he laughed it off and asked the media to urge the show maker to pay him that much. However, Endemol COO Navak's statement that 'Salman doesn't come cheap, left everyone wondering again!'

It is worth mentioning here that Salman Khan is all set to host the second season of Bigg Boss in OTT format.

# Tiger Shroff has his eyes set on being perfect

With the release of his new action movie promos, actor Tiger Shroff has been receiving rave reviews for his rugged, raw looks. Known for his high-flying stunts in movies, Tiger is currently busy shooting for his next releases Ganapath 1 and Bade Miyan Chote Miyan.

Directed by Vikas Bahl, in Ganapath 1 Tiger will share screen space with actor Amitabh Bachchan and Kriti Sanon. Whereas, for Ali Abbas Zafar directorial Bade Miyan Chote Miyan he will be seen packing an action punch with actor Akshay Kumar. In an exclusive interview with Deccan Chronicle, the actor shares that what keeps him busy these days is "mosty singing and practicing martial arts."

The self-proclaimed "media-shy" actor opens up about his interests and design collaborations in the pipeline.

Fashion forward

Spotted in sleek red sunglasses and a sleeveless black shirt with Prowl scribbled in huge letters, Tiger was recently seen in the capital to launch a collaborative eyewear range. He spoke to us about his fashion choices and preferences. Talking about his style he says, "I can be called a fashion enthusiast who loves experimenting with his clothes and style statement, and I prefer wearing Western outfits. I have made clothing choices that have broken gender norms and the definition of traditional clothing. I prefer wearing clothes that define and reflect my personality but at the same time comfortable for me." He loves to travel and often shares his social media posts to update his fans about his new looks and collection. He mentions owning a big collection of eyewear that consists of every variety one can think of and reveals about his latest collect. "My association with Carrera is a special one. I associate with a brand that resonates with me, my values, and today's youth. I love sunglasses and when the opportunity came to collaborate Carrera's name came to my mind. It's a brand that holds great legacy, and I have admired and used it forever."

Diet secrets for six-pack abs



Known for his on-screen agility and dapper looks, Tiger believes in maintaining good physical and mental health with, "discipline, discipline and only discipline." While he loves to flaunt his hard-earned six-pack abs with social media posts, he shyly adds, "I too look for motivation from time to time, and you need to have the right goal and work towards achieving your goals every day."

Tiger also mentions being a strong believer in maintaining a strict diet to stay fit and cheating with desserts only on selective occasions. Sharing his diet tips, he says, "I am a bit finicky; I try to stick to it throughout the week, except for on Sundays, which is my cheat day. We should allow ourselves to indulge with our favourite junk meals. It eventually helps you in the long run. I try to follow a proper diet and my dietitian helps me to stay away from simple carbs like sugar, cakes, drinks, sweets, potatoes, etc. I take more proteins from natural sources and sometimes from whey protein powder too. On my cheat days, I have desserts which I love and usually avoid on my normal days." The action hero is popular among his fans as a dancer, martial artist, and a secret singer. He recently shared a video of himself singing a rendition of Justin Bieber's popular song 'Yummy', which gained thousands of views.

# Heard of 'impact advisors' who help publicise films? : Priya Samant

If you're hearing the term 'impact advisor' for the first time, you're not alone. It's a pretty new concept in India launched by Priya Samant in 2019 when she worked on her first film *Jaalki*. However, this came into the limelight when Samant worked on two highest-grossing movies *The Kashmir Files* and *The Kerala Story* as an impact advisor in the past two years.

"Impact Advising is the bridge that connects the director's vision of a film with the global audiences and makes them the ambassadors for the film," Samant explains. "The idea is to raise awareness about relevant societal and global issues that the global society faces and bring about a sense of awareness and accountability, ultimately leading to a social change through the lens of cinema," she adds.

Not to confuse Public Relations or marketing, impact advising is done for movies that have a social cause or deal with complex issues. They might be something that has happened in the past like *The Kashmir Files* that gave voice to the community of 32 years and brought their plight to light or a current story like *The Kerala Story*, she said. These kinds of narratives need global participation.

"Impact Advising is an approach which is tailored and strategised according to cause-based and/or culture-based narratives.

Hence for every film, documentary etc it is a different ball game altogether and approached with a different strategy," she said.

As an impact advisor, Samant does a lot of speaking on international forums on how to position entertainment as a key verticle of trade, and she has had imminent



duction i.e. she was approached after the film was ready for release, however, there is a project she is working on right now, that is production, she said, without revealing the name of the movie.

"So, I have a say in how I see the story from the lens of impact and that's a very fem-centric movie. For me, that is a very interesting project that is in the pipeline right now because there I get to give my inputs from the lens of impact since the very beginning."

Samant has been approached for many movies after *The Kashmir Files* but she chooses films after a lot of thought depending on how she feels about the concept.

Asked which movies she thinks could have hired an impact advisor and made a larger impact, if the concept was new, she said, "Movies like *Padman*, *Toilet ek prem katha*, and *Ayushman Khurrana's* films that focused on societal themes, in my opinion, ought to have been seen by a wider audience. They were thought-provoking, deserving of being heard by everyone, and advancing social change."

Her background

Samant is also a technology entrepreneur. As a strategic advisor on US-India relations, she was invited as the special guest with Ms Mary Millben, an African American singer and cultural ambassador for the US by the Indian Council for Cultural Relations, Government of India to be part of the 75 years of India's Independence day celebrations. She was a member of the Innovation Policy Committee for Joe Biden for President campaign and also a member of South Asians for Biden and Hindu Americans for Biden.

challenge and we did about 7 to 8 events, including a media event, all of them were online due to the travel plans of the cast and crew. All of them were huge successes as a huge number of people, media, scholars, and professionals joined to support the message of the film and raise awareness on the same."

She also gave a shoutout to the team of the film who made time to attend all the impact advising events. "We had limited time – the issue was global and the film focuses on cases from Kerala alone. Even the entire team were busy with their post-production and publicity, they would always be available. Whether it was 5 am or 11 pm, they would happily be present."

What's next?

To date, all the movies Samant has worked on have been post-pro-

# Film Ink, a Unique Grant for Books on Indian Cinema



ning writer Balaji Vittal, author and journalist Deepanjana Pal, film critic and journalist Uday Bhatia.

According to Anupama Chopra, Founder, Film Companion, "Writing my first book *Sholay: The Making of a Classic*, was a pivotal moment in my career. And now, I'm delighted to present *Film Ink*, which will enable more writers and more books that will delve into Indian cinema and hopefully inspire a new generation of artists, critics and commentators. I'm grateful to A Suitable Agency for helping to make this happen."

According to Hemali Sodhi, Founder, A Suitable Agency "Indian Cinema is an integral part of our everyday lives, and is full of incredibly dedicated and passionate individuals who make some of these stories come alive. With *FilmInk*, we aim to support talented writers who can chronicle the lives and the craft of some of the luminaries, and showcase some of the most iconic moments of Indian cinema.

At A Suitable Agency, we are always looking for extraordinary voices and stories and I'm thrilled by this opportunity to collaborate with *Film Companion* to create *FilmInk*—a unique grant dedicated to writing on cinema in India."

Eligible for Indian citizens (and residents) above 18 years, *Film Ink* invites original book proposals in English, with writers on any theme or personality related to Indian Cinema. Once completed, the books will be supported by A Suitable Agency in their journey to get published.

Applicants will be expected to submit a detailed original proposal based on Indian film culture, with a clear outline of which moment/artist from the Indian industry they will be interested in documenting. After a careful perusal of all applications, six shortlisted candidates will present their proposal to the jury, and finally two writers will be selected to receive the grant.

# SHAKTI KAPOOR RECALLS MITHUN CHAKRABORTY CUT HIS HAIR, LOCKED HIM UP IN A ROOM HOSTEL AFTER RAGGING HIM AT FTII

Shakti Kapoor has revealed that Mithun Chakraborty locked him up in a room, after hours of ragging him, when they first met at Film and Television Institute of India (FTII) in Pune. In his recent interview with DD Urdu, Shakti Kapoor also recalled that Mithun was his senior at the institute and one of the first ones, who ragged him there.

Shakti and Mithun

Shakti and Mithun went on to work in several films together, including *Gunda*, *Guru*, *Kranti*, *Kshetra*, *Baadal*, *Pyaar Ka Karz* and *Dalaal*. Shakti also said in the recent interview that he was already feeling like a star, even before he entered the premises of FTII.

He befriended Ravi Varman and Anil Varman on their way from Delhi to Pune and had a few meals in five star hotels with Vinod Khanna, Rakesh Roshan and Rajesh Roshan. Ravi's sister was married in Vinod's family and since they stayed at her house in Khandala, they happened to meet their family friends from the film industry as well.

Having started his Bollywood journey in 1977, Shakti bagged his famous roles in with Sanjay Dutt's



Rocky and Feroz Khan's *Qurbani* in 1981. He went on to create a place for himself with his comic as well as villainous roles during the 80s and the 90s. He was most recently seen in *Prime Video's Gully Munde* and will now be seen in *Ranbir Kapoor's AnIMAL*.

When Mithun ragged Shakti "By the time we reached Pune, I had a beer in my hand and felt like a star. We reached the hostel, Rakesh Roshan was there to see me off. I saw that there was a guy standing at the gate, he was wearing a dhoti and had a rippling

muscular body. His dhoti had so many holes you could not even count. He was dusky. I saw Rakesh Roshan and touched his feet. I had a beer in my hand and I asked him, 'You wanna have some beer?' He refused and said it is anyway not allowed in the institute and then introduced himself – he was Mithun Chakraborty... Cut to, they (Rakesh and other) left and a hand held me by my leg. He dragged me to a room, threw me on the floor and questioned 'You asked a senior – you wanna have some beer?' (How dare you)?"

Shakti said that Vijayendra Chhatge joined Mithun and soon, the entire room was dark, except for a spotlight on Shakti.

"These are all my seniors, and there I am sitting on the floor. Mithun then told his friends about me and then they joked about my hair – *tere zulf jo hai, raat ka andhera, tu jo sir mudhavae savera ho jae*. *Unhone kainchi nakali aur savera kar diya* (They made fun of my hair and then cut it off with scissors). I felt bad, and I regretted doing what I did. I realised I was wrong."

Mithun also saved Shakti from ragging. Shakti recalled being told to swim for 20 minutes in a cold night and he urged them to let him simply return to Delhi.

Mithun then came to his rescue. He took Shakti aside and told him to always remember how to behave with seniors, before locking him inside a room so everyone else thought he was not there in the hostel, otherwise he would have been 'paraded till morning'.

Shakti also revealed that he had never even thought about acting till the time he received a letter from FTII, Pune, for a written test. His friend had filled up a form, after which he was invited for the test.

**F**ilm Companion and A Suitable Agency announce – *Film Ink*, a unique writing grant to support and encourage original, well-researched books focusing on inspiring lives and prominent moments in Indian cinematic history.

*Film Ink* grant is aimed to foster a community of writers who will chronicle aesthetic quality and the diversity of Indian cinema. Two talented writers with compelling book ideas, will receive a grant of 2.5 Lakh each along with publishing support.

*Film Ink* is envisioned to create a library of work that will document the journeys of luminaries of Indian cinema and uncover various cultural moments – some well-known, some hidden from the public eye.

In India, cinema isn't just an art form. It is part of the very ethos of Indian lifestyle – shaping our experience of emotion, and creating a mode of communication across a diverse country of varying languages and cultures. *Film Ink* is a unique initiative to document some of the great stories surrounding films and artists who shape Indian culture through cinema.

Our eminent jury comprises award-win-

# Karanvir Bohra responds after Soundous Moufakir accuses him of objectification, sexist comments: 'I'm not sorry'

After model-dancer Soundous Moufakir accused Karanvir Bohra of objectifying her, he has now reacted to it. It all began at an award function recently, where Soundous was honoured. Taking to Instagram Stories, Soundous said, "I have been down with fever so didn't get the time and the energy to speak about an incident that happened in @iifta\_award-official Award nomination!"

Soundous shared a video of Karanvir's remark. Soundous shared a clip from the event. In it, she spoke Hindi and the host

said that she deserved an award for that as well. He then turned towards Karanvir sitting in the audience. In a clip, shared by Soundous, Karanvir is heard saying, "Tu yeh award le ja (You take this award)." The host then pointed at Soundous, and asked, "Should I take this award home?" Soundous raised her eyebrows and said, "Aise kaise baat karthe rahi (How are you talking)?"

She also posted a note, which read, "Take this award home" says @karanvir-bohra to the host, objectifying me.



# Winter fitness: Tips to exercise and keep yourself fit during winters



Come winters and it becomes really difficult to comfort of our warm blankets and hit the gym regularly. Here are some of the tricks and tips that can help you stick to your exercise plan this winter.

Come winters and it becomes really difficult to leave the warmth and comfort of our warm blankets

But fret not, we have got you covered. Here are some of the tricks and tips that can help you stick to your exercise plan this winter.

Sign up for social workout campaigns

Join group yoga classes or other group workout sessions to burn off calories with your pals. It can make a difference and keep you motivated for a healthy lifestyle.

Challenge yourself

Set a goal for your self. It can be a monthly or weekly target. It will help you keep a track of your exercise routine.

Train at Home

If the think working out at home makes you feel lazier, then you need to rethink your strategy. From free online tutorials to podcasts and subscription-based smartphone applications, there are plenty of options to choose from.

Choose a warm kit

No weather is bad if you have the right outfit for a workout. Base layers, gloves, headbands can be useful for providing that extra warmth.

Variety is the key when it comes to enjoying exercise. So break your days into different kinds of workout according to your body type.

Winters also bring with it a lot of winter goodies - right from Christmas plum cakes and ginger cookies to chocolate puddings, which makes it very difficult to say no to binge eating. With both laziness and binge eating setting in with the weather, it becomes difficult for us to stick to our exercise routine and keep up with our fitness goals.

## Gen Z's Heart Health: The Importance of Proactive Prevention and Regular Check-Ups

Heart disease is one of the leading causes of death worldwide, and it is often associated with older adults. However, recent studies have shown that heart disease is becoming increasingly prevalent in younger age groups, particularly among Gen Z individuals who are health-conscious and often engage in extreme dieting or exercise regimens. While these behaviors may seem beneficial on the surface, they can put significant stress on the heart and increase the risk of heart attacks.

Dr Vaibhav Dhedhia, MD, DNB (Cardiology), SR Interventional Cardiologist at Bhatia Hospital Mumbai, says, "Gen Z are those who are aged 15-24 years today. In recent days, we have been seeing a spurt of episodes of heart attacks in the young generation and those who have excelled in a short period of time; those who have moved very fast on the ladder of success. Gone are the days when people would get heart problems and attacks at the age of 60-70 years. Indians of the higher socioeconomic class have been shown to get heart attacks at a younger age as compared to the western countries."

WHY ARE YOUNG ADULTS SUFFERING FROM HEART ATTACKS?

Heart attacks are now being seen in young adults and even in teenagers who are as young as 15 years. The reason relates to the lifestyle we are living; the kind of food we consume which will determine our heart condition. "Lack of physical activity and getting hooked to electronic gadgets are the reasons why we see young people suffering from heart disease at a very early age."

It is very important to note that signs of blockages in the heart are not seen at an early stage, they develop over the years and if not detected soon can lead to a sudden attack. Symptoms of diabetes are frequent urination and a thirst to drink water very often," says Dr Rahul Chhabria, Consultant

Cardiologist at Bhatia Hospital Mumbai.

The young population who are overweight and have a family history of heart diseases should be screened early on for any heart related ailments. "Also, for those whose diet does not include regular habit of eating fruits and leafy vegetables but consume lots of fast food and high cholesterol food should be go for regular heart checks and find out their cholesterol levels," adds Dr Chhabria.

Some of these young adults have a strong family history of heart disease. Dr Dhedhia recalls an incident, "Recently I had a 22-year-old boy who came with abdominal pain. He was investigated and shown to have small infarcts in the small intestine and his left kidney. When his heart evaluation was done it showed a portion of his heart had infarcted, which led to clot formation in the heart cavity and embolic phenomena to other organs of his body. His risk factors were lack of sleep, irregular and long working hours along with high intake of fried street foods." IMPORTANCE OF REGULAR HEALTH CHECK-UPS

Regular health check-ups can prevent these events from happening. Risk factors like high blood pressure and diabetes are increasingly being picked up in youngsters. High cholesterol levels are also being diagnosed and need timely treatment to prevent cardiac events. The need for 7-8 hours of quality sleep must be emphasized in these youngsters.

Suman Cherukuri, Chairman & MD, TRUSTlab Diagnostics, says, "Gen Z individuals are known to be health conscious. But the surprising fact is that they have almost zero understanding of the need for regular health check-ups."

Indians, with smaller coronary arteries than westerners, are more prone to heart ailments; hence it makes sense to go for regular health check-ups. But the concept of a thorough annual check-up

is far from the mindset of 20- and 30-year-olds."

Periodic health and screening tests can forewarn us about potential ailments, including those of the heart. They will alert us if we are in the high-risk category for heart ailments. Usually, we experience the symptoms of heart disease only when the disease reaches an advanced stage. "Tests that measure lipid profile, homocysteine, lipoprotein, and high-sensitivity C-reactive protein (hs-CRP), among others, can predict if one is at risk of a heart attack. Take the lipoprotein (A) test for example, as per the Indian Heart Association, our risk for heart disease and stroke can increase up to 100-fold with LDL cholesterol that is one of the most dangerous types of bad cholesterol. Elevated levels of lipoprotein (A) indicate a higher risk of heart disease; hence regular tests for the same can help us take preventive measures," adds Cherukuri.

However, it is important to note that the test results need to be evaluated by an expert medical professional and read in conjunction with several other factors. Along with other common screeners like ECG, CT scan for coronary calcium, 2D echocardiogram, and stress test, are recommended even for the health conscious who are in the high-risk category.

"Some individuals, who, despite being fit, are genetically predisposed to have a narrow aortic valve, may have heart circulation anomalies, where the arteries of the heart arise from wrong sinuses, and electrical irregularities, among others."

Under these circumstances, regular health check-ups, particularly those relevant to cardiac health, can significantly mitigate the arrival of heart problems," opines Cherukuri.

Unfortunately, our understanding of fitness is often limited to workouts in the gym to attain the perfect body. "Rarely do people recognise the need for annual health checks."

# FITNESS TRENDS THAT WERE A HUGE HIT IN 2019

Fitness these days is not just limited to bodybuilding. Thanks to growing consciousness and awareness about fitness and lifestyle habits, more and more people are now investing their time and energy into regular workout regimens. This year saw the rise of the Pilates and TRX, plogging too gained momentum. With the year coming to an end, we bring you the most popular fitness trends of 2018: The reformer found its fan in celebs like Malaika Arora, Alia Bhatt, Katrina Kaif, Sonakshi Sinha among others. Known to improve balance and increase strength and flexibility, looks like the reformer is here to stay. Here are some benefits of working out on a reformer.

\* Working out on a reformer helps to improve posture, control movements and is known to give relief from back pain as well.

\* It engages the core muscles, known as the powerhouse muscles, that helps in strength building. Body toning is one of the most popular benefits and perhaps that's why we see a lot of celebrities working out on the reformer. Some areas that are largely focused on are abs, back, buttocks and thighs.

\* A reformer has sufficient surface area that it can accommodate a wide range of motion and that is why it is



a great option for increasing flexibility.

\* Since a reformer has a rolling carriage, the instability of it challenges one's stability movements, which help to build core strength and better balance.

Short for Total Body Resistance Exercise, TRX is a body suspension exercise technique that uses your own body weight to build, burn, tone and strengthen. The good part is, no matter what fitness level you are in, the TRX is always a good way to start your fitness journey. Plogging

While most people invest quality time in fitness, some of them have found a way to club it with serving a social cause. The year has seen an interesting trend taking over, namely plogging, in which people go on a walk or a jog and pick up litter on their way. Said to have originated late last year in Sweden, the idea took over social media (especially Instagram) and was soon adopted in the UK, US, and even India. Body weight training, Ditching heavy-weight equipment, more and more people are making a shift to exercises that can be performed.

## Brush-up on dental care

It is time that we focus on our health more than ever. While we all are struggling to adapt to the new normal, oral problems can be quite challenging as we can't visit our doctor when in severe pain. Here are a few things to keep in mind to maintain oral hygiene.

Don't forget to brush twice a day: Whether it's morning or night, brushing is must. Due to busy schedules, people usually forget to brush in night or take it for granted, but this is the biggest mistake that they do. For maintaining oral hygiene, brushing twice is the key.

Gum massages: We all are quarantined at our place, and this is the best time to take care of our-



self. Spend some time with your gums as they are the foundation of our teeth. Healthy gums are equal to healthy teeth. Massaging in a circular motion for 5 mins in morning and evening with the oil of your choice can do wonders for your gums.

Tongue cleaning should be on priority: Once a day, tongue cleaning with glycerine and cotton pad can prove to be magical not only for the lovely pink tongue but also bacteria-free oral cavity. Desensitising toothpaste: They are a variety of them available at the chemist

now a day's good to keep one at home and apply on the tooth in pain and keep for 15 mins might get some relief.

Avoid in-between unhealthy snacking: One of the worst thing we can do to our oral health is in between snacking not only it leads to poor oral hygiene maintenance, unwanted food particles stuck all over the oral cavity and bad breath this can be one of the major reasons for weight gain too. Substitute sticky junk food with raw crispy fruits and vegetables as they help keep oral cavity clean.

Limit sodas: All sodas erode tooth surfaces and harm the enamel as a result, teeth attrition happens. Soda also leads to acidity.

## PEPPA PIG AND FRIENDS ENJOY YOGA, PRACTICE MINDFULNESS

What happens when Peppa Pig and her friends do yoga? They learn how to relax.

One morning, Peppa and her friends were at the playground when their teacher Madame Gazelle informed them about a visit by Miss Rabbit to teach them how to relax with yoga.

What's yoga, they ask, Madame Gazelle tells them that it is a way of relaxing. Soon Miss Rabbit arrives, greets Peppa and her friends with a namaste and teaches them yoga. Sitting on mats with eyes closed they try several yoga postures and enjoy to their fullest.

Peppa Loves Yoga is a small illustrated book of 16 pages and is published by Penguin Random House imprint Ladybird Books to coincide with International Day of Yoga on June 21. Peppa Loves Yoga is an addition to a series of

books on Peppa's adventures. Life in lockdown has caused kids to be more irritable, with sleep troubles and for some of the youngest, developmental regression too, according to a survey in Spain on the psychological impact of coronavirus lockdowns on children. Peppa Pig's official YouTube and Twitter handles also shares informative content for kids in a fun way. Amid the coron-

avirus pandemic, the anthropomorphic female pig also advises the need the wash your hands and keep them clean.

The popular show Sesame Street also creates videos educating kids and kiddadulds on various life aspects and make learning fun along the way. In a video titled Y is for Yoga, one can notice cute children practising various asanas under the guidance of their teacher.

# Which Is More Important For Weight Loss: Diet Or Exercise?

If a recent study is to be believed, diet plays a far more important role than physical activity for weight loss. This physical activity includes walking, fidgeting and formal exercise. This could be because exercising increases appetite. Appetite can especially be increased in case of weight lifting and this could hamper your weight loss goals. The US Centres for Disease Control and Prevention says people who lose weight gradually are successful at keeping the weight off. As per the study, 10% of calories are burned as we digest food and around 10 to 30% are burned during physical activity.

All the calories that you consume are coming from the food you eat and the beverages that you drink. Only a portion of calories are lost through exercise.

A person burns 5 to 15% calories in a day through exercise, said Alexcai Kravitz, Investigator at the National Institute of Diabetes and Digestive and Kidney Diseases in the US, reports. However, this is not to say that exercise is not important. Exercise is important for building body strength, improving flexibility and muscle mass. Regular exercise is a very important part of a healthy lifestyle and plays an essential role in managing conditions like diabetes, heart disease and high blood pressure to name a few.

But, the study notes that diet is a much more important lifestyle factor as compared to exercise, when it comes to weight loss.

Diet is more important than exercise for weight loss, new study finds. Here is a list of some low calorie foods, which you can include in your



diet for quick weight loss:

1. Oats
2. Clear soup
3. Broccoli
4. Egg whites
5. Popcorn
6. Chia seeds
7. Fish

8. Cottage cheese
9. Watermelon
10. Legumes

All these foods are nutritious and extremely healthy for weight loss. Eating them in the right proportions along with exercise is all you need to do to achieve quick weight loss.

Keep in mind that you cannot compromise on your health while seeking weight loss. Calorie-deficit diets may help you lose weight quickly, but that lost weight is quite likely to come back as soon as you get back to normal eating routine. Such diets are also likely to increase your cravings and even before you realise, you will be seeking comfort in junk food or even worse... desserts!

Also read: This Should Be Your New Weight Loss Strategy To Keep Weight Off Forever!

The key is to maintain a balance and include all food groups in your diet like carbs, fibre, proteins and fats to keep you full and satiated. As it is mentioned above, people who lose weight gradually are more successful in maintaining it. DoctorNDTV is the one stop site for all your health needs providing the most credible health information, health news and tips with expert advice on healthy living, diet plans, informative videos etc. You can get the most relevant and accurate info you need about health problems like diabetes, cancer, pregnancy, HIV and AIDS, weight loss and many other lifestyle diseases.

We have a panel of over 350 experts who help us develop content by giving their valuable inputs and bringing to us the latest in the world of healthcare.



# DC inaugurates Plantation drive at GDC Samba

JI NEWS SERVICE

SAMBA, AUGUST 05: A plantation drive was organised in the campus of Government Degree College, Samba in collaboration with Lions Club, Samba and Basantar Eco Club of the college wherein more than 400 saplings and trees of both ornamental and indigenous varieties were planted.

The objective of planting saplings was to connect the younger generation with nature and motivate them to keep environment clean and green and ameliorate climate change also conserve water.



Deputy Commissioner Samba, Abhishek Sharma inaugurated the programme by planting a sapling.

The DC spoke about the impor-

tance of tree plantation to combat many environmental issues and encouraged spreading awareness about the necessity of tree plantations and providing all assistance

to public in planting trees. He added that the District Administration is commemorating Independence Day Celebrations under 'Meri Mati Mera Desh' by planting 75 trees in every village as a tribute to our Martyrs.

SSP Samba, Benam Tosh emphasized upon the importance of trees for the preservation of environment and to keep a check on soil erosion. DFO Samba, Som Nath Khajuria facilitated the programme by providing a range of different species of plants.

Principal GDC Samba, Dr Twinkle Suri said that the plantation drive is a positive ecofriendly initiative towards celebrating

the Independence month under 'Meri Mati Mera Desh' by promoting green and clean campus living, along with stimulating the young minds towards environmental conservation.

Faculty members and prominent members of Lions Club Samba Adv. Vijay Gupta President Lions Club, Amardeep Singh Secretary, Verinder Slathia, Vice President, Rohit Pargal, Cashier, Amit Gupta PRO, Uday Pal, CA Co Chairman, Inder Singh, Rakesh Singh and Rajneesh Pargal were also present on the occasion. The whole event was organised by Prof. Vijay Chandan, Convener Basantar Eco Club.

# District Capex Budget reviewed in Reasi

JI NEWS SERVICE

REASI, AUGUST 05: District Development Commissioner Reasi, Babla Rakwal on Saturday chaired a meeting of District and Sectoral officers of different departments here in the DC office complex.

The DDC reviewed progress of the ongoing works along with the status of new works with regards to preparation of estimates/tendering/allotment and execution under UT/DDC/BDC/PRI, Aspirational Block Development programs and Aspirational panchayat Development plan under capex Budget 2023-24.

The executing agencies apprised DDC Reasi that all the ongoing works are under completion and 50% of estimation has been done.

During the meeting it was informed that total no. of works under District Capex 2023-24, out of total 2599 new works 1744 has been put to tender and 251 works have been started.

After taking the work review under all the components, the Deputy Commissioner asked the officers to expedite the tendering process followed by their execution and completion of the same.

DDC also review the works under the tribal affair departments and also directed the executive agency to start the estimation process of the new works for which 50% funds released and complete the ongoing projects at the earliest under tribal sector.

CPO Sunita Kanchan, CMO Reasi, Youth Service and NJ sports officer, XEN JPDCI, XEN PWD Katra, XEN PMGSY Reasi, XEN Rew, and other concerned officers were also present at the meeting.

# District administration Reasi distributes engagement orders among Anganwadi Workers, Helpers

Also hands over Motorised tricycles to specially abled persons

JI NEWS SERVICE

REASI, AUGUST 05: In a special function held under virtual mode, Lieutenant Governor J&K, Manoj Sinha handed over engagement orders to recently selected candidates as Sanganis ( Anganwadi Workers ) and Sahayikas ( Anganwadi Helpers) in Social welfare department.

The orders were handed over to the selectees at District Reasi, in presence of DDC Chairman, Saraf Singh Nag, Deputy Commissioner Reasi, Babila Rakwal, Vice Chairperson DDC Reasi Sajra Qadir, District Programme Officer Poshan Reasi Mohd Anwar Bandey, District Social Welfare Officer Sumit Suri and PRIs of distt Reasi.

Speaking on the occasion, the DDC Chairman said that PRIs need to aware the public about various schemes of the department and urged them to organise gram sabhas, for trickling down of information relating to pensions and other schemes to the public.

While emphasizing on the absolute transparency being observed in the selection process, the Deputy Commissioner Reasi also informed the audience that the selection is done absolutely on merit as per the criteria set up by the administrative department. A total of 29 engagement orders of Anganwadi workers and Helpers were issued to the candidates.

Further a total of 21 scooters/ motorised tricycles were distributed to the specially abled eligible beneficiaries, free of cost by the Social Welfare Department Reasi.

# DC Reasi reviews I'Day arrangements

JI NEWS SERVICE



REASI, AUGUST 05: Deputy Commissioner Reasi, Babila Rakwal today reviewed the arrangements for Independence Day celebration, here at a meeting of concerned officers.

The DC directed the concerned departments to ensure all the arrangements related to security, traffic regulation, seating arrangements, full dress rehearsal, decoration, PA, power and water supply, transport arrangements, sanitation, Medicare facilities, barricading etc. are put in place well in time. The JPDCI and Jal Shakti Department was asked to ensure that power and water, including water tankers, were managed properly at the venue. The CMO was tasked to ensure adequate medical resources, including para-medical personnel and ambulances.

DC provided a detailed outline of the events and themes planned under the "Meri Maati Mera Desh" campaign. It was decided that the programs will be organized at each Panchayat and Block from 9th August to 15th August, encapsulating the spirit of the campaign. As part of the program, memorial plaques will be placed at Amrit Sarovars and Panchayat Halls to honor the National Heroes of the country who have sacrificed their lives for the cause of the nation. The Deputy Commissioner directed the officers to make necessary arrangements in advance and work with close coordination for smooth celebration of Independence Day, 2023.

ADDC Abdul Star, ACR Reasi, ACD Reasi, Chief Agriculture Officer, Xer's of PWD and PHE department and other concerned officers were present in the meeting.

# Red Ribbon Club of GDC Kathua organises Marathon as part of Youth Fest, Red Run activities

JI NEWS SERVICE

KATHUA, AUGUST 05: Government Degree College Kathua in collaboration with J&K AIDS Control Society, Department of Health and Medical Education, today organized a District level Marathon as part of the Youth Fest, Red Run Activity-2023. The event was organized under the patronage of Principal of college Prof Seema Mir.

The Marathon was flagged off by incharge Principal of college Prof Jasvinder Singh in the presence of other faculty members. Prof Jasvinder Singh congratulated the Convener Red Ribbon Club and students for their enthusiastic participation and emphasized that the short run aimed to encourage a healthy lifestyle and physical activity among the youth. He also expressed that the Red Run Marathon marked the AIDS and drug abuse awareness under the AKAM initiative.

He acknowledged the unwavering support of the Traffic Police and Health and Medical Education

Department in ensuring the safety and security of the students during the event. He congratulated the organizers for organizing the Marathon, promoting positive lifestyle changes in the community.

The event witnessed enthusiastic participation from all Govt Degree Colleges of District Kathua. More than 100 participants ran a 2 Km marathon, starting from GDC Kathua and concluded at GCW Kathua via sports stadium Kathua.

Jury members from Department of Physical Education and Sports selected the top 25 runners to represent District Kathua at the final UT level, Youth-Fest Red Run Marathon in Jammu, aimed at generating HIV/AIDS awareness among youth.

Convener Red Ribbon Club Prof Mannohan Singh aware runners that as per national family health survey 5, there is only 21.6% and 30.7% comprehensive knowledge of HIV/AIDS among adults in India in women and men respectively, so there is an urgent need to improve and increase

comprehensive knowledge of HIV/AIDS through various activities across the country.

He said the aim of the event was to actively engage the students in healthy lifestyle and physical activities so that they can maintain healthy living and keeping themselves free from life style diseases but also to keep themselves free from behaviors which put them at risk of getting infected with HIV and other sexually

transmitted diseases.

The event was coordinated by NSS Program Officers Dr Neha Bandral and Dr Suresh Sharma, NCC ANOs Dr Varinder Singh, Dr. Amrik Singh and Dr Rachna Devi and Dr Sanjeev Kumar.

Technical support for the event was provided by Physical Director Dr Jogbinder Singh Soodan and his team members of Department of Physical Education and Sports.

# DC Samba distributes 10 motorized tricycles among specially abled persons

Also hands over appointment orders to newly appointed Anganwadi Workers, Helpers

ND NEWS SERVICE

SAMBA, AUGUST 05: In the backdrop of the LG's launch event at SKICC Srinagar, the Deputy Commissioner Samba, Abhishek Sharma today distributed 10 motorized tricycles to 'divyang' individuals with special needs, enhancing their mobility and accessibility at the conference hall of DC Office Complex Samba. In addition, 212 engagement orders were distributed to deserving Sanganis (Anganwadi Workers) and Sahayikas (Anganwadi Helpers), who have been carefully selected through a transparent and merit-based process, highlighting the administration's commitment to child welfare.

# 22 newly Trained MAITRIs Inducted by Animal Husbandry Department Kishtwar

JI NEWS SERVICE

KISHTWAR, AUGUST 05: The Animal Husbandry Department Kishtwar proudly announces the induction of Twenty-Two (22) newly trained Multipurpose Artificial Insemination Technicians for Rural India (MAITRIs) into its services with aim and objective to provide round-the-clock Artificial Insemination, Vaccination, and

Veterinary First Aid services to the farmers of Kishtwar District. The MAITRI scheme aims to empower educated local youth by providing them with comprehensive training to deliver essential veterinary services to rural communities, including Artificial Insemination, Vaccination, De-worming, and more.

This initiative not only fosters skill development but also

enables these young professionals to earn a livelihood while contributing to the welfare of farmers in the region.

Welcoming the newly inducted MAITRIs, CAHO Kishtwar, Dr. Sanjay Kumar Sen, provided an overview of the services and schemes offered by the Animal Husbandry Department.

These include vital aspects such as vaccination, de-worming, castration, Artificial

Insemination, and advanced techniques like Sex Sorted Semen (SSS) and IDDS.

Additionally, he emphasized the significance of the Integrated Dairy Development Scheme (IPDP) in the betterment of livestock rearing and urged the MAITRIs to raise awareness about these schemes among farmers, ensuring that maximum beneficiaries avail the benefits of the Department's initiatives.

The Animal Husbandry Department Kishtwar remains committed to its mission of uplifting rural livelihoods, enhancing agricultural practices, and promoting animal welfare.

With the induction of these highly skilled MAITRIs, the department takes another step forward in providing quality veterinary services to the farming community of Kishtwar District.

# Freedom from Corruption Day celebration: ACB-Doda Wing organises awareness programme at Kishtwar

JI NEWS SERVICE

KISHTWAR, AUGUST 05: As a part of "Freedom from Corruption Day" celebration across the UT of J&K as directed by Lieutenant Governor Shri Manoj Sinha, an awareness program was today organised by the Anti Corruption Bureau, Doda Wing here at DC Office Complex Kishtwar. The purpose of the event was to bring together all stakeholders in spreading the message of integrity in all spheres of life. The Day is observed on 5th August with the theme, "Freedom from Corruption." The event was guided by the Additional Deputy Commissioner Kishtwar, Inderjeet Singh Parihar (Departmental Vigilance Officer), while Dy SP (ACB-Doda Wing) Shiv Kumar were also present on the occasion.

Among the others present during the event were Inspector ACB Sajjad Haider, Inspector Dheeraj Nagpal besides all the DDOs, district officer and heads of executing agencies were also present during the event. During the event, insightful awareness regarding the causes, impact and legal intervention on the govt officers involved with the corruption practices were held. The roles and responsibilities of the Anti Corruption Bureau, stakeholders Departments besides the Departmental Vigilance officers (DVOs) were discussed and highlighted thoroughly. Besides the legal measures taken against the public servants involved in corruption practices were also presented through power point presentation by the Inspector ACB Dheeraj Nagpal. He apprised the

participants through PPT about the functioning of the Anti-Corruption Bureau, measures to weed out corruption from society, criminal misconduct, Satark Nagrik App etc. DySP (ACB-Doda Wing) in his address threw light on scores of measures being taken by the government to put an end to corruption, including switch over to e-Governance, disbursement of welfare benefits of various schemes of the Government in a transparent manner through the DBT initiative, implementation of E-tendering in public procurement, simplification of procedure and systems etc were discussed.

He further said that Day is celebrated to increase public awareness about the perils of corruption and also to encourage all stakeholders to collectively participate

in the prevention of bribery and to raise public awareness regarding the existence, causes and gravity of and the threat posed by the corruption. He also said the focus areas of the programme is to spread greater awareness to encourage complaints under Public Interest Disclosure and protection of informers and conduct a unique clearance campaign to clear all outstanding vigilance matters. He also said that Corruption was a bottleneck in the way of development and the need of the hour was to make collective efforts to end it.

Underlining the need for strict adherence to the rules and regulations of the vigilance department, he directed the concerned officers to sensitize the employees and public about the ill effects of corruption through workshops and

mass campaigns. In his address, the ADC/Departmental Vigilance Officer also appreciated the Anti Corruption Bureau for working tirelessly to prevent and investigate corruption-related matters and bringing culprits to Justice and urged them to keep working with the same zeal to put an end to corruption.

He also termed awareness and public participation necessary for a more effective fight against corruption and appealed to the Officers to coordinate with the Government to stop corruption.

He also said that zero tolerance against corruption on the ground has brought transparency in Governance and it is being ensured that the benefits of good governance reach the last person in the queue without any discrimination.

# One-day 'Road Show on Entrepreneurship Development' held at AAAMDC Bemina

JI NEWS SERVICE

SRINAGAR, AUGUST 05: Abdul Ahad Azad Memorial Degree College (AAAMDC) Bemina, Cluster University Srinagar in collaboration with Technology Business Incubator, Indian Institute of Integrative Medicines (IIIM) Jammu organized a one-day "Road Show on Entrepreneurship Development", here.

This road show was organized with the aim to sensitize students, scholars, staff, young budding entrepreneurs and startups vis-à-vis various aspects of inventions, innovations, start-ups, and training.



University Srinagar, Prof. (Dr.) Qayum Hussain presided over the event. The Vice-Chancellor in his presidential address, emphasized that the agriculture sector

has a large potential to contribute towards the national economy, while at the same time providing direct employment and revenue to the numerically larger and vul-

nerable section of the society. Agripreneurship is not only an opportunity, but also a necessity for improving the production and profitability in the agriculture sector, he added.

The experts from CSIR-IIIM Jammu namely Dr. Saurabh Saran, Pr. Scientist, CSIR-IIIM; Er. Ankit Varma, Coordinator/CEO, IIIM-TBI and S. A. Basit, Coordinator, IIIM-AIC Incubator talked threadbare about Entrepreneurship Development programmes and how they aid in better job opportunities, besides help in developing financial planning, which is essential for any entrepreneur to succeed.

They also threw light on how

to start and run a technology-based enterprise successfully by attaining advanced industrial and technical skills.

Moreover, the role of IIIM-TBI in supporting entrepreneurs, new startups, researchers, students, institutes, scientists, small or medium companies who plan to incubate their ideas or budding technologies into commercially successful ventures was also talked about in detail.

A question answer session was held during the event where students and budding entrepreneurs sought clarifications of their doubts from the team of experts from CSIR-IIIM Jammu vis-à-vis innovations, startups, and entrepreneurship development.

# Amar Singh College organizes Awareness Programme on Library Services for Users



JI NEWS SERVICE

SRINAGAR, AUGUST 05: The Central Library, Amar Singh College under the Aegis of Library Committee organized an awareness programme on "Library Services for Users", here.

The programme was organized with a view to educate the students and faculty about the services being offered by the central library along with new and augmented facilities.

Prof. (Dr) Sheikh Ajaz Bashir, Nodal Principal Kashmir Division Colleges and Principal Amar Singh

College, presided over the programme. In his presidential address, the principal emphasized that knowledge is power and libraries are the repository of that power. He congratulated the library committee and appreciated their efforts in upgrading the library facility.

Prof. Ajaz also apprised students and faculty that the library shall be further developed on the latest lines for providing a better ambience and state-of-the-art facility to students.

Chief Librarian, Huma

Shafiq through her enlightening presentation acquainted students with the library services like Book Bank, NLIST, Browsing Centre, and reprographic section facilities, which are available for students throughout the session. She also emphasized that student suggestions and recommendations regarding the procurement of books and allied facilities are always welcome and to facilitate this purpose they have installed a suggestion box in the library. She also informed students that the library is in the process of

Latest issue of "Lala Rukh" released

installing OPAC Kiosks, RFID-enabled entry and E-Resource facility.

Earlier, Convener Library Committee, Dr. Nahida Tun Nisa, extended a warm welcome to the Principal, faculty members and students. She thanked the principal for extending full support and going out of way to augment facilities in the library.

At this occasion, the latest issue of annual college magazine "Lala Rukh" was released by Prof. Sheikh Ajaz Bashir, in presence of Convener, Publication Committee, Prof. Shah Nawaz Muntazir and other members of the committee on the dice.

Prof. Sheikh Ajaz applauded the publication committee for bringing forth the issue and assured his all support for further developments.

The event witnessed encouraging student footfall, who raised their queries and were satisfied with the responses by the experts.

# STD Jammu organises various festivities under 'Meri Matti Mera Desh' campaign



JI NEWS SERVICE

JAMMU, AUGUST 5: As part of ongoing fortnightly celebrations of "AZADI KA AMRIT MAHOTSAV" State Taxes Department (STD), organized various festivities under the theme "MERI MATTI MERA DESH".

Under these celebrations in Jammu Division today, office of Deputy Commissioner of Stamps organized kite flying event within its premises highlighting the essence of independence of free air, high goals and achievements. Additional Commissioner state Taxes (Adm. & Enf.) Namrita Dogra was chief guest at the event. Deputy Commissioner Enforcement (Central) Ritu Mahajan; Deputy Commissioner (H.Q) Ashima Sher; Deputy Commissioner/Collector of stamps Jammu, Devinder Paul and other officers of the department were also present on the occasion.

Namrita Dogra, on the occasion also inaugurated a building. The event saw participation of officers of state taxes department along with their families, E-stamp vendors and officers from SHCIL including Senior Area Manager J&K Surinder Bhatia.

Pradeep Assistant Manager (operations) along with their team from Indian Oil Corporation Limited also participated in the event and on this occasion IOCL displayed their recently launched Smart Solutions for Modular Kitchens.

# Airtel tower installed at T-Chuntiwari Machil for the first time

Locals thank District Administration

JI NEWS SERVICE

KUPWARA, AUGUST 05: In a first, telecommunication company, Airtel today installed a tower at remote T-Chuntiwari village of Machil in Kupwara district to connect locals virtually with the rest of the world.

Local residents were overjoyed with the installation of the tower and thanked Deputy Commissioner Kupwara for getting the Airtel tower installed in the village for the first time.

Locals said that Communication is an important tool in the present era. We are thankful to District Administration Kupwara and airtel authorities for providing, mobile tower facility at an earliest. Now we will get connected with the outer world. With the communication facility we will be able to communicate with our relatives.

"Airtel Tower at T-Chuntiwari has been commissioned and it will start functioning within a couple of days" said Shobh Mohammad Bhat Cluster Manager Airtel.

"The fiber work of three more airtel towers at Thali, Dudi and Chuntiwari-bala is 70 percent complete" It is in place to mention here that Deputy Commissioner Kupwara, Ayushi Sudan while chairing a Block Diwas recently at Machil had directed Airtel authorities to increase the pace of the work on installation of mobile towers in Machil.



# AKAM: ADCC reviews preparations for 'Meri Maati Mera Desh' campaign



JI NEWS SERVICE

KULGAM, AUGUST 05: In order to review preparations for proper implementation of action plan of 'Meri Maati Mera Desh' campaign, a meeting of officers was held today at Rest house Chawalgam under the chairmanship of Additional District Development Commissioner Kulgam, Showkat Ahmad Rather.

At the outset, the ACD briefed the meeting in detail about the events and the other themes planned under the "Meri Maati Mera Desh" campaign including its components viz. Deep Dive-Sitaphalakan, Vasudha Vandhan, Veeron Ka Vandhan, Hoisting of National Flag and Singing of Rashtira Gaan and Panch Pran Pledge besides other activities.

It was shared that as part of the programme, memorial plaques will be placed to honor the national heroes of the country who have sacrificed their lives for the cause of the nation. Moreover, the programme will include the planting of at least 75 plant saplings in each Panchayat and ward of the district, further contributing to the preservation of nature and the environment.

During the meeting, an action plan for "Mitti-Yatras" from Panchayats for construction of the National Memorial at Kartavya Path was also discussed.

The ADCC urged all concerned departments to make necessary preparations and ensure a successful observance of the "Meri Maati Mera Desh" programme.

The meeting was attended by SDM Noorabad, Bashir Ul Hassan; JDP, Zahid Sajjad; ACD Mohammad Inran, ACP Shurjeel Ali, GM DIC Basir Ahmad, DIO, CMO, Principals from Degree Colleges, Tehsilidars, BDOs, EO's and other district officers.

# Social Welfare B'la organises Distribution Camp

DDC CHAIRPERSON, DC B'LA DISTRIBUTED 50 MOTORIZED TRICYCLES AMONG SPECIALLY-ABLED

JI NEWS SERVICE

BARAMULLA, AUGUST 05: In an initiative aimed at empowering specially-abled individuals and enhancing their mobility, the Social Welfare Department Baramulla today organised a distribution camp at Dak Bunglow, here.

Chairperson, District Development Council (DDC)

Baramulla, Safeena Beigh and Deputy Commissioner (DC) Baramulla, Dr Syed Sehrihs Asgar in presence of the District Social Welfare Officer, Sajad Ahmad, distributed 50 motorized tricycles among specially-abled which would help them to carry out their day-to-day activities.

The event marked the first phase of the campaign in which 50 motorized tricycles were dis-

tributed, with 474 tricycles set to be distributed in a phased manner throughout the week across the district.

DDC Chairperson, conveyed her heartfelt congratulations to all the recipients and expressed her appreciation for the government's proactive move to provide motorized scooters. The chairperson also extended her gratitude towards all the officers involved

in making this program a success and acknowledges the positive impact it will have on the lives of the beneficiaries.

While interacting with beneficiaries, the Chairperson DDC was apprised that a few of the recipients were university students. The students conveyed their appreciation for the support provided as it would significantly aid them in continuing their edu-

cation seamlessly.

Speaking on the occasion, Dr Sherish emphasized that the program is part of the government's commitment to ensure inclusivity and accessibility for all citizens and to empower the specially-abled persons.

The DC also directed the concerned officers to start phase wise driving training sessions for the recipients.

Day-1 of Youth Conclave

# DC inaugurates Lal Draman summer festival

JI NEWS SERVICE

DODA, AUGUST 05: Doda administration in its endeavour to give picturesque Lal draman meadow its due place on the tourism map of UT of J&K hosts two-day Youth conclave/ Lal draman Summer festival, which commenced from today with thousands of visitors converging in Lal Draman meadow. Nature's marvel, mesmerizing, and beautiful meadows remain distant from its due and deserving place in the tourism map because of its nonconnectivity by road.

The district administration, under the leadership of DC Doda Vishesh Mahajan, strived hard and succeeded in connecting through the road, much famed Lal Draman, recently.

Doda administration in collaboration with Directorate of Tourism Jammu, and Jammu Kashmir Academy of Art



Culture & Languages, is hosting the two-day Youth Conclave/ Lal Draman tourism promotion Mela here, at Lal Draman from

today, Lal Draman is a scenic meadow located 15 km from Doda town. It is surrounded by mountains and landscapes, mak-

ing it a popular destination for local and outside tourists. The meadow is also home to a rich cultural heritage, with traditional customs and practices still prevalent among the local community.

DC Doda Vishesh Mahajan and SSP Doda Abdul Qayoom visited the festival and inspected the arrangements. DC Mahajan inaugurated the Bijerni Lal Draman Road and Two-Day Summer festival at Lal Draman. A colourful cultural programme by local artists kept the audience spell bound. A Kabbadi championship was held along with other local games on day one. Tentage facility has been made available for visitors staying here, and the facility shall remain available here till October 31st on a payment basis.

Other activities of tourist attraction remained trekking, zorbing, Zipline, marathon, local cuisines, horse riding, and dis-

playing art & craft stalls showcasing agro-based and rural Tourism. DC Doda, while interacting with the media, has urged the youth to promote the local offbeat tourist places, local culture, food, and heritage, which in turn will bring economic prosperity in the district. He advocated for Jan Bhagidari and said that everyone must owe the responsibility in protecting the ecosystem/ environment, promote cleanliness, work for harmony, and protect local resources.

He advised the youth to take the path of progress and contribute to the nation building and remain away from drugs and other harmful activities dangerous for their future and for society. He informed that Union Government and UT administration has launched Meri Maati Mera Desh campaign to foster the patriotic fervour among the people.

# Motorized Tricycles distributed among 16 specially-abled persons at Ganderbal

JI NEWS SERVICE

GANDERBAL, AUGUST 05: The Department of Social Welfare Ganderbal today organized a camp for distribution of Retrofitted Motorized Tricycles among the 16 beneficiaries of Ganderbal district at Mini Secretariat, here.

The event was conducted on the sidelines of the major event held at SKICC, Srinagar where Lieutenant Governor, Jammu and Kashmir distributed the motorized tricycles among the beneficiaries of Jammu and Kashmir.

The event was attended by Chairperson, District Development Council Ganderbal, Nuzhat Ishtaq; President MC Ganderbal, BDC Chairperson Ganderbal, Additional Deputy Commissioner Ganderbal, District Social Welfare Officer Ganderbal and other officers/PRIs of the district.

The beneficiaries who received motorized tricycles expressed their gratitude towards the District Administration and Social Welfare department.



# DC Ramban distributes Aids and Appliances among children with special needs at GHS Chanderkote

**Also Inaugurates Kindergarten building**

J1 NEWS SERVICE

RAMBAN, AUGUST 05: Deputy Commissioner Ramban, Musarat Islam today distributed appropriate Aids and appliances to Children With Special Needs (CWSN) organized by the Directorate of SAMAGRA SHIKSHA, J&K, in collaboration with Artificial Limbs Manufacturing Corporation of India (ALIMCO) at Government High School Chanderkote.



CEO Ramban Dev Anand, ZEOs, Headmaster GHS Chandero and others were present on the occasion. Beneficiaries along with their parents attended the camp where aids and appliances were distributed.

Appliances among needy children, the Deputy Commissioner appreciated the efforts of the School Education Department and ALIMCO. He emphasized that such camps tremendously help students to cope up in their daily life and should go a long way to help them to achieve life goals. He also impressed that such camps should be organized more often in all blocks and zones. The DC also congratulated CEO Ramban for the initiative and assured that the district administration will extend every possible help to children with special needs. During the camp needed children were provided with aids and appliances including Wheelchairs, CP Chairs, Rotators, Smart Cane, Hearing aids, Crutches and MSD kits at GHS Chanderkote. On the occasion, the CEO also generated awareness among the public regarding various welfare schemes being implemented by the department. Earlier, the DC along with the CEO inaugurated the newly constructed Kindergarten building in GHS Chanderkote and inspected the facilities available for kids besides interacting with the students.

# NIFT Srinagar observes 'Vigilance Awareness Day'

**Corruption will dwindle only after citizens remain vigilant about it & register complaint: Director ACB J&K**



J1 NEWS SERVICE

Srinagar, August 05: The National Institute of Fashion and Technology (NIFT) Srinagar on Saturday organised a day-long event to observe the Vigilance Awareness Day at Ompora campus.

The event was organised in collaboration with Anti-Corruption Bureau (ACB) Srinagar with a theme to make Jammu and Kashmir corruption free. Director ACB J&K, Anand Jain was the chief guest at the occasion. Senior Superintendent of Police (SSP) ACB Central Kashmir Zahoor Ahmad Wani, Regional Director Srinagar MANUU Dr. Aijaz Ahmad, Chief Prosecuting Officer (CPO) Riyaz

Anand Jain also spoke about various e-initiatives like Aadhar taken by the government which helped to bring transparency in the system's working.

"The decision taken by the government to do away with interviews in any recruitment process brought transparency in the recruitment process at different levels," Director ACB said.

He spoke about various laws and the rights available to the citizens and urged the students to use these laws and rights to stand against corruption. "First element is that you have to be aware and positively intervene in identifying the problems. Investigations can start only after you register your complaints," he said.

Earlier in his welcome address, Director NIFT Srinagar Dr Javid Ahmad Wani spoke at length about various initiatives taken by the J&K government and Govt of India to ensure transparency in public governance.

In his address, SSP ACB Central Kashmir Zahoor Ahmad Wani spoke in detail about the laws and stressed that the fight against corruption starts within an individual.

Regional Director Srinagar MANUU, Dr Aijaz also spoke at the occasion. He appreciated the initiatives of ACB, JK in the past 5 years aimed at prevention of corruption.

# AKAM: DDC Kupwara distributes 151 Motorized Tricycles among Specially-abled beneficiaries

**Hands-over engagement orders of AWWs among 49 candidates**

J1 NEWS SERVICE

KUPWARA, AUGUST 05: The District Development Commissioner (DDC) Kupwara, Ayushi Sudan today distributed 151 motorized tricycles among specially-abled persons at DC office complex here under the District Disability Rehabilitation Centres (DDRC) scheme as a culmination to Azadi Ka Amrut Mahotsav.

The DDC interacted with specially-abled persons and said that the Government is extending special care and assistance to persons with special abilities and district administration is fully committed to fulfill the needs of every section of Society.

DDC while congratulating the beneficiaries handed over motorized tricycles along with their keys to the beneficiaries.

DDC was accompanied by ADC Kupwara, Gh.Nabi Bhat; DDC Member Hayama, Haji Sonwallah Khan; DDC Member Nutnoosa, Adv. Zahoor Ahmad, DDC Member Kalaros, Ch. Mustafa Deaded

While speaking on the occasion, the DDC said that the motive behind the distribution of these tricycles is to empower the specially-abled persons. She also asked the beneficiaries to avail benefits entailed under various self-employment schemes of Government for their livelihood.

DDC stressed upon the beneficiaries to apply all safety gears and always use a helmet while driving the Motorized tricycles.

# District Mineral Office Kishtwar organises awareness programme cum seminar

J1 NEWS SERVICE

KISHTWAR, AUGUST 05: The District Mineral Office Kishtwar under the aegis of "Meri Maati Mera Desh" organised an informative awareness programme cum seminar at Conference Hall, DC Office Complex Kishtwar.

The event witnessed active participation from approximately 150 attendees, including Heads of HydroElectric Power Project, Mining lease holders, representatives and owners of Stone crushers, as well as representatives of NGOs.

Speaking on the occasion, the District Mineral Office Kishtwar, Dr. Brijesh Kumar Manhas emphasized the importance of responsible mining practices and the urgent need for environmental conservation. Dr. Manhas urged the attendees to strictly adhere to the government's guidelines during mineral extraction to ensure sustainable development and preservation of natural resources.

Dr. Manhas encouraged corporate entities and mining lease holders to take up plantation drives across vulnerable areas, including sliding areas, project sites, as a step towards ensuring long-term environmental serenity.

The seminar featured resource persons from various organizations, with L.M.S Parihar Founder cum Advisor of Vishwashanti NGO for peace, Environment & Rural Development providing a detailed insight into environmental preservation for future generations. Parihar shed light on anthropogenic activities that contribute to environmental degradation and sensitized participants about the social responsibilities of corporates in promoting sensible mining practices.

The event aimed to foster a deeper understanding of responsible mining practices and create awareness about the essential role each individual and organization plays in preserving the environment for a sustainable future.

# Nowshera Forest Division establishes 'Phal Vatika' in collaboration with 130 BN BSF Sunderbani under Green J&K Drive

J1 NEWS SERVICE

Nowshera, August 05: Sunderbani Forest Range of Nowshera Forest Division conducted a mega plantation drive inside campus of 130 BN BSF Sunderbani. S.S. Mand DIG SHQ SBN, Satyendra Maurya, Divisional Forest Officer, Dr. Ram Kumar Commandant of 130 BN BSF Sunderbani, along with officers of all ranks and jawans planted fruit and ornamental plants to establish new fruit garden "Sahid Haralal Phal Vatika".

Sudesh Kumar Sharma Range Officer Sunderbani, Rajinder Dev Sharma Block Officer Dharanmal, Ranged Singh Block Forest Officer Sunderbani, Ravi Kant from Range office played an active role in the success of plantation drive.

DFO Nowshera appraised the officers and jawans of 130BN BSF Sunderbani about the objectives of 'Green J&K drive' & 'Har Gaon Hariyal' campaigns of Jammu Kashmir Forest Department aimed at creating people's movement at a massive scale with involvement of all stakeholders particularly villages panchayats, women, students, Urban local bodies, NGOs and civil societies.

He appreciated the role of institutional plantation in enhancing the green cover outside the forest area. He visited the old plantations raised inside the BSF campus which were well established and maintained. He appealed to people to plants tree outside forest along with plantation on forest land to combat the problem of global warming and to achieve the goal of sustainable development.

S.S. Mand DIG SHQ SBN motivated all the participants for tree plantation and protection by telling various benefits of trees in our lives, need of nature, etc. He urged officers and jawans to pledge for planting at least five trees at a suitable place around their house and make their valuable contribution in nature conservation and also make their family members aware in this context.

The entire program was conducted under the overall guidance of Vivek Verma, CF West Circle.

# DC Shopian distributes 74 Motorised Tricycles among specially-abled persons of district

**90 percent saturation achieved till date, efforts being made for 100% coverage in near future: DC**

J1 NEWS SERVICE

SHOPIAN, AUGUST 05: In order to empower the specially-abled persons of the district and give support for their decent living, the Department of Social Welfare, Shopian today organised a mega distribution programme at Mini Secretariat, here.

On this occasion, the Deputy Commissioner (DC) Shopian, Faz Lul Haseeb inaugurated the district camp and distributed 74 Motorised Tricycles among specially-abled persons of the district. Addressing the event, the DC said that the Government is committed to ensure the welfare of the specially-abled persons and various measures are being taken for their empowerment.

The DC enumerated various measures taken by the Government for the welfare of specially-abled people including monthly pensions, free education and medical treatment along with training under vocational programmes and provision of prosthetic devices.

He stated that in the immediate future, all eligible persons of the district shall be provided motorised tricycles on priority basis so as to achieve saturation under the scheme.

Later, the DC also handed over Engagement Orders among four newly appointed Sangnes (AWTs) of the district. The DSWO Shopian, Sanobar Allah; CDPO Nazir Ahmad, TSWO Farhana Tak and other officials of the Social Welfare Department were also present at the event.

# RTO Kashmir visits Bandipora meets transporters

J1 NEWS SERVICE

BANDIPORA, AUGUST 05: Regional Transport Officer (RTO) Kashmir, Syed Shah Nawaz Bukhari Saturday conducted a visit to Bandipora district and interacted with local transporters and gain firsthand insights into their challenges and grievances.

The RTO met with representatives from various transport associations, including taxi operators, truck owners and bus drivers among others. On the occasion the transporters raised different concerns and shared valuable feedback on the existing trans-

**PRESIDES OVER 'MERI MAATI MERA DESH' CAMPAIGN**



portation infrastructure and regulatory practices with the chair. The issues related to road conditions, licensing procedures, permits and taxation policies were also raised with the chair. The RTO patiently listened to concerns raised, taking diligent notes and assuring the transporters that their issues and grievances will be given due consideration in future policy-making decisions.

On the occasion, RTO informed the participants about steps being taken by the Kashmir transport department to improve infrastructure, streamline licensing procedures, and optimize the taxation system.

ARTO Bandipora, Bilal Ahmad Mir said that transporters play a crucial role in shaping our policies and regulations. He said that the department is dedicated to fostering a transparent and responsive system that benefits both the transporters and the general public.

Meanwhile, Syed Shah Nawaz Bukhari along with Assistant Commissioner Shabir Ahmad and ARTO Bandipora Bilal Ahmad Mir on the occasion flagged-off vehicle rally to create awareness among people regarding 'Meri Maati Mera Desh' campaign. Among others, the event was attended by officers from ARTO office Bandipora, presidents of Sumo, Bus stands and president truck association Bandipora besides other transporters across the district.

# 'Day of resolution for freedom from corruption' observed at JKEDI

J1 NEWS SERVICE

Srinagar, August 05: Anti Corruption Bureau (ACB), Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) and District Administration, Pulwama, today observed the "Day of Resolution for Freedom from Corruption" as a part of the Vigilance Awareness initiative of J&K Government.

This commemorative event, marked by unwavering commitment and dedication, signifies a significant milestone in the UT's journey towards a transparent and corruption-free society.

The "Day of Resolution for Freedom from Corruption" serves as a clarion call for individuals, organizations, and communities to unite against corruption's detrimental impact on society and embrace a path of honesty, transparency, and ethical conduct.

During the event, employees from the Anti Corruption Bureau, JKEDI and District Administration actively participated and shared their experiences. They



vowed to adopt a zero-tolerance approach towards corruption and strive to become role models in promoting integrity and accountability within their respective spheres of influence. This collective commitment reflects the strong determination to safeguard public resources, foster good governance, and build a corruption-resistant environment.

Ajaz Ahmad Bhat, Director, JKEDI in his address stressed that the Government of J&K has been steadfast in its pursuit of

creating a corruption-free governing system through various initiatives, policies, and reforms.

"We must strive for a society where corruption has no place, and ethical values are at the core of our actions. Education plays a key role in fostering integrity, and I'm proud of the Government's initiatives towards transparency. Initiatives like Public Services Guarantee Act, digitization of records and e-services adopted by the Government among other initiatives

are a step further for a corruption free society," he said.

Abdul Waheed Shah, Senior Superintendent of Police (HQRS), ACB, gave a detailed and compelling presentation during the event, shedding light on the pivotal role of the Anti Corruption Bureau in combating corruption and ensuring accountability.

With profound knowledge and expertise, he elucidated the various laws, rules, and procedures that empower the ACB to investigate and prosecute corrupt practices effectively. His insights provided valuable guidance to the participants, emphasizing the importance of upholding the rule of law and maintaining the integrity of public institutions.

The event was attended by Manzoor Ahmad Bhat, Executive Director JKEDI; Dr. Fayaz Ahmad Bhanday, Additional Deputy Commissioner, Pulwama; Zaffar Hussain Shawl, Additional Deputy Commissioner, Awantipora; Chief Prosecuting Officer (Hqrs.) ACB, Officers from ACB South Kashmir among other officials of JKEDI.

## Central University of Jammu bags Prestigious DST-PURSE Grant -2023

JI NEWS SERVICE

JAMMU, AUGUST 05: In a significant achievement, the Central University of Jammu (CUJ) bags the highly esteemed DST-PURSE (Department of Science and Technology - Promotion of University Research and Scientific Excellence) grant for the year 2023 worth Rs. 6.51 Crores.

The university's remarkable feat comes as recognition of its commitment to advancing scientific research and innovation in the field of atmospheric science and environmental health.

Vice Chancellor, CUJ, Prof. Sanjeev Jain, while congratulating the PURSE implementation Group reiterated the importance of fostering research excellence and innovation in the areas of

Nanoscience, Artificial Intelligence and Machine Learning, Biotechnology and Atmospheric Science.

In consonance to National Education Policy-2020, the emphasis on promotion of inter-disciplinary research.

His unwavering commitment lies in establishing dedicated instrumentation facilities and robust infrastructure within Central University of Jammu, fostering an environment conducive to cutting-edge research and innovation.

This endeavour is poised to not only enhance the university's research capabilities but also contribute significantly to the advancement and well-being of the people in the Union Territory of Jammu and Kashmir.

Under the project theme

"Implications of Atmospheric Aerosols on Regional Climate & Human Health: Mitigation Strategies for Air Pollution in the North-Western Himalayan Region," the university is set to embark on a four-year journey of exploration and analysis.

The research endeavour aims to shed light on the intricate connections between atmospheric aerosols, regional climate patterns, and their direct consequences on human health. Aerosol-ecosystem interactions are complex and have significant implications on climate, biodiversity and human health.

This PURSE proposal is aligned with National Clean Air Programme, Swachh Bharat Abhiyan and National Action Plan on Climate Change (NAPCC) with a focus on near

real time aerosol source apportionment and suggesting abatement strategies.

Near real-time aerosol source apportionment studies are limited to very few places in India and the PURSE grant will enable CUJAMMU to conduct first real-time aerosol source-apportionment in J&K to understand its implications on regional climate and human health and for developing solutions for Air Pollution Mitigation in the North-Western Himalayan Region.

This grant is a breakthrough step of success for the UT of J&K and will benefit the researchers and policymakers at local, regional and global level.

Overall, the establishment of high-end advanced PURSE supported lab in CUJ will lead to accomplishment of extra-ordi-

nary milestones in terms of skill development, capacity building and overall welfare of people living in the vicinity.

Leading a team of seasoned researchers and experts, Dr. Pawan Kumar, the Coordinator of the project, expressed immense enthusiasm for the upcoming research.

"This grant opens up unprecedented opportunities for us to comprehensively understand the implications of atmospheric aerosols. Our findings will not only contribute to enhancing our knowledge of regional climate systems but also provide valuable insights for devising effective strategies to mitigate air pollution and safeguard public health," remarked Dr. Shweta Yadav, Co-Coordinator of the project.

## DMO Kathua seizes 10 vehicles for illegal mining in Khads

JI NEWS SERVICE

KATHUA, AUGUST 05: A team of Mining Department led by District Mineral Officer (DMO) Rajinder Singh Rana seized 10 loaded vehicles engaged in illegal mining in Khads, here today. The seized vehicles reportedly belong to local miners who extract minor mineral from Khads and further make its sale in markets and in Punjab state at exorbitant rates in violation of rates fixed by Deputy Commissioner and in violation of extant rules of mining department.

The team of mining department raided Ravi River, Sahar Khad and Tarnah Nallah following a tip-off in morning hours and seized vehicles. The team travelled in private vehicle and blocked the main routes leading to Khads.

After seizure, five loaded vehicles were kept in the custody of Police Station at Rajbag and remaining five at Lakhnarpur police station and shall remain stationed there till realization of penalty as per MMDR Act of 1957 and SRO-105 of 2016. DMO informed that regular actions are being initiated day and night for resentment brewing among residents of areas around Khads and rivers against unabated mining even during ban period of monsoon.

## Youth Services & Sports Deptt observes Vigilance Awareness, Panch Pran Pledge

JI NEWS SERVICE

JAMMU, AUGUST 05: In connection with the celebration of "Day of Resolution for freedom from corruption (Bhrashthachar Se Mukht Sankalp Diwas)", the Directorate of Youth Services & Sports J&K UT organized an impressive function here at Joint Director, Youth Services & Sports Office, Gandhi Nagar Jammu and integrity pledge was administered to all the employees for eradication of corruption from public life.

Director, Youth Services & Sports J&K, Subash Chander Chhibber presided over the function and deliberated upon the importance of celebrating Vigilance Awareness Week for generating awareness for eradicating corruption and increasing accountability and service delivery besides promoting digital governance and reduction of human interface in delivery of public services. Joint Director, Youth Services & Sports Jammu, Suram Chand Sharma discussed in length the various aspects of preventive, punitive and participative vigilance. He urged upon the officer especially DDOs to work with utmost care and avoid lapses while discharging duties and he also stressed to install complaint boxes in every offices and ensure that these boxes are regularly opened and complaints are redressed in a time bound manner. He exhorted upon the DYSSOs to work in close coordination with all the Deputy Commissioner to organize the programs under "Azadi Ka Amrat Mahotsav" as per schedule.

## Floriculture Deptt celebrates "Day of Resolution for Freedom from Corruption"

JI NEWS SERVICE

JAMMU, AUGUST 05: The Department of Floriculture Parks and Gardens Jammu celebrated "Day of Resolution for Freedom from Corruption" at Directorate of Floriculture, Parks & Gardens, Har-Ki-Poudi Bagh-e-Bahu Jammu under the supervision of Director General, Department of Floriculture Parks and Gardens Jammu, S. Jatinder Singh.

The Director General administered the pledge to all the officers/officials. The officers and officials pledged to maintain integrity, transparency, accountability and fairness in every work. They also vowed to promote good governance and ethical business practices as per laid down norms of the Government. Interacting with all the employees of the Department, the Director General stressed upon them to strictly adhere to the rules and regulations of the vigilance department.

He also directed the concerned officers to sensitize the employees and the public about the ill effects of corruption through the dissemination of information on the ground level. Deputy Director, Jammu, Deputy Director (P&S), Accounts Officer, Floriculture Officer (HQ) and AFO Bagh-e-Bahu were present on the occasion along with all the officials of the Directorate.

The observance of pledge taking ceremony was also organised in all the Districts of the Division under the guidance of District Officers of Floriculture, Parks & Gardens Department.

## Plantation drive under AKAM held at GCW Udhampur

JI NEWS SERVICE

UDHAMPUR, AUGUST 05, 2023: Azadi Ka Amrat Mahotsav (AKAM) Committee of Government College for Women (GCW) Udhampur organized a plantation drive in collaboration with Department of Botany, Government College for Women (GCW) Udhampur, here today.

The plant saplings of some plant species of medicinal importance including Terminalia Arjuna (Arjun Tree), Phyllanthus emblica (Indian gooseberry), Pongamia pinnata (Pongame oiltree), etc. were planted by the Principal of the College, Prof. Anjali Mahajan, Dr. Sanjeev Kour (Convener AKAM), Ashni Devi (HOD Botany) and other faculty members of the college.

Principal applauded the efforts of the organisers for plantation drive that will make a healthy Environment in the college. She further added that everyone should participate more and more in such plantation drives and should plant one tree each year especially on their birthdays and should look after it till it matures.

## GDC Neeli Nallah Udhampur organises Panch Pran Pledge taking ceremony



JI NEWS SERVICE

UDHAMPUR, AUGUST 05: As part of the series of program being organised under the banner of "Meri Maati Mera Desh" Nationwide Campaign and Azadi Ka Amrat Mahotsav, the NSS Unit of Government Degree College Neeli Nallah Udhampur today organised Panch Pran Pledge taking ceremony to highlight the five resolves of Prime Minister of India during the Independence Day, 2023 address to the nation.

Principal, teaching, non-teaching staff and students of the college participated in the pledge ceremony. The pledge was read out by Roopali Rajput and Nitin Sharma students of B.A Semester 5th both in English and Hindi languages respectively.

Speaking on the occasion, Principal of the College, Prof. Hans Raj emphasized that the objective of organizing the program was to improve all of human kind which is the fabric of main culture.

## DC Ramban distributes 10 scooties among specially abled persons

JI NEWS SERVICE

RAMBAN, AUGUST 05: Deputy Commissioner, Ramban, Musarrat Islam today handed over specially designed motorized tricycles to identified specially-abled persons here at District administrative complex, Ramban. The Distribution of Motorized Tricycles is done by J&K State Rehabilitation Council in collaboration with DC Ramban.

ADCC Ramban, Rajinder Sharma, CPO Dr. Kasturi LAL, DSWO, Rahul Gupta, PRLs and various other senior officers were also present on the occasion.

Speaking on the occasion, the DC praised the Social Welfare Department for ensuring saturation of welfare schemes of the department and benefiting the poor, underprivileged and other weaker sections.

He informed that the motorized tricycles provided by the J&K State Rehabilitation Council, have been distributed among 10 specially abled persons in the district and in coming time shall be distributed to more than 50 additional beneficiaries.

He said that the District Administration is committed to provide every possible help to the needy and specially-abled persons.

## Employment Deptt organises awareness programme under Azaadi Ka Amrit Mahotsav at Samba

JI NEWS SERVICE

SAMBA, AUGUST 05: In the series of programs being organised under Azaadi Ka Amrit Mahotsav and Meri Maati Mera Desh Campaign, a career guidance cum awareness program was organised by Directorate of Employment & Counselling Centre Joint Director Employment Jammu, Dr. Khalid Hussain Malik inaugurated the program in which more than seventy unemployed registered youth participated.

The objective of the program was to initiate the registration process for

enrolment of trainees for the three months free training course of Accounts Executive which is going to be shortly started in District Samba.

Joint Director Employment Jammu laid stress for the need for skill development of trainees for placement in private as well as government sector. Vehicles were also distributed by Joint Director Employment to the beneficiaries under MUMKIN scheme to encourage self employment among unemployed youth.

Assistant Director Employment Samba, Sulakshna Thakur presented the detailed overview of the schemes of the department and registration on

the state employment portal <http://jakemp.nic.in>.

The candidates were motivated to enroll for the skill development course which is going to start in the month of August and 12.8.2023 is the last date for applying for this course.

Career Counselling Officer DECC Samba, Dushyant Singh presented the detailed overview of all the welfare schemes like MUMKIN, Tejeswini, Spurring Entrepreneurship etc being implemented by the Employment Department and motivated the youth to avail the benefit of these welfare schemes and become job provider instead of being job seeker.

## DLSA Samba organises Introductory Training Session on "Mental Health & Meditation"



JI NEWS SERVICE

SAMBA, AUGUST 05: District Legal Services Authority Samba, under able guidance of J&K Legal Services Authority (JKLSA) and the Chairmanship of Yesh Pal Kotwal, Chairman, District Legal Services Authority Samba (also Pr. Distt. & Sessions Judge Samba), today organized a one-day Introductory Training Session on "Mental Health and Meditation" at District Court Complex Samba. The event was held as a part of the Special Campaign launched by the Ministry of Culture, Government of India on October 26, 2022, in collaboration with "The Art of Living Foundation", commemorating 75 years of Indian Independence under the banner "Har Ghar Dhyani".

The training session was inaugurated by Yesh Pal Kotwal, Chairman, District Legal Services Authority Samba. Among the participants were Adnan Sayeed, Addl. District Sessions Judge, Samba, Prem Simran K. Grover, Ld. Chief Judicial Magistrate, Samba, Urvasi Raina, Addl. Munsiff Samba, Ananta Raina, Addl. Spl. Mobile Magistrate, Samba, Himani Parihar, Munsiff Samba, Officers from Prosecutor Wing Samba, Officers of Legal Aid Defense Counsel System Samba, Staff of District Court Complex Samba, and District Legal Services Authority and PLVs of DLSA Samba.

The program featured Ravinder Mansotra and Shakti Sagar, Art of Living teachers, as resource persons. During the session, Ravinder Mansotra discussed how the Jan-Bhagidari

model empowers the youth towards better health and creates a more resilient future for the country, focusing on mental and emotional health. He explained the benefits of meditation, pranayama, and stress-relieving kriyas in boosting immunity and overall well-being, alleviating stress, anxiety, and depression.

Shakti Sagar highlighted the ability of meditation to manage the mind, increase stamina, and improve work productivity for individuals in demanding job roles. He conducted Pranayamas like Nadishodana and Bhastrika, along with short yet powerful meditation sessions for all the participants. Rekha Kapoor Nischal, Secretary, District Legal Services Authority Samba, delivered the welcome address, providing an overview of the program's objectives. The training aimed to orient participants towards their mental and emotional health, introduce them to a simple and easy-to-adopt meditation practice, and connect them to a wealth of content for continuous self-improvement.

The proceedings of the training were conducted by Vensha Anthal, Assistant Legal Aid Defense Counsel Samba, while the Vote of thanks was presented by Hitesh Sharma, Panel Advocate, District Legal Services Authority Samba.

## DC hands over appointment orders to 62 Anganwadi Workers in Ramban District

JI NEWS SERVICE

RAMBAN, AUGUST 05: In a momentous occasion held at the DC Office Ramban, appointment orders were distributed to 62 newly recruited Anganwadi workers after a transparent selection process.

The event was presided over by Deputy Commissioner Ramban, Musarrat Islam, in presence of ADCC Rajinder Sharma, PO ICDS, Jahangir Hashmi, ADC Ramban, Harbans Lal, CPO Ramban Kasturi Lal, along with other esteemed senior officers and Members of the Panchayat Raj Institution. The ceremony commenced with the attendees joining



An online session at SKICC addressed the gathering, Srinagar, where LG Manoj Sinha. Subsequently, the distribution of

appointment letters took place.

Speaking on the occasion, Deputy Commissioner expressed his appreciation for the remarkable work accomplished by the ICDS team in the district. He lauded the transparent recruitment process and congratulated the DPO Ramban and his team for achieving the top position among UTs of Jammu & Kashmir. The district's ascent from the 19th to the number one position within six months in all parameters on portion tracker- the portal maintained by the Government of India is truly commendable.

The distribution of appointment orders to the 62 Sangnis (Anganwadi workers) signifies a

significant milestone in strengthening the ICDS services in Ramban district. The administration remains committed to providing essential support and resources to ensure the well-being and growth of the region's children and beneficiaries.

Addressing the gathering, the PO ICDS emphasized the critical role of Poshan (ICDS) in improving the nutritional status of children, adolescent girls, pregnant women, and lactating mothers in the district. He commended the team's efforts in revitalizing and re-energizing the Anganwadi centers, ensuring dedicated service to the children and beneficiaries of Poshan schemes.