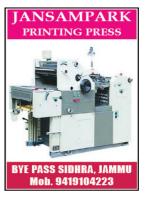
INDRAH IMAGES



DAILY | JAMMU | VOL NO: 10 | ISSUE NO: 276 | PAGES: 12 | PRICE: Rs 2/- | RNI NO: JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages123@gmail.com

LeT/TRF module busted in Handwara

JI NEWS SERVICE

KUPWARA, NOV 30

Jammu and Kashmir Police on Thursday said to have busted a LeT/ TRF module at Tutigund Handwara forests in north Kashmir's Kupwara district in a joint operation with Army and CRPF.

In a statement issued to the news agency a police spokesman said that Handwara Police along with teams of Army and CRPF busted a terror module of LeT/ TRF and recovered arms from Tutigund forest on the disclosure of terror associates Pervaiz Ahmad Dar, son of Mohammad Rustam Dar and Showkat Ahmad Shergujri son of Ghulam Mohammad Shergujri both residents of Tutigund Handwara.

In this regard, police said that a case under FIR number 264/2023 under relevant sections of law has been registered in Police Station Handwara and an investigation taken up

More arrests and recoveries are expected in the case, the statement further reads. KNO

CBI files chargesheet against former J&K special secretary, 2 others in Bribery Case

AGENCIES NEW DELHI, NOV 30

The Central Bureau of Investigation (CBI) has filed a chargesheet against former Jammu and Kashmir's Special Secretary of Agriculture & Production Department; former Chief Horticulture Officer, Jammu and a person before the Special CBI Judge in connection with a bribery case of Rs 10 lakhs.

The CBI said that the case was registered on April 6 against Sarbjit Singh, former Chief Horticulture Officer, Jammu and unknown others on complaint.

It is alleged that Singh demanded a bribe of Rs 10 lakh from the

CONTINUED ON → PAGE 4

JMC, SMC commissioners appointed as their administrators

JI NEWS SERVICE SRINAGAR, NOV 30

In a significant move, the administration of Jammu & Kashmir on Thursday appointed commissioners of Srinagar Municipal Corporation and Jammu **Municipal Corporation as** their administrators.

The Housing & Urban Development Department (H&UDD) today appointed Commissioners of SMC and JMC as administrators of the respective corporations for a term of two years or until the establishment of the Corporation, whichever is earlier. The move was necessitated as the five-year term of elected representatives came to end on November 05 and November 14, respectively.

CONTINUED ON → PAGE 4

JK to receive additional 293 MW power from December 1

JI NEWS SERVICE SRINAGAR, NOV 30

is all set to receive 293

Talking to the news agency Principal Secretary Power Development Department H. Rahesh Prasad said, "Central government has allocated 293 MW more power to Jammu and Kashmir government."

He said the supply will be received from December-01. "This is in addition to the recently purchased 500 MW agree-

focus shall be on revenue in a mission mode and inspection drives. collection," Prasad said. the focus is on ensur-

Jammu and Kashmir has increased power curbing losses. allocation to J&K by Megawatt (MW) of power about 293 MW, round from tomorrow (Decem- ring power from distant power houses in West

> The spokesman, while reiterated that a persistent issue contributing to these interruptions is the to the public. non-disclosure of actual electric load by consum- JKPDD official, numer- around 85 percent of

Bhutan.

Regarding the hours of power supply to consumers, the official said "I think power supply that smart metering is

ment said that the Gov- in areas saturated with 7585 number of inspecernment of India (GoI) smart meters, while also tions in different districts

supply from the centre the clock, by transfer- department is sustain- it reads. ing the same number of power supply hours as

> highlighting the concerns further said that there is being primarily depenraised in recent news a curtailment schedule in dent on hydroelectric items being published, effect which is diligently being published to prevent any inconvenience winters due to low water

According to the ous crude heaters which have been banned by the winters is sourced from department were recov- Thermal Plants to comered by the enforcement pensate for the deficit squads of KPDCL in during winters," it reads. is sufficient now and our under implementation the recently conducted

"In the last seven every effort Meanwhile, a JKPDD ing uninterrupted and days, inspection teams of

spokesman in a state- regular power supply KPDCL have conducted of Kashmir region and "In areas without imposed a fine of Rs.68 smart metering, the Lakhs on the defaulters,"

Regarding new power allocations made on Bengal, Bihar and even maintained during the Nov-30 by GoI to J&K, previous year," it reads. it was informed that The JKPDD statement Jammu and Kashmir, power, faces significant fall in generation during level in rivers.

> "Consequently, power supply during

It however further said that the UT was making

CONTINUED ON → PAGE 4

Posting Social Media content that promotes disharmony will soon be criminalised: DGP

JI NEWS SERVICE

JAMMU, NOV 30

In a major breakthrough, police cracked the murder case of a teenager and arrested a person here.

Police on Thursday said that on Wednesday, one Parhald Singh lodged a complaint with Police Control Room that his 19-yearold son Raghav Jamwal alias Raghu, resident of Nardani Raipur in Bantalab, has been kidnapped Police Station Domana classes in Janipur area.

Police Post Chinore and initiated.



"Through human and by unknown person when were fanned out and came technical intelligence was he had gone to attend to know that the victim did able to zero in on the kidregular computer training not attend the institute on napper and after hectic said that a team from tered and investigation accommodation at Patoli leaving him dead," during the intervening

night and the mobile phone was recovered from his possession which he was using to make ransom calls," said police.

They said that the accused has been identified as Satinder Kumar, 23, resident of Main Bazar Kishtwar.

Police added that the body of the deceased Raghav Jamwal was recovered on the disclosure of Kumar from a forest area adjoining Raipur Khari-Jagti link road.

"The accused confessed the crime and admitted the fateful day following efforts, the accused was that he hit the deceased Acting swiftly, police which a case was regis- traced from his rented with a stone on his head

CONTINUED ON → PAGE 4

The divine land of J&K in a true sense has been transformed as a 'Paradise on Earth': LG Sinha

JI NEWS SERVICE JAMMU, NOV 30

Lieutenant Governor Manoj Sinha addressed the 'Rising Jammu Kashmir' Conclave organized by Amar Ujala Group at Jammu on Thursday.

The Lt Governor highlighted the impressive strides in different sectors and the emergence

CONTINUED ON → PAGE 4



night and the mobile

from his possession which

he was using to make

ransom calls," said police.

accused has been identi-

fied as Satinder Kumar, 23,

resident of Main Bazar

Police added that the

body of the deceased

They said that the

Murder case solved by PS Domana Jammu. One accused arrested

JI NEWS SERVICE JAMMU, NOV 30

arrested a person here. Control Room that his 19-year-old son Raghav

CONTINUED ON → PAGE 4

Janipur area.

Acting swiftly, police phone was recovered In a major breakthrough, Police Post Chinore and police cracked the murder Police Station Domana case of a teenager and were fanned out and came Police on Thursday not attend the institute on said that on Wednesday, the fateful day following one Parhald Singh lodged which a case was regisa complaint with Police tered and investigation

"Through human and Jamwal alias Raghu, resitechnical intelligence was dent of Nardani Raipur able to zero in on the kidin Bantalab, has been napper and after hectic kidnapped by unknown efforts, the accused was person when he had gone traced from his rented puter training classes in during the intervening CONTINUED ON → PAGE 4

said that a team from to know that the victim did initiated.

Raghav Jamwal was recovered on the disclosure of Kumar from a forest area adjoining Raipur Khari-

Jagti link road. "The accused confessed to attend regular com- accommodation at Patoli the crime and admitted that he hit the

CONTINUED ON → PAGE 4

Kishtwar.

Kashmir parts receive fresh snowfall, rains lash plains

JI NEWS SERVICE SRINAGAR, NOV 30

The famous ski-resort, Gulmarg and several other places of Kashmir experienced fresh snowfall while the rains lashed plains on Thursday. However, the weatherman here has predicted improvement in weather conditions from tomorrow.

According to the news agency scores of places including Sonamarg, Machil,

CONTINUED ON → PAGE 4

Lt Governor launches new portal of DIPR



JI NEWS SERVICE JAMMU, NOV 30

Lieutenant Governor Manoj Sinha launched the new portal of Department of Information & Public Relations (DIPR) on Thurs-

The Lt Governor commended the endeavour of Information Department to disseminate information to media on administration's policies, programmes and new initia-

Several new features for different modes of communication including press releases, fact sheet, photographs and infographics will

CONTINUED ON → PAGE 4

LG inaugurates 2-day National-**Level Intellectual Property Rights** conclave 'IP Yatra' at Jammu

JI NEWS SERVICE

JAMMU, NOV 30

Lieutenant Governor Manoj Sinha inaugurated the two-day National-Level Intellectual Property Rights conclave 'IP Yatra' at Jammu on Thursday.

In his address, the Lt Governor applauded the Ministry of Micro, Small & Medium Enterprises and PHD Chamber of Commerce & Industry for their collective effort to create awareness about Intellectual Property Rights and its critical role in fostering innovation and economic growth.

"IP Yatra conclave will lead the way for MSMEs, innovators and Startups to effectively use the various instruments of Intellectual Property Rights such as GI tags, patents, trademarks,

CONTINUED ON → PAGE 4

LG's Mulaqaat: Sinha interacts with citizens, addresses grievances filed on JK-IGRAMS



JI NEWS SERVICE

JAMMU, NOV 30

Manoj Sinha interacted Grievance Hearing, at Civil Secretariat.

The Lt Governor took system. note of the complaints implementation.

Lieutenant Governor boost to the economy of

is providing tremendous the Lt Governor said.

"The rapid develop-IGRAMS and directed for of various sectors show earliest. time-bound resolution of the limitless potential of their grievances and nec- Union Territory and we regarding the completion essary steps for improving are determined to trans- of the water form this potential into

He said the speedier reality to change the desexecution of programmes tiny of J&K in Amrit Kaal,"

Responding to the com-J&K UT and playing an plaint of Sh Pralad Singh, a with the citizens through important role in main-resident of Attina, Budgam virtual mode during "LG's taining standards of trans- pertaining to the poor Mulaqaat"- Live Public parency and account- condition of a road in his ability for effective and locality, the Lt Governor efficient public delivery directed the Deputy Commissioner Budgam to take appropriate measures to filed by the citizens on JK- ment and performance address the issue at the

On the grievance

CONTINUED ON → PAGE 4

Centre to reserve 33 % seats for women in J&K Assembly

JI NEWS SERVICE SRINAGAR, NOV 30

The Government of India upcoming winter sesfor women in the Legislative Assembly of J&K.

to come up with "The Jammu & Kashmir Reor- Union Territories. ganisation (Amendment) Bill-2023" to grant reser-

The bill is likely to come up for introduction, consideration and passage in move. the winter session of the parliament commencing the Lok Sabha secretariat. move.

The bill is being

ment) Bill-2023, cleared better way," she said. is bringing a bill in the by the Parliament in the special session convened The Centre is mulling applicable to Jammu & ervation. Kashmir and Puducherry

lines, the women leaders move, but such decisions vation for women in the from National Confer- should be taken only by J&K Legislative Assembly. ence, Peoples Conference the elected representaand Peoples Democratic tives of Jammu and Kash-Party have hailed the mir," she said.

from December 04, as ence (NC) Women's wing reservation is a big step per tentative list of gov- President, Shamima towards empowerment of ernment business sent to Firdous welcomed the women in J&K.

brought as "The Consti- as it would help in dealing tution (One Hundred and with the issues and con-Twenty-Eighth Amend- cerns of womenfolk in a Former minister and

Peoples Democratic sion of the Parliament to in September this year for Party (PDP) leader, Syed reserve 33 percent seats granting reservation for Asiya Naqash said that women in Lok Sabha and her party was always in state assemblies, was not favour of the women res-"The decision to grant

33 percent reservation Cutting across party for women is a welcome Peoples Conference

Talking to the news (PC) leader Kaneez agency National Confer- Fatima said that political

"We welcome the "It is a welcome move," she said. кно

Viksit Bharat Sankalp Yatra: Ramban Administration mobilises IEC Van to promote flagship central schemes

JI NEWS SERVICE

RAMBAN, NOVEMBER 30

To ensure seamless reach of Central Government schemes to the farthest corners of the District, Ramban administration Sankalp (pledge) adminis- With a sound system and PMJAY, PMGKAY, DAYvan here from Panchayat Maitra-A as the part of the district.

Chairperson District their welfare. Development Council, Shan, DDC Member, through the district standup India, Ayushman Renuka Katoch, Sarpanch according to a pre-defined Bharat, PM Awas Yojana, Mohinder Singh, PRIs and Information, Education, tiya Jan Aushidi Pariyoja-

followed by Viksit Bharat Government schemes. like Ayushman Bharat action with beneficiaries. event.

participants.

held under the aegis of Viksit Bharat Sankalp rally enhance understanding. Deputy Commissioner, to sensitize the people Baseer-Ul-Haq Chaudhary, about the benefits of wel-both urban and rural areas, is being conducted across fare and developmental spotlighting key schemes schemes launched for such as PM Svanidhi, PM

today flagged off an IEC tered ADC Harbans Lal to digital LED screen on NRLM, PM Awas Yojana board, the van will show-The Chairperson, and case videos of Prime Ministhe ongoing "Viksit Bharat Deputy Commissioner ter's addresses, testimoni-Sankalp Yatra." The out- along with other par- als from beneficiaries and reach campaign being ticipants took part in the informative clips to further

Vishwakarma Yojana, PM It was informed that Mudra Yojana, PM Ujjwala Ramban, Dr. Shamshad the IEC Van will traverse Yojana, Start up India, The programme started create public awareness Khelo India, RCS:UDAN,

Rural, PM Ujjwala Yojana, PM KISAN Saman, KCC, PM Poshan Abhiyan, JJM and SVAMITVA.

Similar programme was The Yatra focuses on Doligam Upper B, Chamalwas Lower A, Chamalwas Upper, Chaknerwah, Bankoot, Gundadalkoot B, Chawalwas Lower B and Thachi Wagan in block Banihal

the significance of this

They highlighted the role of the VBSY in achieving saturation of all schemes and enhancing awareness among the populace. This proactive approach signifies the dedication of the administration to ensuring comprehensive awareness, leaving no eligible individual uninformed about transformative government schemes.

The Viksit Bharat also held in Panchayat Sankalp Yatra stands as a testament to the commitment of the Government to inclusive development, ensuring that the benefits of its schemes reach every individual, contributing to the overall socio-economic The officers expressed landscape of the district.

Among the others, Panchayat Maitra-A, schedule. A combo of SBM, AMRUT, PM Bhar-initiative, saying that ADDC, Rajinder Sharma, the primary objectives ADC Harbans Lal Sharma, numerous other promi- and Communication (IEC) na, Ujjala Yojana, Digital of the yatra include dis- ACD Ashok Katoch, GM nent people were present. materials, the van aims to Payment infrastructure, seminating information, DIC, Xen PWD and other fostering awareness, and officers, officials, PRIs and with the National Anthem about a myriad of Central and rural areas schemes establishing direct inter- the public attended the

DOCTORS APKE DWAR-Phase 2 kick starts in district Kishtwar



JI NEWS SERVICE

KISHTWAR, NOVEMBER 30

The Health Department, in collaboration with the District Administrastarted the second phase Specialists including Gyn- thanked Dr. Devansh of pioneering initiative aecologist, Physician, Sur- Yadav (IAS) Deputy Comcalled *"DOCTORS APKE geon, Opthalmologist and missioner Kishtwar, Dr. DWAR" by organising Dental Surgeon. a free medical camp at

cal screening services to rural areas, with a particremote villages in Dis- ular emphasis on reachthe Medical camp, 550

Keshwan Kishtwar. The tive of this initiative is BMO Kishtwar for fulfillinitiative aims at provid- to bridge the healthcare ing the aspirations of the ing comprehensive medi- gap between urban and public.

trict Kishtwar. During ing the most vulnerable populations who face patients were examined, limited access to medical while 26 Ultrasound resources. Meanwhile, tion Kishtwar today Kick screenings were done by the public of Keshwan M.Y.Mir CMO Kishtwar The primary objec- and Dr Sat Lal Manhas

JKSSB Exam: Training imparted to supervisory staff in Doda

JI NEWS SERVICE DODA, NOVEMBER 30

In anticipation of the JKSSB exam for the recruitment of Panchayat Secretary (VLW) scheduled on December 10, 2023, the District Administration in Doda, under the leadership of Deputy Commissioner Harvinder Singh, conducted a comprehensive training program for supervisory staff.

The training, held in the conference hall in the DC Office Complex, aimed to ensure the seamless and transparent execution of the upcoming examina-

District Coordinators JKSSB, Pritam Lal Thapa (Member JKSSB), briefing the 400 parobjective-type written examination. exam, enlightening the

examination process.

Bharti, addressing the identified centres across and Abhay Indu Sharma trainees, emphasized the the district. The logistiincluding Centre Super- tion in their respective 24 students has been put intendents, Exam Coor- centers. The commitment in place. Magistrates will dinators, and Observers. to following protocols was also be appointed at all The training covered all underscored as essential examination centers to aspects of the OMR-based for the success of the oversee and maintain the

Additionally, it was tion process.

staff about their roles and announced that the examresponsibilities during the ination is scheduled for December 10, 2023, from ADC Doda, Ravi Kumar 12 noon to 2 pm, at various (Under Secretary JKSSB) importance of adhering to cal arrangements include played a crucial role in procedures to ensure the engaging invigilators as smooth and transparent per the requirement of ticipating invigilators, conduct of the examina- one invigilator for every

decorum of the examina-

Special Drone demon-

stration besides interac-

tions with progressive

farmers was held wherein

adoption of organic Farm-

ing was advocated by the

field functionaries of the Agriculture department.

tion to reach out to the

unreached population

and making the general

masses aware of the mul-

titude of government

schemes, including the Jal

Jeevan Mission, Ayushman

Bharat Yojana, Pradhan

Mantri Garib Kalyan Anna

Yojana, Pradhan Mantri

Mudra Yojana, Jan Dhan

Yojana, PM Awas Yojana,

The Yatra has been rolled out with the inten-

Big respite for power consumers as GoI allocates additional 293 MW of power to meet winter demand

JI NEWS SERVICE

SRINAGAR, NOVEMBER 30

given to power consum- faces significant fall in also provide an optimal in areas saturated with lete and environmentally Bihar and even Bhutan.

According to the spokesperson for the ated that the UT is making Jammu & Kashmir Power every effort to ensure sus- item published in one Development Depart- tainable and firm power of the local news dailies ment (JKPDD), in today's availability throughout on November 30, 2023, digital era, modern tools the year. In this direc- highlighting a surge in and software enable tion, during the current interruptions in J&K, the power transfer and man-financial year, the UT spokesperson reiterated agement in an automated has entered into historic that a persistent issue ing any human interven- ments (PPAs) for 1600 interruptions is the non- remains the primary and tion, depending upon the MW of Solar power, 900 disclosure of actual elecdemand, availability, and MW from Hydro, and an tric load by consumers. of course the network fea- additional 500 MW from

JI NEWS SERVICE

JAMMU/ SRINAGAR, NOVEMBER

A Two-Day Capacity Build-

ing Programme on Goods

at Jammu and Srinagar

simultaneously.

the deficit during winters. mum. The spokesman reitermanner without requir- Power Purchase Agree- contributing to these Regarding new power in progress following sumers, the spokesper- heaters which remain of Kashmir region and

Jammu & Kashmir, being This will not only lead mode and focus is on urgency, the spokesman primarily dependent on towards resource adequa-In yet another respite hydroelectric power, cy for the region, but will ers during peak winters, generation during winters mix of Hydro, Thermal, the Government of India due to low water level in Solar generation, while (GoI) has increased power rivers and therefore, the efforts are underway allocation to J&K by about around 85% of power to harness wind power as metering, the depart- numerous crude heaters 293 MW, by transferring supply during winters well so that the strength power from distant power is sourced from thermal behind renewable energy houses in West Bengal, plants to compensate for is utilized to the maxi-

> Addressing concerns raised in a recent news

thermal plants, currently of power supply to con- or non-thermostat fitted tions in different districts allocations made today the decision of the UT son conveyed that smart operational throughout imposed a fine of Rs.68 by Govt. Of India to J&K, Administrative Council metering is under imple- the day.

the spokesman said that under the Shakti policy. mentation in mission ensuring uninterrupted emphasized on disconand regular power supply smart meters, while also unfriendly electric heatcurbing losses.

> is a curtailment schedule in effect which is diligently being published to prevent any inconvenience to the public. The spokesman further emphasized that contrary to the mention of Hammams in the news item, electricity preferred source for heat-Regarding the hours crude nichrome wires

tinuing the use of obsoing systems. The spokes-In areas without smart man also mentioned that ment is sustaining the which have been banned same number of power by the department were supply hours as main-recovered by the enforcetained during the previment squads of KPDCL in ous year. Moreover, there the recently conducted

inspection drives. In addition to maintaining reliable power supply amidst extreme weather conditions, the Power Development Department (PDD) is proactively engaged in eradicating instances of illegal hooking. In the last seven days itself, inspection teams of ing, with people using KPDCL have conducted 7585 number of inspec-Lakhs on the defaulters.

Viksit Bharat Sankalp Yatra reaches Dinga-Amb, Baggan, Mahanpur Panchayats in District Kathua

JI NEWS SERVICE

KATHUA, NOVEMBER 30

The Viksit Bharat Sankalp Yatra (VBSY) activities commenced today in different Panchayats of block Dinga Amb, Baggan, Mahanpur and Hiranagar of district Kathua.

The Yatra commenced at Panchayat Dhalli, Sallan and Chialkh-East of Block Dinga-Amb, Panchavat Baggan-Lower, Baggan-Uppar and Baggan-Uppar-A of Block Baggan and Panchayat Kehlari, Sabar and Poonda of Block Mah-

anpur. The Yatra was accorded a warm welcome by PRIs, Senior Citizens, Officials and local residents and were engaged with knowledge enriching audio-video material screened on Special IEC Vans. They listened attentively to a from the Prime Minister, emphasizing the significance of the campaign. Participants took the Viksit



ment to holistic national development.

The locals in these Panchayats were provided information about different government schemes and initiatives. Besides engaging and immersing them in scheduled activities including pledge recorded video message taking, medical camps ful journey of transition in were organized to provide the special segment "Meri health services to the local people at their doorsteps. where they sepak about

affirming their commit- showcased their artistic government on their lives.

talents through mesmerizing cultural performances wherein local Dance and Musical folklore exhibiting the diverse cultural heritage, fostering a sense the process to avail benof unity and celebration among the spectators.

Beneficiaries also expressed their success-Kahani, Meri Zubani" During the day long the positive impact of flag-Sankalp Bharat pledge, events, students also ship programmes of the

PM PRANAM Yojana and Urea Subsidy Scheme and

NOTICE

My Father name has been wrongly written as Ram Parkash instead of Parkash in my PnB Metlife Insurance Policy bearing no 20662794. Now I am applying for correction of the same. Objection, if any, may be conveyed to concerned authorities within 7 days.

> **Shankar Dass** S/o Parkash

and Service Tax (GST) for State Tax Officers, jointly organized by Institute of Chartered Accountants of India (ICAI) and State Taxes Department, I&K, commenced here

In Jammu, the proby Additional Commis- ing to advance and techni- sion in Srinagar. sioner State Taxes, Admin- cal issues were discussed istration & Enforcement, in detail. Jammu, Namrita Dogra, while in Srinagar the sestion & Enforcement, Kashmir Shakeel Maqbool.

cers of Jammu division preparation of Trial Bal- reports, investigation but also promotes signifiwhile similar exercise was ance. conducted in Srinagar by resource person Kapilesh- of the day, ICAI's resource insights, system overview

war Bhalla . The resource persons ered the lecture on prepareturn and E-invoicing



Two-Day Capacity Building Programme on

GST for STOs commences at Jammu, Srinagar

sion was inaugurated by like scope and methods of hospitality and tourism Additional Commissioner accounting, double entry sector, banking and insur-State Taxes, Administra- system, debit and credit ance industry, work connote, classification of tracts as well as analysis In the first session, enue receipts and expen- banking and insurance She said that this strategic ICAI's resource persons diture, accounting of GST, companies with GST per-Achal Jain and Vineet accounting for deprecia-Kohli educated the offition, ledger posting and

The Capacity Building programme also deliber-The resources persons ated on issues like GST law covered several topics pertaining to real estate, accounts, capital and rev- of financial statements of spective.

experiences - interest-In the second session ing cases with practical person Numit Verma deliv- of scrutiny and audit and economic growth of the

Programme has been initiated under the guidance of Commissioner State Taxes Department, Dr Rashmi Singh, and is result of recent MoU signed by the department with ICAI in presence of Lieutenant Governor, Manoj Sinha. move not only enhances the productivity of tax Types of Red Flag officers of the department

cant partnership between

the Chartered Accountant

community for larger

under GST were also delib-

erated during the session.

sion, Namrita Dogra said

that the Capacity Building

Speaking on the occa-

She rendered 34 years of ser- her career as Assistant Surgeon in prosperous post retirement life.

was accorded a warm send off on vice in the Department. To bid her District Kathua. She was a Sincere her superannuation by the staff farewell, a function was organized and Hardworking officer throughof Directorate of Health Services in the premises of the Director- out her service. The staff wished ate. Dr. Bhanu Pathania started the retiring officer good health and

State Venereologist accorded warm farewell

JI NEWS SERVICE

Dr.Bhanu Pathania, State Vene- Jammu. reologist Health Services Jammu

Viksit Bharat Yatra reaches Darhal Block

RAJOURI, NOVEMBER 30

The nationwide campaign the 'Viksit Bharat Sankalp Yatra' reached Darhal Block here as the Prime Minister of India launched the 72-day outreach and awareness campaign in the Country. The campaign aims to promote government schemes and ensure the saturation of flagship programs, and is designed to bring the benefits of these schemes to all targeted beneficiaries in a time-bound manner.

The panchayats of the block Darhal including Chowkian-A, Sagrawat, Nadian, Ujhan-D and others engaged in the live telecast of the program great enthusiasm in the

ernment. Through this for individuals to voice of both urban and rural initiative, the government their needs, concerns, and intends to disseminate aspirations. This two-way



foster awareness about deepens the understand- to the determination of the event.

these schemes, ensuring ing of the Government of that no deserving individ- the ground realities but and participated with ual or community is left also allows for the identification and enrollment One of the key aspects of potential beneficiaries The live telecast of the of the Yatra is the estab- based on the information event ensured that the lishment of direct interac- ascertained during the entire community could tion between the govern- Yatra. The Viksit Bharat actively engage in the ment and beneficiaries. By Yatra places specific focus proceedings and under- sharing personal stories on saturation of different stand the significance of and experiences, the pro- Government schemes the schemes of the Gov- gram creates a platform aimed at development

The 'Viksit Bharat Sankcrucial information and communication not only alp Yatra' is a testament large numbers attended

the Government to build a prosperous and equitable India. By promoting government schemes, fostering awareness, and engaging directly with beneficiaries, the Yatra seeks to bring about positive change at the grassroots level. It represents a significant step towards realizing the vision of an inclusive and developed

As the Yatra progresses across the country, it is expected to touch the lives of millions of people, ensuring their access to essential services, financial assistance, healthcare, housing, and much more. The government remains steadfast in its commitment to leaving no one behind, and through initiatives like the Viksit Bharat Sankalp Yatra, it aims to create a brighter and more prosperous future for all.

Among the others, Assistant Commissioner Panchayat, Sheraz Chowhan; Block Development Officer Darhal, Auqil Nuvaid; Sarpanches, Panches and public in

Union Joint Secretary visits Bandipora

BANDIPORA, NOVEMBER 30

Union Joint Secretary and Additional Financial Advisor, Ministry of Defence, Amitabh Ranjan Sinha who is Central Nodal officer for District Bandipora today visited Bandipora district and chaired a meeting to review the progress of Jal Shakti Abhiyaan and also took stock of various ongoing works in the district.

The meeting was attended by Deputy Commissioner Bandipora Dr. Owais Ahmed; ADDC Bandipora, Mohammad Ashraf Hakak; JD Planning and other concerned officers from PHE, Forest, RDD and other concerned departments.

Speaking on the occasion, Union Joint Secretary said that this visit was aimed to review the progress of Jal Shakti Abhiyaan which is launched to ensure water sustainabil- trict. ity in effective and coordinated manner. He said

implement Jal Shakti Abhiyaan successfully.

added that the District administration is working participation. very hard to implement the scheme on the ground level. He also appreciated the efforts of the District Administration for achievfor Amrit Sarovar works.

Secretary also reviewed the status of Viksit Bharat holds has been provided Sankalp Yatra in the dis- tap connections, and the tour, he visited various

On the occasion, the ed through JJM soon. Deputy Commissioner lot of efforts are utilized to Bandipora informed the under JJM 222, works Vintage Park Bandipora.

chair that the Yatra continues across the district with fervor amid huge public

The Deputy Commissioner also informed the Joint Secretary about various activities carried out banks of the lack. under Jal Shakti Abhiyan. ing 82 percent of the target He apprised the Joint Secretary that out of total Bandipora, 37890 house

stand sanctioned, out of which work has already commenced on 212 works, while as 32 works have already been completed so far. He said that work on rest of the schemes is at full pace, and most of them are near completion.

Deputy Commissioner also highlighted the activities carried out in district by various departments under Jal Shakti Abhiyaan.

The DC informed that an area of 4.35 square kilometres of critically silted The Joint Secretary much enthusiasm and up areas of Wular Lake was restored successfully thereby restoring ecosystem and fishing activities as a source of livelihood for the locals living on

Earlier, Amitabh Ranjan Sinha also took an extensive field tour of Bandipora Meanwhile, Union Joint 47358 rural households in district to inspect various ongoing and completed works. During the field rest shall also be connect-sites, including JJM works at Shivat and Wular Con-Dr. Owais said that, servation works at Wular

Safina Beigh addresses 6th World Congress on Disaster Management (WCDM) 2023 at Dehradun

JI NEWS SERVICE

SRINAGAR, NOVEMBER 30

Safina Beigh, Chairperson, District Development Council (DDC) Baramulla Thursday laid emphasis on 'Community Participation' vis-à-vis dealing with the natural disasters to minimize the loss of lives and property while addressing 6th World Congress on Disaster Management (WCDM) 2023 at Dehra-

The 6th World Congress on Disaster Management (WCDM) 2023 is being held at Dehradun from 28 November to 01 December, 2023 jointly by Government of Uttarakhand. Uttarakhand State Disas-(DMICS), and Uttarakhand prevent losses. State Council for Science & Technology (UCOST).

Ecosystems & Communi- our moral, environmen- with natural disasters. ties. 'Governments have tal, technical and manage-

JI NEWS SERVICE JAMMU, NOVEMBER 30

The three day orienta-

tion training course on

Fertilizer Quality Control

concluded today here at

Kissan Kendra, Jammu.



ter Management Author- gets, training disaster future does not repent our ity (USDMA), Disaster responsive forces to mitipast", Safina Beigh added. Management Initiatives gate any calamity and yet

Control concludes at Kissan Kendra Jammu

and Convergence Society it becomes very difficult to Baramulla said 'Commu- the challenges and pos-She stressed that the play a vital role in curb- of mountains and valleys need of an hour is that ing the impact of natural and ensure that catastro-Addressing partici- we should summon all disasters which involves phe of the past, in a simipants, Safina Beigh said our human, technical taking on board vulner- lar environment, does not that disasters have ravag- and material resources able people directly in occur," She added. She ing effects like destroy- and chalk out a policy of planning and implemening life and property, climate management and tation of mitigation, predisplacing humanity, etc. Environmental Protection. paredness response and and technologies, moral specifically to 'Mountain "We should summon all recovery measures to deal and political, and the will

allocating sufficient bud- that in this respect our ness, we can utilize collab- all times to come.

orative efforts to innovate and implement community-based disaster preparedness strategies, considering the vulnerability of mountainous regions to natural disasters. Crisis should always be prepared

ment is very important. "We must integrate disaster preparedness into its core system starting from ground level," added Safina Beigh.

be on the powerful trio of innovation, collaboration and communication. The Chairperson DDC "We must understand nity Participation' can sibilities of the ecosystem said that our nation has all the required resources to redeem ourselves, and Through community- set a standing example for been doing their part by ment resources to ensure based disaster prepared-today, tomorrow and for

successful completion

of the training course by

the Director Agriculture

Rajeev Katoch, Pro-

gramme Officer, Director-

ate of Agriculture Jammu

conducted proceedings of

R.K.Hitaishi Joint Direc-

Jammu.

programme.

Management Plan and Crisis Management team to tackle such situations. She said that the role of panchayati raj institutions in both post risk disaster and post disaster manage-

Safina Beigh said that today's discourse has to

initiatives.

Students excelled in a quiz competition were felicitated, applauding their academic prowess and dedication towards learning. Additionally, the distribution of essential documents such as birth certificates, death certificates, revenue extracts, and sanction letters took place, ensuring easier access to vital paperwork for the residents.

Train No

04359 Ch

RailMadad

The event was pre-

VBSY Programme at Dradhu Doda marks resounding success in Community Empowerment, Welfare

JI NEWS SERVICE

DODA, NOVEMBER 30

The Viksit Bharat Sankalp Yatra Programme, an initiative aimed at holistic development and community welfare, recently made its mark in the Block Bhaderwah, of the Doda District. The programme witnessed an overwhelming response from residents, marking a significant step towards uplifting and empowering local communities.

The Yatra Rath (Mobile Van) rolled into Block Bhaderwah amidst a warm welcome by the local residents, setting the tone for a momentous occasion. The Prime Minister's message and live address were relayed, resonating with the attendees, emphasizing the significance of and collective progress.

One of the highlights of the event was "Aap kievent, Pran Singh, ADDC Kahani Aap Ki zubani" Doda, expressed his grati- Badherwah West, Thakur ress within the local com-(Your Story in Your tude towards the active Yudhvir Singh said Viksit munities.

Words), beneficiaries of the Pradhan Mantri Awas Yojana (PMAY) shared their inspiring stories, reflecting on their journeys and the transformative impact of the scheme on their lives. Their narratives resonated deeply, serving as a testament to the tangible benefits and positive changes brought about by such

sided over by prominent officials, including Additional District Development Commissioner (ADDC) of Doda, Pran Singh, DDC Counselor of Badherwah West, Thakur Yudhvir Singh, and Additional **Deputy Commissioner** Bhaderwah Chowdhary Dil Mir. Their presence added an aura of guidance and support, reaffirming the government's commitment to grassroots development. ACD



Phulail Singh, BDO Anoop participation of the com- Bharat Sankalp Yatra Pro-Kumar, BMO, and various munity and reaffirmed the grammes stands as a tescommunity participation other dignitaries were also government's unwavering tament to the collective present on the occasion. commitment to inclusive efforts aimed at fostering

Bharat Sankalp Yatra Programme is a government initiative focused on community development, welfare, and empowerment. It aims to reach the grassroots level, engaging with citizens to address their needs and facilitate access to essential services and resources for comprehensive development. Similar grammes were reported from eleven other panchayats spreading in 11 Blocks across the district. The Viksit

Speaking about the growth and development. prosperity, empower-The DDC Counselor of ment, and holistic prog-

Date of Cancellation

TEMPORARY CANCELLATION/PARTIALLY CANCELLATION/ REGULATION/RESCHEDULING/ In order to upgrade the existing infrastructure and enhanced the safety standards,

Railways will undertake the Pre-Non-Interlocking and Non-Interlocking work in connection with Rishikesh Yard Electronic Interlocking work. To execute this work, Railways will take traffic blocks from 05.12.23 to 12.12.23. During this period the following trains will temporarily be affected as under:-**CANCELLATION OF TRAINS**

Train No. &	Train to Short Terminate/	Train to Partially cancelled	Date of	
SHORT TERMINATION/ORIGINATION OF TRAINS				
04364 Rishikesh-Haridwar Special		05.12.202	05.12.2023 to 11.12.2023	
04363 Haridwar-Rishikesh Spec	05.12.202	05.12.2023 to 12.12.2023		
04361/04362 Haridwar-Rishikes	06.12.202	06.12.2023 to 12.12.2023		
Train No. & Train		(from originating station)		

SHORT TERMINATION/ORIGINATION OF TRAINS					
Train No. & Name	Train to Short Terminate/ Originate at/from station	Train to Partially cancelled between Stations	Date of Cancellation (From Originating Station)		
04359 Chandausi-Rishikesh Exp. Spl.	at Haridwar	Chandausi-Haridwar	05.12.23 to 11.12.23		
04360 Rishikesh-Chandausi Exp. Spl.	From Haridwar	Haridwar-Chandausi	05.12.23 to 12.12.23		
REG	ULATION OF	TRAIN			

o. & Name	Regulation of Train (from originating station)
handausi-Rishikesh Exp.Spl.	Train will be Regulated for 120 min. enroute on 12.12.23
RESCHE	OULING OF TRAIN

Train No. 04364 Rishikesh-Haridwar Special will be rescheduled at 18.55 hrs instead of 18.25 hrs

CHANGE OF ORIGIN FROM RISHIKESH TO YOG NAGRI RISHIKESH				
Train No. & Train Name	Date of originating station			
14816 Rishikesh-Shri Ganganagar Express	05.12.2023 to 12.12.2023			
14609 Rishikesh-Shri Mata Vaishno Devi Katra Hemkunt Exp.	05.12.2023 to 12.12.2023			
14887 Rishikesh - Barmer Express	05.12.2023 to 12.12.2023			
CHANGE OF DESTINATION FROM RISHIKESH TO YOG NAGRI RISHIKESH				
Train No. & Train Name	Date of destination station			

14610 Shri Mata Vaishno Devi Katra-Rishikesh Hemkunt Exp 04.12.2023 to 11.12.2023 14888 Barmer - Rishikesh Express 04.12.2023 to 11.12.2023 14815 Shri Ganganagar - Rishikesh Express 05.12.2023 to 12.12.2023 For any kind of information, passengers are advised to contact RailMadad Helpline No. 139

or may visit Indian Railways website https://enquiry.indianrail.gov.in or NTES App. Download Railmadad App

The Training was conducted for skill upgradation of 50 field functionaries Quality Control includ- participants. He said that tor of Agriculture (Extenof Enforcement Wing of ing Legal Procedures to such training needs to both divisions of J&K UT be adopted in context of be conducted at district regarding Fertilizer Qual- Fertilizer (Control) Order Level for capacity buildity Control as per instruc- 1985. Dr.Ravindra Yadav ing of field functionaries. tions of Shailendra Kumar, appreciated the level of He also impressed upon Joint Director of Agricul-Principal Secretary to the knowledge & response of trainees to implement

Govt., Agriculture Productrainees during training their knowledge & skill tion & Farmers Welfare course and expressed acquired through training Jammu, Alok Pandotra, Department. Dr. Ravindra Yadav, Agriculture Jammu for of farmers. An interactive Deputy Director, Central providing him opportuni- session cum feedback ses-Fertilizer Quality Con- ty & support during train- sion was also held in which Jammu, Suresh Khajuria trol & Training Institute, ing at Jammu N.H.I.V, Faridabad, Ministry of Agriculture, Govt. tor Agriculture Jammu, of training & relevance of

gratitude to the Director at field level for welfare Deputy Director Agricul-RamSavak, Direc- isfaction over the quality

3-day orientation training course on Fertilizer Quality

of India was the main in his address, thanked Lectures delivered. resource person. He edu- the Resource Person for cated the trainees about providing informative gramme, certificates were concluding day of training

participants expressed sat-

At the end of the proall aspects of Fertilizer & quality training to the issued to the trainees on

sion) Jammu, Arvinder Singh Reen Joint Director of Agriculture Inputs Jammu Mahesh Verma ture SLUB/ Farms Jammu, Jagdish Raina, Agronomist ture (Trgs.) Jammu, Amanyoti, Agriculture Chemist DSSO Jammu, Tilak Raj, Assistant Director Law Enforcement & other senior officers of department were present on the

NEWS

FROM THE FRONT PAGE...

JK to receive additional...

to ensure sustainable and firm power availability throughout the year.

"In this direction, during the current financial year, the UT has entered into historic Power Purchase Agreements (PPAs) for 1600 MW of Solar power, 900 MW from Hydro, and an additional 500 MW from thermal plants, currently in progress following the decision of the UT Administrative Council under the Shakti Policy,"

Lt Governor launches...

taken for dissemination of accurate and correct informa- ferent walks of life, and people in large numbers were tion, he added.

The Lt Governor also bid farewell to the outgoing Chief Secretary Dr. Arun Kumar Mehta and applauded his sincerity, dedication and commitment to discharge his responsibilities without fear or favour.

"I wish him a long, happy and healthy life ahead," the said police. Lt Governor said.

The Lt Governor expressed gratitude to Haryana Govthe new Portal.

Ms Prerna Puri, Commissioner Secretary to Government, Information Department highlighted the key features of the portal. She informed that the new "Subscribe to Press Release" feature also enables the general public to subscribe to press releases and get notified on their mobile phones. She said the integration of the Rebuttal Mechanism will help to counter fake/false news

Dr Arun Kumar Mehta, Chief Secretary; Additional Chief Secretaries, Administrative Sectaries and senior officials of Civil and Police Administration were present.

Umashankar, Principal Secretary, Citizen Resources Information Department, Government of Haryana also joined through video conference. KNO

LG inaugurates 2-day...

copyrights for protection and development of their trade and businesses," the Lt Governor said.

At the inaugural session, the Lt Governor reiterated the commitment of the J&K Administration to foster innovation and promote intangible assets like Intellectual Properties and Geographical Indications for unique products of the Union Territory.

He said as many as 10 products of handloom & handicraft and five products of Agriculture & Allied Sector have received GI tag and it will benefit community as well as boost the economic growth of Jammu Kashmir.

"I consider Intellectual Properties as a catalyst for the progress of J&K and we are developing a robust Research & Development and legal framework for its protection and IP facilitation centre of the UT will provide handholding to entrepreneurs, MSMEs, Startups in filing today, but was thrown open for traffic immediately after IPRs and assist innovators in registration process," the Lt Governor said.

The Lt Governor impressed upon all stakeholders and young entrepreneurs to pay special attention for commercialization of intellectual property.

We must nurture the growth of IPs to fully realize the to the closure of several roads. potential and achieve the goal of Creative India, Innova-

tive India, he said. He also shared the key initiatives of the Universities and Higher Educational Institutions of the UT to promote

innovation and startup culture in Jammu Kashmir. Vikramjit Singh, Commissioner Secretary Industries conditions. KNO and Commerce Department; Rahul Sahai, Chair PHDCCI Jammu; DP Goel, Co-Chair MSME Committee, PHDCCI, Gaurav Gogia, Principal Associate, United & United; rep-

resentatives from Industries, MSMEs and Startups; entre-

Posting Social Media...

said police. After necessary legal formalities, the body was shifted to the Government Medical College and Hospital Jammu for post-mortem while investigation into the case is in progress.

The case was solved under the supervision of Senior Superintendent of Police, Jammu Dr Vinod Kumar.

LG's Mulagaat: Sinha interacts...

supply project (Reservoir) in the Chanderseer Tilgam to Wanigam Payeen area, the Additional Chief Secretary, Jal Shakti Department briefed the Lt Governor that the work on the said water supply project will be completed by the end of December this year.

A complainant namely Vidyut Vats, a resident of Dhar Road, Udhampur drew the attention of the authorities towards the blocked drain at Goal Mela near Jaganath Temple. The Lt Governor directed the Deputy Commissioner Udhampur to ensure the clearance of the drain within 10 days

The Lt Governor also addressed the grievance of Payar Singh of Ganote Chakka Bhartund, District Ramban regarding the issuance of BPL Ration Card in his favour.

Rehana Batul, Secretary, Public Grievances conducted the proceedings of the LG's Mulaqaat.

Dr Arun Kumar Mehta, Chief Secretary; R K Goyal, Additional Chief Secretary, Home Department; R.R. Swain, DGP; Administrative Secretaries; Divisional Commissioners, Deputy Commissioners, SSPs, HoDs Corporation(s) as provided under the Municipal Corpoand other senior officers were present, in person and through virtual mode. KNO

The divine land of J&K...

of J&K as a model Union Territory. He said the UT is growing at an unprecedented rate with steadfast resolve

and commitment to ensure welfare of the common man. "Under the guidance of Hon'ble Prime Minister Shri Narendra Modi, we are witnessing the rise of a developed Union Territory. This divine land in a true sense has been transformed as a 'Paradise on Earth'," the Lt Governor said.

At the conclave, the Lt Governor shared the key initiatives of the UT Administration to ensure ease of living

He said the acceleration of J&K's all-round development and the empowerment of the common man are benefitting all sections of society.

Our focus is not just faster but also inclusive and sustainable growth. We are laying the foundation of industrialization and modern agriculture & allied sectors to create new opportunities for youth, farmers and women,

The Lt Governor said the UT administration is determined to create fear-free and terrorism-free J&K. He said the administration has been successful in dismantling the ecosystem of conflict profiteers, terrorists, secessionists, and terrorism is now breathing its last breath.

"I am confident this decade will be the golden decade for J&K," he said.

Senior officers of Civil and Police Administration, streamline existing mechanism and reduce the time senior journalists, prominent personalities from difpresent. KNO

Murder case solved by...

deceased with a stone on his head leaving him dead,"

After necessary legal formalities, the body was shifted to the Government Medical College and Hospital Jammu ernment for its support and cooperation in developing for post-mortem while investigation into the case is in

> The case was solved under the supervision of Senior Superintendent of Police, Jammu Dr Vinod Kumar.

Kashmir parts receive...

Bhaderwah, Chowkibal Tangdhar, Keran, Gulmarg, Doodhpathri and other areas experienced fresh snow-

Nonetheless, the rains lashed the plains of Kashmir since the wee hours of this morning and continued intermittently throughout the day.

Moreover, Director Meteorological department (MeT), Dr Mukhtar Ahmad said that the weather is expected to improve from tomorrow.

The weather conditions are expected to remain cloudy till December 09, he said, adding that there is no forecast of any major activity during the period. He added the cloudy weather is expected during the period,

but no major activity is predicted till December 09, 2023. Meanwhile, the night temperature improved across Kashmir with Srinagar, the summer capital of Jammu and Kashmir recording a minimum temperature of 5.3 degree Celsius.

The mercury in Qazigund settled at 5.0 degree Celsius while in Pahalgam it settled at 1.5 degree Celsius.

According to data, Konibal and Gulmarg recorded a

low of minus 1.0 degree Celsius each. The prevailing weather conditions have forced the closure of several roads today. The Srinagar-Jammu National Highway remained open for the traffic despite the inclement weather conditions. However, Srinagar-Sonamarg-GumrRoad was closed for nearly one hour the road clearance work was done.

Officials said that after fresh snowfall was witnessed at several places including 'Pir Ki Gali', the authorities decided to close the road for vehicular movement.

Also, the fresh snowfall in northern districts also led

"As a precautionary measure, the roads leading to Karnah sector, Keran sector, and Machil sector were closed this morning due to snowfall," they said.

The official further said that the snow clearance operation shall begin only after the improvement in weather

CBI files chargesheet...

complainant, for his posting and to resolve his departpreneurs researchers, and students were present. KNO mental issues including promotion.

"During a trap, Singh and a middle man, Gohar Ahmed Dar, were arrested while demanding and accepting a bribe of Rs 10 lakh from the complainant allegedly on behalf of Mohd. Farooq Dar, the then Special Secretary, Agriculture & Production Department," said a senior CBI official.

He said that the searches were also conducted at the premises of both the accused and at the residence of said Special Secretary which led to recovery of cash of Rs 3.5

lakh (approx) and other documents related to property. He said that Gohar Ahmed Dar (supplier/contractor of Agriculture and Production Department) allegedly acted as a middleman for the collection of bribe.

It was also alleged that official information pertaining to the transfer of the complainant was being passed on by the Special Secretary to the middleman who further passed on the same to the Chief Horticulture Officer,

"It was further alleged that the Special Secretary initiated the proposal for transfer of the complainant and allegedly recommended his name initially for CHO, Doda and later for CHO, Rajouri in gross disregard of the rec-

ommendation of inquiry officer according to which, the complainant could not be posted to any sensitive post," said the official.

JMC, SMC commissioners...

In a notification, a copy of which is in possession of news agency the H&UDD ordered that the commissioners shall exercise the functions and duties of the ration Act- 2000.

The government had to issue the Jammu and Kashmir Municipal Corporation (Removal of Difficulties) Order, 2023 to remove difficulties arising in giving effect to the provisions of the Municipal Corporation Act for the purpose of smooth administration and providing better services to public at large after the expiry of five-year term of the elected representatives of the Corporations.

Under section 427 of the Municipal Corporation Act, the government is empowered to issue such orders if any difficulty arises in giving effect to the provisions of the Act or by reasons of anything contained in this Act to any other enactment for the time being in force.

On Wednesday, the government appointed deputy commissioners and additional district development commissioners as administrators of municipal councils and committees respectively. KNO

Viksit Bharat Sankalp Yatra unveils transformative initiatives in Kanjali Panchayat



JI NEWS SERVICE

REASI, NOVEMBER 30

The Viksit Bharat Sankalp Yatra activities commenced in Kanjali Panchayats of district Reasi, today.

The Yatra was accorded a warm welcome by PRIs, Senior Citizens, Officials and local residents and were engaged with knowledge enrichscreened on Special IEC

They listened attentively to a recorded video message from the Prime Minister, emphasizing the significance of the campaign. Participants took the Viksit Sankalp Bharat pledge, affirming their and making the general commitment to holistic national development.

The locals were prodifferent government schemes and initiatives, besides engaging and the local people at their to avail benefits.

JI NEWS SERVICE

JAMMU, NOVEMBER 30

Administrative Officer

Haji Ajaz Ahmed retired

staff accorded the officer

Earlier, he served in

department of youth ser-

a grand Farewell.

AO Fire Services

accorded farewell

doorsteps. During the day long events, students also showcased their artistic talents through mesmerizing cultural performances. Local Dance and Musical folklore exhibited the diverse cultural heritage, fostering a sense of unity and celebration among the spectators.

Beneficiaries also narrated their successful journey of transition in ing audio-video material a special segment "Meri Kahani, Meri Zubani" where they spoke about the positive impact of flagship programmes of the government on their lives. The Yatra has been

rolled out with the intention to reach out to the unreached population masses aware of the multitude of government schemes, including the vided information about Jal Jeevan Mission, Ayushman Bharat Yojana, Pradhan Mantri Garib Kalyan Anna Yojana, Pradhan immersing them in sched- Mantri Mudra Yojana, Jan uled activities including Dhan Yojana, PM Awas pledge taking. Medical Yojana, PM PRANAM camps were organized to Yojana and Urea Subsidy provide health services to Scheme and the process

available vacancy. Initially

he was appointed in the

year 1985 in the education

Alok Kumar, Director

him happy and healthy

senior officers including

scored the paramount

importance of staff

training and the meticu-

lous provision of neces-

sary facilities to ensure

a seamlessly conducted

ing tomorrow, JKSSB

teams are set to initiate

comprehensive train-

ing programs. Officers

received explicit direc-

tives to ensure adequate

staffing at examination

A grand Farewell was

post retirement.

department.

on superannuation today Fire and Emergency Ser-

from the Fire and Emer- vices lauded the meri-

gency Services Depart- torious services of Haji

ment. Though he served Ajaz and appreciated

the department at the tail his unblemished service

end of his service, the records, he also wished

various capacities in the accorded to Retiree while

vices and sports up to the Deputy Director Fire and

rank of Section officer Emergency Services Com-

and finally got promoted mand Jammu Raj Kumar

as Administrative officer Raina and Kanwal Peshin

last year in 2022 and was DFO City extended warm

posted in Fire and Emer- wishes to the officer on

gency Services against an attaining superannuation.

Day-6: VBSY held in 10 **Panchayats of Block Pahloo** & Kund of Kulgam



JI NEWS SERVICE

KULGAM, NOVEMBER 30

Viksit Bharat Sankalp on Sixth day today in the district, as the IEC cam-Pahloo blocks of the dis-

Sankalp Yatra (campaign) those who need them in Panchayat Halgas cater- most. ing Arigatnoo, Chamba-Laisoo and other villages of stakeholders.

alp Yatra, a nationwide under various employoutreach initiative aimed ment and welfare based at informing and empow- schemes besides ensurering citizens about the ing saturation of flagship Government's flagship schemes of the governschemes began in the dis- ment. trict on 25 November from D.K.Marg block.

beneficiaries of Pradhan lighted by all departments Ayushman Bharat, Kisan IEC Vans were pressed Samman Nidhi, PM into service also. PRANAM, Ujjwala Yojana, Jan Aushadhi, Khelo cials from line depart-India, sharing their first-ments, PRIs, students hand experiences in vari- and locals participated ous panchayats in district in large numbers in Viksit

During the yatra, drone in aforesaid panchayats.

demos are also being conducted in various places as part of the yatra showcasing the effective use of Yatra (VBSY) continued technology to enhance agricultural productivity.

The Viksit Bharat Sankpaign was held in 10 more alp Yatra has emerged as a panchayats of Kund and powerful tool for bridging the gap between the Government and its citizens, People thronged the ensuring that the benefits venues of Viksit Bharat of various schemes reach

During the yatra, Offigund, Chitapur, Gudder, cers and officials continued to aware people about witnessing enthusiastic government schemes and vibrant participation and interact and motivate them to register for The Viksit Bharat Sank- schemes and get benefits

Welfare, employment, insurance, social security The Yatra is showcasing and income generation the positive impact with based schemes were high-Mantri Jan Dhan Yojana, who had installed stalls.

Block officers and offi-Bharat Yatra programmes

Viksit Bharat Sanklap Yatra triumphs in Block Keller of Shopian



JI NEWS SERVICE SHOPIAN, NOVEMBER 30

in Shopian.

Viksit Bharat Sankalp mative initiative today celebrated the successful

block, which were held from 26 to 29 November, garnered an overwhelmacross 22 panchayats.

More than 4000 people through Meri Kahani, Meri towards community Zubaani. Health Camps development, Viksit the Yatra, with an impres- local champions through sive number of individuals awards in various categoundergoing screenings for ries. The Swachhta hi Seva screened for Tuberculo- ognition for local entreals were tested for sickle celebrated the spirit of cell anemia, reflecting the women driving economic commitment to holistic progress. healthcare in the region.

operations, emphasizing the transition towards smart and sustainable farming practices. This Yatra (VBSY), a transfor- demonstration garnered significant attention, highlighting the potential for culmination of its journey technology to revolutionin the far-off block Keller ize the agricultural landscape in Block Keller. 22 The events across the drone demonstrations were conducted.

Besides, 21 Abhinandan Parta of Har Ghar Jal (HGJ) ing response witnessing a were distributed during total of 40, 847 enthusias- the Yatra in the block tic participation of people along with a saturation from diverse walks of life of 22 GPs with Ayushman Card saturation.

Similarly, recognizshared feedback on gov- ing the contributions of ernment flagship schemes individuals and groups took center stage during Bharat Yatra honored prevalent health concerns award applauded efforts including NCD and TB. A in promoting cleanliness total of 4,622 people were and hygiene, while recsis, while 3,713 individu- preneurship by women

Additionally, school In a bid to usher in children were acknowladvancements in agricul- edged for their achieveture, the events across ments in essay and quiz the block showcased a competitions, nurturing a remarkable drone dem- culture of education and onstration for agricultural intellectual growth.

Arrangements for JKSSB exam reviewed in Samba

JI NEWS SERVICE SAMBA, NOVEMBER 30

Deputy Commissioner Abhishek Sharma today evaluated the preparations for J&K Service examination. Commenc-Selection Board's ORM based Panchayat Secretary written exam here at a meeting attended by functionaries of stakeholder departments.

In attendance were SSP, Benam Tosh, centers, complete with ADC, Suresh Chander contingency plans for Sharma, PO ICDS Dr. Subash Chander, ACR Samba Dr. Kusum Chib and representatives of

Deliberations focused on strategic deployment plans for Magistrates, supervisory staff, examination observers, and meticulous arrange- and meticulous attenments for exam videography

any unforeseen circumstances. The meeting delved into comprehensive discussions concerning transportation logistics for examination materials, efficient traffic management, provision of ample parking facilities,

tion to sanitation mea-

sures at the examination

DC Sharma under- centers.

Chief Engineer (Distribu- adjoining areas will remain

hini, Raipur, Keran and ta, Chibba, Sanik School and

adjoining areas will remain adjoining areas will remain affected on December 01 affected on December 03

supply to Upper Roop Nagar, supply to Talabtillo, Trilok-

Lower Roop Nagar, Chinor, pur, Bohri, Udheywala,

Durga Nagar, Buta Nagar and Machelian, Marh, Gajansoo,

adjoining areas will remain Gho Manhasan, Areas fed affected on December 01 from 33 kV Medical, Satwari,

Likewise, the power Company Bagh and canal

supply to Lakad Mandi, and adjoining areas will

Patoli, Janipur Colony, remain affected on Decem-

Excelsior, Statistical Office, supply to Nannan, Budhi,

Mohinder Nagar, Rajinder Bakhta, Barnoti, IID Centre,

Nagar Bhagwati Nagar, MES Janglote, Industrial Shakti Nagar, Canal Road, areas Ghatti and adjoining

Krishna Nagar and adjoining areas will remain affected

areas will remain affected on on December 03 from 8 am

Similarly, the power supply to Mahanpur, Billa-

supply to Keerian Local, war, Bani, Basholi, Machedi

Keerian Industry and other and adjoining areas will

adjoining areas will remain remain affected on Decem-

affected on December 01, 02 ber 03 from 8 am to 2 pm.

informed that the power from 8 am to 2 pm.

and 03 from 8 am to 1 pm. Likewise, the power

supply to Jib, Chak and

affected on December 01

supply to Jagti Town, Nagro-

from 8 am to 1 pm.

Similarly, the power

Likewise, the power

Toph, Shakti Nagar and

ber 02 from 8 am to 12 noon.

Similarly, the power

Likewise, the power

Power shutdown

JAMMU, NOVEMBER 30

from 9 am to 1 pm.

from 8 am to 1 pm.

1 pm.

tion) JPDCL, Jammu has

supply to Thather, upper

Thather, Puja colony, Nard-

Similarly, the power

Pamposh colony, Ambred-

har Nagar, High Court, Daily

Social Impact Report

World Bank's Sidhra-Surinsar Road project sparks economic boom and tourism flourish

JI NEWS SERVICE SURINSAR, (JAMMU)

The Sidhra-Surinsar road project was completed as upgradation project, people of the area have funded by the World Bank, started to reap the benefits has not only enhanced the in abundance. picturesque region but also sparked joy, prosper-school teacher in Surinsar ity, and a surge in tourism. area, said that there were the roadway.

"pain and delight areas" where improvement in service was required. However, the majority of there were obstacles, hinthe people of the areas dering the fair allocation public transport from their have expressed satisfac- of the project. Grateful village, go to the city and funded by the World Bank tion with their overall for the government's shift come back in the evening," was a non-starter earlier, on the day of inaugura-

Locals expressed their satisfaction, saying despite several bottlenecks the Rashmi Choudhary, a

Commuters and tourists many bottlenecks which alike are expressing their have been cleared by the satisfaction with the much- concerned departments needed improvements to and many promising developmental projects A team led by Techni- have been taken up. She cal Assistance and Qual- said that the World Bankity Audit Control (TAQAC) funded Jhelum Tawi added. experts of the Jhelum Flood Recovery Project Tawi Flood Recovery Proj- has been able to comect (JTFRP) carried out a plete the much-awaited detailed survey to assess road project from Sidra commuter satisfaction to Surinsar, which has not beautiful roads connect-Sinha. with the roadway to spot only benefited the locals, ing their villages to the city but also generated a huge and to identify areas tourism potential for the



towards rural areas, she joyous Ram said.

Surinsar area, said that nerve centre.

This has provided employ-Previously, she said, ment to scores of our men tive and, in some cases, in the village. They take

Notably, in what could An elderly man, Thodu be seen as a major achieve-Ram of Aithem village in ment by the current dispensation led by Lieutenit was so pleasing to see ant Governor Shri Manoj

The World Bank has maintained that its Rs 1500 "This has eased our life. crore project in J&K has largely achieved its objecsurpassed the agreed targets. Rs 1500 crore project

but the completion of the project saw the light ta, ChakChilah, Badgah, of the day when Dr Syed Abid Rashid Shah took the

Pertinently, Lieutenhad inaugurated Rs 16.70 Cr. Sidhra- Surinsar road upgradation project completed by Jammu and Kashmir Economic Reconstruction Agency (JKERA).

The LG in his speech

tion lauded the executing agency and the role of officials, saying that the Rs 16.70 Cr road project executed by JKERA was very vital as it provides road connectivity to the various pilgrimage and tourist destinations in and around the Jammu district.

Chief Executive Officer, JKERA, who is also Secretary Tourism, Dr Syed Abid Rashid Shah, said that the vital road project will facilitate the socioeconomic development of areas including Bajal-Aithem and Surinsar, benefitting around five lakh souls in the region.

"The road will give a ant Governor, Jammu and boost to the tourism sector Kashmir, Manoj Sinha, in Jammu and adjoining areas as it completes the pilgrimage, tourist circuit from Pumandal. Mansar, Devkand, connecting with Shri Mata Vaishno Devi shrine and Sudhmahadev in Reasi and Udhampur district," he said.

CS office bids farewell to the outgoing Chief Secretary

December 02 from 8 am to to 6 pm.



JI NEWS SERVICE JAMMU, NOVEMBER 30

The office of the Chief Kashmir. He urged upon Secretary, J&K today all officers and support his superannuation at the and efficiency in J&K. Civil Secretariat, Jammu.

the office.

istration Department in Civil Secretariat here.

bade farewell to the out- staff to feel proud on the going Chief Secretary, Dr. success of their efforts in Arun Kumar Mehta on promoting transparency On this occasion, the Speaking on the occa- staff extended warm sion Dr Mehta recalled wishes on retirement his tenure as the Chief filled with health and

promoting coordination

within the administra-

tive team of Jammu and

Secretary of Jammu and happiness. The event Kashmir and expressed was attended by the Spehis appreciation to the cial Secretary, Additional contribution and support Secretaries, Deputy Secprovided by the staff of retaries, Under Secretaries, Private Secretaries Dr. Mehta also acknowl- besides other gazetted edged the contribution and non-gazetted staff of of the General Admin- the twin sections of the

mere 14 runs, securing

a convincing victory by

Level Cricket Tournament

play of skill and team- the final match against work, Doda girls show- Udhampur, Doda faced cased their cricket a target of 69 runs. The prowess in the inter- team showcased resildistrict Divisional level ience and determinatournament organized tion, chasing down by the Department of the target in the last Youth Services and over with a winning

with a resounding vic- marked the culminatory in the first match, tion of the dedication where Doda girls of all team members, defeated Samba by an strategic decisions by impressive margin of 73 coach Mr. Vinod Kumar runs, setting the stage and Satya Devi, and the for their remarkable guidance provided by run in the tournament. Jaffer Haider Sheikh,

Doda won the toss, cess of the Doda girls' elected to bat first, cricket team in this and set a challenging tournament is a testatarget of 160 for the ment to the collective opposing team. The effort, skill, and stratestar performers of the gic decisions made by match were Maica, both the players and who scored 71 runs, the coaching staff. The and Shaweta Singh, commitment and guidcontributing with a ance provided by Jaffer solid 54. The Doda Haider Sheikh, DYSSO bowlers, putting up a Doda, played a pivotal stellar performance, role in steering the restricted Jammu to a team to victory.

145 runs and securing boundary by Sharuti. The journey began The thrilling victory In the semi-final, DYSSO Doda. The suc-

KVK Kulgam organizes day long Awareness programme



JI NEWS SERVICE KULGAM, NOVEMBER 30

(KVK) Kulgam, today neurs, highlighting the organized one day awareness programme on influence it holds for the "Agri-Business consultancy for employment of the district. Rural Youth and Services to the Farmers" under about various schemes HADP Project-Innovative was there between the Extension Approaches for farmers and the officials. Promoting Agriculture in

Jammu and Kashmir. nessed the active par- address highlighted that ticipation of Farmers/ the programme serves Rural youth, students as a significant milestone and entrepreneurs from in the collective efforts different corners of Dis- towards advancing agritrict Kulgam. Chief Guest cultural practices of J&K. of the Programme, Prof. He also highlighted the D. M. Makhdoomi, Direc-role of FPO's in increasing tor Extension, SKUAST-K, the income of the farming encouraged the partici- community in general and pants to avail the oppor- country in particular. tunities under HADP, emphasizing its potential Ab Shakoor (SMS Soil to render farming not only Science) delivered the lucrative but also attrac- informative and detailed tive to the youth and progressive farmers.

role of various technolo- preneurship. Dr. Shahid gies in bridging the gap Ahmad (SMS AS) carried between scientists and the practical demonfarmers and stressed stration of various farm on the importance of demo units available at Agri-business in enhanc- KVK Kulgam and the role ing agricultural income. of the IFS system in agri-Showkat Ahmad Rather, entrepreneurship devel-ADDC Kulgam under- opment.

scored the significance of exchange of knowledge and ideas among farmers, Krishi Vigyan Kendra rural youth and entrepreprofound and positive agricultural landscape of

> A healthy discussion Senior Scientist and

Head, Dr. Manzoor A The programme wit- Ganai in his inaugural

Resource Person, Dr. powerpoint presentation on scope and importance He underscored the of agri-business entre-

Viksit Bharat Sankalp Yatra Van reaches Galhar Panchayat of block Nagseni

JI NEWS SERVICE KISHTWAR, NOVEMBER 30

The Viksit Bharat Sankalp Yatra (VBSY) reached several far flung Panchayats of district Kishtwar, here today. The Yatra took central stage in the panchayat Galhar of block Nagseni, panchayat Horna of Mughal Maidan, panchayt Matta A of Kishtwar, Palmar Lower A and Palmar Lower B of Palmar,

Qaderna A Panchayat of

Marwah, Jawalapur and

Binoon Panchayts of Bon-

jwah. alp Yatra film was also

for progress.



Live telecast of PM's area of Nagseni Block and experiences. interaction under the enthusiastically participataegis of Viksit Bharat Sank- ed in the activities orga- cers organized a session alp Yatra was arranged at nized as well as availed on the agricultural activiall the veneues. Besides, on-spot services provided ties and interacted with the Viksit Bharat Sank- by different departments. progressive farmers to

screened at these loca- Sankalp (pledge) in line the Viksit Bharat Sankalp ful beneficiaries of vari- local artists.

Yatra IEC Van at Galhar ous schemes shared their

Officials and nodal offi-Attendees took the discuss organic Farming.

Cultural performances, tions empowering the with the vision of Viksit including 'Dharti Kahe community engagement Bharat, aiming to foster Pukar Ke', Swachata and fostering the vision India's development. In songs, etc., were presentthe "Meri Kahani Meri ed by women SHG Mem-The People thronged Zubani" activity, success- bers, school students and

Arrangements for Panchayat Secretary Exams finalised

JI NEWS SERVICE BARAMULLA, NOVEMBER 30

arrangements for upcom-Board (JKSSB) was today convened at Dak Banglow

tions to the appointed ID proofs. A meeting to finalise the Superintendents.

ing Panchayat Secretary Addl Secretary JKSSB urged the Superintendents Examinations being con- conveyed vital instruc- to communicate effectiveducted by the Jammu and tions, acquainting the ly with the administration, Kashmir Services Selection Superintendents with the highlighting any essential prescribed procedures requirements for examiand Standard Operating nation centers to facilitate The meeting, presided strictly adhered to during over by Additional Deputy the examinations sched-S.A. Raina who serves 2023. Emphasis was laid District Baramulla, along ate seating arrangements,

played a pivotal role in pro- ensuring candidates posviding important instruc- sess their Admit Cards and

Nodal Officer for Dis-During the meeting, trict Baramulla, S.A. Raina Procedures (S.O.Ps) to be the smooth and efficient conduct of the exams.

This collaborative effort Commissioner Sopore, uled for December 10, aims to uphold the integrity and transparency of as the Nodal Officer for on maintaining appropri- the Panchayat Secretary Examinations, ensuring a with Additional Secretary imposing a ban on the use fair and secure environof JKSSB, Pirzada Zahoor of electronic gadgets, and ment for all candidates.

DC reviews implementation of PM Vishwakarma Scheme

JI NEWS SERVICE UDHAMPUR, NOVEMBER 30

Deputy Commissioner Udhampur Saloni Rai today chaired a meeting in the Mini Conference Hall, DC Office Complex to assess the implementation of the PM Vishwakarma scheme in the district.

The meeting was attended by BDC Chairman Jeevan Sharma, GM Kotwal, SDMs, and other comprehensive overview informed out of 500 regis-DIC Pankaj Anand, Assistant Commissioner Devel-

officers.

opment Dr Ranjeet Singh Pankaj Anand provided a progress in the district. He trict level Committee after scheme among the people.

At the onset, GM DIC objectives and detailing the been approved at the disraise awareness about the

of the scheme, outlining its tered cases, 39 cases have

second-level verification. Emphasizing the need for concerted efforts, the DC urged officers to identify and register targeted beneficiaries promptly. Stressing the significance of

PM Vishwakarma scheme in uplifting traditional artisans/crafts people, the DC instructed the officers to conduct an Information, Education, and Communication (IEC) campaign with the support of PRIs to

DC, MD review progress under Jal Jeevan Mission in **Udhampur District**

JI NEWS SERVICE

UDHAMPUR, NOVEMBER 30

Deputy Commissioner Udhampur, Saloni Rai, and MD Jal Jevan Mission, Dr. G N Itoo, today conducted a comprehensive review of progress made under the Jal Jeevan Mission in the district.

The meeting, held in the Conference Hall of DC Office Complex was attended by Chief Engineer Jal Shakti Department Jammu, Himesh Manchand, Technical Advisor of JJM, Gurcharan Singh, Superintendent Engineer R K Mahajan, DFO Rushal Garg and other key offi-

At the outset, Executive Engineer Jal Shakti, Ashok Kumar Sharma, provided an overview of the progress of work under the Jal Jeevan Mission scheme in the district.

Detailed discussions were held on different aspects, including the status of works under JJM, procurement of machinery, shortage of technical staff and identified bottlenecks.

While reviewing the sub-division wise progress, the emphasis was laid on the need for concerted efforts to achieve the goal of providing tap water to all households within the projected timeline. The mission aims to deliver safe drinking water through individual household tap connections.

The executing department was asked to accelerate the pace of work to meet the stipulated time frame and ensure strict monitoring of quality and progress. A deadline of December 31, 2023, was set for the completion of all JJM works, with a focus on timely benefits reaching

the targeted populace. The officers were asked to coordinate with other departments to facilitate removal of bottlenecks caused by delay in securing different clearances.

Doda Girls Shine in Divisional

DODA NOVEMBER 30

In an outstanding dis- a spot in the final. In Sports in Udhampur.

EDITORIAL

Empowering women!

Tt is quite encouraging and heartening to hear that the BJP-led Central government **L**is expected to bring legislation in the upcoming winter session of the Parliament, beginning December 4, granting 33 percent reservation to women in the Legislative Assembly of Jammu and Kashmir. The same formula is to be adopted in Puducherry as well. If all goes smooth and as per the plans of the BJP, at-least 33 percent seats will be reserved in the 90-seat Jammu and Kashmir Assembly for women. It indicates that nearly 29 or 30 seats in the UT Assembly will be reserved for women from 2029 when provisions of the legislation will come into effect. Within 33 percent reservation to women, there will be reservation to SC and ST women. Already, seven seats have been reserved for SCs and nine for STs in the J&K Assembly. With 33 percent reservation for women, nearly 50 percent seats in the UT Assembly will be reserved. The move is a welcome step as women folk has always been discriminated against in different sectors of life in Jammu and Kashmir. In September this year, the new Parliament House began its proceedings with the entry of MPs. The opening of the new Parliament House also coincided with the introduction of an important Bill for 33% reservation for women in Parliament and state assemblies that made the event more historic. It was 27 years after it was first tabled, the women's reservation bill was introduced in the Lok Sabha as the very first agenda of the New Parliament after Prime Minister Narendra Modi led MPs to the new House following a farewell to the old in an hour-long event at the central hall of old Parliament. The government's decision to introduce Nari Shakti Vandan Bill for 33 per cent reservation for women in Lok Sabha, Rajya Sabha and state assemblies triggered a debate in political circles, with the opposition parties particularly Congress trying to stake claim over the introduction of this important Bill in the Parliament for the first time. The government claims the bill would strengthen its resolve on women-led development. The previous bill was passed by Rajya Sabha on March 9, 2010. The Rajya Sabha reported it to Lok Sabha and the bill became property of the Lok Sabha. It eventually lapsed with the dissolution of the 15th Lok Sabha on May 18, 2014. Now, when the provisions of women reservation are made applicable to the Lok Sabha, one or two out of five LS seats in Jammu and Kashmir will also be reserved for the women. The BJP is also on a mission to empower different sections and communities of the society. For this, it has already moved different bills in the Parliament. One of the bills pertained to nomination of two Kashmiri migrants including one woman and a Pakistan occupied Jammu Kashmir (PoJK) refugee in Legislative Assembly of Jammu and Kashmir by the Lieutenant Governor while the other is about grant of Scheduled Tribe (ST) status to Pahari Ethnic Tribe, Paddari Tribe, Gadda Brahmans and Kolis. Third bill proposed to change nomenclature of Other Social Castes (OSCs) to Other Backward Classes (OBCs) for grant of reservation while fourth bill will include Valmikis in the list of Scheduled Castes. Whatever be the arguments of the opposition parties, the political parties must bring a consensus on these important legislations while they also ensure women empowerment by reserving 33 percent political seats in both the Houses of Parliament and in the UT of Jammu and Kashmir.

Enhance minimum wages for 'Sabka Vikas'

KATHYAYINI CHAMARAJ

The travails of the trapped workers in miners who saved them have evoked new respect for the labourers in our endure. However, are we dignified life while enjoying the conveniences cre-recommended in 1948 that ated by their labour?

This question has been of the High Court of Kartions on minimum wages employers at all times. passed in 2022 by the Karnataka Labour Depart- the Reptakos Brett case in ment. The notifications 1992, declared that "chilhave been quashed for dren's education, medical not calculating minimum requirements, minimum wages as per the Reptakos recreation, including fes-Brett judgement of the SC tivals/ceremonies and and that the rates fixed/ revised "are unsustainable in law". The HC has direct- constitute 25 per cent of ed the state government to the total minimum wage" recalculate the minimum and that "each category

that holds much promise social justice." for the more than 1.7 crore

Conference in 1975 that minimum wages for a worker should cover country and the risks they food, clothing, housing, and light and fuel needs ensuring their right to a of a standard family. The Fair Wage Committee had

brought to the fore coinci- the bare sustenance of life, dentally through an order but also for the "preservation of the efficiency of the nataka, which has recent- worker." These are costs ly quashed 34 notifica- that are to be borne by all Additionally, the SC, in

provision for old age, marriages, etc., should further wage within three months. of the wage structure has This is a welcome order to be tested at the anvil of

Despite these SC pro-

favour. The SC had upheld from Rs 12,846.80 in Zone Studies since 2014 indicate filling the basic needs of goods and services, and in U Unichoyi & others vs 4 areas to Rs 14,424.63 in a reduction in the growth the workers by announcthe Silkyara tunnel the State of Kerala in 1962 Zone 1 for unskilled work, of wage rates. This suging various so-called 'free-thrive. project and the laud- itself the norms fixed by fall short of the Supreme able work of the rat-hole the 15th Indian Labour Court norms and are insufficient for ensuring workers' basic needs. This situation persists, as the National Commission on Labour, headed by Justice P B Gajendragadkar, reported in 1968 that "the minimum wage fixing "the minimum wage must authorities have generally provide, not merely for accepted the formula in principle and departed from it in actual practice." The Central Seventh Pay Commission calculated the minimum wage at the lowest level for government employees, based on 15th ILC guidelines, at Rs 18,000 at 2016 prices. Should this rate, recalcu-

> inability to pay higher amounts, have urged the Labour Department to appeal against the HC judgement. However, surveys show a sharp decline in the share of wages in value added, from 30 per

floor-level minimum wage

al SC judgements in their by Karnataka, ranging 15 per cent to 55 per cent. sitates the government ful-aggregate demand for gests a case for employ- bies' or benefits with tax-'macro-enterprises,' to give a higher share of profits to their employees. Hence, their appeals, if any, for the withdrawal of higher minimum wages may lack a sound evidence that "low pay and wage base.

> bouring states are lower, would go out of business, But if the neighbouring state of Kerala can conlated at 2023 prices, be the and has thus practically is something for govern- the benefits of growth. Employers, claiming ments to think about. If there is a genuine cause entitlements.

highly subsidised public distribution, housing and transportation systems, The India Wage Report

of the ILO points out Employers argue that if ous challenge to India's minimum wages in neighalso the reason why there unable to compete with is growing inequality in units in other states, leave India. A recent United alone in the global market. Nations Development Programme report found India's economic inequali-

towards a \$5 trillion econamong MSMEs, govern- omy that will make us the ing into a compassionate ments need to consider third largest economy in how they can be helped the world if our per capita Shouldn't that be the goal so that workers are not income stagnates at a low of the much-publicised deprived of their basic of \$2,400 and we rank slogans Achhe Din and 149 among 194 countries? Sabka Saath, Sabka Vikas? When minimum wages There needs to be a realiwage workers of the state nouncements respecting cent in the 1980s to 9.5 per are set below workers' sation that when more who have been waiting for workers' rights to dignified cent in 2009, while the basic needs, it is in effect money is put in the hands decades for the proper living, the current mini- share of enterprise prof- a subsidy being given to of lower-income groups,

implementation of sever- mum wages announced its has risen from around employers, as this neces- there will be greater

If the whole of sociers, at least those owning payers' money, such as the ety, including the private sector, shared the burden of removing poverty by paying just wages to workers, there would not be the prevailing clamour by every section to be declared 'backward' in inequality remain a seri- order to claim the minuscule government jobs path to achieving decent through reservation. working conditions and If all jobs assured the small units and MSMEs inclusive growth." This is poor proper wages, this clamour for reservations would end.

One hopes that the poor working and safety conditions under which most workers work, hightinue to have the highest ties in wealth and income lighted by the Silkyara wage rates in the country to be among the highest tunnel episode, will evoke in the world, showing an greater respect for the eliminated poverty, this unequal distribution of rights of workers. Society needs to willingly provide What use is racing them with their rights and share the burden of evolvsociety that cares for all.

> (The writer is the **Executive Trustee of CIVIC-Bangalore**)

The Sam Altman imbroglio is a blessing in disguise

SUSHMA RAMACHANDRAN

he uproar over the sacking of Sam Altman as CEO of OpenAI and his subsequent return to the same as key investors such as Micro-opment of a new AI model role has raised many questions about the future of generative Artificial Intelligence (AI).

Now that the dust has settled, and Altman is not only back but well and truly in charge with a newly anointed board of his choice, one must wonder if the race to develop AI by Big Tech needs to take a pause. To take a step back as it were, and look more carefully at the potential of a scientific development that may well change the course of

Altman episode. It seems the Shear who vowed to investigate

(AGI) may have been of concern Federal Reserve chief, Larry to the board members.

Even so, it was an abrupt One must first recap the co-founder of Twitch, Emmett 'Q learning'.

of artificial general intelligence brought in including former that relies on directions from to be carried out on ways to reg-

The back story of this bizarre and arbitrary move especially incident seems to be the develsoft had no inkling of the plan. called – in proper science fic-It must be noted that OpenAI tion style – Q* (Q star). One has a unique governance model of its startling capabilities has with the board of the original reportedly been to solve basic non-profit venture having con-mathematical problems, a feat trol of the profit arm that has so far not achieved by any other nearly 50 per cent shareholding AI model. There is no official by Microsoft. The outcome of confirmation of this developthe sudden decision to remove ment from OpenAI, barring the CEO was Microsoft offering many stories circulating on the to bring Altman on board and Internet. Yet it is clear from create a new AI research team some of the technical explanawhile OpenAI went ahead to tions in online tech magazines appoint two CEOs in succes- that there has been previous sion. The final incumbent was research on what is known as

non-profit board of OpenAI the reasons for Altman's sack- capabilities of the Q* can be breakneck speed at which AI holistically keeping ethical suddenly decided to remove ing. Developments then moved envisaged as the difference research is being carried out in guidelines in mind. Science the CEO on grounds of lack of rapidly as most of the compa- between systems that rely only a competitive manner. A more needs to be harnessed for the adequate communication. Ini- ny's 770 employees declared on data from human sources nuanced approach to the devel- benefit of humanity rather than tially, this seemed a puzzling their intent to depart en masse and the ability to think in a opment of such pathbreaking allowing it to grow in a manner reason, but reports later ema- to Microsoft. At the end of the more creative fashion. For systems now needs to be taken. nating from the San Francisco five-day drama, Altman was instance, one publication has -based company indicated that reinstated as CEO and three described existing algorithms has one of the largest pools of

humans to move left or right. ulate and monitor this cutting-But Q* is like a robot that would try different routes to move the Google representative here towards the exit. This is indeed a huge leap for AI though many need for "guardrails" around a technical experts would still argue that it has little scope to harm humanity in the future.

Yet from a layman's point of view, the capability of an AI model to make decisions without being guided at every step is a scary scenario. Adding to it is Altman's reported comments about the impact on humanthat AGI could be described as a ity are addressed fully. For the "median human who could be hired as a co-worker" alongside aware of the progress made in humans. This seems an excest he Q* model but it is conceivsively casual approach to an ably possible that other tech issue that raises many ethical companies are moving in the dilemmas. It is surely time for same direction. Such develop-For the layman, the new Big Tech to take a pause in the ments need to be considered

In India too, a country which some developments in the field new board members were as being like a robot in a maze AI engineers, discussions need

edge technology. Significantly, has recently highlighted the technology that needs all companies to be responsible players, not just one or two.

The Sam Altman imbroglio has been a blessing in disguise. It has put the spotlight on the fact that AI research needs to ease up so that ethical concerns time being, the public is only that could potentially be harmful to the world.

(Sushma Ramachandran is a senior journalist)

The Ancient Art of Mudras

SWAMI CHARANASHRIT

udras, a Sanskrit word that translates to "ges-. **V ⊥** ture," are ancient hand positions that have been practised for thousands of years in various cultures, particularly in the realms of yoga, meditation, and traditional dance. These symbolic gestures are believed to channel energy within the body and connect the practitioner to higher spiritual realms. The philosophy behind mudras lies in the idea that different parts of the hands represent different elements and energies, and by bringing them together in specific ways, one can harmonise and channel these energies for various purposes.

Major Mudras and Their Gyan Mudra (Knowledge Gesture): Significance:

Anjali Mudra (Prayer Gesture):

How to perform: Bring the palms of your hands together in front of your chest, fingers pointing upward.

Anjali Mudra is a gesture of reverence and gratitude. It is commonly used as a greeting and is often performed at the beginning and end of yoga classes. This mudra symbolises the connection between the individual self and the universal consciousness.

How to perform: Touch

the tip of the thumb and the index finger, forming a circle, while keeping the other fingers extended.

with knowledge, wisdom, and concentration. It is believed to enhance memory and improve concentration during meditation. This mudra is commonly used in various meditation practices to quiet the mind and promote inner peace.

Chin Mudra (Consciousness Gesture):

finger, forming a circle, and let ing the immune system. the other three fingers remain

Chin Mudra is a gesture of Gyan Mudra is associated consciousness and is often used during meditation.

Prana Mudra (Life Force Gesture):

How to perform: Join the tips of the ring finger and the little finger to the tip of the thumb, while keeping the other fingers

How to perform: Touch the associated with improving vitaltip of the thumb and the index ity, reducing fatigue, and boost-

Apana Mudra (Digestive Gesture):

How to perform: Touch the tips of the thumb, middle finger, and ring finger together, while keeping the index finger and little finger extended.

Apana Mudra is said to balance the Apana Vayu, one of the five vital forces in the body related to elimination and downward movement. This mudra is Prana Mudra is believed believed to support digestive to increase the vital life force health, assist in detoxification, energy within the body. It is and promote a sense of ground-

edness.

Huni Mudra (Seal of Patience):

How to perform: Join the tip of the middle finger with the tip of the thumb, while keeping the other fingers extended.

Shuni Mudra is associated with patience, discernment, and discipline. It is believed to help cultivate a sense of patience and focus. Practising this mudra is thought to bring balance to the air element within the body and mind, promoting a calm and reflective state. Shuni Mudra is often used to enhance one's ability to make wise decisions.

Incorporating mudras into your meditation or yoga routine can provide a deeper dimension to your spiritual journey, promoting physical, mental, and emotional well-being. Mudras are powerful tools that bridge the physical and spiritual aspects of our being. Incorporating these symbolic hand gestures into your daily life or meditation practise can deepen your connection with yourself and the universe. As with any ancient practice, it's essential to approach mudras with respect and an open mind, allowing yourself to explore their potential benefits on a personal level.

> (The writer is a spiritual guide, views are personal)

HERE'S WHY OMEGA 3S ARE CRUCIAL TO METABOLIC HEALTH!

HELENA EZZELDIN

or a long time, dietary fats had a bad 'health' reputation, where people believed that fats lead to weight gain. However, certain fats facilitate various processes and optimal body functioning. It may even aid one's weight loss journey by boosting metabolic health. One such necessary fat is Omega-3-fatty acids.

Omega-3 fatty acids are essential to the body cells and function crucial to metabolic fitness. However, it turns out that most individuals aren't getting enough omega-3s. But why? That's because most are probably unaware of why omega-3 is necessary or how to obtain it.

The human body can produce major lipids it requires from other fats or basic components. However, the concept does not apply to omega-3 fatty acids (omega-3 fats). This necessary fat cannot be produced by the human body on its own and thus can only be obtained. fats" since they protect against You find it in fish, vegetable oils, nuts (particularly walnuts), flax seeds, flaxseed oil, and walnuts are all abundant in Omega-3. Healthify- nent of all cell membranes and are Pro 2.0, an intelligent diagnostics integrated with CGM-based BIOS, a smart scale, and personalised advice from nutritionists, helps you consume a balanced diet with

of polyunsaturated fat and one of optimal metabolic health when the key building blocks for cell these energy-producing pathways membranes. They are known for their protective and predominant the body require energy to operate, role in preventing several chronic diseases. These essential fatty acids role in maintaining overall health. also play a significant role in brain $function \ and \ an \ individual \hbox{'s over-} \quad \textbf{Benefits of metabolic wellness:}$ all development.

But why are Omega-3 fatty acids so crucial for healthy metabolic health? Does it have any influence on metabolic health? This article provides all the information you need to decide if you should consciously start adding omega-3 fatty acids to your diet to optimise your metabolic health.

Understanding Omega-3s

building blocks of all lipids. In turn, fats are substances necessary for constructing every cell in the body and play a significant role in keeping you fit and healthy. They also serve as signalling precur- bilities sors, allowing cellular function, and even contribute to the oil on

Research shows that the average human diet contains at least 20 syndrome. It is also the underlying distinct fatty acids. Also, the classicause of various ailments, includfication includes saturated, mono- ing cardiovascular disease, cancer, is that omega-3 fatty acids act on correlations between omega-3-fatunsaturated, and polyunsaturated and neurological disorders. Omegathe endoplasmic reticulum (ER), ty acids and reduced behaviour that the body can efficiently utilise) fatty acids. These names allude to 3s fight inflammation in multiple the region of the cell that works on of violence, antisocial character-than others. the molecule's chemical structure. ways keeping pro-inflammatory the synthesis of proteins. Diabe- istics and borderline personality For example, saturated fatty acids cytokines at bay and encouraging tes is associated directly with ER disorder. have single carbon-carbon bonds, the creation of anti-inflammatory whereas unsaturated fatty acids markers have one bond or more.

omega-3 alpha-linolenic fatty acid (ALA) and omega-6 fatty linoleic cannot produce them on its own. like leukotrienes. Since the omega-



enough of each via your diet.

As per research, Omega-3s are commonly referred to as "healthy insulin resistance and artery plaque development. In addition, omega-3s are an essential compoabundant in specific tissues

Metabolic Health and Its Importance

Metabolic health indicates how well our bodies create and utilise energy. It is the collection of biological systems that generate power from our diet and environment to Omega-3-fatty acids are a type fuel every cell in the body. We have work smoothly. Since all cells in metabolic health plays a pivotal

Continuous and consistent energy throughout the day Sharp memory and recall Clear and wrinkle-free skin

Fertility enhancement Ability to burn fat and maintain healthy weight

An immune system that works

Mood stability due to reduced anxiety and despair Reduction in risk of chronic ill-

Omega-3 fatty acids act as the nesses-fatty liver disease, heart disease, and stroke risk.

The Effects of Omega 3s on Metaolic Health

Improves Anti-inflammatory Capa-

The human body utilises temporal immunity to combat disease, but persistent low-grade inflammation is a characteristic of metabolic

Research shows that omega-3 The human body needs all forms fatty acids alter gene expression of these fatty acids to function effi- inside cells, disrupting pro-inflamciently. The liver can synthesise matory pathways involving profatty acids from source components teins. It also decreases the producobtained elsewhere in your diet. tion of pro-inflammatory cytokines However, two polyunsaturated fats, and other proteins involved in cell

signalling. Omega-3 fatty acids, particular-Essential implies that the body inflammatory chemicals synthesis metabolic health.

That's why it's critical to obtain 6 metabolic route, which creates these inflammatory chemicals, competes for the same restriction enzymes as the omega-3 pathway, when omega-3s are abundant, the omega-6 process cannot progress. As a result of this competition, fewer pro-inflammatory molecules are produced with more antiinflammatory mediators.

Increase Insulin Resistance

Although omega-3s are involved in multiple pathways that affect insulin sensitivity, their practical impact on insulin in humans is yet unknown. Also, much of the research in this area is in progress on small studies or animal models.

In a small trial, increased omega-3 consumption directly correlates middle-aged, overweight males. Those who consumed the most omega-3s had 43% higher insulin sensitivity than those who consumed the least. In addition, their fasting insulin readings were 25% lower.

Several studies explain how omega-3 fatty acids influence insulin sensitivity. One is that omega-3 fatty acids counteract the inflammatory impact of the amino acid homocysteine. As a result, it is significant in insulin resistance and is present in high quantities in Type 2 diabetics. As a result, insulin resistance raises your chances of getting | Improve Brain Health and Fight prediabetes or type 2 diabetes.

A mouse study discovered that supplementing with omega-3s in the form of fish oil improved insulin resistance caused by high levels of homocysteine. The scientists anticipated that omega-3 therapy altered the lipid profiles of the mice, reducing the inflammation produced by homocysteine and, as a result, improved insulin

As per research, another method stress, a disease in which the ER cannot fold proteins appropriately. ER stress triggers the inflammafrom regulating.

Two meta-analyses investigating the efficacy of omega-3 supplein people with diabetes discovered no effect on glucose management. However, both had lower triglycacid (LA) are the "essential" ones. ly EPA and DHA, inhibit the pro-eride levels, which is essential for

Omega-3 fatty acids have antiinflammatory properties that are beneficial for cardiovascular health, research says. They keep arterial walls flexible and avoid clotting and plaque buildup. Omega-3 fatty acids supplements can aid in treating hypertriglyceridemia or high blood triglycerides

Although omega-3 fatty acids How Much Omega 3s Do You Need are known for their capacity to Daily? decrease LDL cholesterol, the effects of EPA and DHA on cholesterol levels are not entirely known.

EPA and DHA can boost the function of lipoprotein lipase, an enzyme that breaks down triglycerides. They also reduce the quantity with better insulin sensitivity in of pro-inflammatory cytokines in the artery wall, which helps to prevent plaque development.

Studies have revealed that EPA and DHA can "reprogram" the metabolism of triglyceride-rich lipoproteins (TRLs), changing the way cells utilise energy. Triglycerides move between tissues via these lipoproteins. Also, increased TRL can lead to heart disease. Therefore, maintaining them may be another way omega-3s decrease inflammation and prevent plaque buildup on arterial walls.

Mental Disorders

A study has unveiled the link between omega-3s and brain health. Low consumption of these fats induces the risk of developing dementia and cognitive decline. Omega-3-fatty acids are crucial in treating Alzheimer's disease with their neuroprotective properties.

In addition, DHA is necessary for improving individuals' healthy brain function and mental health.

Furthermore, studies even show

Bipolar disorder, or manic depression, is a complex and debilitating condition. Omega-3-fats tory pathways that prevent insulin might assist individuals with the disease by stabilising their moods. The research analyses the link between omega-3s and schizophrementation on metabolic indicators nia, with positive results, at the early stage of the condition.

No substantial evidence exists that Omega-3-fatty acids can treat dementia or other severe brainrelated disorders. Nevertheless, intake of higher omega-3s is effective in maintaining the brain's healthy functioning and stabilising the positive mental health condition for as long as possible.

Helps Relieve Depression

Omega-3 fatty acids play a prominent and positive role in brain function. Even though EPA is not prevalent in the brain, it quickly penetrates the blood-brain barrier as a free fatty acid. Low EPA levels in the blood can induce depression, one potential reason being that they help keep inflammation at bay, as per research.

One meta-analysis discovered that a daily dose of one gram or fewer of omega-3s containing at least 60% EPA could reduce depression, possibly due to its capacity to suppress pro-inflammatory cyto-

According to research, Omega-3 fatty acids are neuroprotective. This means it can help keep neurons and communication channels in the brain healthy. They also have a developmental impact on the infant and toddler brains. One research, for example, discovered that children whose mothers ate more fish during pregnancy had greater cognitive abilities.

The NIH recommends that males consume at least 1.6 grams of ALA per day while women consume 1.1 grams. The USDA Dietary Guidelines recommend consuming an average of 250 mg combined EPA and DHA daily.

Consuming recommended omega-3-fats through your daily diet minimises the risk of developing metabolic disorders. The conditions include obesity, high blood pressure, high triglycerides, low HDL cholesterol levels, and severe cardiovascular diseases. In addition, omega-3-fatty acids can combat inflammation, decrease insulin resistance and prevent the risk factors of heart diseases.

Sources of Omega-3

Our bodies do not utilise all omega-3 fatty acids in the same manner, and understanding the variances is critical when deciding how to obtain them. Whether you receive your omega-3s from fish, fish oil supplements, or omega-3-fortified meals, studies indicate that increasing your exposure to these fatty acids can contribute to quantifiable modifications in the make-up of omega-3s in your cellular membranes within days. However, specific sources are higher in bioavailable omega-3s (the form

Fish

Coldwater fish are the most abundant source of accessible EPA and DHA, but quantities vary significantly between species. Farmed Atlantic salmon ranks first, with around 1.24 grams of DHA and 0.59 grams of EPA every 3 ounces. In addition, pink salmon, oysters, rainbow trout, and seabass are high in EPA and DHA. Quality eggs (pasture-raised) can also provide EPA.

Read this article to learn about the best fish to eat and avoid.

BRIEFLY NEWS

Keep your blood sugar levels lower than 7 per cent to dodge type-1 diabetes

ong-term blood sugar levels, known as HbA1c, can be used to accurately predict the risk of a person with type 1 diabetes having eye and kidney problems. According to research, this level should be lower than 53 mmol/mol (7%). The study tracked people for more than 30 years after they were diagnosed with type 1 diabetes.

The results were published in Diabetes Care. People with diabetes may experience damage to the small blood vessels in various organs. The reasons for this are unclear, but it has been known since the 1990s that good control of blood sugar levels reduces the risk of complications. It has, however, not been clear what level of long-term sugar, HbA1c, people with type 1 diabetes should have in order to avoid serious damage to blood vessels in the eyes and kidneys.

"Our study determines accurately the levels of long-term sugar that can avoid complications. This knowledge can increase a person's motivation to keep their blood sugar level under control," says Hans Arnqvist, professor emeritus at Linkoping University and leader of the study.

Researchers in the current study, known as VISS (Vascular Diabetic Complications in Southeast Sweden), have followed all children and adults younger than 35 years who developed type 1 diabetes during the period 1983-1987, and who received care in the South-East Healthcare Region of Sweden. All 447 newly diagnosed persons in the region during this period were included in the study. The researchers followed the patients' HbA1c values, which reflect their average blood sugar levels during a longer period. They have also monitored the development of eye- and kidney damage in these patients for a period of between 32 and 36 years after diagnosis.

The small blood vessels in the eye are particularly susceptible to damage in type 1 diabetes. Nearly all patients experience small haemorrhages in the eye that do not affect their vision. In some cases, new blood vessels develop in the retina. The latter is known as 'proliferative retinopathy and can lead to blindness. Another effect of diabetes concerns the area known as the 'macula' of the retina, where high-focus vision is located. Damage here leads to blurred vision.

The kidneys are not as sensitive to high blood sugar levels as the eye, but the important small blood vessels here can also be damaged. One consequence of such damage is the excretion of blood proteins in the urine. Albumin is the protein with the highest concentration in the blood, and when it is present in the urine the condition is known as 'albuminuria'. The damage to the kidneys eventually leads to impaired kidney function and, in serious cases, kidney failure. This is a fatal condition if untreated, and the patient must either undergo dialysis or receive a kidney transplant.

The blood sugar level in a healthy person is very closely controlled, with a maximum HbA1c level of 42 mmol/mol (6.0%).

"The results of our study show that people with type 1 diabetes for at least 32 years should keep their mean long-term sugar level below 53 mmol/ mol (7.0%) if they are to completely avoid serious damage. The risk of an eye- and kidney complications increases as the level increases. Our conclusions relate to avoiding complications arising from blood vessel damage. But if a patient has problems with low blood sugar, hypoglycaemia, it's not possible to control the blood sugar level-so strictly," says Hans Arnqvist.

The target level for HbA1c that is suggested by the results of the VISS study agrees with the individual targets recommended by the American Diabetes Association. In Sweden, target levels are given for groups, rather than individuals.

The previous follow-up by the research group was conducted 20 years after the onset of the disease. Now after 30 years, the results show that damage has arisen at lower blood sugar levels than was the case after 20 years. More patients have experienced damage, despite having blood sugar levels that are not higher than those they have previously had. In other words, it seems that the threshold for developing complications falls gradually with time. This means that the study does not allow any conclusions for the recommended blood sugar levels of people with type 1 diabetes longer than 30 years after diagnosis.

Chia Seeds: The Ticket to Weight Loss

PARUL DUBE

hia seeds, the teeny tiny, black and white seeds, are all over social media for their innumerable benefits. These small seeds, added in everything from puddings to smoothies, come from a flowering plant in the mint family called Salvia Hispanica. Including chia seeds in your diet can be one step toward weight loss. And it's no secret why they're so popular for weight loss. Chia seeds' insoluble fibre and protein keep you feeling satiated and full. But, with nearly 11 grams of fibre per serving, chia seeds might be the missing piece to your weight-loss

Can Chia Seeds Help You Lose Weight?

Chia seeds can be a great addition to your weight loss diet. With good reason, too. But the question is, how $do\ chia\ seeds\ support\ your\ weight\ loss$ efforts? One, the fibre in chia seeds could undoubtedly help. A study shows ly of caloric and macronutrient intake, promotes weight loss. In addition, all that fibre in chia seeds, around 34.4 grams per 100-gram serving, can help to increase satiety. Plus, it can prevent hunger because fibre-rich chia seeds take longer to digest.

source of protein. Protein-rich foods

eating. Therefore, the fibre and protein in chia seeds create a feeling of less hunger, more satiety, and lower cravings for sugary foods. Ultimately, chia seeds help you meet your calorie

Remember, adding chia seeds to the diet or just eating chia seeds will not result in weight loss. Chia seeds could help you lose weight only when combined with regular exercise and mindful, healthy eating. That also means chia seeds are not a catalyst for dramatic weight loss. Instead of feeling fixated on single foods and 'should' or eating patterns.

Chia seeds can assist in reducing cravings or eating more later in the day. Also, fibre and protein promote less hunger and satiety, which can help lower calorie intake. But remember that chia seeds are not a magic bullet for weight loss. You should also pay that dietary fibre intake, independent- attention to your overall diet and exer-

Ways to Eat Chia Seeds for Weight Loss

Fitness experts and influencers call chia seed water a magic weight loss potion. For starters, there's no set ratio for water to chia seeds. If you want to Two, chia seeds are also a good whip up chia seed water, soak one

'shouldn't' eat, improve your overall a tapioca-like gel consistency or for a buy pre-ground chia seeds or grind minimum of 30 minutes. With that in mind, some may not be into the idea of drinking chia seeds. But then, you can also add them to smoothies and on top of salads or whip up a chia seed pudding or pancake.

If not water, then you can make chia eeds drink by mixing the seeds into your favourite type of milk and keeping it overnight. For added weight loss benefits, try to go for non-dairy milk alternatives. However, make sure not to add any high-calorie sweeteners and toppings. So, if you're eating a bowl of chia seeds for breakfast, mix in some slices of apples and bananas.

Chia seeds have a mild flavour. So you can add them to several preparations without worrying about startling tablespoon of the seeds in a glass of flavour variations. For a low-calorie like chia seeds undergo slow digestion, water. Nutritionists suggest soaking alternative, swap chia seeds with the keeping you full and may prevent over- chia seeds in water until they reach flour in your pastry recipes. You can

them up in a blender until powdery to use in cake, cookie, or pancake recipes

If you are on a weight loss journey and looking for healthy snacks all the time, chia seeds can be a good addition. You can mix chia seeds in water, salads, smoothie, pudding, milk, pancake mix, and a bowl of oatmeal. Drinking a glass of chia seed water daily, preferably in the morning, can be a healthy supplement to your weight loss diet.

Recipes to Try Chia Seed Pudding

Serves: 2

Preparation time: 10 minutes (Prep time does not include the additional refrigeration time)

Ingredients

Coconut or almond milk: 2 cups Chia seeds: 6 tbsps Cinnamon: 1 tsp Sea salt: a pinch Blueberries or chopped nuts for

Method of Preparation Pour the milk into a jar. Add the chia seeds, cinnamon, and salt. Cover the lid and shake well to com-

Refrigerate for a few hours, then give it a good stir to loosen any lumps. Refrigerate for 12 to 18 hours for the pudding to set.

Serve with fruit, nuts, or any preferred toppings

Berry Chia Seed Smoothie Serves: 1

Preparation time: 5 minutes Ingredients Frozen berries of your choice: 1 cup Unsweetened milk of your choice:

Unflavoured yoghurt: 1/4 cup Chia seeds: 1 tablespoon Method of Preparation

Add all ingredients to a blender. Blend until smooth. Pour into cups, and enjoy immedi-

Strawberry Chia Seed Popsicles Serves: 10 popsicles

Preparation time: 10 minutes Ingredients Frozen strawberries: 3 cups

Almond milk: 1/2 cup Chia seeds: 1/4 cup Method of Preparation Blend all of the ingredients. Pour into a popsicle mould. Freeze and enjoy! With an easy swap of ingredients,

chia seed popsicles can be a healthy alternative to store-bought ones. In addition, it has no refined sugars and unhealthy fats, only around 50 calories a piece.

Things to Look Out for As long as someone is mindful about

portions, chia seeds can be a great nutritious addition to the diet. However, consuming too many of them can have counterproductive effects. There is a reason why the serving size of chia seeds has a two tablespoons limit. Overeating chia seeds cause a sudden drastic rise in fibre, leading to gastric issues like bloating and diarrhoea. If your diet is low in fibre, gradually increase your chia seed intake. Check for the possibility of chia seed allergens. Although rare, chia seed allergy can trigger symptoms or cause a reaction.

Eating foods that promote satiety is not an issue, but they should not replace other foods in your diet. For example, when you eat chia seeds, focus on other nutritious mix-ins. Ultimately, though, reach out to your nutritionist if you are concerned about your consumption.

•••• 00000

MoS Cooperation & DONER B.L. Verma attends Viksit Bharat Sankalp Yatra at Nimmo

LEH, NOVEMBER 30, 2023

To ensure saturation of ments like, J&K Bank, flagship schemes of the Health, Social and government, Viksit Bharat Tribal Welfare, Educa-Sankalp Yatra camp was tion Department, Revorganised today at Gram enue, Self Help Groups, Panchayat, Nimoo.

Hon'ble Minister of ments. State for Cooperation & DONER, GoI, B.L. Verma eration counter was attended the program as chief guest.

Ladakh, Jamyang Tsering ries. Aadhar Camp was Namgyal; Deputy Com- also set up. On spot sermissioner/CEO, LAHDC, vices were, Health Camps in Odisha, Prakasam in 95 Panchayat Halqa in people across the country Yangchen Dolma; ADDC, Ujwala new enrolment and Arnia in Jammu and Leh Sonam Norbo; BDO, and biometric authentica- Kashmir. Nimo; Sarpanch, Nimo; tion, MY Bharat volunteer Panches, Nimo; Nambard- enrolment. er, Nimoo; Goba, district present at the camp.

local representatives in via video conferencing. in every Panchayat Halqa developed by 2047. the presence of locals of He interacted with ben- of Leh district. He added welcome with khathak.

MoS, B.L. Verma inspected the stalls set up by various departand other line depart-

Ayushman Card Genalso set up and Ayushman Bharat Cards were Member Parliament of also issued to beneficia-

MoS, B.L. Verma was with beneficiaries of the the Viksit Bharat Sankalp in Jharkhand, Raigarha has been covered out of Vikasit by 2047.



Live message by Hon'ble spoke about overview of

Leh, Santosh Sukhadeve; (TB Screening, sickle cell Andhra Pradesh, Namsai Leh district. He said that through various schemes. Nominated Councillor Dr. anemia screening), PM in Arunachal Pradesh, the aim of this Yatra is Further, added that the chief guest. 4 Years of UT saturation of government schemes. He also spoke DC, Leh presented the about various schemes welcome address. He of government including Ayushman Bharat Yojana, officers and officials of dif- Prime Minister was Viksit Bharat Sankalp Yatra insurance schemes and ferent departments were screened. Prime Minister, and action plan in Leh dis- PM Vishvakarma. He also Narendra Modi interacted trict. He mentioned that said it takes forward the vision of Prime Minister of received by DC Leh and Viksit Bharat Sankalp Yatra Yatra is being organised India to make the country

On this occasion people Nimoo with traditional eficiaries from Deoghar that 25 Panchayat Halqa took pledge to make India Jivan Mission, Ayushman Bharat Yojana, Gar Bijli Jan Aushidi, benefits of it. Jan Dhan Yojana.

He said Modi led government is committed to benefit poor and needy

people have got maximum benefit from those schemes. He said that and Goba of Nimoo. in the past nine and half years India has developed immensely under Modi government. He also said Under Viksit Bharat Sankalp Yatra program, benefi-

briefed about the Viksit the program

Mos, B.L. Verma Bharat Sankalp Yatra and spoke of about appealed the people to various schemes of take the benefits of differcentre government ent welfare schemes of the including Pradhan government. He said the Mantri Awas Yojna, schemes of government Ujwala Yojna, Jal have now reached to doorstep of every household under Viksit Bharat Sank-Kisan Samman alp Yatra camp and every Niddhi Yojana, Gar one must take maximum

Cultural program was also presented by the students of Government Middle School Nimoo.

Besides, ODF Plus certificate was given to Panchyat, Nimmo by the Ladakh Magazine presented to Panchayat, Panch

Furthermore, Property certificates were presented to beneficiaries.

The students of Government Middle school, Nimmo; Student of Govciaries are given services ernment Middle School, and benefits of govern- Basgo; village representament schemes on the spot. tives; people of Nimmo vil-MP Ladakh also lage enthusiastically joins

Police organises Blood **Donation Camp in Ganderbal**

JI NEWS SERVICE GANDERBAL, NOV 30

On the directions of SSP Ganderbal Shri Nikhil Borkar-IPS, police organized Blood Donation Camp in collaboration with District Hospital Ganderbal at District Police Lines Ganderbal.

The Blood Donation Camp was organised under the supervision of DySP DAR Shri Nazir Ahmad in which Police officers, officials

great enthusiasm & donated blood.

Medical Superinten-Doctors & Nurses to DPL blood capacity in our Ganderbal & appreciated health system. the efforts of Police for save precious human lives cy patients.

& SPOs participated with and we should participate in such programmes for safeguarding humanity by donating our blood. dent District Hospital Gan- Everyone should come derbal Dr. Nighat Yasmeen forward and donate their deputed the panel of blood & to increase the

On the occasion, a large their contribution, donat-number of blood units ing blood for the noble donated by Police were cause. It was stressed that contributed to District a single drop of blood can Hospital for the emergen-

Viksit Bharat Sankalp Yatra camp held at Sapi Panchayat

JI NEWS SERVICE

KARGIL, NOV 30

To ensure saturation of flagship schemes of the government, Viksit Bharat Sankalp Yatra camp was today organized at Sapi Panchayat, Block Kargil.

BDO Kargil/Day Nodal Officer, Samina Khatoon, Sarpanch, Panches, officials from different departments, including Agriculture, RD&PRD, Health, Handloom, Horticulture, ICDS, along with representatives from various other line departments, actively participated in the event.

At the event, the villagquality of their lives.

One of the aspects of villagers on the spot.

informed the people dures of these schemes. about beneficiary-orientquality of life.

Besides others, the people about the benefits briefed the general public pants at the event.

other departments also and application proce-

Experts from different ers were comprehensively ed schemes. This included departments and institubriefed on an array of ben-the distribution of various tions including agriculeficiary-oriented schemes benefits and resources ture, horticulture, health, meticulously crafted to designed to uplift the com- handloom etc , held uplift and improve the munity and improve their interactive sessions with the locals wherein they the event was the provi- with multimedia resourc- procedures to avail these

about the goal of Viksit Bharat Sankalp Yatra and underlined its mission. They were also briefed about healthcare schemes. The camp witnessed huge participation of the people. The Day Nodal Officer expressed grati-The IEC Van is equipped were informed about the tude to the participants for their enthusiastic involvesion of direct beneficiary- es, expert speakers, welfare schemes. During ment. The Viksit Bharat oriented benefits to the and interactive sessions the program, officials of pledge was also taken by to engage and educate the Health Department the officials and partici-

Viksit Bharat Sankalp Yatra camps organized in Raghunath Bazar, Kunjwani Chowk in Jammu City

JI NEWS SERVICE

JAMMU, NOVEMBER 30

Viksit Bharat Sankalp Yatra is progressing smoothly in Jammu city. On Day Three of the yatra today, the specially designed IEC (Information, Education, Communication) van arrived in the famous Raghunath Bazar to create awareness among general public about various initiatives taken by the Government of India for the Union Territory of Jammu and Kashmir in the last few years to improve people's lives, especially in the Valley. During the event, a health camp was organized where people got themselves tested for several diseases and ailments camp provided the facility to people to get new Aadexisting ones updated.



a developed and selfreliant nation by the year 2047 – was administered to the participants. In the afternoon, the

IEC van reached Kunfree of cost. Another awareness about Central schemes like PM SVANid-

Sankalp – to make India Ayushman Bharat, PM of welfare schemes on

a pledge - Viksit Bharat lution, PM eBus Sewa, ness and provide benefits district of the country.

Awas (Urban) PM Ujjwa- sanitation, essential finanla Yojana among others. cial services, electricity, As part of the campaign, access to LPG cylinders, on spot services like PM housing for the poor, food Svanidhi Camp, Health security, proper nutrition, Camp and, Aadhar upda- reliable healthcare, clean jwani Chowk to create tion camp was organized. drinking water, etc. The Launched by Prime Viksit Bharat Campaign Government's welfare Minister, Shri Narendra aims to cover over 2.55 Modi on November 15, lakh Gram Panchayats haar cards issued and the hi, Mudra Loans, Stand Up 2023, Viksit Bharat Sank- and over 3,600 urban India and Start Up India, alp Yatra aimsto reach out local bodies by January As part of the yatra, Digital Payments revo- to people, create aware- 25, 2024, touching every

Will address concerns of transporters in J&K: Altaf Bukhari

JI NEWS SERVICE

JAMMU, NOV 30

Demanding revival of the declining transport sector, the Apni Party President Syed Mohammed Altaf Bukhari today said that his Party will address the concerns of the transporters in Jammu and Kashmir.

"The transport sector and other business establishments have suffered huge losses in Jammu and Kashmir. However, the concerns of the business community members were not given heed by the Govt," said Altaf Bukhari, addressing a joining program here at Gandhi Nagar, Jammu.

The program was organized by President Schedule Caste Wing, Bodh Raj Bhagat and Provincial President of Women Wing, Jammu, Pavneet Kour.

On this occasion, Balbir to work for the welfare of demand revival of Darbar Regions together. Singh Baba (owner of Baba) the people. Tour and Travels) and Ramneek Singh, Guruveer ments have suffered losses Singh, Rajinder Singh, and in Jammu especially after

that their joining would improved trade related strengthen the Party at the activities. ground level and assured their interest and continue people in Jammu and they the communities and two come forward and rep- others.



In his speech, he said Move practice had pro- Move practice." Welcoming the new moted cultural exchange,

Move practice.

his supporters Amarjeet that, "The transport sector assembly elections is a politics that trigger mis-Singh, Devinder Singh, and business establish- must in Jammu and Kashmir, he said and added that "If we form the next Govt Our Party believes in unity, others joined the Apni the Darbar Move practice in Jammu and Kashmir, brotherhood, and mutual Party in presence of Altaf was stopped. The Darbar we will revive the Darbar

Meanwhile, he took on entrants into the Party better understanding the traditional political fold, Altaf Bukhari hoped between two regions, and parties for divisive politics that has created a wedge between Jammu and Kash- when there was no hope Party would safeguard there is anguish among the bridge the gap to bring parties were not ready to nia, Yash Choudhry and

He further said that "We Therefore, holding of do not believe in divisive understanding between communities and Regions. understanding that would bring much needed peace, and prosperity in Jammu and Kashmir."

> He further said that his Party came into being

resent the people after August 5, 2019.

He said that his Party believes in telling the truth to the people without triggering any controversy.

"The future of Jammu and Kashmir lies with India that can never be changed," he said, criticizing the traditional political parties for divisive politics. Prominent among those

who were present in the joining program include Vice President, Usman Majid, General Secretary, Vijay Bakaya, Provincial President Jammu, Manjit Singh, Provincial Senior Vice President, Faqir Nath, Provincial Vice President, Nirmal Kotwal, Provincial Vice President Sheikh Shafi, J&K Trade Union President, Ajaz Kazmi, OBC President, Bhagat Ram, Youth Wing Vice President Jammu, Raqeeq Ahmed Khan, General Secretary, Abhay Bakaya, Provincial President Jammu of Youth Wing, Vipul Bali, Provincial President Legal Cell, Vikram Rathore, Provincial President Women Wing Jammu, Pavneet Kour, Provincial President Jammu, Trade Union, Raj Kumar Sharma, Ritu Pandita, Shivam Choudhry, Anirudh Khajuria, Sandeep Vaid, Joginder Sangam, Vishal Jotshi, With the stopping of the mir Regions. However, the among the people because Devinder Singh Gill, the transporters that his Darbar Move, he said that Apni Party is working to the traditional political Vishal Jotshi, Vishal Nara-

Familial parties run on hatred, self profiteering; can't digest development: Sanjay Baru



JI NEWS SERVICE JAMMU, NOV 30

digest the politics of develing, said J&K BJP senior leader and former JMC Councillor, Sanjay Baru development works in required infrastructure. while he toured the Ward the Jammu region, he Roads were widened and No. 41 area of Jammu West assembly Constituency has been developed on roads being constructed. and interacted with the the line of most marvel- Laying importance on different groups of local ous architectural and diversion of major traffic residents.

witnessed unprecedented excellent work through development under the these five years. government led by Prime

and nati-national senti- ting rid of many garbage ments. These parties points and thus communicame into existence with cable diseases. The work Family based parties like the particular purpose of on the Tawi River Front NC, PDP, Congress can't profiteering and hatred will add charm to the city for the other communities while the lanes and drains opment as they are run and stressed that people in the city were repaired only on the principles of are now very well aware like never before. Major hatred and self profiteer- of the hypocrisy of their electricity reforms were pseudo-leaders.

the principles of hatred the whole of the city, get-the tour.

ensured adding more Highlighting the major transformers and other said that the Jammu city new flyovers and raised engineering updates. He through circular roads While interacting with said that whereas enor- costing more than 2000 the masses, Sanjay Kumar mous funds were allocat- crore rupees, he said Baru said that the whole ed under the Smart city that uncountable public of the erstwhile state of projects, Jammu Munici- welfare works are being Jammu & Kashmir has pal Corporation has done pursued in the city of temples.

BJP leaders Ashok Baru stressed that thou- Singh Wazir, Jatin Sethi, Minister Narendra Modi. sands of streetlights were Jatinder Khajuria, Shakti Attacking the opposi- allocated to each ward, Kendra pramukh Rakesh tion parties like National accumulating to over Sharma, BJYM Mandal Conference, People Dem- more than 90 thousands President Sanchit Sharma, ocratic Party and Indian in the whole JMC. The Bachan Lal Bhagat, Kewal National Congress, Sanjay door-to-door garbage col- Sharma, Dindayal Sharma Baru said that their estab- lection has given a hygien- and Girish Sharma accomlishments were based on ic and aesthetic look to panied Sanjay Baru during

Booth Jan Samvad Maha Abhiyan: J&K transformed post Art 370 repeal: Rana

ARNIA NOVEMBER 30

Senior BJP leader Mr Dev- ernance as per Prime Minender Singh Rana today ister Mr Narendra Modi's said that during the past Sabka Saath, Sabka Vikas, four years, Jammu and Sabka Vishwas, Sabka Kashmir has witnessed Prayas has fostered a sense huge and remarkable of belonging with renewed transformation and turn- spirit of confidence among around in the overall situapeople. He said in the last 9 tion, infrastructural develyears of Modi Government opment and implementa- many challenges have been tion of the various welfare overcome, paving way for

Territory has ushered in a Vishavguru. an era of stability, devel-

He said the BJP's commitment to inclusive gov-

Rana urged the party opment, and unity", Mr functionaries of Jammu of path breaking initiatives Rana said while address- border District to reach out taken across Jammu and ing the District office bear- to each booth and engage Kashmir with an avowed Booth Jan Samvad Maha and explain to the people development, creating Ashwani Sharma and Prof. BJP Government in the last growth as a result of mas-Minister. Gharu Ram Bhagat were nine years with an objec- sive investments. He said



holistic development, eco- tive to benefit and uplift the investments will mani- encouraging turnaround ering dedication and stra- harmony and treading the in the society by empowtegic initiatives, the Union path of making the Nation ering them and equitably developing them.

He also made a mention

"In the wake of unway- nomic growth and social the poor and downtrodden fest in industrialization on in the Valley situation a mega scale thus opening post August 2019 has led vistas of opportunities for to unprecedented tour- and adventure tourists economic empowerment ist footfall in Jammu and and generation of jobs Kashmir and the people hugely surpass this year, for professionals, tech- have realized the futility nocrats, educated unem- of alien gun culture and ployed besides skilled and developed stakes in peace ers engaged in tourism ers DDCs & BDCs during in Samvad in each booth objective of ensuring unskilled workforce. He for development, progress, said J&K is at the thresh- and prosperity. This has Abhiyan review meeting the schemes and historic infrastructural facilities, old of a new era of peace turned turtle the apple cart of Jammu and Kashmir of Jammu border District initiatives taken by the strengthening utility ser- and progress as per Naya of those banking on boil- is hugely dependent on

on instability and unrest

But, seeing the peoples' preference for peace over stone-pelting and economic activity over shut-down syndrome, a new era of hope and promise is discernible across the Union Territory. He said the Prime Minister's mission of Naya Jammu and Kashmir is to be carried forward by consolidating the gains of peace to bring about economic emancipation to the people. The influx of over 1.8 crore pilgrim, nature last year, which is likely to has brought cheer in the lives of lakhs of stakeholdtrade. He said the tourism being the major mainstay of the party. Ex- MLAs Prime Minister Modi led vices and giving fillip to J&K vision of the Prime ing Kashmir and thrived peace and this realisation among the people has Devender Rana said that for furthering their politimade all the difference.

cal agenda for decades.

Viksit Bharat Sankalp Yatra held at Domkhar Dho High School



JI NEWS SERVICE

LEH, NOVEMBER 30, 2023

Viksit Bharat Sankalp Yatra was organised at Domkhar Dho High School today.

taken by participants.

alp Yatra brought togeth- to the beneficiaries. er locals, leaders, and enthusiastic individuals comed by the PRI memcommitted to the cause bers including Nambarof national development. dars, Women Alliance,

and community leaders public.

addressed the gathering, sharing their insights and motivating participants to actively contribute to the nation's progress.

The event also featured a cultural extravaganza The event began by wel-showcasing the rich hericoming the IEC (Informa- tage and diversity of the tion, Education and com- region. Various governmunication) Van followed ment departments proby the opening movie and vided 'on spot services' Viksit Bharat pledge was of various government schemes showcasing their The Viksit Bharat Sank- flagship schemes at stalls

The team was wel-Eminent personalities SHG and the general

People's miseries increased manifold amidst Governance void: Rattan Lal

JI NEWS SERVICE

UDHAMPUR, (TIKRI) NOV 30

Rattan Lal Gupta, Provincial President Jammu and Kashmir National Conference (IKNC) Jammu has reiterated that the common people of J&K are leading a miserable life due to the absence of a popular government. He emphasized upon the dire need to hold Assembly elections in J&K at the earliest in order to do away with the miseries thrust upon the people by the proxy Govt of BJP in J&K.

He expressed this while interacting with the Sb, Zonal President Ahmed, Sanjay Verma and prominent party function- Udhampur-Reasi Zone Mir Qasim were present. aries of Udhampur-Reasi Jb Abdul Gani Malik Sb, Zone at Tikri where One District President Reasi ies led by Zonal President Day Delegate Convention Babu Jagjeevan Lal, Vijay and former minister Abdul is scheduled to be held Lochan Chairman SC Cell, Gani Malik, apprised to on 3rd December, 2023 District President Udham- the Provincial President which will be addressed pur Urban Sunil Verma, Rattan Lal Gupta about by Party Vice President Ram Parshotam Sharma the problems being faced and former Chief Minister District President Udham- by the people of the Iammu and Kashmir Jenab pur Rural, Additional remote areas of District in place adequate stocks strengthen the party by Omar Abdullah. Mr Gupta Spokesperson Th Yashu Udhampur and Reasi like of essentials in advance. visited Tikri to take stock Vardhan Singh, VP Rakesh Dudu, Basantgarh, Latti, of the preprations.

ies who were present on Akash Verma, Manmohan others araes in the region. tionaries castigated the

Secretary Sheikh Bashir Channa Ram Sethi, Sajad Singh Raka, District Sec- Pancheri, Reasi's Gulab Prominent functionar- retary Pavitar Singh, Garh, Mahore and several hearing to the party func- genuine concerns.

the occasion, Provincial Verma, Capt Balbir Singh,

The party functionar-

He asserted that in absence of the popular government, the authorities in different departments had adopted a non serious approach with nobody ready to listen to the woes of the people. He informed the Provincial President that with the onset of winter the Administration has failed to put functionaries to further

giving a keen and patient roots level to address their

Govt for not making prewinter arrangements in the region. He said that it is the duty of the J&K Administration to ensure that adequate stock of essential commodities in the far flung areas of the region which remain cut off from the rest of the nation after winter snowfall in the region. He said that if the administration still fails to do so it could prove fatal for the people of these remote areas. He asked the authorities concerned in the Udhampur Administration to shun their lackadaisical attitude and initiate appropriate measures for making available the essential commodities to the people in the areas prone to cut-off in winter season before it is too late.

Meanwhile, the senior NC leader asked the party remaining present among Rattan Lal Gupta, after the people at the grass

VC BGSBU concludes Annual Culture function on "9 years of Governance", "Mission Life", "EBSB", "Swachhta" at Rajouri

JI NEWS SERVICE

JAMMU, NOV 30

On Day-2 annual function on 9 Years of Seva Sushasan aur Garib Kalyan, Ek Bharat Shreshtha Bharat, Mission LiFE, "Swachhta and other allied themes being organized by Central BGSBU, Rajouri attended was Guest and Sh. Ghulam faculty BGSBU, Staff of CBC

Vice Chancellor, BGSBU citizens.



Rajouri appreciated the Prof. Akbar Masood, of responsible and aware among common masses.

Sh. Ghulam Abbas, Bureau of Communication, efforts of Central Bureau JD, CBC & PIB, J&K in his Rajouri(J&K), Ministry of of Communication, J&K address said that CBC Information and Broadcast- for organizing the event has the mandate of dising, Govt. of India at Baba at Rajouri. He said that seminating information Ghulam Shah Badshah Uni- CBC's programmes serve and awareness among versity, Rajouri Prof. Akbar as a bridge for Information common masses in rural Masood, Vice Chancellor, between Government and as well as urban areas. CBC Common Masses - Vice uses Exhibition, Cultural the function as Chief Guest. Chancellor, BGSBU Rajouri. programmes, Seminars, Dr. Ali Asghar Shah Dean The valuable information Expert Lectures, Competi-Academic Affairs, BGSBU disseminated through tions etc. to aware/engage displays and Expert Lec- the masses about various Abbas , Joint Director CBC tures will help locals think schemes. He advised the and PIB J&K presided over about availing the ben-students to avail benefits the function along with efits of various centrally of Govt. schemes and earn sponsored schemes and besides studies to become J&K and representatives becoming entrepreneurs. Atamnirbhar (self relient). of Health, Jal Shakti, and He highlighted the role of He urged the audience to Agriculture departments teacher in students' life, spread the message about Unity in diversity and role benefits of various CSS

Drug abuse destroying younger generation: Ganesh

JAMMU, NOV 30

Shiv Sena Hindustan Youth Wing J&K President Ganesh Choudhary on Thursday said that drug peddlers bring destruction to society and drugs peddlers should not be granted bail easily as they do heinous crime of drug peddling. Addressing protesters, Ganesh said

judiciary and even the demic, especially among Pakistan is a coward nation general public owe a duty the young. The problem and by indulging into such towards the society to at of drug abuse in youth is acts, it has proved it.



drug abuse and its traf- least come forward and a matter of serious conficking had created havoc join hands to destroy the cern as every third person in the society particularly nexus and the people is hooked to drugs other damaging and destroying involved in such like nefar- than alcohol and tobacco. the young generation from ious activities destroying The other striking issue is whom lot of expectations the future of the young high prevalence of heroin of the not only from the generation for the petty and intravenous drug parents but also from the gains should be taken to abuse. Ganesh lashed general masses.But for task," Ganesh said.Ganesh out at Pakistan for pumpthis drug abuse future of said J&K is caught in this ing in drugs through drug hundreds of young people vicious circle of drug mafia with sinister designs have been dashed to abuse, and the numbers of to exploit our youth. He ground and the peddlers drug addicts are increas- said, " Pakistan is playing are the instruments for ing day by day. The bane the dirty game of exploitbringing such destruction of drug abuse in J&K has ing our youth not only in the society which needs acquired the proportions by handing over guns to to be dealt with strong an of a pestilence that has them but also by pumping iron hands at each level," shaken the entire society in drugs through its mafia in the state. In J&K "drug and make them addicts," "Police, executive and abuse" is a raging epi- he alleged and said that

"Police undoubtedly doing a great job by seizing contrabands of drugs worth multi-crore being smuggled outside the state but the sad affair is that the big fishes, who are running the trade are still at large and succeeding in their nefarious designs," pointed out Ganesh.Ganesh also welcomed some of the social and political organizations, who are blowing bugle against drug abuse, have finally woken and joined hands in united fight led by J&K Police for the cause in the interest and welfare of the society.

Prominent among those present during protest included Bharat Bhushan, Shankar Singh, Yashpal ,Prabhu Dayal, Mohan Lal, Ajay Kumar, Nek Ram Raj Kumar Rahul Kumar, Premchand, Bhushan Kumar, Sanjeev Kumar, Kamal Kumar, Madhu Bala, Neelam Kumari, Sonia Chaudhary, Reena Devi, Sunita Devi ,Asha Devi, Suman Devi, Tripta Devi ,Rajni Devi ,Santosh Devi, Rimpi Devi, Pola, Prem

Colorful evening marks the end of KASHPEX 2023

JI NEWS SERVICE JAMMU, NOV 30

KASHPEX 2023 came to an end today with colorful and enlightening cultural performances and award distribution amongst the winners of various events of KASHPEX.

The cultural event was marked by perfora renowned Sufi singer of Kashmir. Besides this performances and dance performances from artists depicting rich culture and folk dances of Jammu and Kashmir thrilled the audi-

was released by Col Vinod Kumar, Chief Postmas-



mances of Shafi Sopori, on places of prominence and significant importance ing competition were from Srinagar, Jammu and awarded by Col Vinod mesmerizing musical Leh. Today winners of Kumar, Chief Postmaswas held on 29.11.2023 for The students competed

Also, winners of Paint-

from Kashmir Harvard Educational Institute was adjudged second and Mehreen Iqbal from Legends School of Education was adjudged third.

A national level jury comprising of Shri Sahadeva Sahoo, Shri Shakil Ahmed and Shri Kishor Chandak evaluated the exhibits on display in the said exhibition and different medals and prizes were awarded to winners. A total of 17 which includ-Quiz competition which ter General, J&K Circle. ed 3 Vermeil, 4 Large Silver, 4 Silver Medals and students from 09 schools in two categories viz. 6 Bronze were awarded. were awarded by Chief Category I students from Governor's Trophy and Postmaster General, J&K Class V to Class VII and CPMG Trophy was also Circle. Moein-udin-Naqa- Category II for students awarded. The members of A special cover on the sh, Mohammad Said and from Class VIII to Class X. the Jury were amazed at Thiksey Monastery, Leh Ajmal from Kashmir Har- In respect of Category I, the awe-inspiring efforts of vard Educational Institute Areeba Masoodi from GD the Organizing Committee were awarded trophy Goenka Public School was of the KASHPEX 2023 in ter General, J&K Circle for first position while adjudged first while Safa putting up this State Level along with Prof (Dr). Ruby as Adeeba Bilal, Zainab Zeeshan from same school Exhibition in a short of Zutshi, Principal, Institute Ruqaya and Muhammad finished second. Mutaha- span of time in spite of the of Music and Fine Arts, Haziq Jan from St Paul's run Eshal from Birla inclement weather condi-University of Kashmir. International Academy Open Minds Internation- tions. Prof Dr. Ruby Zutshi Prof. Iftikhar Jaffar, Sr. and Hadiya binti Altaf, al School was adjudged while speaking in the event Instructor Music and Fine Ambreena Khursheed and third. In Category II, appreciated the efforts of Arts was also present at the Afreen Bhat from Caset Aleeza Gulzar from Birla the Department of Posts in event. The event KASH- Experimental School Open Minds Internation- organizing KASHPEX-2023 PEX 2023 was marked by were awarded trophy for al School was adjudged for the awareness of the release of special covers second and third position. first while Budeer Yousuf general public and school

IGNOU's Term End Examinations December 2023 commences

JI NEWS SERVICE SRINAGAR, NOV 30

The Indira Gandhi National Open University (IGNOU) is set to conduct the Term End Examinations from December 1st, 2023, until January 9th, 2024, for various Academic Programmes.

arranged 35 examination centres across the www.ignou.ac.in Students with expiring Decemare available on the IGNOU Regional Centre tion experience.

Kashmir valley & the UT of Ladakh, expecting 34,072 learners to take part in 1,62,855 sittings. Additional centres have been set up in Uri, Sogam, Qazigund, Dooru, Thindim Kreeri, Langate, Handwara, and Gurez for the benefit of the students.

ber 2023 registrations can seek guidance at the Srinagar website. For queries or assistance, stusubmission.

valid University-issued Identity Card for admis-

Regional Centre Srinagar for examination form dents can contact the IGNOU Regional Centre Srinagar at 0194-3102403 or via email at exami-Students must carry their Hall Tickets and a nationrcsrinagar@ignou.ac.in between 09:30 AM to 5:30 PM. Dr. Shahnawaz Ahmad Dar, sion. Electronic devices, including mobile Regional Director, IGNOU Regional Centre Sri-Hall Tickets for the Examinations December phones, are strictly prohibited in the examinangar, stressed on the importance of following IGNOU Regional Centre Srinagar has 2023 are accessible on the university website tion halls. Detailed instructions for candidates examination guidelines for a smooth examina-

NEWS

Model Exhibition Competition held at **GDC Ramnagar**



RAMNAGAR NOVEMBER 30

petition on the theme the efforts of all those "Know Your Body and who worked tirelessly Your Environment" was organized by Science tion to the others albeit club in collaboration with learning a lot from their Department of Zoology of competitors. The young Government Degree College Ramnagar for the with the presence of Colofirst year NEP students at nel Salathia who filled the Zoology laboratory as a students with great enthupart of extra curriculum siasm by narrating Dr. under the guidance of Dr. B.R.Ambedkar's life story. Bhavnaish Chand, Principal of the College and conish Chand Principal of the venorship of Ms. Sumita

Rao HOD Zoology. an opportunity to build and Participants. He also models on the said theme. The students used array of materials, mostly waste NEP 2020 in which the and abandoned house- student learns different hold material to make skills, develops divergent the models. Almost 30 and creative thinking. He students participated in further added that such this competition.

Dogra from Department make academics fun and of Physics, Dr. Kewal interesting for students. Kumar from Department of Botany and Prof. Sonia Raj from Department of Zoology, acted as jury used and presentation/

science in our daily lives ANO.

and expressed his belief that it is the reason for our existence in today's A Model Exhibition Com- day and age. He extolled to give a tough competiparticipant were thrilled

Meanwhile Dr. Bhavna-College congratulated and appreciated the efforts of Students were given organizing committee added that such activities go hand in hand with competition strives to bal-Prof. Suresh Kumar ance work with play and

The first prize was bagged by Group comprising Vidyut Modi, Vansh Modi & Rahul Dev members and adjudged for the working model the whole competition. on Heart Structure, the The evaluation criteria second prize was bagged included relevance to the by Group comprising topic, type of material Deepanjali Bandral & Malvika Sathe for the working model on Diges-This exhibition cul- tive system, and Group minated with the Prize comprising Rama Devi & distribution ceremony Asifa Akhter bagged Third in which Principal Dr. Prize for working model Bhavnaish Chand acted on Excretory System. All as guest of honour and winners were presented Colonel N. Salathia Adm. the Mementos as per their Officer, J&K Boys Bn.NCC position secured. All the Jammu, acted as Chief students were given cer-Guest. Ms. Sumita Rao, tificates of appreciation convener Science club and light refreshment. welcomed the guests and Formal Vote of thanks was introduced the gather- presented by Prof. Ritika ing about the event. She Mahajan. The organizthanked the panel of ing committee consisting judges for taking the time of, Dr. Divya Puri, Prof. out and judging the event Naveed Hassan Chowwith patience and grace. dhry besides assisting the Colonel N.Salathia in program technically, also his address emphasized witnessed the event along upon the importance of with Prof. Aditya Sharma

Inter state thieves gang busted, stolen gold and silver ornaments worth Rs 5 lakhs recovered



JAMMU, NOV 30

A complaint was lodged at PS Kanachak regrarding theft where 1 golden chain, 2 golden rings and cash Rs. 25000/- were stolen under the jurisdiction of PS Kanachak.

On this case FIR No. 192/2023 U/S 454/380/ IPC was registered at PS Kanachak and investiga-

teams of PS Kanachak led by SDPO Domana Vishal Shoor assisted by SHO PS Kanachak Inspr Tribhuvan Khajuria did strenuous efforts and finally rounded a suspected person namely 1) Lovedeep Singh S/o Devinder Singh R/o Khichian Tehsil Mukerian. On questioning he disclosed that he and his associates namely 2) Pankaj S/o Kartar Chand AN PUNJAB R/o Fattwal Tehsil Mukerian Distt. Hoshiarpur, 3) Jimmy Kumar S/o Joginder Singh R/o Muerian Distt. Hoshiarpur and one local namely 4) Manjeet Singh S/o Swaran Singh R/o Vill. Bopor Teshsil Khour Distt. were involved in the said theft case. On this all the accused were arrested.

During questioning they disclosed that they have committed several thefts 454/380/IPC PS MUKERIincluding one in village AN PUNJAB Karloop of Tehsil Marh.

disclosed that they have PUNJAB sold the stolen ornaments to a goldsmith namely 5) recoveries were made Prince Khanna S/o Pritam under the supervision of Lal Khanna R/o Raja Bazar SP Rural Rahul Charak. Akhnoor Jammu. The

Earnest

Money

(Rs in

lacs)

4

2%/-

Class of

contract

D

Acul Gupla

Executive Engineer,

Construction Division Jammu, J&K Sports Council.

Government of Jammu & Kashmir

OFFICE OF THE EXECUTIVE ENGINEER CONSTRUCTION DIVISION Jammu, J & K SPORTS COUNCIL, Jammu NOTICE INVITING TENDERS

Tender Notice: E-NIT No: 63 of 2023-24 DATED: 28.11.2023

CDR/ Tender cost document not allowed. class of which is mention below for the following works:-

Position of AAA:- Accorded Position of TS Accorded

Name of work

Repair of Basket ball Court at Subash

28.11.2023 to 04.12.2023 upto 5:00 PM.

Stadium Uhampur.

DIP/J-4245-P/23

Dated:-28.11.2023

No.:-SC/CDJ/ 3304-06

Date: 30-11-23

For and on behalf of Lieutenant Governor, UT of Jammu & Kashmir, e-tenders are invited on percentage basis from the registered contractor with PWD(R&B), CPWD, railways, MES, MSME exemption of

Adv. Cost

(Rs. In Lacs)

Rs. 1.43 lacs

Major Head of Accounts:- M&R Head under Revenue budget 2023-24

specification, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details

can be seen/ downloaded from the departmental Website www.jktenders.gov.in w.e.f.

The Bidding documents consisting of qualifying information, eligibility Criteria,

arrested and the stolen 8 tollas of gold items and 10 tollas of silver items, total worth Rs 5 lakhs were recovered from his possession. Details of the recovered items are as under: 1 golden chain, 2 golden from a house in the area rings in instant case as well as I golden chain, 1 golden Haar Set, 1 golden pair ear ring, 2 pairs of silver anklet and 1 set of silver kada

Also in this regard another case FIR No. 70/2023 U/S 457/380/IPC On this special police has also been registered at PS Kana Chak Jammu and the said goldsmith has also been arrested. It is pertinent to mention that accused were professional thieves and worked as an interstate gang in Jammu Kashmir & Punjab etc. Details of the cases registered against them in Punjab are as under:-

1. FIR No. 143/2016 U/S 454/380/IPC PS MUKERI-

2. FIR No. 71/2018 U/S 379/411/482/IPC PS MUKE-RIAN PUNJAB

3. FIR No. 104/2021 U/S 454/380/IPC PS MUKERI-AN PUNJAB

4. FIR No. 10/2023 U/S 457/380/IPC PS MUKERI-AN PUNJAB 5. FIR No. 110/2023 U/S

457/380/IPC PS MUKERI-AN PUNJAB 6. FIR No. 118/2023 U/S

7. FIR No. 34/2023 U/S

Furthermore, they also 454/380/IPC PS TALWARA

The overall arrests and

Further investigation of said goldsmith was also the case is going on.

Time of

completio

1 months

Cost of

Tender

document

6

200/-

Police observes "Thana Diwas" in various police establishments across valley



JI NEWS SERVICE

SRINAGAR, NOV 30

As a part of public outreach programme and an initiative by Government of J&K, Police organized 'Thana Diwas' at various Police establishments across the Kashmir valley including Anantnag, Budgam, Kulgam and Pul-

These programmes were chaired by the respective jurisdictional police heads/officers and were attended by respectable citizens, representatives of Traders Federation, Auqaf Committees, Panchs, Traders Federation and Transporters and Sarpanches. Besides, police officers and officials were also present on these occasions.

participants highlighted various issues of public importance and they were assured by the chairing officers that their genuine grievances pertaining to police will be resolved interaction meetings and on priority and that of civil administration will & cooperation in curbing be taken up with the the menace of social evils concerned departments of the society

for their early redressal. Besides, the grievances were heard patiently and were segregated on the basis of area of action and jurisdiction. While speaking on these occasions, the chairing officers reiterated that the main aim of organising 'Thana Divas, is to improve efficiency, transparency and accountability in policing at grassroot level and to develop confidence among the people. The participants were impressed upon to co-operate with Police in maintaining Law & Order and crime free atmosphere in their respective areas. The participants were also stressed upon to co-operate with Police in curbing the drug menace and in identifying anti-In these events, the national and anti-social elements who always try to disrupt the peaceful

> environment. The participants appreciated the role of police for conducting such assured their full support

Two different Hit and Run cases solved by Jammu Police

JI NEWS SERVICE

Two different hit and run cases solved by Jammu Police in the areas under the jurisdictions of PS Gharota and PS Khour and accused persons got arrested. On 27-11-2023 an information was received at PS Gharota regarding an accident which occurred at Kanger Morh in which a person namely Nandan Singh got injured. The locals took him to nearby hospital where he succumbed to his injuries. In this regard, a case FIR No. 95/2023 U/S 279/304-A IPC got registered at Police Station Gharota and investigation started.

After this police teams of PS Gharota led by SDPO Akhnoor Mohan Sharma assisted by SHO PS Gharota Inspr Joginder Singh Chib did strenuous efforts and with the help of technical assistance finally arrested the accused driver of matador bearing Registration No JKO2AN-3985 namely Rashpal Chand S/o Kikar Dass.

ADGP Law & Order J&K chairs joint security meeting at PCR Kashmir



JI NEWS SERVICE

JAMMU, NOV 30

In order to review the prevailing situation, ADGP issues as per the merits and Law by J&K Police.

ADGP Shri Vijay Kumar Law enforcing agencies ation & not allow nefari- the meeting virtually

ous designs to exploit the situation. ADGP stressed upon all the enforcement agencies to identify real miscreants who have been Law & Order J&K Shri spreading rumours and Vijay Kumar chaired a take appropriate prevenmeeting of Police, CAPF's tive legal actions so that & Intelligence wings in the sanctity of law is fully PCR Kashmir today. ADGP maintained. He also asked was briefed by the officers the intelligence agencies about the chronology of to keep a hawks eye on events happened during the situation and identify past couple of days visa- the people with nefarious vis handling of these designs who are hell bent to pollute atmosphere of peace & tranquillity.

The meeting was not only appreciated attended by IG CRPF SOS/ KOS, JD IB, IGP Kashmir, for their timely action IG BSF, DIG SSB, DDIB, but also praised the soci- DIG CKR, DIG CID, DIG ety for showing matu- Armed, COL GS, DC SB rity while reacting to the besides, DIsG NKR/SKR issue. He asked them to along with their countertake full control of situ- part CRPF DIsG attended

GKPD hails JK UT Govt for extending Ayushmann facility to Displaced Kashmiri Community living out side J&K

JI NEWS SERVICE

JAMMU, NOV 30

PMJAY-SEHAT scheme persuel of the Relief and announced a few years Rehabilitation commisback by Honourable sioner, this facility has Prime Minister of India been extended to all Residents of jammu and Kashmir was not being extended to Kashmiri Hindus who have migrated to different parts of the ity of Ayushmann Bharat country outside Jammu and Kashmir.

media deliberations and spot.

GKPD is very happy to note that due to its con-The Ayushman Bharat stant efforts and constant Shri Narinder Modi for the Kashmiri displaced people who have migrated to other parts of the country.

To extend the facil-PMJAY-SEHAT, Relief and Rehabilitation Commis-GKPD discussed this sioner along with his team issue many times with is holding camps at differ-Relief and Rehabilitation ent places in Delhi NCR so commissioner jammu that the Ayushmann Cards and raised this issue on will be issued to the JK UT several occasions through domicile Holders on the

OFFICE OF THE EXECUTIVE ENGINEER JAL SHAKTI DEPARTMENT PHE MECHANICAL DIVISION SOUTH JAMMU NOTICE INVITING TENDER

Executive Engineer PHE Mechanical Division South Jammu, on behalf of Lieutenant Governor of Union

Bid documents can be seen at and downloaded from the website http://jktenders.gov.in from 29-11-2023 (10:00 AM) and uploaded from 30-11-2023 (10:00 AM) to 07-12-2023 (03:00 PM). The complete bidding process will be online

The bid shall remain open for acceptance for a period of 180 days from the date of opening of bids. If any bidder/ the bid. the tenderer shall be debarred from participating in tendering process for a period of 1 year.

The Technical Bids of the tender document received shall be opened online in the office of Executive Engineer Jal Shakti Department PHE Mechanical Division South Jammu on <u>08-12-2023</u> at 3:00 P.M or any other day convenient to the Ex. Engineer in the Office chambers of Executive Engineer, PHE Mechanical Division South Jammu.

Executive Engineer Jal Shakti Department PHE Mechanical Division South Jammu during office hours and shall be communicated separately.

http://www.jmcjammu.org/online-payment.html The original instruments in respect of cost of document, EMD in the shape of CDR/FDR and other relevant document of L₁ bidder will be required to be submitted to the Executive Engineer Jal Shakti Mech. Division South Jammu within 05 days after opening of financial bids on line. No separate intimation about opening of financial bids will be sent by this office / by the tender opening authority. In case the original documents are not submitted by the L₁ bidder within 05 days after opening of financial bid, the tender will be cancelled and the bidder will not be allowed to participate in

Executive Engineer

Jal Shakti Department

PHE Mech. Division South

any further / future tendering process in the division for a period of one year.

Other details can be seen inside the detailed tender document.

No: PHEJ/MS/3243-47 Dated:-28-11-2023

DIP/J-11914/23 Date: 30-11-23



Territory of Jammu 8	Kashmir, invites	tenders by e-tendering mode fi	rom registered/ reputed fi	irms.
Name of the Work	Name of the Division	Cost of Tender Document/Tender Fee(In Rs)	Earnest Money Deposit (EMD)	Validity of Rates
1	2	3	4	5
Replacement of components to LT Control panel of Pumping Station at HSS Channi, Sunjwan Procurement and Nakrein under Non Plan	PHE Mech. Division South Jammu	Rs. 200.00 (Non-Refundable) In the shape of e-challan/single window challan of JMC pledged to Executive Engineer, Jal Shakti Mech. Division South Jammu/tender fee receipt through online payment through the JMC link http://www.jmcjammu.org/online-payment.html	@ 2% of estimated cost/ tender value in the shape of CDR/FDR pledged to Executive Engineer, Jal Shakti PHE Mechanical Division South Jammu	Bid shall be valid for 180 days

Bids must be accompanied by EMD and cost of Tender Document as specified in column 3 & 4 of the table

tenderer withdraws his bid/ tender before the said period or makes any modifications in the terms and conditions of

The Financial Bids of the tender document of the qualified bidders shall also be opened online in the office of the

Cost of bidding document in shape of e-challan/single window challan of JMC pledged to Executive Engineer, Jal Shakti Mech. Division South Jammu/tender fee receipt through online payment through the JMC link

People in Bengal - "Didi, your time's up!": Amit Shah



JAMMU, NO 30

people of Bengal have ed, it will be implemented. given their unanimous elections, the BJP Govt is ship of PM Modi."

Mamata Banerjee rose to power based on slomunists, but there was no change visible. Echo-tions," said Shah. ing the feelings of the reach the poor. Till date, infiltration, appeasement,

cards to be openly distributed to infiltrators Union Home and Coop- in Bengal. That is why eration Minister and Mamata didi is opposing senior BJP leader Amit CAA. Perhaps Didi is not Shah while addressing able to understand that the protest meeting held CAA is a law of this counin Kolkata affirmed, "The try and if Shah has decid-

To stop illegal migraverdict- Mamata Didi's tion, bring CAA to the fore, time is over. In the 2026 uplift the poor in Bengal, and bring back Bengal's going to be formed in West identity, the people have Bengal under the leader- decided to overthrow the corrupt TMC Govt.

"In order to form a BJP government in Bengal in gans like Sonar Bangla and 2026, the public has to lay Maa, Mati and Manush, the foundations for it by and removed the com- ensuring Modi victory in the 2024 Lok Sabha elec-

The people of Bengal Bengalis he said, "Seeing understand that regresthe rate of development sion has set in Bengal across the country, the under Mamata Banerjee's people of Bengal have rule, which was once the come to know that the frontrunner in the country TMC syndicate does not in every field, like literaallow the lakhs and crores ture, science, art, spirituof rupees sent by the Modi ality, freedom movement, Govt from the Centre to industry, and agriculture.

"In Bengal, where Rabindra Sangeet was once political violence, and cor- heard early in the mornruption are at their peak in ing, today under Didi's government, the sound The whole country is of bomb blasts echoes aware that the Mamata through the state," point-Banerjee Govt ensured ed out Shah.

Viksit Bharat Sankalp Yatra camp held at Namsuru, **Khawous Panchayats**



JI NEWS SERVICE KARGIL, NOV 30

ship schemes of the government, the Viksit Bharat Sankalp Yatra camp was life. today organized at Namsuru and Khawous Pan- with multimedia resourcchayats.

Officer, Rukhsar Ahmad tion procedures of these Shah, Sarpanches, Panch-schemes. es, officials from diverse departments, including departments and institu-Agriculture, RD&PRD, tions including agricul-PDD, Health, Handloom, ture, horticulture, health, PHE, Horticulture, Social handloom etc. held inter-Welfare, ICDS, along with active sessions with the representatives from vari- locals wherein they were ous other line departments, informed about the proceactively participated in the dures to avail these welfare

On the occasion, locals regarding the campaign. were generated. The Prime Minister's speech was telecasted live cards were updated, 35 at Khwous.

ers were comprehensively cards were generated at briefed on an array of beneficiary-oriented schemes meticulously crafted to cials of the Health Departuplift and improve the qualment briefed the general ity of their lives.

on Jal Jeevan Mission initia- and underlined its mission. tives, offering guidance and They were also briefed support to mitigate water- about healthcare schemes. related challenges in the The camp witnessed huge region. One of the aspects participation of the people. of the event was the provipeople about beneficiary- both the Panchayats.

oriented schemes. This included the distribution of various benefits and To ensure saturation of flag-resources designed to uplift the community and improve their quality of

The IEC Van equipped es, educated people about BDO Taisuru/Day Nodal the benefits and applica-

> Experts from different schemes.

At Namsuru, 10 Aadhaar enthusiastically watched cards were updated, 33 the recorded message of cases were seen in general the Prime Minister of India OPD, and 27 PMJAY Cards

At Khawous, 03 Aadhar individuals were seen in At the event, the villag- general OPD, and 22 PMJAY Khawous.

During the program, offipublic about the goal of The camp also focused Viksit Bharat Sankalp Yatra

The Day Nodal Officer sion of direct beneficiary- expressed gratitude to the oriented benefits to the vil- participants for their parlagers on the spot. Besides ticipation. The Viksit Bharat others, the other depart- pledge was also taken by the ments also informed the officials and participants at

Shiv Sena accuses Centre for step-motherly treatment with J&K Ladakh's demands considered, J&K ignored: Sahni

JI NEWS SERVICE JAMMU, NOV 30

Shiv Sena (UBT) Jammu and Kashmir unit welcomed the positive attitude of the Center towards all the demands including statehood ,reservation in jobs for Leh-Ladakh and the beginning of the round of talks by the Home Ministry. Along with this they have been demanded to fulfill the promises made to Jammu and Kashmir and to put a complete and negative attitude towards the demands of the people.

While addressing in August 2019, separated press conference organ- Leh-Ladakh from Jammu ised at party centre office and Kashmir and divided Jammu, state president it into two union terri-Manish Sahni said that the tories. Conspiracies are Central Government had being hatched to destroy promised the country and our cultural identity, parthe people of Jammu and ticipation of non-local Kashmir a united(Akhand) people in local business, , terrorism-free Jammu employment and eduand Kashmir with the cational institutions is withdrawal of POJK.

The second term of the BJP government at the statehood is not being al institutions and early Center is about to end. restored to Jammu and democratic process and PoJK still remains under Kashmir, the democrat- restoration of statehood.

stop to the step-motherly the control of Pakistan, ic process is not being those claiming united restored. For the last 35 Jammu and Kashmir, four years we have been facing and a half years ago on 5 the brunt of terrorism, for almost the same number of years Kashmiri Pandits have been living the life of displaced people in their own country and state. Sahni has demanded from the Modi govern-

> ment at the Center to give Jammu and Kashmir protection of its cultural identity under Article 371, privileges of local reserva-Despite a long gap, tion in jobs and education

DGP sanctions retirement gift of rupees 53 lakh in favour of 53 police personnel

JI NEWS SERVICE JAMMU, NOV 30

As a token of appreciation for their services to the Department, the Director General of Police, J&K, Shri R. R. Swain has sanctioned retirement gift of rupees 53 lakh in favour of 53 Police personnel of J&K Police who are retiring from services today after attaining superannuation or voluntary retirement.

Sanction has been

issued vide PHQ J&K order No.3311 of 2023 in favour of two gazetted officers, thirty-eight non-gazetted officers, ten lower subordinates & three followers. These personnel belong to different units and wings of the department. Retirement gift of rupees one lakh each is sanctioned to police personnel from the Contributory Police Welfare Fund at the time of his/her retirement. The gift serves as a token of appreciation for his/ her services rendered to

Azad fought for rights of people of J&K in Parliament: Manik Sharma

JI NEWS SERVICE JAMMU, NOV 30

Manik Sharma, Vice President of Democratic Azad Students' Union said that the only leader who fought for the rights of people of J&K in the Parliament was Ghulam Nabi Azad. There were other opposition MP's from J&K also but none of them stood against the injustice done with the J&K. Our Dogra Princely state was demolished into 2 UT's but none of them even spoke a word in the Parliament.

He said, 'Whether It was the abrogation of Article 370 or demolition of our Dogra Princely state into 2 UT's, Ghulam Nabi Azad was continuosly parliament."

be forget. People of J&K more." trust Ghulam Nabi Azad and want him to be the "Elections should be of J&K. The time when of the people of J&K."



speaking about this in the Ghulam Nabi Azad was CM of J&K was the golden He added, "The con- era in J&K. Many developtribution of Ghulam Nabi mental works were done Azad in the development at that time including new & betterment of Jammu districts in J&K, medical and Kashmir can never colleges in J&K and many

Sharma also added, next Chief Minister of announced in J&K so that I&K because they have there will be an elected seen his work during his govt in J&K which can tenure as Chief Minister work for the betterment

The dream of self-reliant India will be fulfilled through PM Vishwakarma Yojana: Sunil Prajapati

JI NEWS SERVICE JAMMU, NOV 30

BJP OBC Morcha Udhampur organized registration camp to register beneficiaries under PM Vishwakarma Yojna at Panchayat Ghar Panjgrain, Chowki Mandal, Ramnagar.

Sunil Prajapati (State President BJP OBC Morcha), Sagar verma Morcha Udhampur), Ashok Kumar Bandhral (Vice president OBC Morcha Udhampur), Kul-Morcha udhampur), OBC Morcha Chowki urban areas across India. training; Mandal) and Sushil kumar (district Execu- features of the scheme: tive Member OBC Morcha Udhampur) were Present fully funded by the in the Program.

While Speaking on the Rs 13,000 crore; occasion Sunil Prajapati



(District President OBC across the country. The karma portal. Scheme has the goal to enhance their well-being will be provided recogniand promote India's culture, tradition, and crafts- karma certificate and ID deep Pathania (District manship, and is directed General Secretary OBC towards benefitting the artisans and the craftskewal kumar (President people in the rural and ing basic and advanced get a Toolkit voucher

increasing day by day.

He explained following 1. Scheme has been 15,000;

port, skill training, skill registered free of charge 5%; upgradation and market- through Common Sering assistance to small vices Centers using bio- Incentive for digital domestic and global value artisans and craftsmen metric-based PM Vishwa- transactions and market- chains.

3. The Vishwakarmas tion through PM Vishwa-

skill upgradation, involv-

toolkit incentive of Rs them in branding, packag-

Centre with an outlay of Collateral-free credit sup- objective of the Scheme port up to Rs 1 lakh (first is to enhance the quality 2. Under the scheme, tranche) and Rs 2 lakh and reach of the prodsaid, the scheme aims the Vishwakarmas (tra- (second tranche) at a con- ucts and services crafted to provide financial sup- ditional artisans) will be cessional interest rate of by the artisans and the

ing support. Under the Scheme, the government will focus on providing special training to the Vishwakarma partners and will provide them Rs 4. Will be provided 500 while the training is underway. They will also worth Rs 1,5000 & the 5. Will be provided a government will also help ing, and marketing their 6. Will be provided products. The primary craftspeople ensuring 7. Will be provided their integration into both

Modi govt is pro-poor, pro-needy: BJP



JI NEWS SERVICE JAMMU NOV 30

& Kashmir termed it as a ers with their grievances. poor friendly decision by Modi led government.

the poor and needy sec-senior party leaders. tions of the nation.

shared that the Modi gov- problems presented by ernment has also taken a the people, which were nationwide campaign to immediately taken up with raise awareness for the the concerned officials of public welfare schemes the departments stressing under the "Viksit Bharat for early resolution so that Sankalp Yatra", which will the people are not made ensure more reach of such to suffer. schemes to the needy.

BJP Vice-President Sham make sincere efforts to JMC Mayor & J&K BJP sented by the people by Vice-President Chander taking them up at the Mohan Gupta accompa- appropriate platforms. nied by Swachh Bharat He added that the public Abhiyaan BJP Incharge Dil grievances camp is prov-Bahadur Jamwal listened ing to be of major help to a number of grievances in solving the day-to-day put forth by visiting indiissues of people of the UT. viduals and deputations at BJP headquarter, Trikuta conducted the camp pro-Nagar, Jammu.

Dansal, Manwal, Sunjwan, woes of the public.

Bhatindi, Akhnoor Pangyadi, R.S. Pura, Udhampur, Talab Tillo, Kalakote Highlighting the signifi- Rajouri, Bhaderwah Moh cance of the continuing Katha, Gandhi Nagar, free ration to 80 crore Pardha Kalan Akhnoor, people for five more Old Rehari, Baba Kailakh years, Sham Lal Sharma, Nath Bantalab, New Plot Vice President Bharatiya had reached Trikuta Nagar Janata Party (BJP), Jammu office to meet these lead-

Issues related to the Prime Minister Narendra repair of hand pumps, repair of Tube well, repair "Continuation of of lanes & drains, old age free food grains under pension case, scarcity of PMGKAY for next five water supply, installation years will strengthen of 250 KVA transformer, accessibility, affordability repairing & installation of and availability of food new street lights, fixing of grains for the poor and rent in place of HRA (coal the vulnerable", said Sham mining), black topping of Lal Sharma and added link road, fixing of electhat Modi government tric poles, laying of water has remained steadfast to pipe at Baba Kailakh etc. strengthen and empower were presented before the

Senior BJP leaders gave Sham Lal Sharma patient hearings to the

Chander Mohan Gupta Former Minister & J&K said that the BJP leaders Lal Sharma and former sort out the issues pre-

Dil Bahadur Jamwal ceedings and said that Individuals and depu- people in large numbers tations of people from visit the BJP office to presvarious areas of Jammu & ent their issues with a Kashmir like Samba, Bil-strong belief in the party's lawar, Hiranagar, Jandrah, commitment to end the

All India JK Bank Officers' Federation holds meeting at Jammu

JI NEWS SERVICE JAMMU, NOV 30

Today Meeting of The All India JK Bank Officers' Federation was held today at Jammu with President Federation, Comrade Kapil Nanda in chair. The office bearers from all over India participated in the meeting and discussed the deteriorating working environment in The bank due to adopted practices. The discussion highlighted The impact of this environment on diminishing morale of the employees and faildecline of overall producthe bank's image. tivity of The Individuals.



ure of The Management tions of staff which has led nication and professional forward its ongoing agitato address this issue. One to feelings of harassment development opportunition programme devised the discussion being the ure on the part of the manlack of effective communiagement to recognize the cation which has resulted need for a respectful and in misinterpretation and inclusive working envimisunderstandings caus- ronment not only dam-

of the reasons emerging in in the workplace. The fail- ties for all staff members by the Federation office. without any bias. Addressing the concerns expressed by The Federation will not by holding of centralized only benefit the dedicated demonstrations at Jammu workforce but also bring and Srinagar to highlight ing frustration among ages employee trust and renewed confidence to the concerns besides notiemployees and leading to morale but also tarnishes all stakeholders including fying all the stakeholdthe dedicated customers. ers regarding ongoing It was resolved that the The Meeting unanimous- developments in the bank Federation while express- whole federation stands ly Passed a resolution which is likely to bring ing its anguish and deep united leading members presented by Gen sec- industrial unrest for which concerns regarding ram- in urging the Management retary Federation Com- The Federation cannot be pant indifferent attitude to of The Bank to prioritize rade Riyaz Ahmed Bhat held responsible aftergenuine problems/aspira- transparency in commu- resolving therein taking wards.

The decision to intensify the programme will start

Advisor Bhatnagar chairs 66th BoDs meet of JKHPMC

JI NEWS SERVICE

JAMMU, NOVEMBER 30

Advisor to Lieutenant Governor, Rajeev Rai Bhatnagar chaired the 66th Board of Directors (BoDs) meeting of Jammu and Kashmir Horticulture Produce and Marketing Corporation (JKHPMC) at Civil Secretariat here.

Imamuddin; Director Hor- initiatives. ticulture Jammu, Director conferencing.

Corporation both under at Doabagh, common ties.



The BoDs meeting was cial year under CAPEX attended by Principal Sec- Budget. The Board also tary in Agriculture Producthe previous year and took

The Board, during the industries of food sector. Horticulture Production meeting, also discussed and Marketing and other the progress of ongoing emphasized on the imporconcerned officers both in projects like food process- tance of fostering innovaperson and through video ing and packaging centre tion, enhancing market During the meeting, the ing and packaging unit at the welfare of the agri-BoDs held detailed delib- Narwal Jammu, integrat- cultural community in eration on various devel- ed hi-tech sorting, grad- the region by promoting opment projects of the ing and packaging centre hi-tech horticulture activi-

incubation centre for processing of fish and marine products at Achabal, common incubation centre for processing of dairy and bakery products at Narwal and similar other projects.

Speaking during the execution as well as the meeting, Advisor Bhatones being implemented nagar impressed upon during the current finan- the management of the Corporation to optimise its operations and use of retary, Finance, Santosh reviewed the Corpora- assets besides exploring D Vaidya; Secretary Plantion's financial and operanew areas to maximize its ning, Piyush Singla; Secretional performance during potential. He also delved on them to bring technotion department, Shab- stock of progress made on logical diversification in nam Kamili; MD JKHPMC, the ongoing projects and the Corporation so that it can compete with present

> The Advisor further at Doabagh, Food process- outreach, and ensuring

Sham-e Ghazal organised by JKAACL in memory of Dr O.P Sharma -Sarthi



JI NEWS SERVICE

JAMMU, NOVEMBER 30

K.L. Saigal Hall.

an embodiment of writer, young budding artists poet, painter, cartoonist,

fellow beings.

all traits of love, brother- artist Aditya Langeh. This vote of thanks.

hood and sacrifice for the was followed by the singing of another Ghazal by S. Pritpal Singh Betab, Vanshika Jaral. Both the To pay tributes to the leg-renowned writer of the singers enthralled the endary artist Dr. O.P Shar- Jammu and Kashmir audience with their meloma-Sarthi, J&K Academy was the Chief Guest on dious voices. The singers of Art, Culture and Lan- the occasion, while Anil were equally supported guages today organised Sehgal Presided over by musicians like Rakesh "Sham-E-Ghazal" here in the program. At the very Jasotra on flute, Sunil outset Sh. Bharat Singh, Sharma on Synth, Shivin-Dr. O.P Sharma Sarathi- secretary JKAACL, wel- der on guitar and Neeraj a multidimensional per- comed the artists and Verma on tabla. The sonality was born on guests. He said that these Ghazals were composed April 1 at Mattan, Kash- programs are aimed to by the famous writer, artmir. Master of all trades give a platform to the ists, musician of Jammu and Kashmir Prithvi Raj The program began Sharma. The program Ayurvedacharya, photog- with Dr O.P.Sharma was ably conducted by Ms. rapher, music composer Sarthi's Ghazal sung Bindiya Raina Tikku. Dr. and above all human with by the young upcoming Shahnawaz presented the

Webcast of Viksit Bharat Yatra organised by Krishi Vigyan Kendra Samba



SAMBA, NOVEMBER 30

premises of KVK.

the district participated their demand thereof. in the programme. At the onset, Dr. Sanjay Khajuria, the Yatra in the district. S. Tajinder Singh also par-Chief Scientist & Head has All the scientific staff of ticipated in the Yatra.

under the supervision of an insight into the impor- of farmers participated. Prof. S.K. Gupta, Directance of natural farming. tor Extension successfully Further, he emphasized Dr. Neerja Sharma, Dr. organized a webcast of upon the advantages of Abhay K Sinha, Dr. Sourav Viksit Bharat Yatra in the natural farming and soil Gupta, Dr. Vijay K Sharma The VBY commenced ability in rainfed areas of on different topics like on 26th Nov. 2023 in the the district. He apprised vegetable farming, farm district. More than 100 the farming community mechanization, beekeepfarmers and farm women about the health benefits ing, animal husbandry, from different blocks of of these crops grown and soil health and natural

joined the programme the KVK is enthusiastithrough online mode and cally participating in this welcomed the participants yatra as per the direc-Krishi Vigyan Kendra, and apprised them about tions received from ICAR-Samba under the leader- the activities of the KVK ATARI, Zone-1, Ludhiana. ship of Prof. B. N. Tripa- Samba. He elaborated Different panchayats thi, Vice Chancellor, Sher- upon the role of the Viksit covered today includee-Kashmir University of Bharat Yatra to create Kehli Mandi, Abtal, Chani Agricultural Sciences and awareness on different ini- Fatwal, Palli, Kartholi Technology, Jammu and tiatives of the GOI. He gave lower, in which thousands

> A team of scientists health and their suit- delivered expert lectures farming. Dr. Amit Maha-Today is the 5th day of jan, Dr. Shalini Khajuria,

Two day UT Level Kala Utsav concludes at Jammu

SED providing platform to children for showcasing their talent in different fields: Alok Kumar

JI NEWS SERVICE

JAMMU, NOVEMBER 30

Amid blistering performances, the two day UT level Kala Utsav 2023 concluded today at Teacher Bhawan, Gandhi Nagar

Principal Secretary, Education department, Alok Kumar was the Chief Guest on the valedictory session of the two day event.

Director School Education Kashmir, Dr. Tassaduq Hussain; Project Director Samagra Shiksha, Deep Raj; Director School Education Jammu Ashok Kumar Sharma and number of teachers and on the occasion.

event, students from variextraordinary cultural performances.

improve the potential of talent in different fields. the students participating in cultural events. He reit-

our UT and the country.

Emphasising on the other officers besides large need of organising such programmes on regular students were also present basis at school level, the Principal Secretary shared During the two day that the aim of Education is not only to preserve and ous schools showcased transmit our diverse cultural integrities to coming generation but its transfor-Addressing the huge mation is far more signifigathering, Alok Kumar cant. He maintained that highlighted the need of school education departpromoting art in education ment (SED) is providing at all levels. He said that better platforms to chilefforts have been made to dren for showcasing their

He expressed his gratitude to all the participaterated that there is need ing students for displaying to recognise importance their scintillating perforof aesthetics and artistic mances. He also informed

and vibrant diversity of Cultural activities. "Such a source of inspiration of country", he added.

significance of art in the across the UT and out of Sharma, APS Janglot, Praless work and Samagra Kala Utsav-2023 a grand team of judges. success.

encourage students to in the field of art and culof rich cultural heritage lished to give boost to the regions and may become unattended.

platform for our budding about the programme, tude in comparison with mated around 4100 stu-

In his address, Director School Education Jammu, extended his gratitude to all the students who participated in this year's Kala-Utsav at different levels. He also thanked the teachers, CEOs, cultural wings at District and Divisional level for their relentless efforts in making this year's event a grand suc-At the end of the pro-

gramme, awards were distributed among runners and winning students under various categories. Aaradhya Sharma, DPS Udhampur, Sahil Mehra, programmes provide for others. While talking BHSS Udhampur, Amaan Ullah, G. D. Goenka, youth to judge their apti- the project director inti- Daneesha Devi, GHSS BASANTGARH, Abeer the students of other parts dents from more than DPS Athwajan, Rubby, 1900 schools participated GGHS, Kathua, Ali Shabir, While highlighting the in Kala-Utsav competitions DPS Athwajan, Anshika present era, Kumar also which 40 Students were gati Mishra APS kathua, praised the efforts of selected at UT level. He Janveer Aryan, HSS Boys Teachers for their tire- added that out of them, Kishtwar, SOHIL JAVID 20 have been selected for GBHS Poonch, Anshika Shiksha team, for making National level, today by a Sardalia, Brahmrishi Bawra, Udhampur, Speaking on the occa- Hyya Mallinson School, Addressing the gath- sion, Director School Edu- MOHD IMRAN GBHS ering, Project Director cation Kashmir stressed Poonch Poonch, Simran Samagra Shiksha said that on the need to up-bring Verma GHSS Akhnoor, efforts are being made to the potential of students NUTAN SYAL, Himalayan Education Mission, participate in different ture at institutional level. HSS RAJOURI, GMHSS co-curricular activities in He stressed on the need of Billawar, Narinder, GHS addition to their regular bringing awareness among Khairi, Syed Qabbad, experiences for our stu-that under the prestigious class work so that they masses especially the BHSS Zadibal, Falak dents which play major scheme PM SHRI Schools, may popularize the names parents, so that no child Naaz GHSS Magam got role in creating awareness Art Studios shall be estab- of their parents, areas and remains un-educated and First positions in 20 categories.











MOSQUITO BREEDIN

PREVENT MALARIA, DENGUE,



• Do not allow water to

Keep water tanks and

your surroundings.

stagnate in and around

other water containers

from Govt. Hospital/

Health Worker in case of

Fever with chills, rigors

tightly covered with lids.

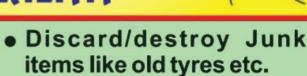
Get your Blood tested

Empty water coolers

and headache.

once in a week.

CHIKUNGUNYA AND **STAY HEALTHY**



- Empty air coolers, drums, flower pots and birds bath weekly.
- Use Mosquito repellent creams and Bed nets while sleeping.
- Wear full body clothes to prevent mosquito bites.
- Improve basic sanitation.

In case of positive result get free treatment from the nearest Health Institution



PROGRAMME OFFICER,

NATIONAL VECTOR BORNE DISEASES CONTROL PROGRAMME [NVBDCP] J&K DIRECTORATE OF HEALTH SERVICES JAMMU