



JINDRAH IMAGES



DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 184 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

Modi government worked for making Kashmir terrorism-free: Amit Shah

AGENCIES
NEW DELHI, AUG 9

Union Home Minister Amit Shah on Wednesday said in the Lok Sabha that the terror related incidents in Jammu and Kashmir have been reduced by 68 percent due to the effective steps taken by the Modi government.

Participating in the Debate and no-confidence motion, Shah said, "The situation in Kashmir has changed since 2014 due to our policies. We have worked towards making Kashmir terrorism-free," he said.

The Home Minister completely rejected the talks with separatist organisations in Kashmir valley, and added "We won't engage in discussions with Hurriyat, Jamiat, or Pakistan. If there are discussions, they will be held with the youth of the valley".

About Article 370, he said that it was the due to the wrong policy of former Prime Minister Jawaharlal Nehru.

"PM Modi took a historic decision to completely merge J&K with India," Shah said. The Minister said, "Processions of terrorists are no longer carried out in Kashmir, because they are buried at the same place where they are neutralised".



Amit Shah, Minister, Home Affairs, Lok Sabha

National Conference President and MP Lok Sabha Farooq Abdullah said that, "The Prime Minister Modi doesn't represent only one colour, he represents the entire country."

Abdullah said that, "People of Kashmir stand proud to be part of India but this nation has a responsibility not only to Hindus but to everybody who lives in this country".

Attacking the BJP led government over the issue of the rehabilitation of Kashmiri Pandits, he said, "I tried to bring back the innocent Kashmiri Pandits to the valley, but how many of them are brought back by the Modi government in the last 10 years".

Rebutting the Farooq Abdullah's remarks, MoS Home Nityanand Rai said, "To say that this government did not do anything for Kashmiri Pandit Hindus is wrong and misleading the House". "The Modi government has done an unprecedented development in Jammu and Kashmir in the last 10 years" he asserted.

"We always stood for India because we wanted to stand by this nation and please don't say we are not the part of India...don't say we are Pakistani".

Earlier, Union Minister Smriti Irani raked up the issue of Article 370 and atrocities faced by the Kashmiri pandits. She said that "the opposition wants Article 370 back. They should remember one thing. Article 370 will never return to Kashmir. None of the Kashmiri Pandits will have to suffer genocide".

Mentioning Rahul Gandhi's Bharat Jodo Yatra, she said, "I will not speak on his knee pain... the valley that India has seen to be soaked in blood, (but) when they went there, they were playing with snowballs. That was snobish. That with knowable after Prime Minister (Narendra) Modi abrogated Article 370, Irani added.

Won't allow Article 370 back, neither spare those who threaten Kashmiri Pandits, says Smriti Irani in LS



Smriti Irani, Minister, Women and Child Development, Lok Sabha

AGENCIES
NEW DELHI, AUG 9

Union Minister Smriti Irani on Wednesday said that Article 370 will not be reinstated in Jammu and Kashmir nor will those who threaten Kashmiri Pandits with "Rabib Galib Chalb" be spared.

Addressing the Lok Sabha during the no-confidence debate, she said, "...It was mentioned in the House today that he (Rahul Gandhi) undertook a Yatra and gave assurance that they will reinstate Article 370 if it is up to them...I would like to tell the person who has run away from the House that neither will Article 370 be reinstated in the country nor will those who threaten Kashmiri Pandits with "Rabib Galib Chalb" be spared." She also attacked the Opposition saying that the I.N.D.I.A alliance is not India, for India is not corrupt.

"You are not India, for India is not corrupt. India believes in merit not in dynasty... today of all the days people like you need to remember what was told to the British - Quit India. Corruption Quit India, Dynasty Quit India. Merit now finds place in India..." she said.

LG Sinha reviews arrangements for 'Tiranga Yatra' in Srinagar



JNEWS SERVICE
SRINAGAR, AUG 9

Lieutenant Governor Manoj Sinha chaired a high-level meeting with the senior officers of Civil Administration, Police and Security forces to review preparedness of Tiranga Yatra celebration.

The meeting was attended by Dr Arun Kumar Mehta, Chief Secretary; R K Goyal, Additional Chief Secretary, Home Department; Lt General Rajiv Ghai, GOC 15 Corps; Dr Mandeeep

Kumar Bhandari, Principal Secretary to Lt Governor; M.K Sinha, ADGP Hqrs; Vijay Kumar, ADGP Kashmir; Vijay Kumar Bidhuri, Divisional Commissioner Kashmir and other senior officers of Security Forces, Police and UT Administration.

The Lt Governor said that we all should take special pride in saluting our beloved tricolor and celebrating this occasion. It is also an opportunity to recall the great sacrifice of our freedom fighters, who secured us our freedom,

he added.

The Lt Governor further observed that the citizens from all walks of life should come together to participate in a walkathon from KICC to Botanical Garden on 13th August to pay homage to the freedom fighters and all brave soldiers, who have sacrificed their lives for the unity and integrity of the nation.

The Lt Governor also discussed preparations to celebrate 'Mera Mati Mera Desh' and 'Har Ghar Tiranga' festivity.

Landslide blocks Jammu-Srinagar national highway; Amarnath batch stopped in Jammu

JNEWS SERVICE
BANIHAL, JAMMU, AUG 9

A massive landslide blocked the Jammu-Srinagar national highway in Ramban district early Wednesday following which no fresh batch of Amarnath pilgrims was allowed to leave from Jammu, officials said.

According to the traffic control room, the landslide hit the 270-km highway, the only all-weather road linking Kashmir with the rest of the country, near Marooq around 3 am.

"The restoration work is going on and is expected to be completed by 2 pm, following which the suspended traffic will be allowed from both sides - Nagrota in Jammu and



Qazigund in Kashmir," an official of the department said.

No fresh batch of Amarnath pilgrims was allowed from Jammu in view of the highway closure, the officials said.

The yatra was suspended for the day from Bhagwati Nagar base camp due to the landslide on the highway," Division-

al Commissioner, Jammu, Ramesh Kumar told PTI.

He said restoration work is going on at a war footing to make the highway trafficable. Over 4.25 lakh pilgrims have paid obeisance at the 3,880 metre high cave shrine of Amarnath in south Kashmir Himalayas since the start of the 62-day long yatra on July 1.

BSF Chief visits Border outposts in Akhnoor Sector

AGENCIES
NEW DELHI, AUG 9

BSF Director-General Nitin Agrawal on Wednesday visited various border outposts in Jammu's Akhnoor sector and exhorted the troops to maintain effective domination to successfully meet the challenges from across the frontier.

Agrawal was accompanied by the Border Security Force's (BSF) Special



Director General (Western Command) PV Rama Sastry and Inspector General (Jammu Frontier) DK Boora. He reviewed the frontier, domination and security situation along the International Border; a spokesperson for the

paramilitary force said.

Agrawal reached Jammu on a three-day tour on Monday. He visited the International Border in Samba district on Tuesday and was briefed about the alertness of the troops in thwarting drone and smuggling activities from Pakistan, the spokesperson said.

Before visiting the frontier, the BSF chief was given a detailed

Intruder nabbed near LoC in Poonch is Afghan national: Officials

JNEWS SERVICE
MENDHAR, JAMMU, AUG 9

An intruder, who was arrested two days ago near the Line of Control (LoC) in Poonch district of Jammu and Kashmir by the Army, is an Afghan national with a disability in left leg, officials said on Wednesday.

Abdul Wahid, in his early 20s, was earlier believed to be a resident of Pakistan-occupied

Kashmir (PoK) who had inadvertently sneaked into this side before being caught by Army in Dabi-Basuni village ahead of the border fence in Balakote sector on Monday.

"Wahid was handed over to police late Tuesday night and he is an Afghan national. His questioning is going on to ascertain the motive behind his intruding into this side," a

CONTINUED ON PAGE 4

'Anusandhan' foundation to define stature of India at 2047: Dr Jitendra Singh

AGENCIES
NEW DELHI, AUG 9

Union Minister for Science & Technology Dr Jitendra Singh said here today that "Anusandhan National Research Foundation" will define the stature of India at 2047.

Replying to the discussion on "Anusandhan National Research Foundation (NRF) Bill, 2023" in the Rajya Sabha, Dr Jitendra Singh said, the Anusandhan Act will pave the way for India to join the select league of developed nations.

The House later passed the Bill with a Voice vote. It had been earlier passed by the Lok Sabha on Monday, 7th August 2023.

"This is a Bill which is going to have a long-term effect, long term outcomes and all of us, each citizen of India, including those sitting on the other side, are going to be stakeholders. To that extent,



this is possibly history in making," he said.

The Bill will provide high level strategic direction for research, innovation and entrepreneurship in the fields of natural sciences including mathematical sciences, engineering and technology, environmental and earth sciences, health and agriculture.

The Minister said, it will also promote scientific and technological interfaces of humanities and social sciences to promote, monitor and provide support as required for such research and for matters connected therewith or incidental thereto.

Dr Jitendra Singh said the Bill will hike the R&D spending in the country. The Executive Council of NRF is mandated not only to monitor the progress of the different projects but also to analyse the accountability of the funding at different level stages.

"It envisages spending of Rs. 50,000 crore for five years, out of which Rs. 36,000 crore, almost 80%, is going to come from non-government sources, from industry & philanthropists, from domestic as well as outside sources," he said.

Clarifying that the Bill takes care of State Universities and Institutions by earmarking separate funds, Dr Jitendra Singh said the bill envisages separate competition within the State Universities and Institutions with separate allocation exclusively for them.

Dr Jitendra Singh said that the NRF envisaged by PM Modi will catapult us to the league of developed nations pioneering new research in new frontiers.

"Ever since Prime Minister Modi took over in 2014, he has, one after the other, taken a number of path-breaking decisions, broken several taboos of the past in order to liberate India of those self-made barriers so that we could have a global role. And he envisaged for ourselves the Amrit Kaal next 25 years. Obviously we have to live up to global parameters and that

CONTINUED ON PAGE 4

Top Jammu police officer calls for offensive operations to minimise terror threats ahead of I-Day

JNEWS SERVICE
JAMMU, AUG 9

A senior police officer on Wednesday called for offensive operations to scuttle any possible terror attacks ahead of Independence Day. Additional Director General of Police (Jammu Zone) Mukesh Singh called for high-level alertness, strengthening of the border security grid and intensified checking, especially around the venue of the Independence Day function on August 15, a police spokesperson said.

Representatives from the Army, Border Security Force and the Central Armed Police Force, and senior officers of the police and central and local intelligence agencies reviewed the arrangements ahead of the celebrations in a joint meeting here.

Singh also stressed on



anti-drone measures, border deployment grid, security of police and Army establishments, launching of offensive operations - especially in the Rajouri-Poonch and the Doda-Kishtwar-Ramban ranges - besides preventive measures in other districts.

He called for setting up joint checkpoints at vulnerable locations and inter-district boundaries, the spokesperson said.

Singh also asked for a high level of alertness for

Soldier drowned while taking bath in Canal in Kathua

JNEWS SERVICE
JAMMU, AUG 9

An Army personnel drowned in a canal while taking a bath in Kathua district of Jammu and Kashmir on Wednesday, police said.

Kalki Sharma (24), a resident of Barval village, was on leave, they said, adding he was posted in Srinagar.

Sharma went for a bath in the canal at nearby Magar Khand but got drowned, a police official said, adding a joint rescue team of the police and the State Disaster Response Force (SDRF) later fished out the body of the soldier.

Meanwhile, a 22-year-old youth, Shabbaz Ahmad of north Kashmir's Kupwara district, was feared drowned in a canal in the Domana area on the outskirts of Jammu. Ahmad, a resident of Magam village

CONTINUED ON PAGE 4

SPF demands de-affiliation of Hockey J&K & constitute adhoc Committee of Hockey Vetrans



J I NEWS SERVICE

JAMMU, AUG 09: Sikh Progressive front convened a Press conference under the presidency of S Harinder Singh along with S Manjit Singh former National Player and International Hockey Umpire, S Iqbal Singh, S Ravinder Singh Bitta, S Jaswinder Singh Kuku, HS Reen, S Daljit Singh all former national Players and other hockey Lovers S Manjit Singh, S T.P Singh, S Ravinder Singh, S Angat Singh Raju expressed their resentment against Sports Council and other sports officials sitting at the helm of affairs for not taking the sexual harassment complaint filed by one woman hockey player of Hockey J&K against S Rajinder Singh Kuku Sr Vice President Hockey J&K seriously and its casual approach in taking appropriate action against the alleged culprit which is very grave and serious offence and requires immediate attention of Sports council as well as by the Police authorities.

Singh also expressed surprise that when Narinder Dhruv Batra after

The position of existing hockey clubs is not made clear to the public. The list of hockey players of 42 clubs, who participated in the voting process to elect the office bearers of hockey J&K is not notified ever before the conduct of such election and such serious lapse on the part of Hockey J&K is always being ignored by the officials of both J&K Sports council & Hockey India during conduct of election in hotel of their Choice.

The selection process of players for different tournament is also not transparent as a result of which team sent outside the State have a pathetic display resulting humiliating defeat in the National tournament held at Rourkela Orissa. In the recently held Junior National Hockey Tournament J&K hockey team suffered humiliating defeat conceding 21-0 against Himachal Pradesh, 13-1 Karnataka & 6-1 against Pondicherry.

We are enclosing herewith the documents received by our office directly from the complainant player, the copy of those complaints already stands submitted to Secretary Sports Council. So we urge upon the Secretary Sports Council to disband Hockey J&K and constitute Committee of Hockey Vetrans to look after its affairs till the fresh election is held & also take stern action immediately by removing the alleged accused so that they cannot influence the complainant and also urge to immediately forward the complaint to the law enforcing Agency for taking appropriate legal action warranted under law for such cases of sexual harassment.

“One Student One Tree” – A green initiative by TBS, JU



J I NEWS SERVICE

JAMMU, AUG 09: The Business School, University of Jammu in its endeavour to build young value-driven future leaders has been organising various student engagement activities. In line with this, the Management Club of The Business School under its green initiatives organised a pledge ceremony and a lecture on “Plants and Life” along with a plantation drive. The theme of the event was “One Student One Tree”.

The event started with a

formal welcome address by Prof. Vinay Chauhan, Director, The Business School. While highlighting the theme of the event, Prof. Chauhan spoke about the importance of green and sustainable environment and quoted the famous saying by Dr. APJ Abdul Kalam, “Trees are my Guru, they continue to give unconditionally even when you pelt them with stones to take their fruits and even if you cut them down.” By this quote, he emphasized that we as humans must embody the selfless nature

like plants. Dr. Yash Pal Sharma, Professor of Botany and Rector Udhampur Campus, University of Jammu, was the resource person for the occasion. He talked about the evolution of plants and how they add value to our lives and Planet Earth. He highlighted the current environmental concerns and also emphasized on the role that we as individuals can play to conserve it. Prof. Sharma also shared his thoughts on how our world is getting super focused on technology and have developed a

disconnect with Mother Nature. He mentioned that our society is moving towards “Plant Blindness” - a phenomena in which people are unable to recognize their native plants also. Further sharing his narrative he talked about how Mother Earth has created its own Constitution and tricolour and we must abide by it for a sustainable future. The event further progressed with the pledge taking ceremony on the theme “One Student One Tree”, followed by a plantation drive. Everyone promised to take care of the planted saplings and nurture them to grow into big trees. The drive witnessed the enthusiastic participation by faculty, students, scholars and staff, in which more than seventy saplings were planted in and around The Business School. The event concluded with a vote of thanks and presentation of mementos to the honourable guest. The event was coordinated by the MBA second semester students under the guidance of Dr. Shelleka Gupta, Coordinator Management Club.

Shiv Sena demands toll-free NH-44

J I NEWS SERVICE

JAMMU, AUG 09: Shiv Sena (UBT) Jammu and Kashmir unit demanded Jammu-Pathankot National Highway (NH-44 toll-free at the Lakhampur and Thandi Khui toll plazas, rejecting the meager concession of Rs 15-30 amid the damaged state of NH-4 due to its affected condition. The party has urged the Jammu and Kashmir Union Territory administration to exempt toll charges entirely. Addressing a press conference at Party's state headquarters, Manish Sahni State President Shiv Sena J&K stated that the number of toll plazas has increased significantly in Jammu and Kashmir since becoming a Union Territory. He said that the distance between the entry point of Lakhampur and Katra is

149.3 kilometers. Along this route, three toll plazas have been set up for revenue collection, despite the fact that a large number of pilgrims visit the holy shrine of Mata Vaishno Devi from all over the country. It is unjustifiable to impose any form of toll charges on them, he said. Sahni highlighted that repair work has been underway on the Lakhampur-Jammu highway for the past six months, and this has severely affected the road's condition. Recent heavy rains in rivers led to the damage of the “Tarnah Nala Bridge,” which remains unrepaired, he said, adding that commuters are now compelled

to opt for longer and narrower alternative routes, adding nearly 100 kilometers and three to four hours to their journey from Lakhampur to Jammu. He emphasized that toll charges are being collected without providing adequate road facilities. In the preceding days, NHAI announced a token reduction of Rs 15-30 following the request of Jammu and Kashmir's Member of Parliament, Dr. Jaidev Singh. However, Sahni declared that this reduction is insufficient and fails to address the main issue. Sahni pointed out that Jammu and Kashmir is the only Union Territory in the country where toll plazas are rampant. He stated that toll charges are not a toll on commuters but a toll on the public.

NYK formally launches Meri Mati Mera Desh program in District Rajouri

J I NEWS SERVICE

RAJOURI, AUG 09: Meri Mati Mera Desh - Mati ko Naman Veeron ka Vandan program was today launched in Dist Rajouri. Any program held here at conference hall, Dak Bungalow Rajouri, Nehru Yuva Kendra Rajouri felicitated the gallantry awardees, Veer Naris and ex-servicemen / retired paramilitary personnel. Sh Vikas Kundal IAS, Deputy Commissioner Rajouri was the Chief Guest while Sh Anuraj Singh IPS S.P. Rajouri was the Guest of Honour. The program was inaugurated by Sh Anil Tigga Commandant Adm SHQ Rajouri, Sh Nishith Upadhyay Commandant 79th Bn BSF Rajouri, Lt Col Madhur Verma 2IC 225 Fd Regiment Artillery, Sh Anil Kr Lal 2IC BSF Rajouri, Sh Kapil Dev Dy Commandant CRPF Rajouri among others.

The Chief Guest while speaking on the occasion said that Meri Mati Mera Desh - Mati ko Naman Veeron ka Vandan is a national program in which 75 saplings shall be planted in each panchayat of the nation and Amrit Vatikas shall be created in which Shilpahalakam shall be erected on which names of Veers shall also be inscribed. In each panchayat, Galantry Awardees, Veer Naris, Ex-Servicemen, Retd Personnel shall also be honoured.

Nitin Hangloo District



Youth Officer NYKS Rajouri while speaking on the event said that as part of the closing ceremony of Azadi Ka Amrit Mahotsav, Meri Mati Mera Desh is being organised throughout the nation through Jan Bhagidari. On this event Amrit Vatikas shall be created in each and every panchayat of the nation from 9th to 15th of August. From 6th August onwards, Mitti Kalash shall be collected from Panchayats and sent to Block Level after which they will be further moved to National Capital where a Mega Program shall be organised from 28-30 August with participation of 7500 youth from across the nation who shall be addressed by Hon'ble Prime Minister at Kartavyapath. He further requested the BSF and CRPF to coordinate in various programs involving youth in various programs so that the youth stay away

from negative and disruptive forces. The District Level Program witnessed felicitation of Gallantry Awardees, Veer Naaris, Ex-Servicemen, Retired Paramilitary Personnel from Army, BSF and CRPF. A ceremonial plantation drive was also held in the Dak bungalow Complex. Later, each participant was also given a Sapling. Sh Anil Tigga while speaking on the event, said that the BSF is committed to coordinate and effectively ensure the success of Meri Mati Mera Desh. He further said that the BSF is collaborating with Nehru Yuva Kendra Sangathan in ensuring that plantation drives are held in each and every Panchayat of the nation of the district. He also said that in future also coordination with Nehru Yuva Kendra Sangathan shall be continued for the overall well-

being and involvement of youth of the District in nation building. Sh Nishith Upadhyay also expressed gratitude towards NYKS and District Administration for felicitating the Gallantry Awardees, Veer Naris, Ex-Servicemen and Retd Paramilitary Personnel of the district. He further extended his full cooperation in Civic Action Programs to involve Youth Clubs of NYKS in various Nation Building Activities. In the conclusion, a plantation drive was held to commemorate the inaugural of Meri Mati Mera Desh - Mati ko Naman Veeron Ka Vandan program. The proceedings of the event were smoothly conducted by Sh Vikrant Sharma, National Youth Awardee assisted by Sh Sadhu Ram Salgotra, National Youth Volunteers of the district and Youth club Members.

BEE, PDD organises Validation Workshop on SEEAP in Jammu with the support of ASSOCHAM



J I NEWS SERVICE

JAMMU, AUG 09: The Bureau of Energy Efficiency (BEE), Ministry of Power, GoI and Power Development Department (PDD), Jammu & Kashmir with the support of Associated Chambers of Commerce and Industry of India (ASSOCHAM) organised the validation workshop on the State Energy Efficiency Action Plan (SEEAP) for Union Territory of Jammu & Kashmir at Jammu.

Technical Secretary, Power Development Department (PDD), Sh. Sunil Kumar in his inaugural address said that Jammu & Kashmir has immense scope in energy efficiency

and can be used in different sectors be it buildings, MSMEs, agriculture, transport, etc. Chief Electrical Inspector & OSD, PDD, Sh. Sanjay Sharma added that the action plan on energy efficiency would majorly highlight on reduction of carbon emissions and measures to be energy efficient and stressed the need for action plan to put in public domain to seek a suggestions and feedback. Manik Batra, Chairman and Sh. Bhupesh Gupta Co-Chairman, ASSOCHAM J&K Council expressed their gratitude to the departments for their support and coordination in the development of the action plan. Mohit Tripathi (Project Manager,

ASSOCHAM) & Aashish Kudal (Project Coordinator, ASSOCHAM) gave a detailed presentation on the State Energy Efficiency Action Plan for UT Jammu & Kashmir. He highlighted the possibility of energy efficiency in various sectors like Transport, Buildings and Industries.

He highlighted the detailed draft of action plan viz, electric vehicle policy, ethanol blending program, promotion of standard and labelling program of tyres for fuel efficiency in vehicles, effective implementation of JK-ECBC, JK-ENS and replacement program for inefficient appliances, BEE Star rating and Shunya Rating of buildings, Energy Efficiency in MSMEs and behavioural change towards energy efficiency.

Later, the participants/stakeholders given a positive feedback on the action plan for State Energy Efficiency Action Plan for UT Jammu & Kashmir.

Chief Engineers, Superintendent Engineers, Joint Director, Additional Directors, Executive Engineers of various executive agency, district officers, representatives from various departments besides representatives of ASSOCHAM attended the validation workshop.

Opening cases against terror perpetrators reflects Gov't commitment to victim families: Sham Langer

J I NEWS SERVICE

JAMMU, AUG 09: Sham Lal Langer, Convener Trade Cell Bharatiya Janta Party (BJP) J&K, while welcoming the government's decision of reopening the cases against terrorists who were responsible for killing of innocent people in Kashmir, reiterated Prime Modi's strong determination to provide justice to terrorism victims. He said that this decision has fulfilled one of the most significant demands of hundreds of victim families that had been pending for long.

He asserted that not only the terrorists responsible for the heinous crimes against humanity should be brought to book, but even those who overtly or covertly supported the terrorism despite being part of the administration in Jammu and Kashmir should not be spared at all.

He said that perpetrators of such heinous crimes deserve no leniency or



mercy at all in a civilized world.

Sham Langer said that the root cause of terrorism in the Valley was the deliberate nurturing of hate among communities by the successive Congress, National Conference and People's Democratic Party governments in the erstwhile State of Jammu and Kashmir and grabbing the power at the cost of blood of the innocent youth in the Valley.

He accused the aforesaid governments of providing tacit support to the terrorists and the anti-India elements to be in power in the erstwhile State in J&K.

He hoped that the day is not far when all these elements including some leaders will face the legal action for their misdeeds of playing with the security and integrity of the nation.

Meanwhile, the senior BJP leader lauded the State Investigation Agency for opening the Retired Sessions Judge, Neelkanth Ganjoo's murder case. He exuded confidence that the culprits in this case as well as in other such cases that are expected to be opened in the coming days will be booked under law and handed over deterrent punishment so that none dares to commit such acts of felony and sedition on the land of the world's largest democracy especially in Jammu and Kashmir which suffered a lot during three decades of terror onslaught.

Ashok Koul exhorts party leaders to win all seats of Zanskar in LAHDC elections

JI NEWS SERVICE

KARGIL, AUG 09: Ashok Koul, General Secretary (Org.), Bharatiya Janata Party (BJP), Jammu & Kashmir and Ladakh, during his detailed tour of Kargil, Ladakh, held a meeting of senior leaders at Zanskar to discuss about the forthcoming party programmes and the upcoming Ladakh Autonomous Hill Development Council, Kargil (LAHDC) elections.



Local BJP leaders from Ladakh representing four Mandals namely Karsha, Stod, Sham and Padum participated in the meeting. Earlier, Ashok Koul along with BJP President Ladakh Phunchok Stanzin, Ladakh Vice President BJP & Prabhari Zanskar Phuntsok Wangdan, President BJP Yuva Morcha Thinless Nurboo and BJP District President Zanskar Stanzin Lakpa were welcomed with a grand reception by the people of Zanskar at Zangla. Ashok Koul, while addressing the meeting, exhorted upon the party leaders to win all seats of Zanskar in upcoming LAHDC elections, while he focused on the preparation

of party workers in ongoing campaign of LAHDC elections in Kargil District as well as Parliamentary elections in the Nation.

Ashok Koul said that the regional topography of the area and needs and the party has always remained on the forefront to take up the same at the appropriate levels to ease the living of the people and to strengthen them socially, economically and politically.

Threadbare discussions were held on party's political and organizational activities besides taking stock of the problems related to elec-

tricity, water, irrigation etc and suggestions were sought to further strengthen the party and helping the administration in further strengthening the infrastructure development.

Koul stressed upon the party activists to reach the masses and educate them about various welfare schemes launched by Prime Minister Narendra Modi led NDA government at the centre. He said that PM has taken care of all the sections including youth, women, down trodden, farmers, etc and the welfare schemes launched during nine years

are proving to be beneficial to the large population of the county, including the region of Ladakh.

Koul further prompted the party leaders to adhere to their ground working while increasing their contact with the masses. He asked them to reach the people with the advantages and the landmark benefits given to the region by the Modi government and seek their complete blessings for the upcoming election.

He asked them to leave no stone unturned to ensure grand win in upcoming LAHDC elections.

Meri Maati, Mera Desh witnesses large number of activities in J&K - Ladakh

JI NEWS SERVICE

rajouri, Aug 09: As the nation is celebrating "Azadi Ka Amrit Mahotsav" in befitting manner all over the country since last two years, Government of India is organizing Meri Maati, Mera Desh..... on theme "Mitti Ko Naman, Veeron Ka Vandan" Campaign as a cumulating event of Azadi Ka Amrit Mahotsav from 9th to 15th of August 2023.



In this connection Nehru Yuva Kendra Sangathan J&K Ladakh, Ministry of Youth Affairs & Sports, Govt. of India has started various activities on Meri Maati, Mera Desh - Mitti Ko Naman, Veeron Ka Vandan". On the first day of the campaign, large number of plantation drives were organised across the two UTs in a true pledge of Jan Bhagidari. Panch Pran pledges were also administered in all the programs. In most of the events, active coordination with Indian Army, BSF, CRPF was witnessed in all the districts. On the occasion, Rich Tributes were paid to local Martyrs and veer names and ex-servicemen were also honoured and felicitated. Lectures on Panch Pran of Amrit Kal were also delivered by the Resource Persons to sensitize the youth for their active participation in vision India@2047. Young speakers also expressed their views vision India@2047.



India Army, BSF, CISE, JKP, UT Administration, District Police as well as NGOs, Youth Clubs, Mahila Mandals, and CBOs were involved by organizing programs under the 'Meri Maati Mera Desh' campaign.

In Samba District, mega patriotic rally as part of 'Meri Maati, Mera Desh' programme under Azadi Ka Amrit Mahotsav from Samba town which concluded at historical Samba fort with pledge taking ceremony where SSP Benam Tosh administered

the pledge of 'Panch Pran' to the thousands of prominent citizens, Addl SP Samba Surinder Choudhary, DSP's women, teachers, students, social activists, Police, Para military forces' personnel were also present on the occasion.

In Jammu District, Mega Plantation Drive as part of 'Meri Maati, Mera Desh' programme was organised under Nehru Yuva Kendra Jammu in Nagrota town which concluded at Govt Girls Higher Secondary school Nagrota. A pledge taking ceremony was also held where Smt Shalini Raina, BDO, Nagrota, administered the pledge of 'Panch Pran' to the hundreds of prominent people including BDC Member Smt Sushma Devi, Sarpanch Kishore Sharma Nagrota, Sarpanch Sh. Rashpal Sharma, Sub. Major Ramesh Lal Ex-Serviceman.

In district Rajouri also, various programs were held in Blocks Manjakote, Thanamandi, Siot, Dhangri etc in which Army and Paramilitary Personnel played an important role. The BSF also provided various fruit bearing and medicinal plants in the plantation drives. Similar programs

were held in Poonch, Udhampur, Kathua and Doda districts as well.

In Kashmir division also the event saw a resounding success with large number of people ad youth joining the plantation drives. Coordination was also established with various departments of UT Govt which played an active role. Army and Paramilitary personnel remained present and coordinated in the programs in which exercises, veernaaris were honoured.

In the UT of Ladakh also, public at large played an active role in the successful organisation of the National event on the first day. ITBP and Army personnel were involved in various plantation events.

It is pertinent to mention that plantation drives shall be held in all the Panchayats of the nation from 9th to 15th August after which Mitti Kalash shall be collected from Panchayats and sent to Block and then to National Capital subsequently. Ministry of Youth Affairs and Sports and Ministry of Culture are the nodal ministries responsible for ensuring success of the Mega National Program.

Baldev Billawaria conducts grievance camp at BJP headquarter

JI NEWS SERVICE



JAMMU, AUG 09: To address the problems of the people, BJP J&K has initiated a weekly sitting of Mayor and Deputy Mayor of Jammu Municipal Corporation (JMC), at Party Headquarters, Trikuta Nagar Jammu.

In the series, Deputy Mayor JMC, Baldev Singh Billawaria conducted grievance camp on Wednesday at party headquarter to listen and address the grievances related to the services provided by JMC.

A representation from Ward no 73 stated that there is major problem of sanitation stated requirement of street lights.

Ward no 50 & 51 representation stated Sanitation problem. Ward no 50 & 51 repre-

sentation stated requirement of door-to-door garbage collecting Autos. Complaint regarding cutting of grass around the Nallah was mentioned.

Ward no 49 representation stated Sanitation & Street light problem around Nallah and urgent need of fixing iron gratings

Ward no 45 representation stated need for the repair of street lights & High Mast lights in park & Canal of Danga around Canal of near about 100 mtrs. Near Shiv Mandir.

Ward no 24 representation stated Sanitation problem. Ward no 50 & 51 repre-

sentation stated requirement of street lights.

Ward no 46 representation stated major problem of Street lights. Ward no 22 representation stated requirement of Grass cutting at Shishu Samadhi (Children Graveyard)

Ward no 54 representation stated Repair of nalli & problem of street lights. There is need of lifting the damaged garbage trolley at Sec-9. Ward no 55 representation stated requirement of Iron Gratings and sanitation problem.

Ward no 47 & 48 representation stated Problem of street lights.

Ward 43 representation

stated sanitation problem and lane drain blockage.

Ward 42 representation stated street light, sanitation problem.

Dr. Mayor sorted out many of his problems on the spot and assured the other visitors that a prompt action would be taken soon for the other issues presented.

While expressing his views on activities and the public interaction programme, Billawaria said that BJP is committed to the welfare of people and Central Government led by Prime Minister Narendra Modi is very particular to mitigate the sufferings of the masses in every aspect. He said that BJP has decided to provide all the administrative and other facilities at the doorsteps of Jammu people. He said that the aim of conducting this program is to address public grievances as grass root level and BJP will conduct this type of programs on a regular basis where public can come and approach for any type of problem.

BJP District President Rekha Mahajan, Corporator Anil Masoom, Corporator Anil Kumar accompanied Deputy Mayor and coordinated the camp proceedings.

'Min govt, max governance' aims to increase socio-economic status of J&K residents: Sat

Sat holds public grievance camp at BJP headquarter

JI NEWS SERVICE

JAMMU, AUG 09: Sat Sharma, former minister and former President, J&K BJP, accompanied by Secretary Anju Dogra, BJP SC Morcha Seh-Prabhari & JMC Councillor Jeet Angral and Incharge Maha Jana Sampark Abhyaan Department Ankush Gupta, listened to the grievances of a large number of people from different areas of Jammu as well as Kashmir.

The BJP leaders were attending to the grievances of public at party headquarter, Trikuta Nagar, Jammu, during their scheduled weekly sitting.

Deputations from Krishna Nagar, Channi Himmatt, Bishnah Khairi, Chowki Choura, Akhnoor, Jammu West, Talab Tillo, Anand Vihar, Anantnag, Kashmir, approached BJP headquarter to share their grievances and issues. Former minister Sat Sharma for early disposal, took up their matters with the concerned department officials.

Upgradation of transformers, installation of electric poles, construction of

roads' pending due to department issues, erection of boundary wall of cremation ground, laying of conductors, street lights, allotment of 5 Marla plots, delay in declaration of the results of D-Pharmacy course, were some of the issues put forth by the visiting individuals and deputations.

The former minister redressed maximum of the grievances on the spot. He gave a patient hearing to the grievances raised and assured quality disposal of the remaining genuine issues in a time-bound manner.

Sat Sharma, while speaking with the people, said that the Modi government has rolled out hundreds of public welfare schemes for the needy people. He expressed his desire that the public is availing the benefits of various flagship programmes that government has put at the disposal of the general public.

He added that Prime Minister Narendra Modi led administration is committed towards good governance and accessibility of public services. On the occasion, former minister appealed

to people to become active participants so that the issues of daily importance are redressed in the minimum possible time.

"BJP believes on the principle of minimum government, maximum governance, which has ensured that Jammu & Kashmir too successfully march into the league of leading cities of India on many parameters. This whole development exercise will result into the increase in the socio-economic status of every resident of Jammu & Kashmir in the near future, said Sat Sharma.

Anju Dogra, Jeet Angral and Ankush Gupta coordinated the grievance camp proceedings and diarized the issues presented in the camp.

Anju Dogra said that the party has a vision to solve the issues of the masses in a time-framed manner. Jeet Angral focused on the commitment of the party to address the issues faced by the public. Ankush Gupta said that telephonic and written representations of the deputations were forwarded to resolve issues of public.

JKLSA collaborates with AoL, conducts meditation sessions under HGD

JI NEWS SERVICE

JAMMU, AUG 09: To commemorate celebrations of "Azadi Ka Amrit Mahotsav," in India's journey towards 75 years of Independence, the "Har Ghar Dhyani" initiative is a collaborative endeavour between the Ministry of Culture and the Art of Living. Its overarching mission is to raise awareness about the essential role of mental health and meditation in fostering a balanced and stress-free lifestyle.



Jammu and Kashmir Legal Services Authority under the aegis of Executive Chairman, Legal Services Authority Hon'ble Mr. J. Tashi Rabstan in association with Art of Living conducted "Har Ghar Dhyani" Meditation Sessions organized by DLSA's across Jammu Province.

These sessions, thoughtfully designed to promote mental well-being and meditation for a stress-free India, were conducted across various districts in the Jammu division, including Jammu, Kathua, Samba, Kishtwar,

Rajouri, and Udhampur.

The meditation sessions witnessed significant participation including judicial officers, panel lawyers, members of the Bar Association, staff of DLSA, HCLSC, LADCs, and PLVs contributed to the enthusiastic turnout.

Given the demanding and high-stress nature of their work in the courts, this initiative provided participants with a much-needed respite, allowing them to unwind and experience relaxation. Conducted by trained Art of Living meditation coaches in

different districts, including Dr. Rajan Saluja (Jammu), Sh. Bhagwati Prasad (Kathua), Sh. Ravinder Mansotra (Samba), Sh. Shakti Sagar (Samba & Jammu), Sh. Sunil Sharma (Udhampur), Mr. Ritvik Mahajan (Kishtwar), and Ms. Anuja Jasrotia (Rajouri), the meditation sessions took place at various court complexes.

Participants expressed overwhelming satisfaction after attending the sessions, attesting to a profound sense of relaxation and revitalisation, even after their demanding court hours."

Indian Army Organises Closing Ceremony of Welding Course in Kishtwar

JI NEWS SERVICE

JAMMU, AUG 09: The Indian Army continues its unwavering commitment to community development and employment generation with the successful conclusion of a one-month Welding Course at Shalimar and Shergwari under the esteemed Operation Sadbhavana Project.

This course, aligned with the vision of generating employment opportunities and fostering entrepreneurship, aimed to equip local residents with the knowledge and skills necessary for self-sufficiency. The participants exhibited remarkable dedication and enthusiasm, demonstrating their poten-

tial for future self-employment ventures.

At the conclusion of the course, the candidates were presented with certificates from the prestigious National Skill Development Corporation (NSDC), a recognition of their newfound capabilities and achievements.

Moreover, the program has opened avenues for income generation within the districts, enabling graduates to earn between Rs 5,000 and Rs 10,000 per month through welding-related work.

During the closing ceremony, the trained youth expressed their heartfelt gratitude to the Indian

Army for its noble endeavor and for providing them with a life-changing opportunity to acquire a valuable skill. This skill, they believe, will not only secure their livelihoods but also contribute to the economic prosperity of the region.

The Indian Army's commitment to community empowerment and skill development remains resolute, as exemplified by the successful Welding Course at Shalimar and Shergwari. This initiative is expected to have a far-reaching impact on the unemployed youth of the area, enabling them to pursue gainful self-employment and embrace the spirit of entrepreneurship.



FROM THE FRONT PAGE...

BSF Chief visits Border...

presentation that covered all the critical aspects of security and domination on the International Border and the Line of Control at the Jammu Frontier headquarters by Bora.

During his visit to Akhnour, Agrawal was briefed on the ground by sector and battalion commanders. He was also apprised about border management aspects of BSF battalions deployed in the area and the ongoing civic action programmes, including medical camps, for the benefit of the locals.

Agrawal visited various border outposts and witnessed the operational preparedness of field formations, the spokesperson said.

He also applauded the Jawans' professional acumen in relentlessly safeguarding the borders in stringent conditions.

"He exhorted the troops to carry on their excellent work in effective domination of the border to thwart continuous challenges from across the border," the spokesperson said. (Agencies)

Intruder nabbed...

police official said.

However, nothing incriminating was recovered from his possession, the official said, adding this was for the first time that any Afghan national was arrested along the LoC in Mendhar sub-division of Poonch.

The officials said the Army handed over Wahid to police as per the legal formality after completing his questioning.

A video showed two Army personnel helping the crippled man to alight from the vehicle and walk into the police station.

The officials said some Pakistani currency notes were recovered from him. (Agencies)

'Anusandhan' foundation...

is possible only if we have the same level of competitiveness as other countries," he said.

Dr Jitendra Singh said PM Modi has proven how to break silos and work together with the private sector to unlock the vast potential of our unexploited resources.

"PM Modi unlocked the Space sector, today you have Chandrayaan, 160 Startups from the private sector, in 2014 PM Modi in a decision amended the Atomic Energy Act and allowed joint ventures, today nuclear power plant coming up at Gorakhpur, Haryana," he said.

Dr Jitendra Singh said the NRF will also throw open new avenues of livelihood.

"PM Modi spoke about Startup India and Standup India from the ramps of the Red Fort and so from just 350 Startups, today we are more than one lakh. We developed the first (affordable) Covid vaccine; and from just 50 Startups in biotechnology in 2014, we are up to 66,000," he said, adding, "He made us realise rogar does not necessarily mean Sarkari naukri and helped us come out of that mindset."

The Act will pave the way to establish NRF that will seed, grow and promote Research and Development (R&D) and foster a culture of research and innovation throughout India's universities, colleges, research institutions, and R&D laboratories.

The Act will establish NRF, an apex body to provide high-level strategic direction of scientific research in the country as per recommendations of the National Education Policy (NEP), at a total estimated cost of Rs. 50,000 crores during five years (2023-28).

The Department of Science and Technology (DST) will be the administrative Department of NRF which will be governed by a Governing Board consisting of eminent researchers and professionals across disciplines. Since the scope of the NRF is wide-ranging - impacting all ministries - the Prime Minister will be the ex-officio President of the Board and the Union Minister of Science & Technology & Union Minister of Education will be the ex-officio Vice-Presidents. NRF's functioning will be governed by an Executive Council chaired by the Principal Scientific Adviser to the Government of India.

NRF will forge collaborations among the industry, academia, and government departments and research institutions, and create an interface mechanism for participation and contribution of industries and State governments in addition to the scientific and line ministries. It will focus on creating a policy framework and putting in place regulatory processes that can encourage collaboration and increased spending by the industry on R&D.

The Act will also repeal the Science and Engineering Research Board (SERB) established by an Act of Parliament in 2008 and subsume it into NRF which has an expanded mandate and covers activities over and above the activities of SERB.

Top Jammu police officer...

officers informed the meeting about the overall security assessment and emerging threats. A detailed discussion was held on each input shared by the intelligence and other security agencies, the spokesperson said.

Maulana Azad Stadium - the venue of the main Independence Day function in Jammu - has been virtually sealed off with additional deployment of police and paramilitary personnel.

Security personnel with sniffer dogs and metal detectors conducted a thorough search within and outside the stadium as part of the security drill, officials said.

Soldier drowned while...

of Handwara, was travelling in a truck returning from Utrar Pradesh and decided to take a bath in the canal late Tuesday, the official said, adding rescuers including teams of the SDRF are searching for the missing youth. (Agencies)

From Turmoil to Triumph: Kupwarda's Spectacular Journey on becoming a Sports Hub

J&K NEWS SERVICE KUPWARA, AUGUST 9

In a remarkable testament to resilience and positive transformation, the picturesque town of Kupwarda in Jammu and Kashmir has undergone a striking metamorphosis, evolving from a former terror hotspot to a vibrant sports hub. This inspiring change was evident in the enthusiastic gathering of thousands that had gathered to watch a recent cricket match held at the iconic Karli-hama ground. The winds of change are sweeping through the region, and the collective embrace of this shift towards progress is heartening.

To mark the 77th Independence Day, J&K Sports Council had organized the final match of the Rambhal Cricket League at Karli-hama Sports Stadium in district Kupwarda. The match became a prominent attraction of the

day and was attended by Secretary Sports Council, Nuzhat Gul; DC Kupwarda, Ayushi Sudan; SSP Kupwarda, Yougal Manhas, besides, people in crowds witnessed the cricket match.

The match was organized under the banner of Azadi Ka Khel Usav, Nasha Mukh Bharat Abhiyan, and My Youth My Pride. It was played between Friends XI Lolab and Sultan Warriors Baramulla. Sultan Warriors Baramulla won the toss, elected to bat, and managed to score 138 runs. The target turned out to be meagre in front of Friends XI, and they won the title easily.

Secretary Sports Council, Nuzhat Gul, emphasized that the cricket match is a part of the sports revolution taking place in the J&K UT. She highlighted that sports events are being organized all over J&K, engaging a large number of



youth. The Karli-hama Stadium witnessed a historic cricket match, providing a positive step for engaging the youth of Kupwarda district in sports activities, aiming to keep them away from social evils like drug menace.

Responding to public demand, Secretary Nuzhat Gul assured the people of improving facilities in the Karli-hama stadium and committed to the construction and upgradation of sports infrastructure across the Kupwarda district.

DC Kupwarda, Ayushi Sudan, congratulated both cricket teams for their athletic skills, particularly the winning team for their victory. She mentioned the recent inauguration of the Sports Complex at Handwara by Hon'ble Lt. Governor to boost sports activities in the district. She also

shared plans for developing playgrounds under MGNREGA in each block of the district, emphasizing the commitment of the J&K Government and District Administration Kupwarda to provide a better platform for sports enthusiasts.

The revitalization of Kupwarda as a sports hub is a testament to the indomitable spirit of its people, who have chosen to shape their own destiny despite challenges. The transition from violence to vibrancy is a result of collective efforts, forward-looking policies, and unwavering determination.

The rise of Kupwarda as a sports hub has been a gradual yet purposeful journey. Local authorities, community leaders, and residents have joined hands to channel their energies into constructive endeavors, and sports have emerged as a unifying force. The Karli-hama

cricket match, with its electrifying atmosphere and a sea of enthusiastic spectators, reflects the growing sense of unity and hope that has taken root in the region.

The significance of this transformation extends beyond the realm of sports. It is a testament to the indomitable spirit of the people of Kupwarda, who have chosen to shape their own destiny despite the challenges they have faced. The transition from violence to vibrancy is a result of collective efforts, forward-looking policies, and the unwavering determination of both the local populace and government.

As Kupwarda paves the way for a brighter future, it serves as an inspiration not only to its residents but to the world at large - a reminder that even in the face of adversity, the human spirit has the capacity to triumph and soar to new heights.

Libraries Deptt condole demise of Syed Abdul Rasheed

J&K NEWS SERVICE SRINAGAR, AUGUST 9

The Department of Libraries & Research has condole the demise of Syed Abdul Rasheed Shah, father of Syed Abid Rasheed Shah, Secretary, Tourism & Culture. Syed Abdul Rasheed Shah breathed his last at his residence this morning and was laid to rest at his ancestral graveyard at Nisbat.

A condolence meeting was held under the chairmanship of Director Libraries & Research, Mohammad Rafi at the Directorate of Libraries & Research here today which was attended by all the officers and officials of the Department.

While extending deepest condolences to the bereaved family, the meeting prayed for the eternal peace to the departed soul and expressed solidarity with the bereaved family in this moment of grief.

JKEDI observes 'Meri Maati Mera Desh' campaign; pays tribute to martyrs and luminaries

J&K NEWS SERVICE SRINAGAR, AUGUST 9

Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) today proudly observed 'Meri Maati, Mera Desh' campaign, paying a heartfelt tribute to the indomitable spirit of martyrs and luminaries who have contributed to the nation's progress.

The campaign, launched with great fervor, aims to encapsulate the profound sacrifices and unwavering dedication that have shaped our nation's journey.

Ajaz Ahmad Bhat, Director, JKEDI inaugurated the campaign that witnessed a gathering of all the employees of the Institute, students from Degree College Beerwah and a contingent from 41 battalion of Border Security Force (BSF), all united



by a shared sense of purpose.

Speaking at the event, Director, JKEDI expressed profound gratitude to the martyrs and luminaries who have contributed to the nation's progress, emphasizing the campaign's significance in preserving their legacy.

"This visionary initiative truly summarizes our collective dedication

to the cherished ideals of freedom and progress that have shaped our nation's journey. 'Meri Maati, Mera Desh' is poised to ignite a profound sense of belonging among every citizen. It is a call to action that seeks to inspire and empower, fostering a deep connection with our land and heritage while galvanizing individuals to contribute actively to

the holistic growth of our great nation," said Director JKEDI. The campaign commenced with a stirring rendition of the National Anthem, paying solemn homage to our martyrs and courageous souls. In a remarkable show of unity, the entire JKEDI staff and a BSF contingent wholeheartedly embraced the Panch Pran Pledge. This resolute commitment was further demonstrated through an enthusiastic participation in a cleanliness drive, followed by a resounding unity march, proudly waving the national flag. The fervor of the campaign resonated across all district offices of JKEDI, as they actively engaged in organizing a diverse array of events at their respective district headquarters. This widespread participation exemplifies the campaign's reach and impact,

uniting communities and fostering a shared sense of purpose and pride.

'Meri Maati Mera Desh' campaign has a range of impactful programs that aim to foster a deeper connection with our roots and instill a sense of responsibility towards the nation's development. Key components of the campaign include the installation of 'Shilhalakshms' dedicated to freedom fighters and security forces, as well as initiatives such as 'Panch Pran Pledge,' 'Vasudha Vandana,' and 'Veeron ka Vandana,' all of which celebrate the courageous sacrifices of our bravehearts.

In a separate event, a one day awareness cum orientation program on entrepreneurship and startups was also organized for the students of Degree College Beerwah at Srinagar, Patrapore campus of the Institute.

Economic & Social security of labour class is priority of Govt & J&K Govt: DC Anantnag



J&K NEWS SERVICE ANANTNAG, AUGUST 9

An awareness camp cum welfare distribution function was today organised by the Department of Labour Anantnag, here.

The function was presided over by the Deputy Commissioner (DC) Anantnag, SF. Hamid and attended by a large number of construction workers.

On the occasion, the DC released an amount of Rs.5.053 crore as education assistance among 9348 beneficiaries and 16 Death Compensation cases to the dependents of the deceased registered workers. Speaking on the occasion, the DC said that the District Administration is committed to secure the interests of both unorganized and organized workers through various schemes of the Government like Pradhan Mantri Shram Yogi Maandhan, e-Shram

etc. He also directed the district officers of the Labour Department to ensure saturation of all labour welfare schemes by organizing special drives and registration camps. Concurrently, a training cum awareness session was also held to impart knowledge to the participants about various welfare schemes pertaining to the labour sector.

Assistant Labour Commissioner Anantnag, Peer Zameer Ahmad Mehboob gave the training to the workers about different schemes run by the department for building & other construction workers and make them aware on how to register and avail benefits and spread the message to their nears and dears.

Among others, Labour Officer, Labour Inspector, Manager J&K Bank Anantnag and other members of the department were present on the occasion.

Toycathon-2023: DIET Sgr, SCERT Inspire Young Innovators in day-long Exhibition

J&K NEWS SERVICE SRINAGAR, AUGUST 9

In a collaborative effort between the District Institute of Education and Training (DIET) Srinagar and the State Council of Educational Research and Training (SCERT) Jammu & Kashmir, a daylong exhibition of creative toys was held on Tuesday at Government Boys Higher Secondary School, Jawahar Nagar, Srinagar, here.

The event, under the project 'Toycathon-2023', was hosted by Zonal Education office Srinagar. The exhibition showcased innovative and imaginative prowess of the participating students and drew the participation of around 70 enthusiastic students hailing from diverse schools across the region.

Divided into approximately 20 stalls, each student displayed their unique project, offering a glimpse into their creative minds and practical skill sets.

With over 100,000 registrations, Prof. Parikshat Manhas, Director SCERT,

J&K, expressed elation and called this a 'unique' opportunity.

"We are currently realizing an aspiration, actively working towards creating something extraordinary," Manhas wrote on his



Twitter handle. "The Toycathon serves as a crucial component of our endeavor to facilitate essential initiatives within the Union Territory of Jammu and Kashmir."

Expressing his enthusiasm, Principal DIET Srinagar, P.K Sharma, described the event as "an enrichment opportunity for students to connect with their cultural heritage through toys while embarking on a journey

of competency-based learning for a promising future."

Joint Director, Directorate of School Education, Kashmir (DSEK), Rouf Rehman attended the event as special guest. He

emphasized the importance of exposing children to external challenges and environments while keeping them rooted in their cultural heritage and values. One standout creation that captured the attention of all was a meticulously crafted mud house by Aamina, a student from Oak Hill School. Her creation portrayed a vivid depiction of Old Kashmir, showcasing intricate

details that resonated with the region's historical essence. Aamina's passion for architectural engineering shone through as she conveyed her aspirations to carry forward the rich cultural heritage of Kashmir worldwide.

The event, among others, was attended by Principal BHSS Jawahar Nagar, Farooq Raina; ZEO Srinagar, Gulshan Nabi Sheikh; District Nodal Officer for Toycathon, Mushtiq Hafiz and various Heads of Departments from DIET. The Toycathon initiative, conceptualized by the Government of India, seeks to foster creativity, innovation, and learning among young minds by encouraging them to design and develop toys that are not only engaging but also rooted in India's cultural heritage.

of competency-based learning for a promising future."

Joint Director, Directorate of School Education, Kashmir (DSEK), Rouf Rehman attended the event as special guest. He

emphasized the importance of exposing children to external challenges and environments while keeping them rooted in their cultural heritage and values. One standout creation that captured the attention of all was a meticulously crafted mud house by Aamina, a student from Oak Hill School. Her creation portrayed a vivid depiction of Old Kashmir, showcasing intricate

details that resonated with the region's historical essence. Aamina's passion for architectural engineering shone through as she conveyed her aspirations to carry forward the rich cultural heritage of Kashmir worldwide.

The event, among others, was attended by Principal BHSS Jawahar Nagar, Farooq Raina; ZEO Srinagar, Gulshan Nabi Sheikh; District Nodal Officer for Toycathon, Mushtiq Hafiz and various Heads of Departments from DIET. The Toycathon initiative, conceptualized by the Government of India, seeks to foster creativity, innovation, and learning among young minds by encouraging them to design and develop toys that are not only engaging but also rooted in India's cultural heritage.

A hug, a wink, & now a kiss: Kavinder slams Rahul Gandhi's undignified, indecent act in Lok Sabha

Rahul should apologize for undermining sanctity of Lok Sabha

J I NEWS SERVICE

JAMMU AUG 09: Senior BJP leader and former Deputy Chief Minister Kavinder Gupta expressed strong condemnation of Congress leader Rahul Gandhi's flying kiss gesture in the Lok Sabha, labelling it as an inappropriate and indecent act.

In a statement issued here today, the BJP stalwart voiced his concerns about the lack of decorum and respect displayed by Gandhi towards the Parliamentary proceedings. He strongly condemned the act of Rahul Gandhi as disrespectful, particularly highlighting that the gesture was directed towards the Union Minister, Smriti Irani, while she was addressing the House.

Kavinder said this is not the first time when Rahul Gandhi has behaved



inappropriately inside the Lok Sabha. He recalled Rahul's earlier act of walking across the aisle to hug Prime Minister Narendra Modi after finishing his speech in the July 2018 no confidence motion against the Council of Ministers.

After hugging the PM, Rahul returned to his seat and winked in a

gesture of victory. Highlighting the historical significance of the Lok Sabha, he said "Throughout its history, the Lok Sabha has maintained a high standard of decorum and respect. Parliament is the temple of democracy, and such actions undermine its sanctity and undermine the seriousness of the issues being discussed. This disgraceful and indecent act by a Member of Parliament is an unfortunate departure from the established norms of parliamentary conduct."

Kavinder emphasized that such behavior perpetuates a misogynistic mindset and reflects poorly on the Congress party's values. He asserted that the Congress leader should apologize to the Nation for his inappropriate behavior and undermining the sanctity of Lok Sabha.

Purnima flays Rahul Gandhi's inappropriate gesture in Lok Sabha

J I NEWS SERVICE

JAMMU, AUG 09: Adv Purnima Sharma, Spokesperson BJP J&K and former deputy Mayor Jammu, issued a firm condemnation of Congress leader Rahul Gandhi's recent flying kiss gesture in the Lok Sabha. She labeled the act as inappropriate and expressed concern over attempts to introduce what she referred to as "Italian culture" within the precincts of the Indian Parliament.

The senior BJP leader expressed her great disap-



pointment and concern over the gesture, especially considering the presence of women parliamentarians in the House. "It is deeply disappointing to witness such behavior, especially when women parliamentarians

are present. This kind of gesture is not only indecent but also disrespectful to the women who are an integral part of our parliamentary system," she said.

The BJP Spokesperson said that the Lok Sabha is a revered institution where the affairs of our nation are discussed and debated. She emphasized the need for political leaders to set a high standard of conduct within the Lok Sabha. "As leaders, we are expected to uphold the values of respect and professionalism. Disregarding these values

not only reflects poorly on the individuals but also on the party and the institution as a whole," she added.

"BJP will not allow Congress' prince' to instill Italian culture inside the Temple of Democracy," she said.

The senior BJP leader emphasized the BJP's commitment in upholding the dignity and values of parliamentary proceedings, adding that the Bharatiya Janata Party will allow the integrity of the Lok Sabha to be compromised by such actions.

BJP double engine Govt only best in rhetoric: Rattan Lal

J I NEWS SERVICE

JAMMU, Aug 09: J&K National Conference has raised an alarming red flag over the continuous neglect of far flung areas of Kishtwar and Bhabarwah regions of Jammu and Kashmir under the present dispensation. The sorry state of affairs has left people grappling with deteriorating infrastructure of tourism sector, roads, power and water supplies, healthcare and other unattended public services, and a grim outlook for development of rural and far off areas.

In a statement issued here today, Rattan Lal Gupta, Provincial President JKNC Jammu. He said that contrary to claims all the development projects have been stalled in the region with helmsmen having no clue about the finding procedure because the same have not been released so far.

"This shows that there is much difference between words and deeds of the government as far as development is concerned because not only Kishtwar and Bhabarwah regions but the entire J&K is facing development dearth as indifference of concerned quarters galore in the region", Gupta said, adding that government authorities are in deep slumber while the people are confronting issues and difficulties with regard to health, civic infra, power and water crisis, etc.

The Provincial President asserted that BJP double engine government is only best in rhetoric as helmsmen never get tired of self-praise but on ground the performance level is



abysmal with common man facing the brunt of development deficit.

"The dismal scenario of development projects with no progress in last over couple of years, the deadlines made public have been overshooting but those sitting at helm are taking things casually thus adding miseries into the lives of people", he said, adding that J&K is right now treading on the mercy of God as those sitting at helm are enjoying loaves of power giving two hoots to the responsibility on their shoulders to take care of common man. The senior NC leader stated that the youth of Bhabarwah and Kishtwar regions hit the hardest by rampant unemployment. Despite the presence of hydroelectric power projects in these regions, the local population has not reaped the benefits as expected. The government's lack of action and adherence to norms has left the youth struggling for employment opportunities and the overall development of

these regions has been hindered, he added.

Rattan Lal appealed to the residents of Kishtwar and Bhabarwah to stand united and support the National Conference in the upcoming elections for a brighter future of people of the regions.

Meanwhile, the Provincial President announced the formation of Kishtwar District Committees in view of upcoming ULB elections.

The committee members of district Kishtwar included Tanveer Ahmed Kichloo as its Chairman; Imtiyaz Ahmed Zargar, Riyaz Ahmed Zargar, Mushtaq Ahmed Hap, Abdul Latif Bagwan, Sarooop Chand, Shabir Ahmed Kamal, Qazi Mohd Inman, Shahid Parvez Kraipak, Ishiyaq, Ahmed Malik, Rajinder Kumar Sen, Abdul Hamid Dev, Nazir Ahmed Mir, Wassem Choudhary, Farooq Ahmed and Mohd Amin Sali as Members.

Mr Gupta has also announced the committee for Rural District Doda (Bhabarwah) : Abdul Quyoum Bagwan as its Chairman, Sheikh Mehoob Iqbal, Shahid Rehman Moghal, Shokat Ali Malik, Tanvir Ahmed Dev, Mohd. Ashraf Kelu, Abdul Rafiq Bagwan, Mohd Ayub Najar , Masood Ahmed Rangrez, Parvaiz Ahmad Shapoo, Gulam Ali Shaksaz, Shabir Ahmad Ganai and Shokat Ali Sheikh as members.

Rattan Lal Gupta called upon the party workers to make all possible efforts for the victory of Party in the ensuing polls in Jammu and Kashmir.

HDFC Bank launches 'Purani Gaadi, Naya Shuruuat' initiative

J I NEWS SERVICE

JAMMU, AUG 09: HDFC Bank is conducting a nationwide drive under the campaign - 'Purani Gaadi, Naya Shuruuat'. This one-week campaign that started on August 7, 2023, is aimed at extending advances for purchase of used commercial vehicles and used construction equipment to transporters and contractors. As a part of this initiative, HDFC Bank plans to reach approximately 50,000 transporters, contractors, and intermediaries across the



"We are excited about this initiative, where bank officials would be reaching out to customers in remote locations. This is going to help thousands of drivers become owners of trucks."

Rajinder Kumar Babbar, Group Head, Transportation & Infrastructure Finance Group, HDFC Bank said, "It will also help the bank in adding new customers and increasing market share in this segment. Most of the funding in this segment qualifies under Priority Sector Lending."

country, especially in rural and semi-urban locations. During this week, HDFC Bank will also be conducting multiple large and small sized events across major transport hubs and with this, the Bank aims to increase its market share in the used commercial vehicle financing segment. Rahul S Shukla, Group Head - Commercial & Rural Banking, HDFC Bank said,

Kesri leads massive protest against Pre-paid Smart Meters

J I NEWS SERVICE

JAMMU, AUG 09: Shiv Sena Hindustan J&K President Pt Rajesh Kesri today led strong protest against pre-paid smart meters. Shiv Sena Hindustan activists raised slogans denouncing the pre-paid electric meters system. Addressing protesters, Kesri said that UT Administration harassing poor people who are already crushed under the unprecedented price rise of all essential commodities,

large scale unemployment and various taxes. He lashed out at Administration for harassing the poor and common people by imposing huge taxes leading to unprecedented price rise, and introduction of prepaid smart meters. He said that the poor people are unable to bear the huge taxes on all items including petrol and diesel and the poor people are finding it difficult to meet the both ends of life. He said SSH will strongly

fight against the anti-poor and anti-people decisions of UT administration. Kesri further said that anti-people decisions of the Govt have snatched the livelihood of the people in J&K.

He said there is growing concern over the excess electricity bills being charged to the consumers. The PDD has adopted no transparency about units being consumed on an hourly basis, he alleged. He further said, "Along with smart meters, the meters are being converted into prepaid mode

without taking consumers into confidence.

The consumers who are not defaulters should pay in pre-paid mode. Hence, the PDD has not adopted any reason for the installation or charging of bills from the consumers.

The elderly are not using smartphones, so how will they recharge these meters. On the other side, the dismantled meters are lying rotting on roads and have not been utilized and it is a waste of government exchequers.

The increase in electricity tariffs, according to him, burdened the general public. He also criticized the forced installation of smart electricity meters, suggesting that it is a tactic to generate more revenue from the people. Prominent among those present on the occasion include Balveer Kumar, Balwant Fauji, Captain Gara Ram, Om Prakash , Master Tara Chand, Rajesh Kumar, Suresh Kumar, Darshana Devi, Rajni Devi, Jyoti Devi .

GDC Thannamandi organises Panch Pran Pledge Ceremony

J I NEWS SERVICE

RAJOURI, AUG 09 : NSS Unit of Govt, Degree College Thannamandi organized a pledge taking ceremony on Panch Pran under the banner of "Meri Maati Mera Desh" a nation-



wide campaign that encompasses "Azadi ka Amrut Mahotsav". The event was conducted under the patronage of Principal of the college Prof. (Dr.) Farooq Ahmed. The event aimed to highlight the five resolves outlined by the Prime

Minister of India during the 2023 Independence Day address to the nation. The ceremony witnessed enthusiastic participation of NSS Volunteers, NCC Cadets and students. The pledge was recited by Mrs. Sonia Nazir NSS Volunteer

emphasizing the commitment to the nation's development and prosperity.

While talking on the event principal of the College also highlighted the significance of organizing the program to foster the betterment of all of humanity, which forms the fabric of the nation's core culture. He further explained that "Meri Maati Mera Desh" campaign was initiated to honour the brave hearts of the country, especially the martyrs. Dr. Alfat Ahmed ANO, NCC Prof. Naven Sharma HoD Environmental Studies were also present during the pledge. The programme was organised by Prof. Muhammad Shoket NSS Programme Officer.

NSS Unit GDC Budhal Organized A Pledge Session, Cleanliness Drive

J I NEWS SERVICE

RAJOURI, AUG 09 : NSS Unit of Government Degree College Budhal has started a series of activities in the month of August under the banner of Azadi ka Amrut Mahotsav in connection with "Meri Maati Mera Desh Abhiyan".

Beginning with the series of activities, the NSS Volunteers of GDC Budhal with Faculty members took "Panch Pran Pledge" on the theme "Make India a developed nation".

After taking the Pledge NSS Volunteers conducted a cleanliness drive within the College campus. The activities are being conducted



under the guidance of the College Principal Prof. (Dr.) Mohd Mazammal Hussain.

Principal of the college cherished the NSS Programme Officer Dr. Ajaz Hussain Shah and NSS Volunteers for their active

participation and encouraged them to take part in such type of events in future also. Dr. Ajaz Hussain Shah, NSS Programme Officer appreciated the NSS Volunteers and highlighted the significance of cleanliness and plastic free environment.

NSS Volunteers collected plastic waste from different corners of the college campus and disposed it off at the selected venue for disposal.

Promotion of Millet and Anemia Awareness Campaign at MIER College

J I NEWS SERVICE

JAMMU, AUG 09: The Extension Unit of MIER College of Education (Autonomous) organized an awareness campaign in collaboration with the Ayush Department, Govt. Ayurvedic Hospital Jammu, on August 8, 2023, at MIER. The theme was "Millet Promotion and Anemia Screening". Dr. Shivani Padha and Dr. AmardeepKour, Medical

Officers, Govt. Ayurvedic Hospital, were the resource persons, along with their interns, namely Mr. Sudhir Singh, Mr. Adil Farooq Malik, Miss Ananya Rajput, Miss Anuradha Choudhary, and Miss Parul, who helped in conducting the programme. Around 80 students from School of Education and School of Social Sciences and Humanities, MCE, attended the awareness campaign. Dr. Shivani

Padha, comprehensively deliberated upon the usage of millet in our diet, which could help in controlling and curing many non-communication diseases. Dr. AmardeepKour talked about anemia, its causes, and remedial measures. She also shared information about various ayurvedic medicines and immunity boosters. Free medicines and immunity kits were distributed among the students, teachers, and Class IV

employees. Earlier, Dr. Rohnika Sharma, HOD, School of Education, formally welcomed the resource persons. Mrs. Suman Devi, Incharge, Extension Uniformly presented a formal vote of thanks. Dr. Adit Gupta, Principal MIER College, appreciated the efforts of the unit and thanked the doctors and their medical team for the successful organization of the campaign and distribution of medicines.

THOUGHT OF THE DAY

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

JINDRAH IMAGES

Are we heading for water crisis with glaciers receding?

The studies on retreating glaciers in Ladakh have again raised concerns about climate change and human intervention in Himalayan region. The study conducted by the scientists of the Wadia Institute of Himalayan Geology, headed by Dr Manish Mehta, has predicted that three new glacial lakes could be formed in Ladakh due to accelerated Parkachik Glacier melting. The study states that the depth of lakes may range from 34 to 84 metres and the accelerated glacial retreat has been attributed to the ongoing climate warming, which also causes surface morphological or geological changes to glaciers. The meeting of the Parkachik Glacier, which is one of the largest glaciers in the Suru River valley and a part of the Southern Zaskar Ranges, western Himalaya, in the union territory of Ladakh, is a matter of concern and there is need to seriously think over the fast changing climate. The findings of the study were published in the journal, 'Annals of Glaciology'. The morphological and dynamic changes of the Parkachik Glacier in the Suru river, have been described by the scientists by procuring the data for the study from satellite imagery from 1971 to 2021 and field surveys conducted between 2015 and 2021. About two years ago, the massive glacier burst at Chamoli in Uttarakhand had also shifted focus back on the dangers of climate change the Himalayan states. It was yet not clear as what caused the breach in a glacier which was not very unusual. The successive governments overlooked the suggestions and assessments of scientists who had warned against the setting up power projects on rivers that originate from glaciers, like the one on the Rishiganga. Vanishing glaciers are often associated with global warming while other studies have estimated past ice loss and made projections of future melt. But until now, researchers have been unclear how much of the observed mass losses are caused by humans rather than natural climate variations but the Uttarakhand tragedy, after a glacier broke off, fell into the Alaknanda and Dhauliganga rivers, and swept through the villages, renewed the debate on human interferences. As far as Jammu and Kashmir is concerned, the uncertainty and worry for the residents is receding glaciers, dwindling water resources and fast change in its weather pattern. Recent research studies are pointing to a constant rising temperature in a J&K, leading to a serious impact on the health of glaciers. According to the experts, Jammu and Kashmir has lost 22 percent of its glaciers in just five decades and if this trend continues, it will lead to a serious water crisis in the next 30 years. The scientists carrying out long term studies on glaciers in J&K claim that accumulation of black carbon, generated mainly by use of coal and petroleum products remains trapped due to the peculiar geological shape of valley, surrounded by majestic Himalayan ranges is affecting the glaciers, source of several high altitude lakes and rivers. Similar is the case with the glaciers in Himachal Pradesh and Tibet plateau feeding mighty rivers like Indus and Chenab. Given the prevailing situation, the governments at the Centre and the respective states have not learnt any lesson so far. The alarming studies should be looked into seriously and immediate corrective measures to restrict human intervention in Himalayan regions.

Punjab should use its intellectual capital for policymaking

THE HUGE KNOWLEDGE CAPITAL OF PUNJAB REMAINS UNDERUTILISED FOR POLICYMAKING DUE TO DIFFERENCES IN PERSPECTIVES.

BS GHUMAN

Punjab's public policymaking does not factor in the state's intellectual capital. Policymakers and intellectuals work in isolation, resulting in suboptimal policy outcomes. The world over, a paradigm shift in the form of evidence-based policy has taken place in which research plays a pivotal role. Thus, it is the right time to bridge the gap between policymaking and intellectual capital in Punjab. Policymaking consists of three stages. During the first stage, the policy problem which needs to be addressed is identified. Then, the alternative courses of action to resolve the problem are suggested. Subsequently, the executive/legislature selects one of the alternatives. In Punjab, the policy problems are identified mainly by the executive and senior administrators. The alternatives are prepared by in-house teams of administrative departments. The alternatives approved become the policy. This top-down policymaking approach, devoid of inputs from researchers and other stakeholders, results in poor outcomes. For better results, an evidence-based approach to policymaking is needed.

Punjab has more than 30 universities, six national laboratories and research institutes, a number of technical, management, and medical research institutes along with a couple of social sciences research think tanks. These institutions have been undertaking voluminous research, including on Punjab, for publication and registering patents. However, the findings rarely prompt the government to take follow-up action. Even the results of studies commissioned by the government itself are rarely used in policy formulation. This reveals that the huge knowledge capital of the state remains underutilised for policymaking. The demand-supply gap of research for policymaking is due to differences in the perspectives, values, goals and time scales of the policymakers and researchers. Policymakers feel that researchers shy away from policy research and the policy-related research that they undertake is overly technical and, hence, difficult to comprehend from the policymaking perspective.

On the other hand, researchers are mainly engaged in research for pub-



lications and registering patents. They think that policymakers want quick results, while research is a long-drawn process. The transfer of research for policy purposes and the market, thus, is not the general rule.

The policymakers and researchers in Punjab, thus, constitute two separate communities and cultures, lacking effective communication channels. Researchers working on Punjab's issues are committed to the cause of the state. The Punjab Government should harness this commitment by using their work in policymaking. The researchers should also introspect about their perspectives towards policy and market-relevant research.

Two cases of transfer of technology from the lab to the market during my tenure as Vice-Chancellor of Punjab University (2017-20) highlight that researchers should be made aware that policy-centric and market-relevant research is not only academically stimulating and but also financially rewarding. For scaling up the transfer of research to applied areas, the universities need to build the capacity of researchers.

The state government has already taken a couple of initiatives by inviting experts for policymaking. Recently, an 11-member committee having a mix of civil servants, experts and stakeholders was formed for drafting the agriculture policy. Earlier, while preparing the Budget and the Punjab Industrial

Policy 2022, inputs were invited from the stakeholders, including experts. Similarly, the Punjab School Education Policy 2020 was drafted by a committee comprising academicians, administrators and other stakeholders. Such good practices should be institutionalised across all sectors.

To foster collaboration between policymakers and researchers, four institutional mechanisms are suggested.

First, on the pattern of the Economic Advisory Council to the Prime Minister, an economic advisory council to the CM should be constituted. It may have a chairperson and full-time and part-time members. Its major function should be to render advice to the CM about economic development, agriculture, industry and service sector, fiscal health, Centre-state financial relations, investment, employment and application of smart technologies like AI and data analytics in development.

It may also prepare periodic reports of the economies of Punjab and other states for formulating the economic policy.

Second, the Punjab State Planning Board has traditionally functioned as a policy think tank. After the abolition of the Planning Commission, the board was reorganised as the Economic Policy and Planning Board, with the objective of advising the government on policy matters.

For achieving this objective, the board should be professionalised on the pattern of NITI Aayog and the Kerala State Planning Board. Learning from these models, one of the vice-chairpersons should be an expert; similarly, along with ex-officio members, experts with policy domain knowledge should be included in the board. In the internal organisation, each unit of the board should be steered by an expert.

Third, each administrative department may have an advisory board comprising experts and ex-officio members for giving advice about sectoral policies. The advisory board should have organic links with the planning board by making the chairperson of each advisory board a member of the latter.

Fourth, the research institutes should set up public policy centres. These centres should undertake policy research and prepare, in simple language, policy briefs of the research and communicate to the research departments the policy needs of the government.

The Punjab Government may also constitute a public policy unit in the planning board for coordinating with the policy centres by receiving policy briefs from them and conveying the research needs of the government to them.

Punjab University, Panjab University and the Institute for Development and Communication already have public policy centres.

Why loneliness is becoming a big social issue

ANJIT PATHAK

A caste-ridden and class-divided society like ours is known for many problems and pathologies – from poverty and heightened socio-economic inequality to religious bigotry and patriarchal violence. But these days, this question often confronts me: Is there yet another problem – the psychic and existential crisis emanating from increasing loneliness among diverse sections of people in the Indian society? Or, is it that, as the Ministers of Loneliness in the United Kingdom and Japan suggest, this problem is confined primarily to the rich and developed societies?

Well, we might continue to pretend that in India, family and kinship ties are fairly strong, and because of this community support, loneliness is not a serious enough issue to be bothered about. However, the fact is that things are changing fast. And if your eyes are truly open, and your heart aches, you can feel it in gated communities in our big cities; you can experience it as you pass through the 'lonely' crowd; you can see it in the eyes of the old people waiting for a phone call from their 'successful' children settled in distant lands; and yes, you can find it even among young students ceaselessly striving for some sort of mythical success as discrete and atomised warriors in a hyper-competitive world. We should not forget that a study published in the International Journal of Environmental Research and Public Health in 2022 found that 20.5 per cent of the adults in India reported moderate loneliness and 13.3 per cent severe loneliness.

One need not be a professional social psychologist to understand why loneliness – an experience of depersonalisation or



faceless/anonymous/alienated existence; or, for that matter, a sense of void amid the steady disappearance of social connectivity that generates warmth and ethic of care – is becoming a major issue in our times. Think of, for instance, our two obsessions – time and speed. As this fast/mobile/technologically sleek world transforms every fragment of the clock into some

sort of 'use value' for enhancing the rate of 'productivity' and 'efficiency', there is no surplus time – say, the time for what neoliberal global capitalism regards as 'unproductive' purposes such as seeing a friend as a friend, and conversing with him/her unconditionally; having a deep communication with old parents without ever looking at the clock or the mobile phone;

or having a cup of tea with a neighbour, communicating freely, and going beyond the casual/artificial talk about cricket and the weather.

No wonder, our hurried existence – or, this obsession with 'time management' – further intensifies the speed of the age. Our express highways, our airports, our Metro stations seem to symbolise some sort of sickness. With heightened psychic anxiety, we are running and running; there is no time to contemplate, to reflect, to merge with nature, and to feel light and relaxed. From fast food to dating apps, every aspect of life has to be consumed as fast as possible. Relationships need time, demand attention, care and slowness. However, as our priorities are upside down, we are becoming increasingly lonely. Imagine yourself in the crowd at the Churchgate railway station in Mumbai, or the Rajiv Chowk Metro station in Delhi. Imagine yourself travelling on a train without exchanging a single word with a fellow passenger. Or, imagine your existence in a 1,000-sq ft apartment in a gated community with complete indifference to your neighbours. Well, in these gated communities with fancy names, there is everything – 24x7 security, the alert eyes of CCTV cameras, demarcated parking spaces, clubhouses and swimming pools. Yet, there is hardly any deep relationship; neighbours are nameless strangers; you are your apartment number in the official register, and amid the showcasing of inflated egos (my car, my property, my position), there is no freedom of being that allows the flow of free-floating communication. See the paradox: In the age of the Internet and the smartphone, we connect instantly with our 'followers' and 'subscribers'; the quantification of Facebook friends might generate a feeling that we are connected. Yet,

amid this illusory digital connectivity, what seems to have disappeared is the ecstasy of a direct face-to-face interaction with even those we love. In a way, we are becoming increasingly disconnected from people as the virtual reality surrounds our existence. Is it the reason that even at the dining table, parents and children can be seen engrossed in their smartphones? Because of this neurotic urge to find yet another 'like' for our Instagram post, we tend to miss the earthly smell of real people. We fail to live here and now with what some meditative Buddhists would have regarded as 'mindfulness'.

As a teacher, what worries me further is the growing loneliness among our students. As everyone is turned into a 'competitor', or the worth of studentship is measured in terms of 'placements and salary packages', the acute stress and anxiety our students experience lead to the breakdown of communication. Yes, psychic anxiety, depression, loneliness and fear of others – negative traits, all – often haunt the young.

The worst manifestation of this crisis can be seen in the latest data shared in the Rajya Sabha: Between 2019 and 2023, over 8,000 students dropped out from IITs, and 39 students died by suicide. Amid the normalisation of social Darwinism and the absence of a truly reflexive and emancipatory education, the existential agony of loneliness among the youth is going to become severe in the coming years. Yes, loneliness is here. The only solution that a structural/cultural/psychic revolution that restores what really matters to our sanity – love, not the worship of money; calmness, not mindless speed; and the flowering of the self, not egotistic possessions.

Sunny Leone: 'I have lost three very nice cars to the rains, including a Mercedes'

It is so windy that the umbrella is about to have a mini lift off, but what stays in place is Sunny Leone's infectious giggles! Dressed in a neon jumpsuit, and a pink umbrella, the actor posed for exclusive monsoon shoot.

She still remembers being surprised by the Indian monsoons when she came to the country for the first time. "I had no idea that much rain could fall from the skies! I was living in Mumbai, really close to the ocean, when I came to India for work initially. My walls were bleeding, the moisture did so much to my things... but I loved the weather! Monsoon is probably one of my favourite times of the year. It cools down a bit, I get happy when it starts pouring outside, not to be in it though," she laughs.

OH MY CAR!
Leone shares that she saw the ugly side

of the monsoons when three of her cars were destroyed by it. "I have lost three very nice cars to the rains, two in one day. It was horrible, I was crying because in India when you buy imported cars you pay an amazing tax on it. One was an eight seater Mercedes truck. I was not happy, but it's okay, things happen, we can replace materialistic things and nobody was hurt. Now I drive an amazing India made truck that is built for the monsoons. I had bought the wrong car, and I love my India made cars now," shares the 42-year-old.

LETTING THE KIDS BE KIDS

Leone is a mother to three- daughter Nisha, and sons Asher and Noah. Does she let them get wet in the weather? She quips, "I want them to explore the rains and enjoy it, jumping around in puddles. I put on jackets on them with rain boots. As



long as they are not getting sick from the rain... there are certain things we don't do in this season, which is eating outside sweets.

I have been baking, as a promise to my children. They like eating cakes, cookies, I promised them I will make them at home, so I have been busy!"

Gadar 2 actor Sunny Deol comments on his film inspiring cross-border relationships like Seema Haider, Anju: 'Respect people's choices'



One of the most significant movies in Sunny Deol's career, *Gadar: Ek Prem Katha* continues to hold a special place in the hearts of Indian audiences, even 22 years after its release.

Set against the backdrop of the partition era, the film follows the journey of a Sikh man and a Muslim woman who was meant to migrate to Pakistan with her family. Amidst the tense circumstances, they find solace in each other, having been college mates, and eventually, their bond deepens into love. As the actor prepares for the release of the film's sequel, *Gadar 2*, he expressed his views on cross-border love stories, advocating for people to embrace and respect others' choices in how they lead their lives. While conversing with Aaj Tak, the interviewer directed Sunny Deol's attention to the subject by bringing up the names of Seema Haider, a Pakistani resident who came to India to marry her "lover" from Greater Noida, and Anju, who crossed the international border to be with her Pakistani "friend". When asked if his films were motivating people to engage in relationships across borders, Sunny Deol chuckled and responded, "I don't believe so... Nowadays, technology facilitates people meeting through apps.

Internet misses Shah Rukh Khan, isn't happy with Ranveer Singh in Don 3: 'This looks so bad you'd think it was a parody'

Farhan Akhtar on Wednesday announced that Ranveer Singh will be seen in the iconic role of Don for the third part of his popular action franchise, *Don*. However, people on social media platforms weren't very happy about Ranveer replacing Shah Rukh Khan as Don. Shah Rukh played the titular role in Farhan's 2006 movie *Don: The Chase Begins Again* and its 2011 sequel *Don 2: The King Is Back*. The films also featured Priyanka Chopra. Internet reacts to Ranveer in *Don 3*.



up by Shah Rukh Khan the only Don! Even

the dialogues are not coming good as our mind intercepting with the original Don." "No doubt on Ranveer's capabilities but no *Don 3* without @iamsrk," a Twitter user said. "With all due respect, this was a very MID promo for an iconic franchise," read a comment.

People call *Don 3* teaser a parody. A person wrote, "Oh man, this looks so bad you'd think it was a parody." "Not interested sequel should be played by the old lead actor because of the memories," said another.

A social media user commented, "You guys still have time! Stop this film to avoid any more losses, because audiences ain't buying #RanveerSingh as #Don3." A tweet read, "The task is too big for Ranveer to do it in his own style."

Fans miss Shah Rukh as Don. A Twitter user said, "Nothing can come close to this. Though it needed the last ride still... you made an ad than a teaser." Another person commented, "The walking style itself is completely non-sync with the character he is playing." A comment read, "Disappointed with *Don 3* lead actor casting." A person wrote, "SRK magic was something else... incomparable, unbeatable, hopefully, the full product when released... impresses the audiences." Farhan's announcement Farhan and Ritesh Sidhwani's banner Excel Entertainment shared the news on its social media handles, posting a first-look video of the actor in the titular character. "A New Era Begins. #Don3 @ranveersingh @faroutakhtar" the banner wrote on Instagram.

Gal Gadot calls Alia Bhatt her 'buddy, sister', says she's 'super ready' for Hollywood: 'It's going to be smooth for her'

Wonder Woman actor Gal Gadot is impressed with Alia Bhatt. The Hollywood star, whose latest action thriller *Heart of Stone* marks Alia's international debut, says the actor's transition to the American film industry will be a "healthy evolution".

In *Heart of Stone*, Alia plays the role of the antagonist, Keya Dhawan. The film, which marks Alia's Hollywood debut, is scheduled to release on Netflix on August 11, she shares a lot in common with Alia Bhatt and especially admires her "cut the bullshit" attitude. "We share so much in common. From the very first time we met, I felt we connected. Not just because both of us are from different countries and English is not our native language and the culture we come from is very different, but she brings a lot of warmth with her. Also, a lot of, if I can say, cut the bullshit attitude. She's always blunt. For me, as an Israeli, it's delightful. You get what you see." The Hollywood star said Alia doesn't need any word of "advice" as the actor already comes with a decade-long experience of working in the Hindi film industry, where she is a "massive" star. "She comes with such experience, working for over a decade in India. And India, you guys are massive! So she knows how to handle the heat. Breaking into the American market is going to be a smooth, healthy evolution or transition for Alia. I think she's super ready. If she ever needs anything, she's my buddy, she's my sister, she has my number, she has my address.

SELENA GOMEZ HOLDS SISTER IN HER ARMS IN EMOTIONAL MOMENT FROM ERAS TOUR, SHOWS OFF WRIST FULL OF BRACELETS

Taylor Swift took her Eras Tour to Los Angeles this week and a bunch of celebrities turned up for the concert. Among them was also Taylor's best friend Selena Gomez and her sister Gracie. Selena took to Instagram to share a bunch of posts from the concert, including a very special one with her sister. Selena shared a picture of herself in a black hoodie with the Eras Tour artwork on the front of it. She also wore a cap and cuddled with her dog before leaving for the concert.



There, she held Gracie in her arms as Taylor beautifully sang *Lover* from her 2019 album *Lover*. Selena also showed her wrist full of bracelets that excited fans exchanged with her during the concert. "That you to the fans

who traded with me," she wrote with the post. Selena and Taylor have been BFFs for years and this is not even the first time that she has attended the Eras Tour. In April, she even dressed up like Taylor for the concert, wearing a cardigan just like the one Taylor

sold-out tour, which began in March in Arizona. She'd planned more than 100 concerts in the United States, Mexico, Europe, Asia and Australia and now also in Canada.

Taylor Swift announced last week several Toronto dates for her much-hyped world tour after a plea from Prime Minister Justin Trudeau not to skip Canada.

Concert sponsor Rogers Communications said in a statement that Swift will perform six shows as part of her "Eras Tour" in Canada's largest city, and that tickets would soon go on sale for the November 2024 dates.

Swift herself also posted on Instagram: "Turns out it's NOT the end of an era."

Sadly, Indian Swifties have not got any tour dates to look forward to.

Neil Nitin Mukesh on asking Shah Rukh Khan to 'shut up' at an award function: 'He gave me that liberty'



Neil Nitin Mukesh has clarified that he never insulted Shah Rukh Khan. He was talking about the decade-old video that often goes viral and shows him asking Shah Rukh to 'shut up'. Neil was talking to Sidharth Kanna in a new interview where he recalled that the *Pathaan* star gave him the 'liberty to have fun'.

Why Neil asked Shah Rukh to shut up. Neil joked that no matter what Shah Rukh does, it is his video (from the award function) that goes viral. When the interviewer described the video as one showing Neil throwing insults at Shah Rukh Khan, the actor said, "Not at all. They were never insults. I would never ever, I love that man, the entire nation loves him. He was having fun, I was having fun and both of us knew that."

Asked if it was entirely scripted, Neil said, "If you say so, I'll believe it. If you want to call it scripted, let it be, but there was love. He told me beforehand that 'I'll have some fun with you'. So I asked, 'Sir, what level of fun are we talking about?' He said, 'Whatever you can think of, do it'. He gave me that liberty so I did it. I would never disrespect an elder, a person from Mukesh family will never insult anyone." He added that irrespective of where he is in his career and stardom, he can never insult anyone.

When Neil asked Shah Rukh to shut up. During the 2009 Filmfare awards, Shah Rukh had asked Neil about his "three names". He said, "I have a question for Neil Nitin Mukesh. Tumhara naam hai Neil Nitin Mukesh, bhैया surname kahan pe hai? Saare ke saare first names hain (Your name is Neil Nitin Mukesh, you have three names but where is the surname)? Why don't you have a surname?"

Neil had then replied, "Sir, very kind question, thank you so much. But can I take the liberty of saying something?" After a "go ahead" from Shah Rukh, Neil had said, "That is an insult for me actually, I feel.

The Freelancer trailer: Neeraj Pandey's new extraction show has Mohit Raina looking for a girl stuck in Syria

Neeraj Pandey is back with a new action-thriller web series, *The Freelancer*. The show has Mohit Raina in the titular role and Anupam Kher as his mentor. It revolves around the extraction of a young girl who reaches Syria, presuming it to be her honeymoon, after trying the knot with a suspicious man. What's there in *The Freelancer* trailer. The *Freelancer* trailer opens with a girl running for her life and amid all the action, Sushant Singh being killed in a gunfire in the middle of a road. The story

then begins with how he had approached the police when there was no news of his newly-married daughter who went missing. It is revealed she has been taken to Syria on the pretext of a honeymoon by her husband. Then begins Avinash Kamath's (Mohit Raina) mission to bring her back from Syria which Anupam Kher's Dr Khan says is 'impossible'. The show is based on Shirish Thorat's book *A Ticket to Syria*. It is created by Neeraj Pandey of Baby and Naam Shabana fame and has been directed by Bhav Dhulia. It also stars John

Kokken, Gauri Balaji, Navneet Malik, Manjiri Faddnis and Sarah Jane Dias. Director, cast talks about *The Freelancer*. Director Bhav Dhulia called the story sensitive and said, "With a series like *The Freelancer*, we wanted to bring audiences a conventional story that makes them think and question what is happening around them. It is a one-of-a-kind thriller series and sheds light on the subject with sensitivity. "Beyond being a story of a young girl stuck in a hostile

environment and a *Freelancer's* attempt to rescue her, the story is much more - parents' love for their child, courage, and undying hope. Mohit Raina effortlessly merges into the character of Avinash Kamath and Kashmiri Pardoeshi as Alya will leave you vulnerable and emotional. Moreover, collaborating with Disney+ Hotstar has been an incredible experience and we hope audiences enjoy the series." Talking about playing the titular role in the show, Mohit Raina said, "The *Freelancer* is a story that touched my heart in

several ways. Playing Avinash Kamath was challenging yet creatively satisfying. Despite fighting his interpersonal battles on a daily basis, Avinash embarks upon a mission like never before, as he sets foot to rescue Alya." "Working with a creative genius like Neeraj Pandey, a visionary director like Bhav Dhulia and Disney+ Hotstar has been a remarkable experience. I am honored to share screen space with a legendary actor like Anupam Kher and learnt a lot from him. Taking charge of the role as *The Freelancer* comes



with great responsibility and I hope audiences enjoy this side of me." Anupam Kher, who has worked in Neeraj Pandey's *Baby* as well as *M.S. Dhoni: The Untold Story*, also talked about his role of Dr Khan in the series. He said, "Every story has a mastermind behind it and that's exactly what Dr Khan is to *The Freelancer*.

NUTRITION ALERT: HERE'S WHAT A 28 GRAM SERVING OF HAZELNUTS CONTAINS

Hazelnuts are renowned for their rich, nutty flavour and numerous health benefits. They are not only delicious but also packed with nutrients. They are a good source of healthy fats, fibre, vitamins, and minerals, including vitamin E, magnesium, and potassium.

Speaking with indianexpress.com, Divya Gopal, Dietary and Nutrition, Motherhood Hospitals, Banashankari, Bangalore said, "Hazelnuts are a nutrient-dense nut that can contribute to a healthy diet. They offer various health benefits, including heart health, diabetes management, and antioxidant properties".

According to Lakshmi R D, Chief Dietician, Kamineni Hospitals, LB Nagar, Hyderabad, these edible nuts produced by the hazel tree, known botanically as *Corylus avellana*, are popular worldwide and used in various culinary applications, including cooking, baking, and as a snack.

Packed with vitamins and minerals, they can boost your health during the rainy season. Lakshmi added, "However, it's crucial to store them properly to prevent spoilage and maintain their freshness," she said.

Nutritional profile of hazelnuts Here is the nutritional profile of hazelnuts per 1 ounce (28 grams) serving along with the corresponding daily values:

- Calories: 176
- Total fat: 17 grams (26% daily value)
- Saturated fat: 1.3 grams
- Monounsaturated fat: 12 grams

- Polyunsaturated fat: 2.2 grams
- Cholesterol: 0 grams
- Sodium: 0 grams
- Total carbohydrates: 6 grams (2% daily value)
- Dietary fibre: 3.5 grams (14% daily value)
- Sugars: 1.5 grams
- Protein: 4.2 grams (8% daily value)

Hazelnuts provide magnesium, which plays a role in bone health, and copper, which is involved in energy production and iron absorption. Hazelnuts provide magnesium, which plays a role in bone health, and copper, which is involved in energy production and iron absorption. (Pic source: Freepik)

Health benefits of hazelnuts Hazelnuts come with various health benefits. This includes:

1. Good for heart health: Hazelnuts contain unsaturated fats, including oleic acid, which is beneficial for heart health. These fats help lower (bad) cholesterol levels and reduce the risk of heart disease. Hazelnuts are also a good source of vitamin E, an antioxidant that may protect against heart disease.
2. Hazelnuts are nutrient-dense: Hazelnuts are packed with various nutrients, including vitamin E, which is important for

healthy skin and immune function. They also provide magnesium, which plays a role in bone health, and copper, which is involved in energy production and iron absorption.

3. Helps in diabetes management:



Hazelnuts

have a low glycaemic index and are a good source of healthy fats and fibre. These factors contribute to a slower rise in blood sugar levels and improved blood sugar control. Including hazelnuts in a balanced diet can be beneficial for managing diabetes.

4. Good for weight management: Despite being energy-dense, hazelnuts can be included in a weight management plan. The combination of healthy fats, protein, and fibre in hazelnuts helps promote satiety, reducing the likelihood of overeating.

Despite being energy-dense, hazelnuts can be included in a weight management plan. Despite being energy-dense, hazelnuts consumption significantly improved blood sugar control, insulin sensitivity, and markers of inflammation in individuals with type 2 diabetes.

hazelnuts can be included in a weight management plan. (Pic source: Freepik)

5. Rich in antioxidant properties: Hazelnuts contain antioxidants, such as vitamin E and phenolic compounds, which help protect against oxidative stress and inflammation. These properties may have potential benefits in reducing the risk of chronic diseases, including certain types of cancer. Are hazelnuts good for managing diabetes?

Recent research indicated the positive effects of hazelnuts on diabetes management.

"A study published in the journal Nutrients in 2021 found that hazelnut consumption significantly improved blood sugar control, insulin sensitivity, and markers of inflammation in individuals with type 2 diabetes.

The study concluded that incorporating hazelnuts into the diet can be an effective strategy for managing diabetes," said Gopal.

Nonetheless, Lakshmi advised exercising portion control as hazelnuts are calorie-dense. "Consultation with a healthcare professional for personalised dietary advice is advisable for individuals with diabetes," she

added. Hazelnut consumption significantly improved blood sugar control, insulin sensitivity, and markers of inflammation in individuals with type 2 diabetes. Hazelnut consumption significantly improved blood sugar control, insulin sensitivity, and markers of inflammation in individuals with type 2 diabetes. (Pic source: Freepik)

Is it good for pregnant women? According to Lakshmi, hazelnuts can benefit pregnant women due to their nutrient content, including folate and healthy fats that support fetal development. "However, individual needs may vary, and it's best for pregnant women to consult their doctors for personalised advice on incorporating hazelnuts into their diet during pregnancy," she said.

Things to keep in mind When including hazelnuts in your diet, it's important to consider a few things in mind, such as:

1. Portion control: While hazelnuts provide numerous health benefits, they are energy-dense, so it's important to consume them in moderation. Stick to recommended portion sizes to avoid excessive calorie intake.
2. Allergies: Hazelnuts are a common allergen. If you have a hazelnut allergy, it's crucial to avoid hazelnut consumption and be mindful of cross-contamination in foods.
3. Nutritional diversity: While hazelnuts offer many benefits, it's important to consume a variety of foods from different food groups to ensure a balanced and diverse nutrient intake.

3 Seconds Of Exercise Three Times A Week Can Help You Grow Muscle: Study



A new study says that three seconds a day of resistance exercise could increase your muscle strength. The study from Edith Cowan University in Australia in collaboration with institutions in Japan says that eccentric, muscle-lengthening exercises can strengthen bands of fibrous tissue more efficiently than concentric, muscle-shortening actions.

For the study, a team of scientists asked 26 young volunteers to do three-second bicep contractions either two or three days a week for four weeks. After four weeks, the arms of those exercising twice a week showed no change, but the three-times-a-week group got stronger. The study said that participants improved their muscle strength by 11.5 per cent.

"We haven't investigated our muscles yet, but if we find the three-second rule also applies to other muscles then you might be able to do a whole-body exercise in less than 30 seconds," said exercise and sports scientist Ken Kazunori Nosaka in 2022 according to Science Alert.

The scientists specified that these short workouts probably won't improve cardiovascular fitness, just muscle strength. The study emphasised that three-second bouts of eccentric bicep contractions can achieve impressive physical results. The young participants saw a 2.5 per cent increase in concentric strength and a 3.9 per cent increase in eccentric strength.

"Our previous work has shown regular, shorter exercise is more beneficial than one or two big training sessions in a week," Professor Nosaka said. Professor Nosaka added, "Muscle adaptations occur when we are resting, so muscles need rest to improve their strength and muscle mass. It should be noted that the exercise was only three seconds, so the rest between exercises in the study was close to 28,800 times more than the exercise time.

Almonds: Nature's superfood with culinary and nutritional excellence

Almonds, with their delicate flavor and impressive versatility, have a rich history that dates back thousands of years. These nuts have transcended their humble beginnings to become one of the most beloved and sought-after ingredients in culinary and health circles. Whether enjoyed on their own, incorporated into recipes, or used as the base for various products, almonds have become an integral part of our modern diet. This article delves into the world of almonds, exploring their nutritional value, health benefits, culinary uses, types, purchasing and storage tips, as well as potential precautions and side effects. Almonds (*Prunus dulcis*) are the edible seeds of the almond tree, native to the Middle East and Mediterranean regions. They belong to the same family as peaches, cherries, and plums. Almonds are encased in a hard shell that is removed to reveal the edible seed within. These seeds are commonly referred to as nuts, although botanically, they are seeds.

Almonds are nutritional powerhouses, packed with essential nutrients that contribute to overall well-being. A 1-ounce (28-gram) serving of almonds provides approximately: Additionally, almonds are a good source of antioxidants, specifically flavonoids, which play a role in reducing oxidative stress in the body. There are two main types of almonds: sweet and bitter. Sweet almonds are the edible variety commonly consumed, while bitter almonds contain a compound called amygdalin, which can release toxic cyanide when ingested. Bitter almonds are typically used to make almond oil or extract.

4 vegetables and fruits you should never eat raw

AN AYURVEDA EXPERT WARNS AGAINST CONSUMPTION OF CERTAIN VEGETABLES AND FRUITS IN RAW FORM AS THEY COULD EXPOSE YOU TO PARASITES AND BACTERIA.

Cooking vegetables can rob them of their nutrients and proponents of raw food diet say eating vegetables and fruits without any form of processing or cooking gives us more energy, better skin, improved digestion and a reduced risk of heart diseases and cancer. Vegetables are said to lose their nutrients in the process of cooking too much. However, not all vegetables should be eaten raw and in case of some veggies, nutrient absorption improves after cooking. Also, eating vegetables raw can expose one to parasites, bacteria, toxins and substances that can play havoc with your health. Dr. Dimple Jangda, Ayurveda & Gut Health Coach in her recent Instagram post warned



against consumption of vegetables and fruits that shouldn't be consumed raw as they are home to parasites and bacteria like E.coli or even tapeworms and tapeworm eggs.

"If they enter our gut and bloodstream, or even enter the brain, they can cause serious diseases like cysticercosis, seizures, headaches, damage to the liver and even cysts in the muscles,"

says Dr Jangda.

1. Colocasia leaves (Arbi ka patta) Number one is colocasia leaves, also called arbi ka patta. Always blanch them in hot water before using them in your diet. The same rule applies to spinach and kale. Blanch them in hot water because they're linked to high oxalate level, which reduces when you blanch it.
2. Cabbages They're notorious for harboring tapeworms and tapeworm eggs, which is invisible to the naked eye. Some of these tapeworms have survived some of the harshest insecticides and pesticides, so your vegetable washes are too mild for them. Blanch your cabbage in hot water and then cook it well before you consume it.
3. Capsicum Remember to remove the crown, deseed the capsicum and run it under hot water, because the seeds can also be home to tapeworm eggs, which survive inside the fruit.
4. Aubergine The seeds are again home to tapeworm eggs. Remember to cook it really well to kill these parasites, tapeworms and tapeworm eggs from entering our bloodstream. In fact, aubergine is such a complex vegetable that many households in India don't bring this vegetable at home. Remember, prevention is always better than cure. "Doesn't matter what cooking methods you use boiling, blanching, steaming, cooking - please ensure to cook your foods at least lightly before you consume them," concludes Dr Jangda.

I'm an RD—These Are the 4 Best Plant-Based Sources of Calcium for Boosting Bone Health as You Age'

Just like 1 + 1 = 2, eating foods rich in calcium + your body = greater likelihood of maintaining healthy bones as you age. But if the first thing that comes to mind when the topic of calcium comes up is a big of glass of milk, we want to emphasize that although dairy products are among the top calcium-rich foods, they're just one piece of the proverbial pie. In fact, there are plenty of other bone health-boosting foods packed with the mineral, including plant-based and vegan calcium sources.

Ahead, we delve into some of the best vegan calcium sources that have just as much of the nutrient as a glass of milk. (Got kale? Soy milk? Chia seeds?) Additionally, a registered dietitian delves into why it's important to keep our calcium levels up in the first place, and how those needs change as we age.

Health benefits of calcium at any age It's no secret that consuming sufficient amounts of calcium has several benefits. For starters, it's one of the three main nutrients responsible for



maintaining bone health (along with vitamin D and magnesium), which is vastly important considering that bone density begins to decrease after the age of 35. And that's just scratching the surface: Calcium needs continue to change as we age and become even more imperative after 50 for women and 70 for men.

It's also worth noting that nearly 99 percent of calcium is stored in our

bones. And according to Lauren Manaker, MS, RDN, LD, CLEF, CPT, a registered dietitian based in Charleston, if our calcium intake is low, our bones may "give up" some of the calcium that's stored in there to support other bodily functions, since calcium is also an essential mineral and electrolyte for regulating nerve functioning, muscle contractions, blood clotting, and cardiac function, to name

a few. All to say: Finding ways to up your calcium intake is a smart idea for overall functioning...but especially when it comes to maintaining bone health as you age.

4 vegan calcium sources recommended by a registered dietitian

Dairy milk is one of the best sources of calcium, with over 300 milligrams of the mineral per one-cup serving, but Manaker says it's far from being the only one. "There are other sources of calcium that provide just as much calcium as this quintessential bone health-supporting food," she says. Ahead, she delves into four of the best vegan calcium sources to incorporate into your diet as you meet your daily quota. (Which Manaker says is roughly 1,000 milligrams daily for most adults, although older folks might need slightly more than that.)

1. Soy milk ICYMI, soy milk is the best plant-based milk, according to a gastroenterologist, for supporting gut (and overall) health. That's because it contains the same amount of protein and

essential amino acids as cow's milk. Yet, soy milk has a leg up on cow's milk when it comes to its anti-inflammatory agent known as isoflavones, which is linked to reducing the risk of heart disease and stroke, lowering blood pressure, and improving bone health. Another major selling point of consuming soy milk is—you guessed it—calcium. One cup of soy milk also contains 300 milligrams of calcium (the same as a cup of cow's milk).

2. Edamame Indeed, soy milk is derived from soybeans (and edamame are young soybeans harvested before they harden or ripen). Edamame also contains a substantial amount of calcium, nearly 100 milligrams per cup of non-shelled beans, to be exact. Additionally, tofu, another soy-derived product, contains a whopping 434 milligrams of calcium in only a half-cup serving.
3. Chia Seeds Chia seeds are best known as small but mighty seeds packed with protein, fiber, healthy fats, and phytonutrients that fight inflammation. What's lesser

known is that they're also loaded with tons of calcium. In fact, chia seeds contain 631 milligrams of calcium per 100-gram serving (about 10 tablespoons); a two-tablespoon serving size of chia seeds contains about four grams of protein, 11 grams of fiber, and 18 percent of your recommended daily amount of calcium. That said, chugging chia in water all day (h/TikTok) isn't advisable. Too much can leave you feeling severely backed up for days or lead to other, more serious digestive issues.

4. Kale Eat your veggies, they say—and when it comes to kale, they're not wrong. One cup of cooked kale contains 177 milligrams of calcium, nearly five grams of fiber, and more than three grams of protein.

Double that serving, and you've got yourself plenty more calcium than a cup of milk.

Plus, this leafy green contains carotenoids, antioxidants (like lutein for eye health), vitamin E, and vitamin K, to name a few. Kale, yeah.

Vikramjit Singh emphasizes for revival of J&K Handloom & Handicrafts Corporation

JJ NEWS SERVICE

SRINAGAR, AUGUST 09: Commissioner Secretary Industries and Commerce, Vikramjit Singh today called for revitalizing the J&K Handloom & Handicrafts Corporation while underscoring the need for adaptation in the face of changing times.

He made this statement during a ceremonial launch of the 'Meri Maati Mera Desh' campaign at Solina by J&K Handloom & Handicrafts Corporation.

Addressing the gathering, Commissioner Secretary Vikramjit Singh expressed his elation at commemorating the



Lauches Meri Maati Mera Desh campaign at Solina

dynamic currents of change. He advocated for a paradigm shift that would propel the corporation towards profitability, emphasizing the crucial role of adaptation in the process.

"With the evolving times, every entity must evolve to be self-sustaining," asserted Commissioner Secretary, urging both the corporation's employees and its Managing Director to unite their efforts in the pursuit of rejuvenating the institution.

Commissioner Secretary took part in a tree planting initiative within the premises of the Poshish Showroom.

Earlier, he also unfurled National Flag on the occasion while announcing the start of Meri Maati Mera Desh Campaign.

During his visit, he also inspected the Poshish showroom, engaging with its staff, and explored the product development section of the Wool and Woollen Design Development Centre.

Further highlighting the commitment towards revival, Commissioner Secretary Vikramjit Singh explored the Wool & Woollen Design Development Center Phase-II.

Meri Mati Mera Desh campaign

DC Samba felicitates centenarian war veteran at Mandi Sangwali



JJ NEWS SERVICE

SAMBA, AUGUST 09: As a part of 'Meri Mati Mera Desh' campaign, the Deputy Commissioner Samba, Abhishek Sharma accompanied by a team of officers, today embarked on a poignant visit to honour the valorous 102-year-old war veteran, Major Dalip Singh, residing in Mandi Sangwali.

The team of officers, while paying homage to the centenarian war hero, hailed his distinguished service for the nation.

During this emotive encounter, a deeply moving interaction took place with Major Dalip Singh. The war veteran shared his heroic stories and sacrifices leaving a profound impact on all those present.

Continuing this heartfelt journey, DC Samba proceeded to Mandi Kotli Samba, where the families of martyrs reside. In a gesture of sincere respect, the DC collected soil from the homes of these brave martyrs, symbolizing a connection to their legacy and sacrifice.

The DC Samba also extended a gracious and honorable invitation to the families of martyrs and war veterans to join in the forthcoming Independence Day 2023 celebrations at the esteemed Rani Suchai Singh Stadium in Samba. The gesture underscored the commitment to recognizing and commemorating the immeasurable contributions and sacrifices of these valiant individuals.

GDC Vijaypur organises seminar on 'Self-Employment: Turning Passion into Profession'

JJ NEWS SERVICE

SAMBA, AUGUST 09: As a part of the special series program being organized under the banner of 'Meri Maati Mera Desh' - a nationwide campaign, 'Azadi Ka Amrut Mahotsav', 'G20' and 'Shikshit Bharat', the Career Counselling Cell and Placement Cell of GDC Vijaypur today organized a seminar on the theme 'Self-Employment: Turning Passion into Profession'.

The event was held in collaboration with District Employment Career and Counseling Centre (DECC), Samba. Students of the College actively participated in the seminar and evinced great interest and zeal.

Sulakshana Thakur, Assistant Director Employment and Dushyant Singh, Career Counselling Officer, District Employment Career and Counseling Centre (DECC), Samba briefed the students about various government sponsored self-employment schemes. They presented a talk on how individuals can start their own start-up under the government sponsored schemes, which offer a range of incentives. It was followed by a question and answer session with the students.

Principal of the College, Dr. Vandana Gupta, while speaking on the occasion, appreciated DECC Samba for guiding the students on self employment and expected that the department would host more such programmes in near future. Proceedings of the program were carried out by Dr. Shital Sharma (Convener, Career Counselling Cell)

DC Kupwara flags-off Tiranga Rally at Pahari Hostel Branwari

JJ NEWS SERVICE

KUPWARA, AUGUST 09: As part of 'Meri Maati, Mera Desh' campaign, Pahari Hostel Kupwara today organized a Tiranga Rally of students which was flagged-off by the Deputy Commissioner (DC) Kupwara, Ayushi Sudan.

Chairman MC Kupwara, Reyaz Ahmad Mir, District Information Officer, Ifakhar Naseem, EO, Naveed Aijaz, CO CRPF 162 Bn, Vinod Kumar and Town Commander were present on the occasion.

The Tiranga Rally started at Pahari Hostel Branwari and culminated at General Bus Stand Kupwara.

Speaking at the occasion, the DC said that the rally is part of 'Meri Maati, Mera Desh' campaign to honour the martyrs of freedom struggle and local heroes.

She appealed to the people to actively support the campaign to make it a grand success.

Meanwhile, the DC administered Panch Pran Pledge to the participants including officers.

GCV Gandhinagar organises pledge taking ceremony under 'Meri Mati Mera Desh campaign'

JJ NEWS SERVICE

JAMMU, AUGUST 09: NSS Unit 1 and Unit 2 of Padma Shri Padma Sachdev Government College for women Gandhinagar today organized pledge taking ceremony under the banner 'Meri Mati Mera Desh campaign'.

The Pledge taking ceremony aims to instill a sense of Patriotism and responsibilities among the people. All the Volunteers from Unit 1&2 actively took part in the event which commenced with introduction to the significance of the theme 'Meri Mati Mera Desh', highlighting the deep connection between individuals and their land.

DDC Chairperson Ganderbal inspects sports infrastructure in district

JJ NEWS SERVICE

GANDERBAL, AUGUST 09: The Chairperson, District Development Council (DDC) Ganderbal, Nuzhat Ishaq today toured many sports facilities of the district and inspected the newly set up and existing sports infrastructure, here.

The purpose of the inspection was to assess the state of the existing sports facilities in Ganderbal and identify any areas requiring improvement.

The Chairperson DDC along with a team of officials from J&K Sports Council visited Warpoh, Bakura, Khalmulla, Malshahibagh, Beehama near SP office, Gullibagh, Manigam, Lar, Yenihama Watalbagh, Tullamulla, Wakura, Khanpora, Shalabagh, Zazna, Batwina and other sports grounds of the district to review the infrastructure equipment and maintenance standards.

During the inspection,



the Chairperson DDC emphasized the importance of promoting sports at the grassroots level and providing necessary facilities for the budding athletes in the district. The officials met with local sports associations and players to understand their requirements and concerns.

The team thoroughly examined the stadiums including the playgrounds, tracks, stands, changing rooms and other amenities.

They assessed the quality of the infrastructural components such as the turf,

evaluated the availability of sports equipment and whether it was in good condition. They also assessed the accessibility of the facilities for differently-abled athletes and considered the provision of inclusive infrastructure.

At the conclusion of the inspection the DDC chairperson directed the concerned authorities to expedite the repair and maintenance work required at the stadiums. They emphasized the need for regular checks and upkeep of the facilities to ensure a conducive environment for athletes. The chairperson also pledged to allocate additional funds from the district development budget for sports infrastructure improvement. She stressed that the development of sports facilities will not only promote fitness and healthy living but also provide opportunities for aspiring athletes to excel at the district, state and national levels.

Furthermore, the team

DLSA Ganderbal observes 'World Tribal Day'

JJ NEWS SERVICE

GANDERBAL, AUGUST 09: The District Legal Services Authority, (DLSA) Ganderbal today observed "World Tribal Day" at Panchayat Ghar Chattergul "A", Ganderbal, under the auspices of J&K Legal Services Authority and as per the calendar of activities for the month of August, 2023.

The programme was held under the supervision of Chairman DLSA Ganderbal, Ritesh Kumar Dubey and under the guidance of Fayaz Ahmad Qureshi, Chief Judicial Magistrate, Ganderbal/Incharge Secretary DLSA Ganderbal.

The main objective of this initiative was to create awareness about the richness and importance of tribal cultures, their customs, traditions, and their contribution to society. Through this programme, DLSA aims to promote social inclusion, cultural understanding, and respect for tribal communities across the world.

Asif Mustafa, Advocate (Assistant Legal Aid Defence Counsel) shared his valuable insights during the programme emphasizing on the legal frameworks, policies, and historical precedents concerning tribal communities. On the occasion, the importance of ensuring justice and equity for indigenous populations, empowering them to preserve their cultural heritage in a rapidly evolving world, was highlighted by the speaker. The programme served as an extraordinary opportunity for the locals to interact and exchange cultural insights, highlighting the importance of preserving and valuing tribal traditions and customs. The overwhelming response and participation from the general public and elite class was a testament to their deep-rooted commitment to preserving and cherishing tribal heritage.

MSME DFO Jammu office organises Udyam Registration Camp at Reasi

JJ NEWS SERVICE

REASI, AUGUST 09: To promote and support Udyam registration in Jammu and Kashmir, MSME DFO, field office of union ministry of MSME organized an Udyam registration camp here in the DIC premises with active support & collaboration of GM DIC Reasi.

The objective of this registration camp was to inform the local entrepreneurs, including those from remote areas of the district about the importance of Udyam registration and its benefits avail-



able with various Govt. organizations. The udyam registration has been introduced for Micro, Small & Medium enterprises registration, the three categories of industries classified in the new definition of MSMEs. These

include Manufacturing Service & Enterprise doing trading. The MSMEs classified as Manufacturing & Services are eligible for all the schemes & benefits extended by different government agencies including Banks. The industries registered as trading are exclusively eligible for priority sector lending benefits extended to various financial institutions including banks. Udyam registration is online, free of cost, paperless based on self-declaration & requires no upload documents.

The aim of the camp was to sort out the difficulties/issues faced by MSMEs. All queries raised during the camp were answered to the satisfaction of participating MSMEs.

The participating MSME & GMDIC Reasi welcomed the steps taken by MSME DFO (J&K) for creating awareness & bringing the registered MSMEs into the registration which will make them eligible for availing Government Schemes like PMS, Cluster etc. Shri Vinu Jee Koul Assistant Director headed the team of technical officers who organised the camp at Reasi.

CUJ organises plantation drive

JJ NEWS SERVICE

JAMMU, AUGUST 09: Paryavaran Sanrakshan Gatividhi (PSG), CUJ and Students for Development (SFD) organised a plantation drive under 'EK PED DESH KE NAAM' Campaign in collaboration with Department of Environmental Sciences and Department of English at the Central University of Jammu as part of national level green initiative.

The plantation drive was conducted on the foundation day of the University and witnessed enthusiastic participation from students and faculty members.

The event was graced by the presence of Prof. Deepak Pathania, Dean Research Studies, who commended the initiative for its commitment to a greener and more sustainable future. Prof. Sunil Dhar (HoD), Prof. Richa Kothari, Dr. Shweta Yadav



and Dr. Dinesh Kumar from Department of Environmental Sciences and Prof. Vandana Sharma (HoD), Dr. Neena Viz, Dr. Ferooz from the Department of English department also took valuable part in the event.

The 'EK PED DESH KE NAAM' Campaign aims to instill a sense of responsibility and ownership towards the environment. PSG and SFD, driven by their passion for environmental conservation and sustainable development, took the lead in organizing this event, which

aligned perfectly with the university's ethos of contributing positively to society.

Prof. Pathania, while addressing the participants, emphasized the importance of such initiatives in promoting awareness about the critical role trees play in maintaining ecological balance and combating climate change. He expressed his gratitude to PSG, SFD, the Department of Environmental Sciences, and the Department of English for their collaborative efforts in making the plantation drive a resounding success.

Prof. Vandana Sharma highlighted the significance of the green initiative of the university on the historic 13th Foundation Day. She encouraged students and scholars to develop eco-consciousness and nurture the saplings they have planted.

Dr. Ajay Kr. Singh, Director of Dr. Ashwini from the Centre for Comparative Religion and

Civilization with Dr. Ashok also actively participated in the event.

The Central University of Jammu has always been at the forefront of promoting academic excellence and holistic development. The plantation drive stands as a testament to the university's commitment to nurturing responsible citizens who are conscious of their impact on the environment.

As trees take roots on the campus grounds, they symbolize a greener future and the university's commitment to a sustainable and ecologically conscious approach to education. The event also showcased the power of collective action in driving positive change.

The success of the plantation drive has set the stage for future initiatives aimed at creating a more environmentally aware and responsible community within the Central University of Jammu.

DC Jammu inaugurates ODF Plus Model Panchayat Muthi Maira in Block Bhalwal Brahmana

JJ NEWS SERVICE

JAMMU, AUGUST 09: Deputy Commissioner Jammu, Avny Lavasa today inaugurated ODF Plus Model Panchayat- Muthi Maira in Block Bhalwal Brahmana.

DDC Member, Bhushan, Parval, BDC Chairperson Neha Rajput, Sarpanch Priya Sharma besides several officers were present on the occasion.

The Deputy Commissioner congratulated the residents of Muthi Maira on being declared as



ODF Model Panchayat. She also felicitated 4 sanitation workers for their untiring services towards making the panchayat

neat and clean.

Speaking on the occasion, the Deputy Commissioner said that the journey of a village to achieve the condition where it is visually clean and has systems to process both solid and liquid waste, has to pass through three stages; ODF plus Aspiring, ODF plus Rising and ODF plus Model.

She said that a village is ODF Aspiring when it has mechanisms to deal with either solid or liquid waste apart from ODF sustainability whereas it becomes rising when the system to deal with both solid and liquid waste are in place.

Finally, when the village has achieved a condition where it is visually clean with minimal litter and stagnant water apart from the solid and liquid waste management and adequate IEC activities, it is declared as a Model, she added.

The Deputy Commissioner also flagged off a rally to spread awareness among the common masses regarding cleanliness in and around the surrounding areas.

"Meri Maati Mera Desh" Campaign

Tourism Deptt, Kupwara Admin hold Media Conclave at Keran



JJ NEWS SERVICE

KUPWARA, AUGUST 09: Under the banner "Meri Maati Mera Desh" Campaign, Department of Tourism J&K in collaboration with District Administration Kupwara today organized a Media Conclave at zero line in Keran sector to promote border tourism in district.

Media persons from National and International media houses participated in the conclave which included a cultural show and rally along the banks of river Kishtenganga.

Speaking on the occasion, Deputy Commissioner, Ayushi Sudan asked the media persons to spread the awareness among the people across the country regarding tourism potential in Kupwara district. She added that the district provides a vast potential for tourism activities in border areas like Keran, Karmah, Bangus and Machill. She further highlighted that infrastructure is being created in these areas to facilitate the tourists.

Director Tourism, Raja Yaqoob, on the occasion said that tourists from across the country are visiting far flung areas now. He added that with the efforts of UT Government and District Administration Kupwara, tourists in large number are visiting these areas.

Among others, CEO LBDDA, Ghulam Jeelani Zargar; Deputy Director Tourism, Ahsan-ul-Haq Chisti; Deputy Director Recreation and other officers were also present on the occasion.

Justice Tashi Rabstan inspects Child Care Institutions, observations home at Samba

JJ NEWS SERVICE

SAMBA, AUGUST 09: In pursuit of providing a secure and nurturing environment for every child, Justice Tashi Rabstan, Judge, High Court of Jammu & Kashmir and Ladakh, Executive Chairman of J&K Legal Services Authority, and Chairman of Juvenile Justice Committee of High Court of J&K and Ladakh today undertook a comprehensive visit to various Child Care Institutions (CCIs) and observation home for women in district in the Samba district.

The visit was aimed at gaining firsthand insights into the living conditions of inmates and evaluating the facilities being extended to them.

During the visit, Justice Tashi Rabstan toured facilities including Parisha Home for Girls and Palash Home for Boys in Samba, along with the Observation Home for women in district. Justice Tashi Rabstan conducted thorough inspections, reviewing the



Justice Tashi Rabstan (right) interacting with officials and staff at a child care institution.

amenities and services provided to the residents.

Justice Rabstan gave onspot directions to district administration to establish library, recreational room, enhanced mess facilities within the institution, weekly visits by a female doctor to the Home, and the construction of a secure boundary wall around the premises to ensure the safety and security of the inmates.

On the occasion, a plantation drive was also organized, wherein Justice Tashi Rabstan, along with other dignitaries, planted fruit-bearing trees to promote environmental sustainability. Furthermore, an awareness program was hosted by the District Legal

Services Authority Samba at Parisha Home for Girls, where Justice Tashi Rabstan presided over the proceedings.

He interacted with the female inmates, addressing their queries and concerns while emphasizing the need for their involvement in community activities and engagement with local schools. The Senior Superintendent of Police Samba was directed to assign a female security constable to ensure the safety and well-being of the female inmates at Parisha Home.

The day concluded with patriotic activities performed by the inmates of Parisha Home, including group dances, solo songs,

and speeches, commemorating the 75th year of Indian Independence.

The event was attended by esteemed members of the judiciary, including Addl. Sessions Judge Samba and Chief Judicial Magistrate Samba, as well as officers from the District Administration Samba. The proceedings were facilitated by Hitesh Sharma, Panel Advocate of DLSA Samba.

Meanwhile, District Legal Services Authority Samba organized a Legal awareness program at Govt. Hr. Sec. School Purmandal, Samba. The program was inaugurated by Yesh Pal Kotwal, Chairman of District Legal Services Authority Samba.

During the program varied topics were covered like 'Maintenance under Section 125 CrPC' and 'Right to Education'.

A debate competition on the 'Beti Bachao Beti Padhao (BBBP)' was also held, with Versha Anthal, Assistant Legal Aid Defence Counsel Samba, acting as the resource person.

Principal GMC Doda reviews implementation of IDSP & NVBDCP program



JJ NEWS SERVICE

DODA, AUGUST 09: Principal Government Medical College Doda, Dr. Puja Vimesh today reviewed the implementation of Integrated Disease Surveillance Project (IDSP) and National Vector Borne Disease Control Programme (NVBDCP) program here at a meeting held in his office chamber at Ghat Doda.

The meeting was attended by Dr. Safia Khan (HOD Microbiology); Dr. Suresh Kotwal (HOD Community Medicine); Dr. Summat ul Khurshid (HOD Pathology); Mohd Iqbal Ganai (Chief Accounts Officer); Umar Anayat (Epidemiologist); Sanjeev Rana (I/c Legal Cell); Roma Sharma (Data Manager IDSP) and Faizan A Trambo (I/c Media Desk).

At the onset, Umar Anayat briefed the chair incharge wise performance of IHIP of GMC Doda besides implementation of NVBDCP programme in the district. Principal GMC Dr. Puja reviewed achievements of deliverables recorded under these health programmes. She directed the concerned to work with added dedication and put in extra efforts to achieve targets laid under each programme.

The HODs were directed to review each programme and monitor the realization of indicators. They were asked to overcome shortfalls, if any, for proper implementation of centrally sponsored schemes.

Dr. Puja Vimesh directed to assess the implementation of all the schemes on the ground to ensure that the benefits reach the end-user without any difficulty.

Independence Day, Har Ghar Tiranga nurture patriotism & unity among citizens: Div Com Kashmir

Holds meeting with representatives of Civil Society, Trade Associations

JJ NEWS SERVICE

SRINAGAR, AUGUST 09: In lieu of celebration of Independence Day with enthusiasm, fervor and zeal, the Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today held a meeting with representatives of Civil Society and Trade Associations at TRC for wider participation to celebrate national event with pride.

The meeting was attended by Deputy Commissioner, Srinagar, Mohammad Ajaz Asad; SSP, Srinagar; SSP Traffic, other officers from district administration besides representatives from civil society and trade associations including shopkeepers, hoteliers, houseboat owners, Shikara association, transporters, etc.

During the meeting, the Div Com highlighted the importance of celebrating the proud moment of the entire nation. He stressed that Independence Day makes every citizen proud of their country and nurtures patriotism and unity among them.

He also highlighted the role of Civil Society and Trade Associations in observing Independence Day with enthusiasm and zeal.

Div Com stated that like other big events held in J&K including G20 and Yatra-2023, this year the Independence Day shall also be celebrated as a major event with the participation of Civil Society, Traders, Youth and general public.

Div Com impressed on making the Har Ghar Tiranga campaign successful by hoisting the National Flag on the top of every house. He said that mass participation of people in hoisting the National Flag will create an environment of festivity, will instill spirit of unity among citizens and promote integrity of the nation.

The traders and members of Civil Society reiterated their commitment for their vehement participation in the celebration of national event.

Independence Day-2023 arrangements finalized at Shopian

DC emphasises upon impressive celebration on National day

JJ NEWS SERVICE

SHOPIAN, AUGUST 09: The Deputy Commissioner (DC) Shopian, Faz Lul Haseeb today convened a meeting to review the preparedness for smooth conduct of Independence Day celebrations at District Police Lines (DPL) Shopian.

On the occasion, a thorough discussion regarding the seating arrangements, Shahnai Wadan, presentation of cultural programmes, parade, security

arrangement and award presentation was held.

The main I-Day function will be held at District Police Lines, Shopian where March Past will be presented by the contingents of CRPF, JKP, Fire and Emergency Services and Forest Protection Forces.

A full dress rehearsal shall be held on August 13, (Sunday) at District Police Lines Shopian where the National Flag will be hoisted and VIPs will take salute on March Past.

All the District Officers were directed to be present along with their subordinates to make the rehearsal function a great success.

The DC directed the officials to ensure adequate arrangements, illumination of government buildings, parking facilities and proper seating arrangements at the main venue besides ensuring uninterrupted power and water supply.

He directed the officers to put in place all the necessary

arrangements well in advance and coordinate with each other for the smooth conduct of Independence Day functions.

He also directed the health department to set up an adequate number of medical camps with proper staff, ambulance and medicare facilities at the venues besides the officials of Municipal Corporation were directed to maintain cleanliness in and around DPL roads, and streets in the town.

It was also decided that the cel-

ebration of Independence Day shall also be held at sub-divisional level, and in this regard the concerned were directed to ensure conduct of the event at their respective headquarters.

Among others, ACR, Shalibaz Ahmed Bodha; SDM, Zainapora, Mushtaq Ahmed; Chief Education Officer, DYSSO, Tehsildars, Executive Engineers of R&B, PHE, PDD and Irrigation besides all District and Sectoral Officers and other concerned were present in the meeting.

DC Kathua finalises Independence Day arrangements

DIPR to host maiden Mega Laser Show at Gateway of J&K as part of "Meri Maati Mera Desh" campaign

JJ NEWS SERVICE

KATHUA, AUGUST 09: Deputy Commissioner, Kathua Rakesh Minhas today chaired a meeting of officers to finalise the arrangements for the celebration of 77th Independence Day-2023 here in DC office Complex.

The meeting was informed that main function will be held in the Sports Stadium, Kathua where the VIP will unfurl the National Flag at 08:55 am and take salute at 42 march past contingents comprising of Police, Army, Para Military forces, NCC, platoons of Schools, Colleges besides bands of different formations.

The celebrations on the day will begin with the playing of 'Shehnaai Vadan' and patriotic



Deputy Commissioner Kathua Rakesh Minhas (left) chairing a meeting of officers to finalise the arrangements for the celebration of 77th Independence Day-2023 here in DC office Complex.

drinking water supply, uninterrupted electricity, prize distribution, invitation cards, transportation, and illumination of important buildings on Independence Day.

The DC exhorted upon all the departments to carry out plantation and cleanliness drives besides ensuring flag hoisting and illumination on Independence Day. He further impressed upon all heads of the government establishments to ensure presence of all employees during the National Day celebrations.

Regarding the ongoing Meri Maati Mera Desh campaign, the DC called upon all the heads of line departments to carry out intensive activities as per the pre-decided schedule of events.

It was given out in the meeting that the Department of Information and Public Relations will organise the first ever Mega Laser Show as a prelude to 77th Independence Day celebrations at gateway of J&K, Lakhnapur on 13th August 2023 from 07:30 PM onwards.

The DC exhorted upon the officers concerned to do all preparations well in advance so that national function could be celebrated with traditional fervor. SSP Kathua, Shivdeep Singh Jamwal, DC State Taxes Lakhnapur, Ranjeet Singh, ADC Ranjit Singh, GM DIC Prem Singh Chib, ACD Kathua Kishore Singh Katoch, CPO Utam Singh and District Officers of different departments were also present.

Amar Singh College organizes Walkathon

Prof. Sheikh Ajaz Bashir flags-off the rally

JJ NEWS SERVICE

SRINAGAR, AUGUST 09: In connection with the weeklong celebrations of International Youth Day, Red Ribbon Day of the college in collaboration with the J&KAIDS Control Society today organized a 'Walkathon'.

Principal of the college, Prof. Sheikh Ajaz Bashir flagged-off the rally from Amar Singh College, campus in presence of Principal of City Colleges, Nodal Officers, RRC and other faculty of the college.

Apart from the students and faculty of the host college, Faculty and students from city colleges participated in the walkathon.

The rally comprising hundreds of students holding play cards in their hands about the HIV/AIDS awareness covered a distance of around 4 kms and went through the heart of the city Lal Chowk, culminating at Joggers Park/Rajbagh.

The main motto of the walkathon was to bring awareness among the youth in particular and masses in general about the ill effects of deadly disease HIV/AIDS and the problems faced by youth.

Earlier on the inaugural day of International Youth Day on August 08, 2023, the RRC organized inter-college Poster making and Reel Making competitions about HIV/AIDS.

Jugal Kishore demands to run two more Vandebharat & Haridwar trains

JJ NEWS SERVICE

Jugal Kishore Sharma Member of Parliament BJP Lok Sabha Jammu today raised demand to run one more Vandebharat and one more Haridwar trains in Lok Sabha today.

Member of Parliament said that under the stewardship of Hon'ble Prime Minister Sh. Narendra Modi ji the whole Nation is entered into the era of development & Ministry of Railways has also done great



Jugal Kishore Sharma Member of Parliament said that under the stewardship of Hon'ble Prime Minister Sh. Narendra Modi ji the whole Nation is entered into the era of development & Ministry of Railways has also done great

foundation for re-development of Jammu Tawi Railway Station.

Jugal Kishore Sharma Member of Parliament said that Haridwar is very pious place for public in large from Jammu and adjoining areas used to visit Haridwar. He added that people of Hindu religion also pay their last rights at Haridwar pilgrimage. He said that only one train Hemkunt Express on regular basis run from Jammu to Haridwar and back which

observes heavy rush. He also said that only one chair car Vandebharat is running between Jammu-Delhi which also observes heavy waiting schedules. He requested Union Minister of Railways to run two more trains one Vandebharat and one from Jammu-Haridwar train so that people of Jammu and other region should not face any kind of difficulty & rush while paying their regular visits from Jammu-Haridwar & Jammu-Delhi.

Celebrating Diversity & Heritage: DLSA, Dept of Tribal Affairs Budgam commemorate 'World Tribal Day'

JJ NEWS SERVICE

BUDGAM, AUGUST 09: In a splendid tribute to indigenous cultures and traditions, the District Legal Services Authority (DLSA) Budgam, under the aegis of the Jammu and Kashmir Legal Services Authority, And in collaboration with the Department of Tribal Affairs, Budgam today organised a grand event to commemorate 'World Tribal Day'.

The event, hosted at the picturesque Gujjar and Bakarwal Boys Hostel, Budgam witnessed the presence of Khalil Choudhary, Chairman DLSA Budgam as the chief guest.

Marking the global observance of World Tribal Day on 9th of August, the event was a manifestation of the commitment to uphold and celebrate the rich cultural mosaic woven by indigenous communities worldwide. The collaborative endeavour was a splendid showcase of unity and diversity.

Chairman DLSA Budgam eloquently emphasized the significance of safeguarding and cherishing the unique cultural identities of indigenous communities.

A highlight of the event was the enthusiastic participation of students from Gujjar and Bakarwal Boys Hostel. These spirited students took the stage, captivating the audience with mesmerizing cultural performances that encompassed traditional music and art forms—each a testament to the richness of tribal heritage passed down through generations.

The students also spoke about the Welfare measures and initiatives of the Govt. and Department of Tribal Affairs.

In recognition of their dedication, each participating student was honored with a certificate of participation by Chairman DLSA. This gesture aimed to instill a sense of pride and motivation in the younger generation to embrace and honor indigenous legacies.

Choudhary in his address stated "Let us use this occasion not just as a moment of celebration, but as a stepping stone towards a more equitable and just society. Let us commit ourselves to promoting education, preserving cultural heritage, and championing the rights of our tribal brethren. Together, we can create a world where every tribe, every community, and every individual stands united in the pursuit of progress and prosperity."

Lateef Ahmad Khan (Panel Lawyer) DLSA Budgam, resource persons from DLSA Budgam highlighted various welfare Schemes and initiatives of Govt. for the tribal community.

The programme was attended by staff and students of Hostel and Staff Members, PLVs and Panel Lawyers of DLSA Budgam.

DIC Kulgam, Cultural Unit Kashmir of DIPR organize Nukkad Natak & Painting Competition

JJ NEWS SERVICE

KULGAM, AUGUST 09: As part of 'Azadi Ka Amrit Mahotsav' and under the banner of 'Meri Maati, Mera Desh' campaign, the District Information Centre (DIC) Kulgam in collaboration with Cultural Unit Kashmir of Department of Information and Public Relations, J&K and Cultural Wing of CEO Office, Kulgam today organized Nukkad Natak and painting competition at Lance Naik, Nazir Ahmad Wani, Boys Model Higher Secondary School, Kulgam.

The programme was presided over by District Information Officer (DIO) Kulgam, Showkat Hussain Ganai.

Principal, Abdul Qayoom Wani, Cultural Coordinator, Mohd Jabar, staff members of school and a large gathering of students attended the programme. The student group of the school presented patriotic songs during the programme which was lauded by the audience. 25 students of the school also participated in the painting competition wherein Rasikh Arsheed Khanday, Kamran Ishaad, Raakeeb Mehraj bagged 1st, 2nd and 3rd positions respectively.

Artists from Yadgar Arts and Music Theatre, Kulgam performed Nukkad Natak and skit on National unity, brotherhood, drug Addiction, developmental scenario and other issues. The dramatic performances of the artists enthralled the audience, and were appreciated by the students. The artists explained to the children through their live performances how to save the society from drugs and other social evils.

DLSA Srinagar, White Globe NGO illuminate World Tribal Day with Unity & Empowerment

JJ NEWS SERVICE

SRINAGAR, AUGUST 09: A symphony of culture, unity, and empowerment resonated through the heartlands of Dhara, Harwan, as the District Legal Services Authority (DLSA), Srinagar, in collaboration with the White Globe NGO, orchestrated a captivating celebration on the occasion of World Tribal Day.

Under the guidance of Chairman DLSA Srinagar, Jawad Ahmed, the event witnessed the harmonious convergence of tribal community members, penal lawyers, paralegal volunteers, and the spirited volunteers of White Globe.

The event breathed life into the ethos of diversity and inclusivity, enveloping all participants in an embrace of shared heritage. Speaking passionately about the significance of the occasion, Jahangir Ahmad,



Secretary DLSA, Srinagar stated, "World Tribal Day exemplifies our duty to honor and safeguard the cultural tapestry woven by our tribal communities. By coming together, we fortify the pillars of equality and justice."

During the event, insightful discussions were held with regard to the welfare schemes of the Govt. for the Tribal community.

Resource Persons Adv Suhaila Ali (Panel Lawyer DLSA) Srinagar, Adv. Nadia Rashid Naik and Adv. Murtaza (NGO

Kashmir Law Circle) highlighted various welfare schemes, free legal aid available to Tribal communities.

In conjunction with the commemoration and celebration of 75 years of Independence, DLSA, Srinagar, organized a painting and debate competition at the Juvenile Observation Home, Harwan, Srinagar.

The competition served as a platform for the young minds to articulate their ideas and aspirations, encouraging creativity and self-expression. The partic-

pants not only showcased their talents but also underscored the dynamic nature of India's youth in shaping a progressive future.

As a token of appreciation, all participants in the painting and debate competition were presented with certificates, symbolizing their valuable contributions to the commemoration of India's 75 years of Independence.

'Meri Maati, Mera Desh' campaign commences with patriotic fervor at Ganderbal

JJ NEWS SERVICE

plantation drive, collection of actively in the campaign. of Rashtira Gaan and Panch Pran

DC PARTICIPATES IN VARIOUS ACTIVITIES ORGANISED UNDER THE CAMPAIGN

GANDERBAL, AUGUST 09: 'Meri Maati, Mera Desh' campaign, was today launched in district Ganderbal amid patriotic fervor with a series of activities being organised in Panchayats of the district.

The Deputy Commissioner (DC) Ganderbal, Shyambrivester visited several Panchayats and participated in various programs held under the 'Meri Maati Mera Desh' campaign.

During his visit to Panchayat Char Kipora Kangan the DC participated in various activities such as Panch Pran pledge, hoisting of national flag, national anthem,

maati in earthen pots from the Panchayats besides cultural program, patriotic songs which was presented by school children.

He also inaugurated Silapahalakam (memorial plaque) within the premises of Panchayat Kipora.

PRI members, Dy. DEO, SDM Kangan, district officers and officials besides students were also present on the occasion.

Speaking on the occasion, the DC maintained that 'Meri Maati Mera Desh' campaign has been launched in the country to honour our Martyred braveheart men and women and urged all to participate

He further added that the campaign's central focus revolves around 'Soil' symbolizing the essence and unity of the nation. It is aimed to collect Soil from every Panchayat across the district and later the same will travel to Delhi, to pay homage to the valiant heroes, he added.

It is worth mentioning here that the District Administration has planned a series of events and themes under the 'Meri Maati Mera Desh' campaign including its components viz.

Silapahalakam, Vasudha Vandhan, Veeron Ka Vandhan, hoisting of National Flag, singing

Pledge besides the local level programs shall also be held to pay homage to the 'Veers' who had sacrificed their lives for our future preferentially freedom fighters and defense personnel.

Meanwhile, the fervor of the campaign was also seen in other Panchayats of the district as PRIs, locals and students could be seen actively engaged in organizing a diverse array of events including Tiranga Kallies, Panch Pran Pledges, Singing of patriotic songs and other impactful programs that aim to instill a sense of responsibility towards the nation's development.

Poonch admin Launches 'Meri Maati Mera Desh' campaign- Celebrating India's History and Heritage

JJ NEWS SERVICE

POONCH, AUGUST 09: District Poonch witnessed a grand celebration as the 'Meri Maati Mera Desh' initiative was launched today to venerate India's iconic history and rich heritage.

The event, organized by the Department of School Education Poonch, brought together 18 schools who participated in a magnificent display of tableaux and performances that captivated the audience.

The launch event, held at the DC Office Poonch, was flagged off by Deputy Commissioner, Yasin M. Choudhary.

The occasion marked the beginning of a memorable journey through the major streets of Poonch, as students showcased 20 beautifully decorated tableaux symbolizing the local brave hearts, national martyrs, freedom fighters, and the essence of Poonch's soil.

The tableaux highlighted historical events and portrayed the colorful culture and traditions of India. Diverse folk dances, traditional attire, and distinctive art forms from different regions were showcased, promoting the spirit of unity in diversity. The participants, adorned in vibrant costumes, represented the rich cultural heritage of India, mesmerizing onlookers with their stunning visuals and patriotic fervor. The event also paid a heartfelt tribute to the police martyrs who have made supreme sacrifices in the line of duty to ensure the safety and security of the citizens. Their valor and dedication were honored and remembered by the participants and spectators alike, serving as a reminder of their selfless service.

Furthermore, the 'Meri Maati Mera Desh' event shed light on various social initiatives undertaken by the Department of School Education Poonch. These initiatives included vocational education, foundation literacy and numeracy, Beti Bachao Beti Padhao, Swachh Bharat Abhiyan, Fit India campaign, Digital India, Aatm Nirbhar Lab, and Nasha Mukti Bharat. The event aimed to create awareness and promote these noble endeavors among the community. The success of this rally would not have been possible without the dedicated efforts of Chief Education Officer Poonch, Sh. Bishamber Dass, and the contributions of DEPO Sh. NM Suri, Dy CEO Mendhar, Principals and Headmasters of nominated HSS and High schools, and DRG Member, Darshan Kumar. Their support and coordination ensured that the event was executed seamlessly, bringing joy and a sense of pride to the participants and spectators.

The 'Meri Maati Mera Desh' initiative in District Poonch has set a remarkable precedent by fostering a sense of unity, patriotism, and appreciation for the rich cultural heritage of our great nation. India. It serves as a testament to the district's commitment to celebrating its glorious history and inspiring the younger generation to carry forward the legacy of our great nation.

INDIAN RAILWAYS
"PUBLIC NOTIFICATION"
Proforma 10-1

Notice is hereby given to all users of Railway lines and premises situated on the completed section of the under noted section of the Northern Railway that the 25 KV/50 Hz, AC overhead traction wires will be energized on or after the date specified against the section. On and from the same date the overhead traction line shall be treated as live at all times and no unauthorized person shall approach or work in the proximity of the said overhead line.

Division	Section	From	To	Date of Energization
Amritsar (ASR) yard	Loos Sliding (Line No. 1,2,3) at Amritsar (ASR) yard	Km ASR/L101 511738.00	Km ASR/L37 512299.20	
	Fuel Line 1 at Amritsar (ASR) yard	Km ASR/L-01 511871.10	Km ASR/F-12 511945.60	
FEROZPUR	Tracks behind coaching sick line shed (Atar ENL) at Amritsar yard	Km ASR/SL-09 511865.70	Km ASR/SL-22 512435.30	10.08.2023
	Track behind AC PI Line shed (Atar ENL)	Km ASR/SL-27A 511931.40	Km ASR/SL-303 512174.90	
AC PI Line No. 1 (Lander end)	AC PI Line No. 1 (Lander end)	Km ASR/SL-3 511862.90	Km ASR/SL-29A 511784.40	
	Provision of Loos Shed Feeder CS-2555 at New ASR/SSP Along Feeder at Amritsar (ASR) yard for Loos Shed	Km ASR/S-11 512539.20	Km ASR/S-4 511649.10	

2460/23

UNION TERRITORY OF JAMMU & KASHMIR
OFFICE THE EXECUTIVE ENGINEER PWD (R&B) DIVISION UDHAMPUR
SHORT NOTICE INVITING TENDER
e-NIT No. 89 of 2023-24 Dated 07.08.2023

(SINGLE COVER SYSTEM)

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

S. No.	Name of Work	Advertised Cost (Rs. in lacs)	Cost of document (Rs. in Rs)	Earnest Money	Time Allowed for completion	Class of Contract	Head of Account
1.	Fixing of town hall land and installation of shutters.	1.95	600/-	0.2% of advertised cost	30 Days	"D"	MTMP
2.	Construction of Tile Flooring from shop of moham jal Gupta to H/O Tania w/o 6	1.95	600/-	0.2% of advertised cost	30 Days	"D"	MTMP
3.	Repair of tile work from H/O Pawan to H/O Bobby ward no 5	0.48	600/-	0.2% of advertised cost	20 Days	"D"	MTMP
4.	Construction of Tile Flooring of steps from PWD Road to Subedar Quarter ward no. 1	1.92	600/-	0.2% of advertised cost	30 Days	"D"	MTMP
5.	Construction of Lane drain from Sarwanw Academy to H/O Dulay chand w/o 5	1.95	600/-	0.2% of advertised cost	30 Days	"D"	MTMP
6.	Construction of Tile Flooring of lane from H/O Vinay Baru to H/O of Om Pachyala w/o 7	1.95	600/-	0.2% of advertised cost	30 Days	"D"	MTMP
7.	Repair of lane and Tile Flooring of lane from H/O Vinay Baru to H/O of Om Pachyala w/o 7	1.95	600/-	0.2% of advertised cost	30 Days	"D"	MTMP
8.	Construction of Tile Flooring from PWD Road to Horticulture office ward no 2	1.95	600/-	0.2% of advertised cost	30 Days	"D"	MTMP
9.	Interlocking tile in lane from H/O Anji Devi Trikuta West W. No. 11 Udhampur	0.88	600/-	0.2% of advertised cost	30 Days	"D"	14 th F.C
10.	Repair of drain near the H/o Sat Pr Singh at Sangoor Chowk W. No. 20 Udhampur	0.82	600/-	0.2% of advertised cost	30 Days	"D"	14 th F.C
11.	Construction of drain on SKPA Link road Km 0/00 to Km 0/30 RD	10.30	600/-	0.2% of advertised cost	60 Days	"B/C/D"	ARD Programme
12.	Const. of lane/ tile work in Parasita CUI Udhampur	2.34	600/-	0.2% of advertised cost	30 Days	"D"	Capes Budget
13.	Const. of R/ wall & steps to Shiv Mandir on Kallar Road Demal road RD 24/00 (Balance work)	3.41	600/-	0.2% of advertised cost	30 Days	"D"	District Plan
14.	Painting/ Maintenance & repair works of Hospitality Block at Govt. ITI Udhampur	15.16	600/-	0.2% of advertised cost	90 Days	"B/C"	ITI Sector Capex Budget
15.	Demolition & repair hostel & women wing blocks at Govt. ITI Udhampur	10.53	600/-	0.2% of advertised cost	90 Days	"B/C/D"	ITI Sector Capex Budget
16.	Reconstruction of Sub Centre Building at Dhanoo	92.70	1500/-	0.2% of advertised cost	15 Months	"A"	Health Sector

Position of AA/- Recorded
Position of T.S.- Recorded
Position of Funds:- Available

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

1	Date of Issue of Tender Notice	07.08.2023
2	Period of downloading of bidding documents	From 08-08-2023 to 17-08-2023, 1800 Hrs
3	Date, Time and place of pre-bid meeting.	-
4	Bid submission Start Date	08-08-2023 from 900 Hrs
5	Bid Submission End Date	17-08-2023 up to 1800 Hrs
6	Date & time of opening of Technical Bids (Online)	18-08-2023 on or after 1200 Hrs in the Office of Executive Engineer PWD (R&B) Division, Udhampur.
7	Date & time of opening of Financial Bids (Online)	To be notified after technical bid evaluation is completed.

1. Bids must be accompanied with cost of Tender document in shape of e-challan through Treasury indicating Treasury Voucher No. & date, name of work duly crediting to (RSP) (Revenue) favoring Executive Engineer PWD (R&B) Division, Udhampur uploading a copy of treasury challan and EMD/Bid security in the shape of CDR/PR (The date of Treasury Challan/ Bid Security/Affidavits between date of start of bid submission and bid submission end date) duly pledged to Executive Engineer PWD (R&B) Division, Udhampur as mentioned in the bid documents. The earnest money of the unsuccessful bidder shall be released only after submission of Treasury Challan.

No:- 13498-13503
Dated:- 07.08.2023
DIP/7-659/23

SD/-
EXECUTIVE ENGINEER
PWD (R&B) DIVISION
UDHAMPUR

Advisor Bhatnagar inspects JJM works at Wagad, Siligam, Akad villages of Anantnag

'Emphasizes on importance of community participation in successful implementation of JJM'

JJ NEWS SERVICE

ANANTNAG, AUGUST 09: In order to have first hand appraisal of ongoing works under Jal Jeevan Mission (JJM), Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar today conducted a comprehensive inspection of various water supply projects across the district.

During the visit, the Advisor inspected Water Supply Scheme (WSS) Siligam Tantraypora, WSS Wagad and WSS Arighole Akad of the district and took detailed inspection of ongoing works at these projects.

Advisor Bhatnagar, during the visit, interacted with local officials, project managers, and community members to gain valuable insights into the ground-level



implementation of the JJM schemes. He expressed his satisfaction with the proactive approach adopted by the concerned authorities in addressing challenges and swiftly advancing the project works.

The Advisor held a thorough review of the construction and installation of water supply infra-

structure, water treatment plants, storage facilities, and distribution networks at both these villages. He emphasized on the government's commitment to ensuring that no rural household is left without access to safe and clean drinking water.

Interacting with the officers on the occasion, Advisor Bhatnagar

remarked that access to clean water is a basic human right, and our focus remains on realizing this vision for every citizen, especially those living in rural areas. He asked them to maintain collaboration and synergy with other stakeholders so that these projects of public importance can be completed at the earliest and dedicated for public.

While interacting with the locals of these areas, Advisor Bhatnagar emphasized on the importance of community participation in the success of the JJM. He encouraged local residents to actively engage in the maintenance and sustainability of the water supply infrastructure once it becomes operational.

During the visit, the Advisor was informed that WSS Siligam

Tantraypora has Langnai as its source and its total length is 6000 meters. He was further briefed that the 0.71 MGD treatment plant, with a reservoir capacity of 3.30 lakh gallons, provides water to 15 habitations like Siligam, Badigam, badaran, karshangam, Jammu, Dairoo, Bandpora, Adhard, Adkhar, Tantraypora, Dangerpora etc.

He was also informed that 10 MGD RSPF and 0.20 MGD RSPF WSS Wagad and WSS Arighole are in final stage and will be dedicated to public within this financial year.

The Advisor was accompanied by Executive Engineer Jal Shakti (PHI) division Bijbehara, Project Coordinator DPMU JJM and other concerned officers during the inspection.

Govt college for Women Parade Ground, Jammu organised Campaign on Anemia mukt Bharat under NashaMuktBharat

JJ NEWS SERVICE

NSS units GCW Parade organised one day program on Campaign on Anemia mukt Bharat under NashaMukt Bharat under AzadiKaAmritMahotsav in collaboration with Directorate of AYUSH, Jammu. The programme started with speech of Dr. Amardeepkour, Medical Officer, AYUSH focusing Anemia, deficiency of iron in blood and its related consequences. She also mentioned the preventive measures of anemia. Carrying on the programme with testing for Anemia more than 75 students were tested also the teaching and the helping staff was tested. According to the team from AYUSH 20 to 25 people were suffering from anemia. The team prescribed medication to the tested people and distributes ayurveda iron supplements. It was a successful event with active participation of students, teachers and helping staff. The programme was organised under the supervision of principal of the college Dr S P Sarawat and under the guidance of NSS Programme officers of the College DrGurpreetKour and DrMohd Majid

Doda witnesses impressive launch of 'Meri Maati Mera Desh' campaign

Over 1000 participants pay homage to Martyrs, felicitate their families at Gatha Park Bhaderwah

JJ NEWS SERVICE

DODA, AUGUST 09: As conveyed by the Government of India and UT administration, Independence Day 2023 shall be celebrated with special attribution to the freedom fighters, and martyrs who made their supreme sacrifice for the nation.

Taking the cue, District Administration Doda has established Sila-Palakkam (Memorial Plaques) in every panchayat, MCs, and at important public places to honour local martyrs to foster the sense of patriotism and responsibility towards fundamental duties and remember the real heroes on the national festival.

Meanwhile, the families of Martyrs and Ex Servicemen were felicitated in Gatha Park Bhaderwah to mark the launch of 'Meri Maati Mera Desh' campaign. Deputy Commissioner, Vishesh Mahajan along with BDC Chairperson Bhaderwah Omj Chand, DDC Councillor, Thakur Yudhvir Singh, ADC Bhaderwah Chowdhary Dil Mir and other district officers paid homage to the martyrs at Lake View Resort Gatha Park.

More than 1000 enthusiastic participants, including PRIs, Youth, Elderly, Women, Men and Children, participated in the Sila-Palakkam at the venue. The excited participants in a festive

atmosphere took the Panch Prana Pledge administered by the Deputy Commissioner.

Vasudha Vandana-Plantation drive was also launched by the DC and others. The drive was facilitated by DFO Bhaderwah Chandher Shekhar. Besides, a glamorous Maati Yatra was taken in the park led by DC Doda and others.

The DC, while briefing on the Meri Maati Mera Desh Campaign, said that it aims to make people realise their duties and motivate them to value freedom while remembering the sacrifices made by the freedom fighters and martyrs for the country. He informed that similar programmes shall be held at each panchayat and municipalities where local heroes (Martyrs) will be remembered by erecting memorial plaques inscribed with their names. He also informed about the Maati Yatra

MVD Doda organises Road Safety Awareness Program at Bereru



JJ NEWS SERVICE

DODA, AUGUST 09: To promote road safety awareness among students, the Motor Vehicles Department (MVD) in Doda conducted a special program at GHSS Bereru under the guidance of Deputy Commissioner, Vishesh Mahajan.

The initiative, titled 'Meri Maati Mera Dish: Mitti Ko Naman Veeron Ka Vandhan', was aligned with the national campaign launched by the Government of India.

During the event, ARTO Doda, Rajesh Gupta, urged students to prioritize adhering to traffic rules and wearing helmets while driving. Students from Government Higher Secondary School Bereru actively participated, engaging in a debate on road safety and presenting slogans and songs related to the national campaign.

Chief Justice visits 'Palaash', 'Pareesha' Child Care institutions at Nishat, Srinagar

JJ NEWS SERVICE

SRINAGAR, AUGUST 09: Chief Justice, High Court of Jammu & Kashmir and Ladakh, Justice N. Kottiswar Singh visited 'Palaash' (Children Home for Boys) and 'Pareesha' (Children Home for Girls) at Nishat here today evening and took stock of facilities being provided for the well-being of children.

During the visit, the Chief Justice also held one to one interaction with the inmates of these institutions.

The interaction between the Chief Justice and the children mirrored his commitment to fostering a society that nurtures and empowers its younger generation. The Chief Justice on the occasion engaged deeply with the children which reflected his genuine interest in their well-being, aspirations, and dreams.

During the interaction,



the children of both 'Palaash' and 'Pareesha' expressed satisfaction about the facilities and amenities that are being provided to them. Reflecting on the visit, the Chief Justice said, "These homes are nurturing grounds for the future torchbearers of our Nation." He added that the children's performances today exude resilience and hope, reminding us of the profound responsibility we bear in shaping their destinies.

Interacting with the management of these institu-

tions, the Chief Justice emphasized upon the collaborative effort required to create an environment where every child's potential is nurtured and celebrated. He appreciated the efforts of Social Welfare Department in carrying out the mandate of the JJ Act and rules framed there under. The visit of the Chief Justice epitomized compassion and commitment towards the betterment of children residing in such like institutions. The Chief Justice meticulously observed the amenities and

services provided to the children and his keen attention to detail exemplified his dedication to ensuring that these homes offer an environment where children can thrive emotionally, educationally, and socially.

During the visit, to commemorate the 75 years of Indian Independence, the children of both the institutions showcased their remarkable performances with patriotic songs. Their melodious voices echoed with patriotism and pride, as they paid homage to the nation's journey through the decades.

Principal Secretary to Chief Justice, M.K. Sharma; Secretary, High Court Legal Services Committee, Prem Sagar; DSWO, Srinagar, Superintendent of 'Palaash', Superintendent of 'Pareesha' and other concerned officers also accompanied the Chief Justice during the visit.

Libraries Deptt condoles demise of Syed Abdul Rasheed

Director Libraries, employees express solidarity with bereaved family

JJ NEWS SERVICE

SRINAGAR, AUGUST 9: The Department of Libraries & Research has condoned the demise of Syed Abdul Rasheed Shah, father of Syed Abid Rasheed Shah, Secretary, Tourism & Culture. Syed Abdul Rasheed Shah breathed his last at his residence this morning and was laid to rest at his ancestral graveyard at Nishat.

A condolence meeting was held under the chairmanship of Director Libraries & Research, Mohammad Rafi at the Directorate of Libraries & Research here today which was attended by all the officers and officials of the Department.

While extending deepest condolences to the bereaved family, the meeting prayed for the eternal peace to the departed soul and expressed solidarity with the bereaved family in this moment of grief.

Dir. Information condoles sad demise of Dr. Abid's father

JJ NEWS SERVICE

SRINAGAR, AUGUST 09: Director Information, Minga Sherpa has expressed his deep condolence with Secretary Tourism and Culture, Dr. Syed Abid Rasheed on the demise of his father Syed Abdul Rasheed Shah.

In his condolence message, Minga Sherpa has offered his deepest condolences with Secretary Tourism and his bereaved family and prayed for eternal peace to the departed soul and courage for the family to bear this irreparable loss.

GDC Ramgarh starts week long activities under Meri Matti Mera Desh

Organises Screening of documentary on Kargil Hero Capt Vikram Batra on Day 1

JJ NEWS SERVICE

SAMBA, AUGUST 09: The NSS and IQAC of Government Degree College Ramgarh initiated week long activities on the theme 'Meri Matti Mera Desh' to commemorate Independence Day under the aegis of Azadi Ka Amrit Mahotsav. A documentary on Kargil Hero Capt. Vikram Batra was screened on the first day of the week-long activities. The event was organized under the guidance and supervision of Prof. (Dr.) Geetanjali Andotra, Principal of the College. On the occasion, Prof. (Dr.) Geetanjali Andotra paid homage to the "Heroes" who have made supreme sacrifice for the country by lying down their lives and to the freedom fighters guarding the borders of the country day & night. She opined that Patriotism means serving your country and working for its progress in other ways too. Even a small contribution like keeping your environment clean, throwing garbage in the dustbins, following the traffic rules, paying respect to public properties, encouraging communal harmony are also the simple ways of showing your patriotism. Patriotism is important for the peace and harmony of the country. It is important to have a spirit of brotherhood in order to support each other.

At the outset, the students were briefed about the theme 'Meri Matti Mera Desh' to commemorate Independence Day. Prof. Risha Kumari said that the nationwide 'Meri Matti Mera Desh' Campaign is launched to pay tribute to the brave hearts who laid down their lives for the country. In continuation to this, Dr. Sandeep Kumar informed the students about the campaign that this campaign will continue till the 30th of this month. It will include programmes at national, state, village and block levels as well as local urban bodies.

IQAC Coordinator, Dr. Aditi Khajuria highlighted the relevance of the entire week long programme that will instil a sense of National Pride and Inspire young learners to participate in the progress of the country.

DC Ramban launches plantation drive as part of Vasudha Vandhan Program

JJ NEWS SERVICE

RAMBAN, AUGUST 09: To mark Vasudha Vandhan under 'Meri Maati Mera Desh' a nationwide campaign, Deputy Commissioner, Ramban, Musaaral Islam today launched a plantation drive organised by the Forest Division, Ramban and Social Forestry Division Ramban. The Deputy Commissioner along with senior officers of the District Administration planted saplings of Silver Oak and Cupressus in the premises of the District Administrative Complex Ramban besides sensitizing the participants about the programme.

DDC member Ramban Rakesh Singh, ADCC Rajinder Sharma, ADC Harbans Lal, CPO Dr. Kasturi Lal, DFO Dr. Rajan Singh, DFO SF Mahesh Thakur and various other senior officers and officials participated in the plantation drive.

Speaking on the occasion, the DC said that with an aim of improving biodiversity of the region and ensuring sustainable development of the ecologically fragile region. It will also help in soil and water conservation, thereby, minimizing incidents of landslides and other environmental related problems, he added. He appealed to the general public to plant at least five plants during the monsoon season to combat the problem of global warming and to achieve the goal of sustainable development. Earlier, DFOs informed that plantation drives were carried out by Ramban Forest Division along Social Forestry Deptt, PFF under campaign Vasudha Vandhan 'Meri Maati Mera Desh' at different panchayats of the district in collaboration with District Administration, Rural Development Department, Urban and Housing Department and PRIs.

Public outreach program held across Doda under Weekly Block Diwas

DC interacts with locals, PRIs in Gatha Park; seeks active public participation in Meri Maati Mera Desh campaign, inclusive development

JJ NEWS SERVICE

DODA, AUGUST 09: To reach out to the people and to address their grievances, District Administration Doda is holding Block Diwas programmes at different locations especially in the far off areas regularly. This Wednesday, the block diwas was held at Lake View Resort- Gatha Park (Fish Pond) Bhaderwah, Block and Sub District Bhaderwah; Block Office Chilly Pingal (Panchayat Chilly Pain), Sub Division Gandoti, Panchayat Ghar

Ganhota, Tehsil and Sub Division Assar, and Community Hall Prem Nagar, Opposite Prem Nagar Mandir, Sub Division Thatthri. Deputy Commissioner Vishesh Mahajan, along with ADC Bhaderwah, Chowdhary Dil Mir and other officers listened to the public issues at the Grievances Redressal camp at Gatha Park in Bhaderwah, alongside the launch of Meri Maati Mera Desh campaign.

A large gathering of PRIs and local people presented

their demands pertaining to Social Welfare Department, Agriculture Department, RDD, Education, PWD, BDA, and other such departments. DC and ADC Bhaderwah assured the public of timely resolution of the public grievances put forth in the camp.

The DC urged the public to participate actively in the ongoing Meri Maati Mera Desh campaign and celebrate this year

Independence Day in honour of Freedom fighters and Martyrs who sacrificed their precious lives for

national cause.

He said that the Meri Maati Mera Desh Campaign aims to make people realise their duties and motivate them to value freedom while remembering the sacrifices made by the freedom fighters and martyrs. He informed that similar kinds of programmes shall be held at each panchayat and municipalities where local heroes (Martyrs) will be remembered. He also informed about the Maati Yatra and other important events being scheduled under

the campaign.

Meri maati Mera Desh, and urged the people especially youth to participate with pride and exuberantly in the campaign and take the 'Panch Prana' Pledge for the coming 25 years of Amrit Kaal and for raising the India, our motherland to its highest place and make India a Vishva Guru. At all other designated locations, the daylong Block Diwas proceedings were witnessed. Public and PRIs put forth a range of issues/demands. The Block Diwas program at panchayat Ghar Ganhota was presided over by SDM Lekh Raj who listened to the public and directed the concerned officers to do away with the raised issues and grievances at the earliest.