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H&ME dept forms task force for public health management cadre in J&K

JI NEWS SERVICE

JAMMU, DEC 5

The Health and Medical **Education Department** has constituted a task force for the establishment of a Public Health Management Cadre in the Union Territory of Jammu and Kashmir.

According to an official order, the Administrative Secretary of the H&ME Department will serve as the chairperson of the

The committee will include key members such as the Mission Director of the National Health Mission (NHM) J&K as Member Secretary, Director Coordination of New Medical Colleges, Directors of Health Services in Kashmir and Jammu, and the Director of AYUSH, J&K. Notably, Public Health Expert Dr Himanshu Bhushan will serve as the Ex-officio member of the task force.

The specified terms of reference for the task force are to develop CONTINUED ON → PÂGE 4

J&K registers 38% jump in economic offenses, claims NCRB

JI NEWS SERVICE SRINAGAR, DEC 5

Jammu and Kashmir has recorded a jump of 38 percent in economic offenses during the last two years, reveals the

latest NCRB report. As per the report, a copy of which is available with news agency-Kashmir News Observer (KNO), 611 cases of economic offenses were registered by the police in the year 2020.

The number of such cases has hiked to 976 in the year 2022, thereby indicating a jump of 38 percent.

In the year 2021, police as per the report had registered 669 cases of economic offense in Jammu and Kashmir.

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Srinagar's security plan discussed in J&K review meeting

JI NEWS SERVICE SRINAGAR, DEC 5

The Jammu and Kashmir Police on Tuesday said that they held a threadbare discussion on Srinagar's security measures to thaw any plans of the inimical forces in the Kashmir valley.

The police said that ADGP Law and Order Vijay Kumar chaired the joint meeting of security grid in Srinagar.

"During the meeting, a detailed security plan of Srinagar district was discussed where CRPF and Police were acquainted with their new roles," the police said in a state-

It said that suggestions were also sought from the field officers to get

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Lt Governor attends historic Jhiri Mela; pays obeisance to Baba Jitto

JI NEWS SERVICE

JAMMU, DECEMBER 5

Lieutenant Governor Shri Manoj Sinha attended historic Jhiri Mela and paid obeisance to Baba Jitto at his Samadhi in Jhiri Village, today.

The Lt Governor congratulated the devotees and all stakeholders for the successful conduct of the Jhiri Mela.

He said the annual fair organized in the revered memory of Baba Jitto and Bua Kodi brings devotees from various states together to share eternal values respect to farmers for tion to the society.

"The simplicity of Governor said. Baba Jitto, his vision as an sacrifice for social justice egalitarian society, free nomic empowerment of



profound that it has influ-discrimination. their priceless contribuenced many generations

enlightened soul, his life's Youth to recognize and said. work as a farmer is an internalize the values tual-cultural ethos. His contribute in building an towards the socio-eco- J&K Administration

He called upon the and developed society, he

Lt Governor said the Holis-It will be a real tribute to tic Agriculture Developacross the country," the Lt Baba Jitto that we dedicate ment Program and other ourselves to build an ideal farmer-centric reforms introduced by the administration are dedicated to Reiterating the resolve the virtuous ideals of Baba integral part of our spiri- espoused by Baba Jitto and of UT Administration Jitto. Yuva Vani initiative of

Lt Governor participates in 'Viksit Bharat Sankalp Yatra' at Flora Nagbani Panchayat

JI NEWS SERVICE

JAMMU, DECEMBER 5

Lieutenant Governor Shri Manoj Sinha participated in the 'Viksit Bharat Sankalp Yatra' at Flora Nagbani Panchayat, today.

The Lt Governor highlighted the vision and aim of 'Viksit Bharat Sankalp Yatra' to achieve

ly engaged in spread- tion, under the guidance treated unfairly and faced



prosperous Jammu Kash- stream. Women and youth have mir, the Lt Governor said.

of Vikas Rath and active- of the UT Administra- lives of people, who were

schemes. He said the out- schemes. This construc- Shri Narendra Modi for decades. It is our prime reach campaign is witness- tive spirit of Jan Bhagidari socio-economic trans- objective to develop rural ing enthusiastic response will ensure benefits reach formation and bringing areas into business hubs from the public, especially far corners of Union Terri- weaker and marginalized and create decent lucrawomen, youth and farm- tory to build a modern and sections into the main- tive employment and entrepreneurial opportu-"Government is com- nities for youth in villagalso become Charioteer He shared the efforts mitted to brighten the es," the Lt Governor said.

> The Lt Governor CONTINUED ON → PAGE 4

J&K has witnessed lot of change in last four years: Anurag Thakur

NEW DELHI, DEC 5

Union Minister Anurag Thakur on Tuesday hit out at TMC leader Saugata Ray and asserted that Jammu and Kashmir has undergone a lot of change in the past four years since the abrogation of Article 370. Intervening in the



Kashmir Reorganization (Amendment) Bill in the Lok Sabha, Thakur said there have been no cases of stone pelting and the Indian tricolour is now hoisted in every street of the Union Territory.

But earlier, when the National Conference (NC) was in power, BJP leaders were arrested for

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Govt ready to hold assembly polls in J&K; EC to decide: Jitendra Singh

AGENCIES NEW DELHI, DEC 5

The government is ready to hold Assembly polls in Jammu and Kashmir whenever the Election Commission (EC) takes a final decision in the matter, Union minister Jitendra Singh said in the Lok Sabha on Tuesday.

Intervening in the dis-(Amendment) Bill and the the prime minister's office Union Territory. (PMO) said "whenever the



EC announces it (Assem- mechanism of gathering cussion on the Jammu bly election in Jammu and and Kashmir Reservation Kashmir), we are ready".

He said this in response Jammu and Kashmir Reor- to a demand from oppo-

inputs according to its requirements and it will take a final call. Let us all trust the wisdom of the EC ganisation (Amendment) sition parties for holding and not appear to be inter-Bill, the minister of state in early Assembly polls in the fering in its functioning," Singh added. "The EC has its own

CONTINUED ON → PAGE 4

Defeat in State elections failure of Congress not of INDIA alliance: Omar **Abdullah**

JI NEWS SERVICE SRINAGAR, DEC 5

National Conference vice president Omar Abdullah on Tuesday said that BJP's victory in three states is not the defeat of INDIA alliance, but to some extent failure of Con-

Speaking with reporters in Hazratbal, Omar, as per the news agency said that the INDIA

CONTINUED ON → PAGE 4

Opposition members ask govt to hold Assembly Polls in J&K soon

NEW DELHI, DEC 5

Opposition members in the Lok Sabha sought a timeline from the government on Monday for holding Assembly polls in Jammu and Kashmir, saying a democraticallyelected government is necessary in the Union Territory for its development.

Initiating a debate on ritory. two bills relating to Jammu and Kashmir, Amar Singh of the Congress asked the government about its plans on holding Assembly polls in the Union Ter-

Shah will respond to the Kashmir Reorganisation rule. (Amendment) Bill and the Jammu and Kashmir Reservation (Amendment) Bill, taken up together, on Wednesday.

One bill seeks to nomiany situation. nate not more than two the community of "Kash-



The other seeks to Backward Classes" in Jammu and Kashmir.

The Union Territory, for a legislative assembly, debate on the Jammu and is currently under central

He said while a promembers, one of whom vision is being made to country for the first time. shall be a woman, from provide reservation for member from the "Dis- Migrants" and one from should announce a placed Persons from Paki- the "Displaced Persons

Kashmir" to the legislative Jammu and Kashmir" to assembly of the Union Ter- the legislative assembly of Jammu and Kashmir, a representative from the change the nomenclature Punjabi community from of "weak and underprivi- Jammu should also be proleged classes" to "Other vided. He said the "Punjabi" should not necessarily

be a Sikh.

Jugal Kishore Sharma of Home Minister Amit which has the provision the Bharatiya Janata Party (BJP), who represents Jammu in the Lok Sabha, said the bill to change the Singh said Shah should nomenclature of "weak assert that the election in and underprivileged Jammu and Kashmir will classes" to "Other Backbe held, with security ward Classes" in Jammu forces ready to deal with and Kashmir will benefit people in getting reservation in other parts of the

Saugata Roy of the Tritwo members from the namool Congress (TMC) miri Migrants" and one community of "Kashmiri said the government

NIA Raids in Seven Districts in J&K in Terror Conspiracy Case

JI NEWS SERVICE SRINAGAR, DEC 5

The National Investigation ationalised by offshoots J&K, it said. of the banned Pakistan-

data and documents, it fits, it added.

(HM), Al-Badr, Al-Qaeda, Kashmir Tigers, PAAF, etc", the agency said in a among others," the NIA release.

isations, the investigating premises of hybrid teragency said.

premises of hybrid teragency violent terrorist attacks agency said. The searches led to the Workers (OGWs) associat- added. NIA had registered seizure of several digital ed with the newly-formed the case (RC-05/2022/ devices containing large affiliates and offshoots of NIA/JMU) suo moto on volumes of incriminating the banned terrorist out- 21 June 2022 to probe

offshoots of the banned Front (TRF), United Lib- to spread terror, violence Pakistan-backed terror- eration Front Jammu & and subversion in J-K. ist organisations, such as Kashmir (ULFJ&K), Muja-Jaish-e-Mohammed (MGH), Jammu & Kashmir based (JeM), Hizb-ul-Mujahideen Freedom Fighters (JKFF),

said. The searches led Teams of NIA cracked to the seizure of several Agency (NIA) on Tuesday down on eight locations digital devices containing carried out raids at several in the seven districts of large volumes of incrimilocations across Jammu Poonch, Shopian, Pulwa- nating data and docuand Kashmir in connec- ma, Baramulla, Gander- ments by the NIA, which tion with the terror con- bal, Kupwara and Srinagar has been investigating the spiracy hatched and oper- of the Union Territory of conspiracy of the recently launched offshoots of the The locations raided banned terror outfits to backed terrorist organ- today were residential destabilize J&K through the involvement of the "Extensive searches cadres, OGWs and other The NIA raided "several were also conducted suspects of the new outlocations across Jammu at the premises of the fits in the collection and and Kashmir in con- cadres and sympathisers distribution of sticky and nection with the terror of these newly floated magnetic bombs, IEDs, conspiracy hatched and organisations, which funds, narcotic substancoperationalised by the included The Resistance es and arms/ammunition

NIA investigations so Laskhar-e-Toiba (LeT), hideen Gazwat-ul-Hind far have revealed that Pak-

CONTINUED ON → PAGE 4

Army troops open fire at suspected Pakistani drone along LoC in Jammu

JI NEWS SERVICE JAMMU, DEC 5

Army troops opened a few rounds at a suspected Pakistani drone along the

Line of Control in Akhnoor

sector here Tuesday evening, police officials said. A massive joint search operation by the Army and police is underway following the incident in forward Battal area, they

Alert troops picked up the movement of a suspected drone between around 6.30 pm and fired a few rounds to bring it down, the officials said.

Due to the darkness, it was not known whether that the Army along with diately to check the area ics and money.



the drone went back or fell police had launched a for the drone or its paydown, they said, adding massive operation immeload like weapons, narcot-

Secretary holds interactive session with Maharashtra Tour Organisers Association, tourism stakeholders in Katra

JI NEWS SERVICE

KATRA, DECEMBER 5

Secretary Tourism, Dr. Syed Abid Rasheed Shah, today conducted an interactive session with participants from the Maharashtra Tour Organisers Association in Katra, who were on their FAM tour.

The four day Familiarisation Tour spanned Bhaderwah, Jai Valley, Guldanda, Patnitop and Katra with culmination in Katra. The tour was flagged off from the Directorate of Tourism Jammu on 1st December.

Director Tourism Jammu, Vivekanand Rai, Deputy Commissioner, cess of extending renewal tourism sector, promot-lighted the indispensable Vishesh Mahajan, Joint period to five years. Director Tourism Jammu, Sunaina Sharma Mehta, CEO KDA, Gopal Sharma exceeding 1.97 crore till present on the occasion.

improved ease of doing homestays and advocated in the tourism sector..



boost to tourism influx business including the profor democratising the

ing adventure tourism and role of tourism stakehold-Referring to substantial Prasad scheme for making ers, calling for a symbiotic Katra a Model Town.

Secretary commended approach. He encouraged and other officers of Tour- November 2023, primar- the Directorate of Tourism coordination with stakeism Department were ily from Katra, he empha- Jammu for their efforts in holders from the film sized the need to divert identifying new adventure Secretary informed pilgrims towards exploring activities and stretches/ about the amendments other tourist areas. He also areas, along with other participation in the New to Tourism Trade Act for stressed the importance of commendable initiatives Year to boost tourism in

the region. Director Tourism high-Deputy Commissioner, dent of Maharashtra Tour Manager Skyview.

relationship and a holistic

industry for tourism pro-

motion and invited active

administration for further tourism promotion.

Joint Director Tourism contributing to a mutually shared specific recommendations for running water rafting stretches across included thrilling routes Kishtwar, Baradari Bridge and Tawi from Rajouri to (depending upon water are poised to elevate the adventure tourism landscape, offering enthusiasts explore and experience the untamed beauty of these stretches.

while highlighting trans- Organisers Association, formative changes in tour- extended heartfelt thanks ism sector of the region, to the Tourism Departurged upon MTOA to ment for the enlightencollaborate with the UT ing FAM trip. He shared invaluable experiences, insights, and offered con-During her address, structive suggestions, enriching exchange.

Others present were Rakesh Wazir, President various regions. These of Hotel and Restaurant Association Katra; Sham such as Prem Nagar to Sus- Lal Qesar, Senior Vice pension Bridge in Doda, President of Hotel and Shiv Mandir to Kundal in Restaurant Association Katra; Virender Qesar, to Dera Baba Banda Baha- Senior Vice President; Shiv dur in Reasi, Balfiaz town Kumar Sharma, Senior to Poonch in Poonch, Vice President; Kaushal Magotra, President of Pat-Hidayat Pura in Rajouri nitop Hotel Association; Arun Sharma, President levels). These additions of SMVD Press Club; Vishwajeet Patil, President of Maharashtra Tour Organisers Association; Udhay exciting opportunities to Kadam, Vice President; and Rajan Parekh, General Secretary besides Shabir Zargar, President Expressing gratitude, Bhaderwah tour and travel Vishwajeet Patil, Presi- association and Ali Jaffrey,

DC Bandipora inspects ongoing work on the Auditorium at Kuloosa



JI NEWS SERVICE

BANDIPORA, DECEMBER 5

The Deputy Commissioner (DC) Bandipora, day visited the under- soon. construction Auditorium at Kuloosa, Bandipora.

The DC personally construction and directed torium. The auditorium, which is being construct- functions. ed at a cost of Rs 3 crore

educational, and community events. Dr Owais on the occasion said that the project is almost complete and shall be dedicated to Dr Owais Ahmad Tues- the public of Bandipora

He said that the auditorium is equipped with modern technology and inspected the ongoing equipment. He said that it was a long pending the authorities to expedite demand of the people and the work for the early will serve as a platform for completion of the audi-different activities, including cultural and other

The DC was accomunder the district plan, panied by Joint Director is expected to serve as a Planning, Imtiyaz Ahmad hub for various cultural, besides other concerned.

Empowering People: Viksit Bharat Sankalp Yatra camps held at numerous locations across District Doda

DODA DECEMBER 5

The flagship Viksit Bharat Sankalp Yatra campaign reached today to numerous panchayats in Doda district with local residents across varied age groups and walks of life responding with overwhelming enthusiasm. The School Students actively participated by delivering speeches on moral values and adding vibrancy through captivating cultural programs.

The lively cultural li, Tantli, and Inharra. the event. Residents responded with



public. The large gathering The big LED-fitted screen Panchayat Gatha.

extravaganza, coupled of students actively par- van is the main attraction with the presence of ticipates in the pledge cer- during the event, display- nature unfold in various esteemed personalities emony. A health checkup ing the message of the other panchayats, where and community leaders, camp garnered significant honorable Prime Minis- government-sponsored heightened the enthusi- attention, and members of ter of India. At Panchayat schemes are elucidated asm among attendees, self-help groups and other Gatha block Bhaderwah, by concerned officers and encouraging active par- beneficiaries expressed the Viksit Bharat Sankalp officials. Beneficiaries of ticipation in the nation's gratitude to the govern- Yatra camp is organized different government iniprogress. The yatra left ment-sponsored schemes. at Government Girls High an indelible mark by visit- The yatra's enthusiastic School Nichlla Tharra expressing gratitude for ing Upper Behota, Lower reception, coupled with Bhaderwah, where the the benefits received. The Behota, Gadi A, Bhagwaha the airing of the Prime van is warmly welcomed upper B, Chinote, Gatha, Minister's message on a big by the public. The col-Panjgrain, Kansoo, Bhato- LED screen, adds fervor to orful cultural programs and various sports activi-Similar events and activities enhance the event's overwhelming enthusi- ities were held at Panchay- vibrancy. The medical at TANTLI Block Changa, health checkup camp is At Batholi Panchayat while the activities high- also conducted during the ers play a pivotal role, block Kahara, the Viksit lighting government-spon- event, and sports activities actively participating and Bharat Sankalp Yatra van sored schemes took center organized include carrom was received with a warm stage. During the event, board and chess compewelcome, and a pledge sports activities and cultitions. The Agriculture ceremony regarding tural programs, along with Department distributes the initiative was led by government initiatives, are soil health cards to farmfrontline workers and the showcased for the public. ers during the event at

Events of a similar tiatives attend the events, mission of the Viksit Bharat Sankalp Yatra underscores the importance of bringing government schemes closer to communities, igniting a spirit of development. Frontline workstrengthening the impact of this public outreach. Expressing gratitude, the Nodal Officer commends the participants, emphasizing the significance of the Viksit Bharat pledge.

Viksit Bharat Sankalp Yatra reaches 10 Panchayats of block Frisal, Qaimoo of Kulgam

JI NEWS SERVICE

KULGAM, DECEMBER 5

Viksit Bharat Sankalp Yatra (VBSY) campaign today reached 10 more Panchayats of Frisal and Oaimoo blocks gaining further momentum in Kulgam district by covering 99 Panchayats of the district from the date of its launch in the district.

Amid active participation of all stakeholders, the campaign is spreading awareness about government schemes among the

During the day, Health camps, Sankalp pledges, and outreach activities were organized in these Panchayats, besides services were made available on-the-spot to the common masses.



The Viksit Bharat outreach and information lectures on various gov- such as the Jal Jeevan Mis-Sankalp Yatra (VBSY) dissemination campaign ernment welfare schemes sion, Ayushman Bharat today reached Panchayat is to empower citizens by resource persons, free Yojana, Pradhan Mantri Badroo, Barzloo Jageer, to become active stake-medical camps, cultural Garib Kalyan Anna Yojana, Bhan, Khrewan Chadder, development. Success also organized on the Yojana, Jan Dhan Yojana, Matalhama, Bolsoo, Bach- stories of empowerment occasion. roo and Tarigam where and collective engagement people enthusiastically activities towards a shared

aims to reach out to the Bima Yojana, along with welcomed VBSY at each vision of national develop- unreached population, the process to avail benrespective location. The ment were held in these making them aware of var-efits.

Ashmuji A Ashmuji B, holders in the country's and sports events were Pradhan Mantri Mudra PM Awas Yojana, PM Kisan Pertinently, the Yatra Saman Yojana, Jeevan Joti

Agri Deptt Kashmir celebrates 'World Soil Day-2023'

JI NEWS SERVICE

SRINAGAR, DECEMBER 5

Agriculture Department Kashmir today celebrated World Soil Health Day (WSD) 2023 across Kashmir with the main function held at agriculture complex Lalmandi Srinagar.

The function was inaugurated by Director Agriculture Kashmir, Chowdhury Mohammad Iqbal through virtual mode.

World Soil Health Day-2023 is celebrated under the theme of 'Soil & Water, A Source of Life'.

Addressing the function, Director Agriculture said that organising soil day provides us with an opportunity to pay attention and address the issues and challenges confronting this finite resource (Soil). He highlighted the importance of soil for human survival and said that the World Soil Health Day-2023 and its campaign are focused to raise the awareness put in place, so that this concerned officers to reg-celebrated at Sub-Division on the importance of soil

among the farmers.

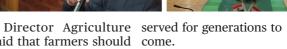








be made sensitive towards



said that farmers should come. the improper soil manage- impressed upon the con- on the occasion. A Large ment practices. He said cerned Chief Agriculture gathering of Farmers the health of the soil has Officers to conduct an were also present at the

Director Agriculture also expressed their views a direct impact on our awareness programme function. Besides holding own health therefore all regarding Soil Health Man-functions at District level, possible efforts should be agement. He directed the World Soil Day 2023 was

Card Scheme' ensure that farmers are managing their cultural practices as per the recommendation of Soil Health card. Joint Direc-

tor Agriculture Extension, G.M Dhobi; Joint Director Agriculture Inputs, Tabassum Naz; Chief Agriculture Officer Srinagar, Manohor Lal Sharma; District Agriculture Officer Srinagar, Nodal Officer Zero **Budget Natural** Farming, Assis-

tant Bio-Chemist Srinagar most important natural ularly monitor the prog- and zonal levels across the resource could be pre- ress on the 'Soil Health Kashmir Division.

Newly completed Health & Wellness Center building commissioned at Dheraja-Bhaderwah

JI NEWS SERVICE DODA, DECEMBER 5

District Development Commissioner (DDC) Doda, Harvinder Singh oday inaugurated the newly constructed Health & Wellness Center Build- ral function. ing at Panchayat Dheraja (Bhaderwah).

(CMO) Dr Abdul Hamid community. Zargar, Block Medical Offi-BDO attended the inauguactively engaged in discuspose in the larger interest center.



Choudhary Dil Mir, CEO vital facility reflects the cials. Bhaderwah Development government's commit-

cer (BMO) Tehsildar and cal inspection, the DDC centres to serve it's pur-served by the medical

sions with the staff of the The DDC inspected health department. The the building of the center, interaction was instru-PRIs, local people and ensuring a comprehensive mental in assessing the Civil Society members, evaluation of the infra-functioning of the healthbesides Additional Deputy structure and its accom- care centr and coordina-Commissioner (ADC) modation capacity. The tion among health offi-

Authority (BDA) Bal Kris- ment to extend best the upon the health functionhan, Chief Medical Officer healthcare facility to the aries to work in a mission mode for effective and that positively impacts In addition to the physi- efficient functioning of the the well-being of the areas

Beyond the inaugural visit, the DDC emphasized the importance of quality and timely healthcare facilities to the public. This includes continuous coordination among staff members, ensuring the availability of essential medical resources, and maintaining a commitment to delivering highquality healthcare services. The strategic focus on continued improvement The DDC enjoined highlights the DDC's vision for a sustained and effective healthcare system

of the people.

ABHA registration camp

held for students at Doda

Saurabh Bhagat addresses Business Opportunity Seminar for Rooftop Solar Power Plants

JAMMU, DECEMBER 5

a business opportunity ITIs and polytechnics. seminar organized by J&K Energy Develop- at fostering partnerships ment Agency (JKEDA) with vendors, intending power plants.

Science & Technology opportunities for the Department, witnessed youth of Jammu and participation of vendors from Jammu and was aimed to accelerate the plan to create 8,000 to implementation of the 10,000 jobs through this Government of India's scheme, particularly for Grid-connected Rooftop ITI students who recent-Solar Scheme, Phase-II, ly enrolled in the Surya specifically for the resi- Mitra skill development dential sector in Jammu programme. and Kashmir.

MW rooftop solar power through I&KEDA.

He emphasized the Commissioner Secre- collaboration with tary, Science & Tech- the Skill Development nology, Saurabh Bhagat Department, particularhere today addressed ly engaging principals of

The interaction aimed to promote rooftop solar not only to develop the solar sector but also to The event, held by the generate employment Kashmir.

Bhagat outlined the

He detailed the unique Addressing the par- opportunity for vendors ticipants, Commission- to train and employ er Secretary expressed these students in their the department's com- companies, contributmitment to achieving a ing to both skill developtarget of installing 100 ment and employment. retary emphasized the fits, including the reduc- citizens, employment Mission.'





Commissioner Sec- scheme's broader bene- tion of electricity bills for under the "Solar City

generation, and the promotion of clean energy. Bhagat concluded by reiterating the commitment to install 100 MW of rooftop solar power in approximately 50,000 households in Jammu city. The scheme, with its attractive features and amid rising power tariffs, stands as a beacon of sustainable development for the region, he

Earlier, CEO of J&KEDA, Dr. PR Dhar highlighted the significance of this initiative, stating that the project's objective is to meet the electricity needs of Jammu city entirely through solar energy. The ambitious plan involves installing 200 MW grid-tied rooftop solar power plants on 50 thousand residential buildings in Jammu city

ABHA health card benefits users by letting them enjoy healthcare services, To cover all the eligible including registration, beneficiaries under appointment scheduling Ayushman Bharat Digital with a doctor, and stor-Mission (ABDM), a special ing electronic medical camp in connection with records. The Health ID ABHA was organized at card can also be linked to New Era Public School multiple health schemes Doda by Health Depart- and insurance plans, providing various benefits. The camp was held on Therefore, a Health ID the directions of the Block card is one-stop identifi-Medical Officer Ghat Dr cation for all healthcare-Ab Gafoor Ahmed, which related activities. It makes aims to cover all the citi- it easier for individuals to zens under Ayushman access and manage their overall wellness," they

Bharat Digital Mission. Speaking on the occa-said. sion, the health staff asked the people to avail the Ms Shariqa Anjum (CHO/ as the purpose of these (FMPHW) and Ms Rinku at their door steps. They department, who genersaid that Aadhar Card is ated around 50 ABHA Ids in India and a gateway to occasion. avail any kind of benefit

JI NEWS SERVICE

ment Doda.

DODA, DECEMBER 5

on the benefit of ABHA BMO Ghat and the health (Ayushman Bharat Health team for organizing such Account) Card which a camp in their school, was previously known as which would surely ben-Health ID. "It helps indiefit the beneficiaries in the viduals to access health- time to come, in which care benefits and store safer and efficient digital their medical informa- health records shall be tion digitally in one place. maintained.

The team comprising benefits of such camps MLHP), Ms Monika Devi camps is to provide servic- Devi (FMPHW) attended es to the common people the camp from the health the most significant iden- on the spot and generated tity document of a person mass awareness on the

Principal of the school, under the schemes rolled Nishad Ahmed Tak who out by the Government. was also present on the They also threw light occasion thanked the

Commissioner Secretary chairs RDD's workshop on Panchayat **Development Index**

JI NEWS SERVICE JAMMU, DECEMBER 5

The Department of Rural Development and Panchayati Raj today organised one day UT level workshop on Panchayat Development Index, (PDI) at Teacher Bhawan, Gandhi Nagar here.

Training of Frontline ments, field functionaries mode. and other related stake-

Department & Panchayati tion of PDI Portal. Raj, Mandeep Kaur was

Hussain Bhat, Director stakeholders. Rural Sanitation, Charanof RDD and line depart- planning through PDI. ments were also present during the workshop.



workers of line depart- cepts of PDI through PPP

MoPR, Bijendra Kumar Commissioner Secre- Suman, presented an checks, she added. tary, Rural Development overview on demonstra-

Secretary RDD, Tariq holding of PDI Portal able goals. Ahmad Zargar, Director and eGS Portal besides, a Panchayati Raj, Moham- question answer session tary said that the MoPR mad Mumtaz Ali, Direc- was also held to clear is committed to conduct tor RDD, Kashmir, Shabir doubts of participants/ such workshops and seek

tional Secretaries RDD, nificance of PDI in attain-Wasim Raja, Sanjay Bhat ing SDGs in rural areas in stipulated time frame. besides ADDCs, ACDs, besides role of line depart-

tains data of 577 indica- dignitaries/participants.

Consultant, Union Min- tors spread across 9 secistry of Panchayati Raj, Dr tors which has to be filled The objective of the Tauqueer Khan, briefed by each Panchayat on workshop was to enhance about preparation of Pan-monthly basis. There are the Capacity Building and chayat Development Plan 4291 Panchayats in J&K, for 2024-25 and other contherefore, it is a voluminous and rigorous exercise and has to be carried Deputy Director, NIC out on monthly basis after proper scrutiny and cross

Mandeep Kaur said that the technical sessions play The MoPR and Techni- very important role for chief guest on the occa- cal team also conducted a future planning of Pangroup exercise on hand- chayats to achieve sustain-

Commissioner Secrefeedback report from UT In her address, Com- and State level functionardeep Singh, CEO IWMP, missioner Secretary, gave ies. She stressed on con-Bharat Bhushan, Addi- key note address on sig- cerned authorities to complete whole PDI exercise

Tariq Zargar, briefed ACPs, officers and officials ments in evidence based about different aspects of the workshop and pre-She said the PDI consented mementoes to the

Ensure proper maintenance of roads, timely Snow Clearance for connectivity to remote habitations: Div Com to BEACON

JI NEWS SERVICE

SRINAGAR, DECEMBER 5

The Divisional Commissioner (Div Com) Kashmir, Vijay Kumar Bidhuri today convened a meeting to review the maintenance of roads and timely snow clearance in Border Districts to ensure road connectivity to remote areas during the winter season.

The meeting was attended by senior officers from BEACON besides District Administrations.

Addressing the meeting, Div Com directed for ensuring regular maintenance of roads under the jurisdiction of BEACON for smooth movement of vehicles and constant supply chain of essential commodities to peripheral habitations.

He also directed for during the winter season.

informed that all the identified by DC Gander- paign to educate the required numbers of men and machinery have been put at different locations in a standby position to ensure opening of roads simultaneously.

reviewed construction of and impressed on dis-





While reviewing the

for intensifying the cam-

general public in every

panchayat about cen-

trally sponsored welfare

schemes.

Tende

retaining wall of Road at trict administrations to Thune Kangan in Gander- work out the mitigation bal which had been dam- plan to protect roads and aged by landslide. On the other infrastructure from occasion, Div Com direct- damage besides precious advance deployment of ed concerned Beacon offi-human lives. machinery for clearing cers to start the construcsnow from major roads tion work for the retain- Viksit Bharat Sankalp ing wall from Monday on Yatra, Div Com enjoined The meeting was the critical portion to be bal so that the road shall

Div Com also reviewed road safety measures in the landslide prone Meanwhile, Div Com areas of the districts

engaging directly with

beneficiaries, the Yatra

aspires to instigate posi-

tive change at the grass-

roots level, paving the

way for an inclusive and

developed nation.

be restored at the earliest

for transportation.

DC Kupwara reviews progress of Viksit Bharat Sankalp Yatra programme

JI NEWS SERVICE

KUPWARA, DECEMBER 5

Complex, here.

On the occasion, the DC stressed upon all the officers to work with In order to review the added dedication and progress of Viksit Bharat utmost coordination to Sankalp Yatra (VBSY) ensure smooth and sucprogramme, the Deputy cessful conduct of the Commissioner (DC) Kup- VBSY in the district. She wara, Ayushi Sudan today asked them to ensure convened a meeting of mass participation of concerned officers at people in these VBSY Meeting Hall of D.C Office camps to make it a grand success.

Single Bid System

NORTHERN RAILWAY

E-Tender Notice

Sr. DEN-IV/FZR acting for and on behalf of The President of India invites open tenders (E-Tenders) against below title enders and available on **www.ireps.gov.in** with closing date- **26.12.2023** up to **15:00 Hrs.** Bidders will be able to submit their original/revised bids up to closing date and time only. Manual offers are not allowed against this tenders, and any such manua iffer received shall be ignored. Contractors are allowed to make payments against this tender towards tender document cos and earnest money only through only payment modes available on **www.ireps.gov.in** portal like net banking, debit card, credii ard etc. Manual payments through Demand draft Banker Cheque, Deposit receipts, FDR etc. are not allowed. For mor formation logon to www.ireps.gov.in **Tender Type Tendering Section Bidding System**

Date of Uploading Tenders			Bid Starting Date		Bid Closing Date/Time	
04.12.2023			12.12.2023		26.12.2023/15:00 Hrs	
S.No.	Tender No.	Details of Tender				
1.	327- 2023-24- UHP- DRM- FZR	TWR (Through Weld Renewal) at loop lines no. 1,2,3,5 at UHP, loop line no. 1,3 & 4 at SVDK, loop line no. 1 & 2 at CRWL, loop line no. 1 & 3 at SGR, loop line no. 1 & 3 at BLA, loop line no. 1 & 3 at RMJK, loop line no. 1 & 3 at MNVL on JAT-SVDK section & at loop line no. 4,5,6,7,8,9,10,11,12,13,15,16,18, ART siding, Diesel shed siding, HA siding, Parcel siding, Shunting neck, Turn Table Siding & Wheel Lathe Siding no. 1,2 and 3 at BDGM, loop line no. 4, Saloon cum Parcel siding, Goods line & HAS siding at ANT, loop line no. 1,3 & HAS siding at QG, loop line no. HAS siding at PTN, loop line no. 1 & HAS siding at HME, loop line no. HAS siding at KAPE, loop line no. 1 & HAS siding at PJGM, loop line no. 1 & 3 SDUA, loop line no. 4 at ATPA, loop line no. PS siding at SINA, loop line no. ORL3 BRML end at SXZM, MZMA stations on BAHL-BRML section by using Road cum Rail Mobile, Flash Butt Welding plant in jurisdiction of Sr. DEN-IV/FZR.				
	Ad	lvertised Value (Rs.)	Earnest Money	Validity of Of	fer	Period of Completion

DRM-FZR Date: 04.12.2023

Note 1:- Before bidding, bidders to check for any corrigendum issued against tender. Tender Notice No:-327-2023-24-UHP

NOTICE INVITING TENDER The Deputy Chief Engineer /BR/Workshop, Northern Railway, Jalandhar Cantt, for and on behalf of the President of India Bidding start Date of Earnest Casting of PSC slabs from 3.05 m to 12.2 m span 3,46,20,046.57 3,23,100.00 22.12.2023

Date & Time for submission of Tender and opening of tender: Up to 15:00 hrs on dates shown against each and opening of tender there after at 15:00 hrs on same date; Website Particulars where complete details of Tender can be seen to lownloaded: The detailed e-tender notice is available on Northern Railway web site i.e. www.nr.indianrailways.gov.in an ender document is available on www.ireps.gov.in. No.: 80-W/30/Bridges/Invitation Dated: 01.12.2023

SERVING CUSTOMERS WITH A SMILE

Viksit Bharat Yatra reaches Doongi and Pangrain Blocks of Rajouri

JI NEWS SERVICE

RAJOURI, DECEMBER 5

reached the Doongi and is left behind. Pangrain blocks of Rajouri district. The 72-day out- of the Yatra is the estabdesigned to bring the ben-

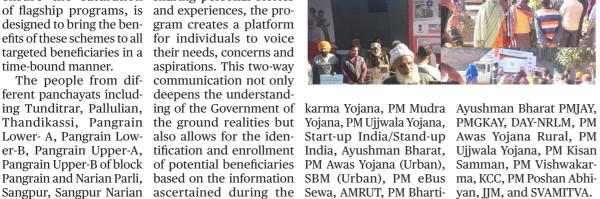
time-bound manner. ferent panchayats includ- deepens the understand-Lower- A, Pangrain Low- also allows for the iden-Sangpur, Sangpur Narian ascertained during the West, Dogani, Chingus, Yatra. Loorkote, Agrati South,

disseminate crucial infor- PM Svanidhi, PM Vishwa- is on schemes such as fostering awareness, and

mation and foster awareness about these schemes. ensuring that no deserving Viksit Bharat Yatra today individual or community One of the key aspects

reach and awareness cam- lishment of direct interacpaign, aims to promote tion between the governgovernment schemes and ment and beneficiaries. By ensure the saturation sharing personal stories of flagship programs, is and experiences, the program creates a platform efits of these schemes to all for individuals to voice targeted beneficiaries in a their needs, concerns and aspirations. This two-way The people from dif- communication not only

ticipated with tremendous at both urban and rural India, RCS:UDAN, Vande ernment to constructing a ment Officer Pangrain, enthusiasm in the event. areas. In urban areas, Bharat Trains, and Amrit prosperous and equitable Sayela Mir; Sarpanches, Through this initiative, the following schemes Bharat Station scheme. India. By championing Panches and public in the government intends to have been highlighted: In rural areas, the focus government schemes, large numbers attended



Pangrain and Narian Parli, based on the information SBM (Urban), PM eBus ma, KCC, PM Poshan Abhiya Jan Aushadi Pariyojana, The Viksit Bharat Yatra Ujjala Yojana, Subhagya Sankalp Yatra' stands as a Block Development Agrati North and Dhan- places specific focus on a Yojana, Digital Payment resolute testament to the wan of Doongi block par- range of schemes aimed Infrastructure, Khelo commitment of the Gov-

PMGKAY, DAY-NRLM, PM Awas Yojana Rural, PM Ujjwala Yojana, PM Kisan Samman, PM Vishwakaryan, JJM, and SVAMITVA. The 'Viksit Bharat

As this Yatra unfurls its journey across the nation, it is poised to touch the lives of millions, ensuring their access to essential servic-

es, financial assistance, healthcare, housing, and more. The resounding participation of the public with unwavering enthusiasm exemplifies the collective commitment to building a brighter and more prosperous future for all, as envisioned by the Government.

Among the others, Officer Doongi, Mohd Nawaz; Block Develop-

FROM THE FRONT PAGE...

Lt Governor attends...

provides opportunity to youth to lead from the front in agriculture and allied sector. Young agri-preneurs ister of independent India, for the Kashmir problem. with the hard work, commitment, skilling and financial support would be the architects of a glorious future of J&K UT, he said.

The Lt Governor also impressed on the PRI representatives, social organizations and various stakeholders and Kashmir. to actively participate in government's endeavours for extension of the benefits of schemes and programmes ensure development in the Union Territory. to build a strong support system for the entire farming

On the occasion, the Lt Governor felicitated progressive farmers, agri-preneurs and officials engaged in the conduct of Jhiri Mela. He also inaugurated a Farmer Produces Organization - 'The Nari Shakti' from Teshil

Artists presented enthralling performances showcasing the rich art and culture of the region.

Council Jammu; Ms. Yasha Mudgul, Commissioner/Secretary to the Government, Cooperatives Department; held. Sh Ramesh Kumar, Divisional Commissioner Jammu, Sh Shakti Pathak, DIG, JSK Range; Sh Sukhnandan Choudhary, former Minister, PRI members, and people from all walks of life were present.

Lt Governor participates...

Nagbani Panchayat in Solid-Liquid Waste Management. He called upon PRI representatives to replicate the best practices to transform their respective Panchayat into a model Panchayat.

The Lt Governor administrated 'Hamara Sankalp citizens present on the occasion. He visited the stalls put up by different departments and handed over the sanction letters to beneficiaries under various schemes.

Ms Vandana Kumari, Sarpanch Flora Nagbani highlighted the steps taken to ensure saturation of govern-

Sh Ramesh Kumar, Divisional Commissioner Jammu; Sh Sachin Kumar Vaishya, Deputy Commissioner demanded early polls in Jammu and Kashmir. Jammu; Sh Shakti Pathak, DIG Jammu -Samba -Kathua Range, senior officers, PRI members, beneficiaries, members of Self Help Groups and people in large number were present.

Opposition members ask...

time-frame for holding polls in the Union Territory. He said providing reservation and similar issues are state subjects and should be dealt with by the state legislatures. The hurry, he said, is to pass bills, but it should be for holding the Assembly polls.

Roy claimed that the abrogation of the provisions of Article 370 of the Constitution has brought no changes in the lives of the people of Jammu and Kashmir. He said this was the first time that a state was converted into a Union Territory.

is fine in Jammu and Kashmir but in reality, that is not

Speaker Om Birla intervened to say after the abrogation of Article 370, most of the MPs have been to Jammu and Kashmir and the region is at it was earlier.

The TMC leader said it was a matter of opinion.

He also said the people of Jammu and Kashmir and ties in J-K", the agency said. (Agencies) not the lieutenant governor should rule the Union Ter-

leader, saying things have changed in Jammu and Kash- put to an end. mir and now, there are no cases of stone-pelting in in power, BJP leaders were arrested for trying to hoist level," he said. the flag there.

Bengal is not allowing the "Viksit Bharat Sankalp Yatra", any intimation or not, but as far as National Conference which showcases the people-centric policies of the is concerned, it has received an invitation for dinner at Narendra Modi government, in the state.

The Election Commission (EC) has recently said the Jammu and Kashmir polls will be held at the "right time", keeping in mind the security situation there.

Announcing the poll schedule for five states on October 9, Chief Election Commissioner (CEC) Rajiv Kumar said the election in Jammu and Kashmir will be held when the commission deems it the "right time", keeping in mind the security situation and other polls being held in the Union Territory.

J&K has witnessed lot...

trying to hoist the national flag there, Thakur said recalling his own experience during the Tiranga Yatra. He was responding to the Trinamool Congress (TMC) leader's remarks that "ek nishan, ek pradhan, ek samvidhan" was a political slogan.

The information and broadcasting minister alleged that the TMC government in West Bengal is not allowing in the state the "Viksit Bharat Sankalp Yatra", which showcases the people-centric policies of the Narendra Modi government.

The Modi government removed Articles 370 and 35A in Jammu and Kashmir, which was not done even 70 years after Independence, he said.

Thakur slammed the opposition for not mentioning the contribution of Maharaja Hari Singh, who signed the Instrument of Accession with India, to the development of Jammu and Kashmir.

"Does his contribution not count? Should the conprincely states, not be counted? Sardar Patel laid the foundation of a strong India. The shortcomings left behind by (Jawaharlal) Nehru were rectified here on Aug 5-6, 2019 in Parliament by PM Modi," Thakur said.

Govt ready to hold assembly...

He further said democracy must reach the grass-root level and in the future, "we will do" what is in the best

interest of the people of Jammu and Kashmir.

Singh blamed Jawaharlal Nehru, the first prime min-

He further said the Congress should be grateful to Prime Minister Narendra Modi for the abrogation of the provisions of Article 370 of the Constitution that provided a special status to the erstwhile state of Jammu

Singh said a series of measures have been taken to

Former Jammu and Kashmir chief minister and National Conference (NC) president Farooq Abdullah wanted to know from the BJP-led Centre why Assembly polls are not being held in Jammu and Kashmir.

Participating in the discussion, Congress leader Manish Tewari also sought to know about the election and when statehood would be restored in Jammu and

He wondered that at a time when the treasury bench-Sh Bharat Bhushan, Chairman District Development es are claiming that normalcy has been restored in Jammu and Kashmir, "why elections" are not being

> Tewari further said constitutional proprietary demands that the government should refrain from coming up with these legislations as a matter related to the Constitution (Amendment) Act pertaining to the abrogation of Article 370 is pending in the Supreme

Home Minister Amit Shah, who was present during commended the endeavour of the Sarpanch of Falora the debate, said he would give a detailed reply on all the issues raised by the opposition members.

Jamyang Tsering Namgyal of the ruling Bharatiya Janata Party (BJP) said peace in Jammu and Kashmir is more important" than elections.

He said after the abrogation of Article 370, the situ-Viksit Bharat' pledge to officials, PRI members and the ation in Jammu and Kashmir has improved and investments have started pouring in.

Intervening, Union minister Anurag Thakur said is sad when security personnel are killed, but the opposition should not forget that 45,000 people died in Jammu and Kashmir during the 70 years of their

National Conference (NC) MP Hasnain Masoodi also

He said the government should tell the truth to the country and not spread the illusion of normalcy in Jammu and Kashmir.

Masoodi also claimed that unemployment is increasing in the Union Territory.

Supriya Sule of the Nationalist Congress Party (NCP) too demanded early polls and said the government should bring a comprehensive bill on reservation to meet the aspirations of the people of different states.

Janata Dal-United's Kaushalendra Kumar also demanded the holding of Assembly polls in Jammu and Kashmir. (Agencies)

NIA Raids in Seven Districts...

operatives were using social media platforms to promote terror, and were also using drones to deliver He said the government tells tourists that everything arms and ammunition, explosives and narcotics to their operatives and cadres in the Kashmir valley.

These activities were "being carried out as part of the terror conspiracy hatched by the banned outfits, backed by their masters in Pakistan. The conspiracy also involved radicalisation of local youth and mobilisation of OGWs to carry out violent and disruptive activi-

Roy's remarks on the LG drew protests from the BJP **Defeat in State elections...**

alliance has not failed at all, but some statements Union minister Anurag Thakur hit out at the TMC have come to fore, which need to be discussed and

"The state elections were not fought by the alliance, the Union Territory. He said the Indian tricolour is but different political parties contested on their own, now hoisted in every street of Jammu and Kashmir thus it's not the defeat of the alliance, but to some but earlier, when the National Conference (NC) was extent the failure of the Congress party at individual

Replying to a query, Omar said, he cannot speak Thakur alleged that the TMC government in West whether Bengal chief minister Mamata Banerjee has got Rahul Gandhi's residence tomorrow–(KNO)

H&ME dept forms task...

a comprehensive strategy aligning the positions of the existing health workforce (regular/contractual) in the UT with those specified in the PHMC guidance note and to ensure the implementation of appropriate career progression measures for all health workers, encompassing time-bound promotions, assured promotions, and ACP (Assured Career Progression) schemes.

The task force is also mandated to formulate a plan to facilitate career mobility and create provisions for the exchange of personnel between different services within the cadre. It has to establish and maintain a centralised repository of data related to the recruitment mechanism, sanctioned positions, workforce distribution, vacancies in different cadres, pay grades, and promotion criteria.

It is also tasked with developing comprehensive HR and training policies, along with a roadmap for providing public health training to in-service candidates, the order states. (KNO)

J&K registers 38%...

Economic offences include those crimes which are of an economic nature. These offences are committed while in the course of some kind of economic or business activity.

The National Crimes Report Bureau of India classifies tribution of Sardar Patel, who ensured the merger of only specified acts under the term economic offences. Activities like company frauds, counterfeiting of coins, and some of the terrorist activities even come under the term Economic offences as per the NCRB.

> At national level, there has been an 11 percent surge in economic offence as 193385 such cases have been registered, the report said.

> It said that 62 cases of Criminal Breach of Trust under Section 406 to 409 of IPC have been registered last year. The report also said that two cases of counterfeiting

and 912 cases of forgery, cheating and fraud have been

Lt Governor reviews progress of Viksit Bharat Sankalp Yatra, recruitment to various posts and institutionalised outreach programmes across the UT

JAMMU, DECEMBER 5

Lieutenant Governor Shri Manoj Sinha chaired a high-level meeting with senior officials to review the progress of Viksit Bharat Sankalp Yatra, recruitment to various posts and status of institutionalised outreach programmes for bridging information and knowledge gap regarding government schemes and programmes across the UT of J&K.

The meeting was attended by Sh Atal Dulloo, Chief Secretary; Sh RR Swain, DGP; Sh Vijay Kumar, ADGP Law & Order; Dr Mandeep Kumar



JKSSB; Administrative Sec- and through virtual mode. retaries; Divisional Commissioners; DIGs; Deputy farmers, youth, women Bhandari, Principal Sec- Commissioner, SPs, senior and deprived section of retary and recruitment to retary to Lt Governor; Sh officials of Civil and Police society to inform and various other posts by J&K Rajesh Sharma, Chairman Administration, in person educate them about gov- Service Selection Board.

ernment schemes and programmes. All the schemes should be saturated to realize Hon'ble Prime Minister Shri Narendra Modi's vision of Viksit Bharat, the Lt Governor said.

He directed the senior officials to regularly assess and closely monitor the saturation of flagship schemes. He instructed the Deputy Commissioners, SPs, and other concerned Departments to generate awareness about Viksit Bharat Sankalp Yatra and other public outreach programmes of the government.

The Lt Governor also took stock of the prepara-We must reach out to tions for upcoming examination of Panchayat Sec-

Massive SVEEP Rally taken out in Kishtwar Town

JI NEWS SERVICE

KISHTWAR, DECEMBER 5

A mega Systematic Voters' Education and Electoral Participation (SVEEP) led by Deputy Commissioner/ District Election Officer Dr. Devansh Yadav was today taken out in the district headquarters of Kishtwar.

The rally witnessed an impressive turnout, with 600 students and aspiring voters from different schools and government institutions, including GDC Kishtwar, Government Polytechnic College Kishtwar, ITI Kishtwar, Government Higher Secondary School for Boys and Girls, alongside several private schools, actively participating.

Key officers, Deputy CEO Kishtwar Prehlad Bus Stand Kishtwar, deadline of 9th December Bhagat, Election NTr Sajjad Hidyal Chowk, and cul- 2023 Khan, SHO Kishtwar Par- minated at the Chowgan vaiz Ahmed Khanday, Ground Kishtwar. Principals, and staff from

Kishtwar, were present cial Summary Revision of ernment Girls Higher and engaged in the rally. the Electoral Roll 2024. Secondary School Kisht-The procession com- They fervently appealed war received an award DEO Kishtwar Naresh menced from the Govt to potential and eligible for their exceptional and Kumar, ACR Kisht- Boys Higher Secondary voters to register them- proactive involvement in war Varunjeet Singh School Kishtwar travers- selves as new voters under the rally. The Deputy Com-

During the rally, the underscores their com- importance of their efforts educational institutions, participating students mitment to civic duty and to ensure that no eligible in addition to officers and demonstrated commend- highlights the importance voter remains unregisofficials from the DC office able awareness efforts of active participation in tered.

DEO Kishtwar, Dr. Devansh Yadav, praised the active participation of the attendees, attributing their enthusiasm to the resounding success of the rally. He mentioned that approximately 6000 citizens residing in the township and

the electoral process.

During the event,

adjoining areas were sensitized about the ongoing voter registration and data modification exercise in the district. In a concluding gesture, the girls' and District Election Cell about the ongoing Spe- contingent from the Gov-

Charak, DPO Kishtwar ing through the main the ongoing Special Sum- missioner emphasized Sunil Bhutyal, Tehsildar market, Main Bus Stand, mary Revision of Elec- the pivotal role played by Kishtwar Muneeb Umar, streets of the town, Mini toral Roll 2024 before the students, particularly the girls, as ambassadors for raising awareness about This proactive engage- the voter registration proment by the young minds cess. He underscored the

VBSY held at Block Imamsahib of Shopian

JI NEWS SERVICE

SHOPIAN, DECEMBER 5

Viksit Bharat Sankalp Yatra (VBSY) commenced today in 6 Panchayat Halqas of beneficiaries. Imamsahib block of the district.

These six Panchayats include, K.M. Gund, Kenigam, Losedenew, Nadigam, Sangren and Sugoo of Imam Sahib district Shopian.

registered in the union territory last year.

been reopened for investigation by the police.

report was false, the NCRB report said.

the economic offense.

cial, cyber crimes.

The report said that 129 cases of economic offense

Moreover, 192 cases ended last year as the final

It said the police disposed-of 1044 cases related to

Pertinently, the government last year had declared

the offices of six wings of the Crime Branch J&K as the

Police Stations "for the purpose of registration and

investigation" of varied economic offences besides spe-

have been transferred to other states or agencies last

schemes and interacted Imamsahib. with them and other

ries of different schemes shared their experiences

cers and officials con- Cell Anaemia and other Mantri Mudra Yojana, tinued to aware people on spot services were Jan Dhan Yojana, PM government provided to the locals of

Flagship schemes, highlighted. including PM KISAN,

During the Yatra, offi-screening of TB, Sickle Anna Yojana, Pradhan Awas Yojana, JJM, Poshan Abhiyaan and scores of The Officers and offi- other schemes including cials remained busy in welfare, employment Under Meri Kahani, IEC activities at all these and income generation Meri Zubaani, beneficia- Panchayats of the block. based schemes were

The vatra witnessed with the people on the Vishwakarma, Suraksha mass participation of occasion. Drone and soil Bima Yojna, Jeevan Jyoti, people, PRIs, prominent health card demonstra- Ayushman Bharat, Prad- citizens and the officials tions, health camps for han Mantri Garib Kalyan of various departments.

In 2020, the government accorded sanction to the establishment of an independent Economic Offences Wing in the Anti-Corruption Bureau, Jammu and Kash-It said last year 154 cases of economic offense have mir-(KNO)

Srinagar's security plan...

a fair idea of the shortcomings, avoid confusion in order to make it a perfect and comprehensive counterterrorism grid.

The ADGP has stressed upon all the officers that the idea of a perfect security grid is only possible if things discussed in the meeting are implemented on ground in letter and spirit.

The police said that ADGP also focused upon strengthening the function of the joint police control room and better communication mechanism between field officers of CRPF and police in Srinagar City.

"Area domination of water bodies was discussed and included in the area domination plan in today's security meeting," the police said. (Agencies)

These wings included Special Crime Wing (SCW), Jammu; Special Crime Wing (SCW), Srinagar; Economic Offences Wing (EOW), Jammu; Economic Offences Wing (EOW), Srinagar; Cyber Crime Investigation Centre for Excellence (CICE), Jammu, and Cyber Crime Investiga

The NCRB report said that a total of 1956 cases were pending for investigation from the previous year (i,e

tion Centre for Excellence (CICE), Srinagar.

Dedicated section for Elderly Readers inaugurated at District Library Kathua

JI NEWS SERVICE

KATHUA, DECEMBER 5

In a significant move, a dedicated section for elderly readers was today inaugurated at District Library Kathua by Deputy ences of senior citizens. Commissioner Rakesh

ADC Kathua Ranjeet portive and inclusive envilent donation, emphasiz-Singh, Librarian Sunil ronment for individuals ing the significance of ini-Sharma, and a large in their golden years, the tiatives that prioritize the number of readers and newly established section enrichment and well-being Senior citizens partici- is equipped with a diverse of the senior members of

unique section has been suiting the interests and scores a commitment to made possible through requirements of elderly education and literacy but the generous donation of readers. The space is also symbolizes a gesture infrastructure worth Rs meticulously designed to of respect and apprecia-1 lakh by Mangal Singh & Priya Andotra. This gra-bility, and a serene ambi-nity members", DC said. cious contribution has ance conducive to unhur- While expressing his hapfacilitated the creation ried reading and intellec- piness for the contribution and establishment of a tual engagement. thoughtfully designed reading needs and prefer- Rakesh Minhas expressed a small token of love for environment.



profound gratitude to Recognizing the impor- Mangal Singh & Priya tance of fostering a sup- Andotra for their benevocollection of books, peri- our society. "Their con-The inauguration of this odicals, and resources tribution not only underprovide comfort, accessi- tion for our elder commu-

made to enrich the lives Speaking at the inau- of senior citizens, Mangal edge acquisition within a space tailored to meet the guration ceremony, DC Singh said that this is just welcoming and conducive

the elderly readers who are still connected with the literary world during their golden years.

The library management extends heartfelt thanks to Mangal Singh & Priya Andotra for their invaluable support in materializing this dedicated section for senior citizens. This noble act will undoubtedly serve as a beacon of inspiration, encouraging others to contribute towards initiatives that promote inclusivity and support for our

elderly population. The library welcomes all senior citizens to explore and make the most of this thoughtfully crafted section, inviting them to immerse themselves in the joy of reading and knowl-

Viksit Bharat Sankalp Yatra sensitizes people about **CSSs across Ramban**



RAMBAN, DECEMBER 5

Viksit Bharat Sankalp Yatra (VBSY) on Tuesday visited eight Panchayats of block Ramban to sensitize the people, besides saturating the Centrally Sponsored Schemes in every nook and corner of the district.

IEC Vans accorded a rousing welcome by PRIs, senior citizens, youth, and local residents on its arrival in eight Panchayats. Under the aegis of Deputy Commissioner, officials engaged people with knowledge enriching audio-video material displayed on big screen mounted on IEC Van.

Viksit Bharat Sankalp Yatra (VBSY) campaign traversed Panchayat Dhandrath- C, Dhandrath-B, Seri- A, Gam, Seri-B, Maroge, Bagna and Balihote- A in district Ramban. Started on November 28, the Yatra has gained further momentum across Ramban by covering 63 Panchayats of the district.

The people from all walks of life participated in different activities in their respective panchayats. They listened attentively to recorded video messages from the Prime Minister, emphasizing the significance of the cam-

Pertinently, the Yatra aims to reach out to the unserved population, making them aware of varsuch as Jal Jeevan Mission, Pradhan Mantri Garib chayats.

Kalyan Anna Yojana, Pradhan Mantri Mudra Yojana, Jan Dhan Yojana, PM Awas Yojana, PM Kisan Saman Yojana, Jeevan Joti Bima Yojana, along with the process to avail benefits.

During the day, Health camps, Sankalp pledges, and outreach activities were organized, besides services were made available on-the-spot to the common masses.

Beneficiaries, who have availed services. also expressed their experiences under Meri Kahaani, Meri Zubaani initiative and extended their gratitude for the seamless services delivery.

The activities that were carried out included On the Eighth day, the awareness lectures on various Government welfare schemes by resource persons, Viksit Bharat Sankalp pledges, free medical camps, and Cultural and sports events were also organized on the occasion. Various welfare, employment, insurance, social security and income generation based schemes were highlighted by all departments who had established their

departmental stalls. Tehsildar Ramban, S. Harvir Singh, BDO, Tanzeel Runyal and various other officers participated in the Viksit Bharat Sankalp Yatra in different Panchayats of Block Ramban

Block officers and officials from line departments, PRIs, students and locals participated ious Government schemes in large numbers in Viksit Bharat Sankalp Yatra pro-Ayushman Bharat Yojana, grammes in aforesaid Pan-

DC B'pora reviews preparations for forthcoming Armed Forces Flag Day



JI NEWS SERVICE

BANDIPORA, DECEMBER 5

The Deputy Commisday chaired a meeting to nation. review the preparations for forthcoming Armed Forces Flag Day celebra-

Highlighting the importance of the day, the DC said that Armed Forces citizens an opportunity to show their gratitude to the Armed Forces.

Flag Day Fund, adding that this contribution towards the fund is acknowledgment of the sioner (DC) Bandipora, services rendered by the Dr Owais Ahmad Tues- armed forces towards the

> Dr Owais Ahmad also directed the officers to ensure participation on 07th December in Armed Forces Flag Day celebrations.

The meeting among Flag Day provides the others was attended by ADC Bandipora, DySP Bandipora, Zilla Sanik Welfare Officer Bandi-He asked officers to pora/ Baramulla, officers ensure contribution from various departments towards Armed Forces like Education and Health.

Nikshay Diwas observed in Samba District



JI NEWS SERVICE SAMBA, DECEMBER 5

Nikshay Diwas, an annual awareness about tuberculosis, was observed

solace to those present, cating this health threat.

highlighting the administration's dedication to the

community's well-being.

The event reached its event aimed at raising pinnacle with the distribution of Nikshay Poshan, provided graciously by today at the District Hos- Nikshay Mitras. The dispital Samba. The event tribution was led by a diswitnessed the presence tinguished group, includof distinguished digni- ing Deputy Commistaries including Deputy sioner Abhishek Sharma, Commissioner Samba Senior Superintendent of Abhishek Sharma, Senior Police Benam Tosh, and Superintendent of Police various other esteemed Samba Benam Tosh, and individuals from medical other notable personali- and administrative backties from the medical field. grounds. Nikshay Diwas During the event, serves as a crucial plat-Deputy Commissioner form to underscore the Abhishek Sharma inter- collaborative efforts of the acted with tuberculosis community and adminpatients, assuring them of istration in combating the administration's com- the challenges posed by mitment to provide nec-tuberculosis. It highlights essary support. His words the importance of united of reassurance brought endeavors toward eradi-

DC Kathua reviews preparedness for Panchayat **Secretary Recruitment Examination**

JI NEWS SERVICE

KATHUA, DECEMBER 5

Kathua Rakesh Minhas thoroughly reviewed by comprehensive meeting at the importance of prothe DC office complex to lighting, seating arrangereview the preparedness ments, and bold signages for the upcoming Panchayat Secretary Examination ters. Ensuring candidate being conducted by JKSSB. facilitation, he stressed on The meeting focused on making adequate arrangeensuring meticulous plan- ments for drinking water ning for a fair and seamless and toilet facilities. examination process.

emphasizing the imperative of a transparent and equitable examination environment. Depart-Police, and the Principals of educational institutions were given specific instrucwas specifically directed to engage videographers appear in the Exam. to oversee and record the ensuring adherence to established protocols.

were held wherein Magistrate, Center Superintencomprehensive briefings sibilities during the critical meeting.

DLSCC clears 04 SRO-43

cases at Bandipora

recruitment process from

Logistics plans for the Deputy Commissioner, examination day were today presided over a the DC, who emphasized across all examination cen-

The DC called for put-In the meeting, DC ting in place foolproof issued crucial directives to arrangements to avoid stakeholder departments, any malpractices during the examination. He also stressed the need to ensure adherence to the Standard Operating procedures and ments including RTO, DTO, guidelines for fair and smooth conduct of the examination.

The DC further said that tions to uphold standards the examination being conthat facilitate the smooth ducted by the Jammu and execution of the exami- Kashmir Services Selecnation. Addressing the tion Board is scheduled to importance of compre- take place on December hensive monitoring, the 10 across 30 centres in the Information Department district; As many as 13252 candidates are going to The DC stressed the

examination proceedings, significance of coordinated efforts from various departments to guarantee Threadbare discussions the integrity and fairness of the examination.

Among others, SSP dent, Deputy Superinten- Kathua Shivdeep Singh dent, Observers received Jamwal, ADC Ranjit Singh, designated magistrate on their roles and respon- were also present in the

by Agriculture Department

World soil day observed at Doda



DODA DECEMBER 5

The Department of Agriculture Doda orchestrated figures like Touqeer Kafy a World Soil Day celebra- (Lab Incharge), Wasim tion at the Soil Testing Abdullah, Wajahat Hus-Lab, here today.

Haroon Hussain led the the collaboration between event and delivered an professionals and farmers insightful lecture on the program's importance.

District level SMS, graced tal stewardship.

the event as the guest of honor. Among the attendees were farmers and key sain, and Liaqat Ali. Their Assistant Soil Chemist participation highlighted in promoting awareness about soil health and sus-Anil Gupta (CAO DOA) tainable agricultural pracprovided overall supervitices, fostering a holistic sion, and Pawan Talwar, a approach to environmen-

VBSY kick-starts in 6 Panchayats of Kathua District



KATHUA, DECEMBER 5

Viksit Bharat Sankalp Yatra (VBSY) was accorded

a warm welcome by PRIs, senior citizens, youth, and local residents on its arrival in six panchayats of block Hiranagar, Dinga-Amb and Duggan Blocks of Kathua district today.

alp Yatra witnessed enthusiastic and vibrant participation of all stakeholders in panchayat Satura of Hiranagar block, Kattli Panchayat of Block Dinga-Amb besides four panchayats namely Dhaggar, Dhaman, Dulungal and

significance of the cam- had installed stalls.

paign. Participants took the Viksit Sankalp Bharat pledge, affirming their commitment to holistic national development.

availed benefits of different government schemes and services, shared their experiences under Meri Kahaani, Meri Zubaani initiative and expressed gratitude for the seamless services delivery.

Officers and officials sensitized the people about government schemes and motivated them to register for schemes and get benefits under various employment and welfare based fare, employment, insur-Minister, emphasizing the by all departments who

DST. GoI approves i-TBI on the proposal submitted by Deptt. of Management Studies, GDC Sopore

JI NEWS SERVICE SRINAGAR, DECEMBER 5

The Deptt. of Science funding support to inno-& Technology (DST), vators/startups to convert Govt. of India (GoI) has their idea into prototypes/ approved Inclusive Tech- products that have potennology Business Incuba- tial for commercialization. tor (i-TBI) on the proposal The maximum funding submitted by the Deptt. support to an innovator/ of Management Studies, startup will be upto Rs. Government Degree College Boys Sopore.

sive Technology Business and start-ups for identifi-Incubator in this college, cation, development and a sanctioned grant of Rs. commercialization of new 3.90 Crores, Vide TPN No. products. The thrust area 94686 Dated 30-10-2023 for the project has been has been approved. The identified as Information proposal is the first of Technology, which has its kind to be approved huge potential for innovain favour of any Degree tion in J&K.

College in UT of J&K. The i-TBI will provide ignition grant (grant in aid), a 10 Lakhs. It will provide a platform to budding For setting up Incluentrepreneurs, innovators

10 day Training for sheep breeders concludes

JI NEWS SERVICE JAMMU, DECEMBER 5

ute the certificates among for better employment Shearing trainees was generation.

The 10 day Training Pro- bandry Department gramme organized for Jammu Dr. Naseem Javaid breeders under the Capac- Chowdhary emphasised ity Building component the need of organizing for (HADP Project) for such training on regueffective processing and lar intervals to keep the marketing of wool & Pelt breeders abreast of new concluded today. Felicita- techniques of shearing tion ceremony to distrib- and management of sheep

organized at Sheep Hus-

bandry Complex Jammu.

Director Sheep Hus-

interacts with Students, Players at Doda

Ace Shooter Chain Singh



DODA, DECEMBER 5

Ace Indian Sports Shooter Chain Singh (JCO Indian ing range and tendering Army) today interacted for Main Gate/ Fencing with Players and Students of Sports Stadium Doda here at Rifle Shooting Hall in Indoor Sports Stadium

Commissioner (DDC) cumTrial in the discipline Doda Harvinder Singh and of Rifle Shooting in all Ten SSP Doda Abdul Qayoom were also present.

Students and shared his months. experience in the field of

discussion and the delib erations with the officers, DDC Doda asked PWD R&B to furnish shootwithin 20 days.

DYSSO Doda and ZPEOs District Development to organize Talent hunt Sports Zones and furnish detailed requirements Chain Singh inter- of sports equipment for acted with the players/ archery games within 02

Deputy Director shooting with them. He Employment Idrees appreciated the District Ahmed Lne, DYSSO Jaffar Administration for making Haider Shiekh; Xen PWD available adequate shoot- R&B, Manoj Kumar and ing infrastructure in the EO MC Doda Yousaf-Uldistrict. After threadbare Umar were also present.

The DDC directed

The District Level Screening-cum-Consultative Committee (DLCC) meeting on Tuesday cleared 04 militancy-affected cases.

BANDIPORA, DECEMBER 5

The meeting was convened under the chair- Bandipora Shafaat Najar, manship of Deputy Com- besides officers of the missioner (DC) Bandipora, Army, also attended the Dr Owais Ahmad. During meeting.

the meeting, the cases were cleared for recruitment under SRO-43 while other cases were approved and referred to the concerned department for further necessary action. Among others, ADC Bandipora Umar Shafi, DySP

Beneficiaries, who have

The Viksit Bharat Sank-

Duggan of Block Duggan schemes. Various wel-They listened atten- ance, social security and tively to recorded video income generation based messages from the Prime schemes were highlighted

EDITORIAL

Breaking the ice

the Ministry of Home Affairs (MHA) and leaders of Ladakh came to an end after two sides held discussions on all major demands being projected by the latter. The leaders from arid region vociferously raised, inter-alia, the issue of Statehood and Constitutional Safeguards to the region under Sixth Schedule during the first official meeting of reconstituted High Powered Committee (HPC), headed by the Union Minister of State for Home Affairs, Nityanand Rai, in New Delhi on Monday. The meeting was held in a "very cordial and friendly atmosphere" but it failed to bring result and remained inconclusive with the Centre remaining "non-committal" to fulfillment of major demands under four-point agenda put forth by Leh Apex Body (LAB) and Kargil Democratic Alliance (KDA)---two organisations spearheading the movement for constitutional safeguards for the people of Ladakh. The Centre has reportedly asked the leaders of Ladakh to explore the options other than Sixth Schedule of the Constitution for protection of land, culture, identity, and sought written representations from them. The Centre assured the joint delegation of KDA and LAB for "uninterrupted talks" to resolve all issues confronting the people of Ladakh post-bifurcation of erstwhile state of Jammu and Kashmir and grant of UT status to Ladakh. The BJP-led government is intended to engage all stakeholders in dialogue to resolve all issues amicably. The next meeting is likely to be held after the Parliament session. Apart from grant of Statehood and Sixth Schedule status to Ladakh, the leaders held a detailed discussion on their demand for a separate Lok Sabha and Rajya Sabha for Ladakh and employment opportunities, including setting up of the Public Services Commission (PSC). The Union MoS Home had chaired a high-level meeting of Ladakh leaders in North Block, New Delhi on June 19 wherein the KDA and the LAB leaders stressed for inclusion of their agenda whenever the HPC constituted by the Union Home Ministry to discuss issues of Ladakh, meets. Though the Union Government had earlier ruled out Statehood for Ladakh but the MHA this time conveyed Ladakh leaders that all issues could be discussed in the meeting that prompted the latter to accept the invite for talks. The MHA has constituted High Powered Committee (HPC) for Ladakh under the chairmanship of Minister of State for Home Affairs Nityanand Rai, with a mandate to discuss measures to protect the Ladakh region's unique culture and language taking into consideration its geographical location and its strategic importance to ensure protection of land and employment, measures for inclusive development and employment generation in the region, measures related to empowerment of Ladakh Autonomous Hill Development Councils (LAHDCs) of Leh and Kargil and Constitutional safeguards that could be provided to ensure the measures and protection as mentioned above. Though the leaders of Ladakh are not happy with the outcome of the meeting, yet they have kept their fingers crossed and they are hopeful that the Government of India would take a positive call to address their issues to fulfill all aspirations of Ladakhi people.

Interpreting the State Elections

PROF. D.K. GIRI

debunked many conventional election methods the same time, there is much jubilation in BJP as the results seem to have queered the pitch for the 2024 General Elections. Both sides, the ruling ceptional, cultural, social, regime at the Centre and economic, security - perthe opposition had made these elections a litmus tions next year. It should tools, they tend to come not have been conceived

three states - Rajasthan, Madhya Pradesh and Chhattisgarh but 5 months later, in the parliamentary elections, BJPs swept maintained the trend of voting out the incumbent and predilections government, and voting and Parliament elecates in democracies across

The results of elec-moods can change even and the other, CPM and its tions of 4 states during the campaign. Do are out. They have not get me wrong, I am defied the pollsters, not suggesting that Indian electorate is volatile. On the contrary, it is one with and despaired many. At maturity and is known for delivering political ver-

To be sure, voters are influenced by multiple factors - emotional, perceived or real, and so on. This is where pollsters test for the general elec- falter. By using western to generalization. The sample is not comprehen-In 2018 assembly elec-sive nor representative in tions, BJP lost in all the densely populous constituencies as ours.

Be that as it may. Let us engage with the various reactions and interpretations of the results. Again, all the three states. The these reactions stem from trend may repeat. One of multiple sources dependthe states, Rajasthan has ing upon people's own assessment, perspectives,

Let us sample some, differently in Assembly it is the Modi magic that terminated that trend by the results of Karnataka re-electing the Left-Front and Telangana. BJP has ical observers, commenta- machinery consisting of tors and pollsters should cadres, RSS volunteers draw a lesson from these and staggering financial elections, that never take resources. Third, BJP has the Indian electorate for successfully polarised the granted. Out of all electorelectorate. All the three factors ring true to a great the world, Indian voters extent. On comparative have the unique trait of organizational strength, throwing up surprises, BJP easily beats all the there is nothing called others including the Con-

lead by any party. People's parties in India. One is BJP

sister-Communist parties. Note one grassroots unit of BIP, which is called panah pramukh, which is the head of a page. It means there is a page of party workers numbering, say thirty to fifty, someone is appointed to mentor and monitor them. There may be no such parallel structure anywhere in the world. In terms of resources, BJP may be only next to the Chinese communist party (CCP), although China does not have elections like ours. On polarisation, yes, BJP believes in majority Hindu domination, although they have Muslims and Christian members in the party. In electoral politics, they seek to consolidate and count upon the Hindu votes. By denying the ticket to their only Muslim MLA in Rajasthan, BJP reiterated their polarisation mechanism of electioneering.

The comment made worked. It still does in by the West Bengal Chief tions. The southern state North India if not in Minister Mamata Baner-Kerala was similar, but it South, as was evident in jee is instructive and merits some elaboration. She said, "BJP did not Congress lost them". The idiom used in reverse order illustrates her comment, "The Congress managed to snatch defeat from the jaws of victory". What are the avoidable factors that led to the defeats of Congress. One, safe constituency nor gress Party. In fact, there ratus mainly workers on certainly the Yadav voters results. Admittedly, it was and the Opposition!

is there any predictable are only two cadre-based the ground. In Madhya and won seats in areas a surprise for many of us. Pradesh, the entire elec- adjoining Uttar Pradesh. tion was left to Kamal Nath who was also announced to be the CM if the party won the elections. There concentrated on winning their own seats without bothering for the party's victory. In Rajasthan and Chhattisgarh, Chief Ministers, Ashok Ghelot and Bhupesh Baghel activated the anti-incumbency factor. BJP mitigated this by sidelining their Chief ministerial faces which was supposed to be a drawback, worked for BJP. The in-fighting and factionalism with a vacillating central leadership made things worse for the Congress. In addition, Congress seems to have paid Congress party pivoted the Alliance and is expecthold the smaller regional partners together. But the Congress overconfidence bordering on arrogance let them down. Remember the cheap jibe made by Kamal Nath at the Sama-Government. So, the polit- a formidable election win these elections, the jwadi National President bidity- swinging between ate. Except Karnataka, BJP Akhilesh Yadav, "Chhodo out Akhilesh and his ilk).

Samajwadi Party wanted

made any difference to

Congress. Akhilesh should

have then campaigned

under thousand votes. accommodated, likewise the BSP of Mayawati.

other. OBC and welfare-

I had expected BJP to lose Similarly, in Rajasthan, in the states, but win the leaving out the Tribals parliament elections; a and Dalits would have repeat of Indira Gandhi cost Congress votes. The days when she lost sevwere other leaders who margin of the victory in eral states, but retained were resenting him, they many constituencies is power at the centre. That is not what the results Bhartiya Adivasi Party, a showed. My take is that splinter of Bhartiya Tribal the Indian electorate, Party should have been especially in North India, wants a strong leader both in states and at the On policy plank, an centres. BJP provides that aggressive campaign on leadership, backed by an caste census focusing on ideologically sound and OBC votes would have organizationally united Minister Shivraj Chauhan. alienated the Adivasis party. One may disagree So, not projecting chief and Dalits. OBCs are not with BJP, but cannot disa homogeneous group; pute their ideological and there are several castes organizational coherence. within OBC and are often Indian politics is leaderantagonistic to each ship based. So, without strong, decisive and comism did not go together. municative leaders, par-The elites in the OBCs are ties cannot win elections. aspirational and may not The comparison between be swayed by state patron- Narender Modi and Rahul a heavy price for ignoring age. However, OBC politics Gandhi is always made, the INDIA partners. The is debatable as OBCs do where the latter pales into constitute the majority of ineffectiveness and insigvoters. Congress may not nificance. Rahul Gandhi ed to work as the glue to have played this card dex- does not yet represent terously. Fifth, there has Indian ethos, wisdom and been a confused presen- maturity. He has a band of tation of Congress plank. jejune and incompetent The Congress party, for a advisors - that makes the few years, has been suf- difference. Finally, there fering from ideological is a clear North-South inconsistency and tur- divide in Indian electorcosmopolitanism and soft has no sizeable presence Akhilesh Vakhilesh" (leave Hindutva. Kamal Nath is in the South. But Consaid to have indulged in gress and regional parties soft Hindutva. At any rate, need to beware that BJP is only 5 seats. Giving those there will be more explamaking inroads; they have seats to SP would not have nations for the defeat of ruled alternately in Karna-Congress and the victory taka, and have increased of BJP in the days to come. their number from 1 to 9 Let me pontificate on in Telangana Assembly. Congress lacked a com- for Congress elsewhere. the causes of Congress There is a lot to think petitive election appa- It would have mobilised defeat in the election about for the Congress

CONGRESS HAS PERFORMED MUCH BETTER IN STATE POLLS COMPARED TO 2019

DIPANKAR **BHATTACHARYA**

ber has proved almost all BJP's vote share - by 7.45% opinion polls and ground in Madhya Pradesh (41.1 reports wrong. Even the to 48.55), 13.27% in Chhatfew exit polls that predict-tisgarh (33 to 46.27) and ed a thumping BJP victory 2.9% in Rajasthan (38.8 in Madhya Pradesh gave to 41.7). On the face of it, the Congress a comfort- the increase in the BJP's clean BJP sweep of Rajast- the cost of the Congress han, Madhya Pradesh and as other non-BJP parties, Chhattisgarh has therefore but we clearly need to look come as a major surprise beyond the figures at the after the BJP's recent losses actual social and electoral in Himachal Pradesh and shifts on the ground. Karnataka and given the signs of a popular yearn- in Himachal and Karyears of BIP rule and no such visible anti-incumbency against the Congress governments of Chhattisgarh and Rajasthan.

For the Congress, of course mark a significant change for this newly the larger context of political balance in south India, party's loss in the three big states in central and west-

in Chhattisgarh, Madhya mism and energy, but Pradesh and Rajasthan. It the campaigns in Madhya will appear that in terms Pradesh, Chhattisgarh and of vote share, the Con- even Rajasthan, the best gress has not suffered any major decline - its vote lacked this dynamism and share has decreased by energy. 0.6% in Madhya Pradesh (41 to 40.4), 0.9% in Chhattisgarh (43.1 to 42.2) and

even registered a very Having suffered defeats

Pradesh after eighteen course desperate to retain Madhya Pradesh and wrest Rajasthan and Chhattisgarh from the Congress. The elections witnessed brazen use of the ED all through the election which was perceived to be period, double standards on the ascendant after its adopted by the EC in deal-Himachal and Karnataka ing with alleged violations victories, the only win has of the model code of concome in Telangana. The duct and reported admin-Telangana developments istrative manipulations at different levels and stages of the election process. But created state and also in fair elections cannot really be expected in today's India. For non-BJP forces but the Telangana victory to succeed in elections, of the Congress cannot but an election campaign be overshadowed by the must turn into a veritable people's movement full of energy, mass participation and meticulous booth-lev-Before looking at the el mobilisation. The vicfactors that led to this torious Congress election surprising outcome, let campaigns in Karnataka us take a closer look at and Telangana exhibited the changes in vote share considerable mass dyna-

In Karnataka, the Con-

marginal increase of 0.2% in Rajasthan (39.3 to he outcome of the 39.5). What dramatically five Assembly elec- changed the outcome is tions held in Novem- a major increase in the able majority in neigh- vote share has therefore bouring Chhattisgarh. The happened not so much at

ing for change in Madhya nataka, the BJP was of round failure of the incum- and caste census. For the by Bommai. But learning from Karnataka, the BJP in Madhya Pradesh tried to defuse the anti-incumbency factor by fielding several ministers and MPs as MLA candidates even as CM Shivraj Singh Chouhan ran a hectic personalised campaign focusing on the flagship schemes of his government. To counter the appeal of the promises made by the Congress, the BJP made similar offers and termed them 'Modi's Guarantee'. The fusion of the Modi cult and the model of targeted direct transfer-based 'welfare economics' aimed at converting 'beneficiaries' into bonded voters seems to have once again worked as a complement to communal polarisation and aggressive Hindutva. The BJP had successfully applied this formula earlier this year in UP elections and now once again in Madhya Pradesh, Chhatfought among the three, tisgarh and Rajasthan.

> impressive Karnataka victory, the Congress centralgress had won by expos- ly focused on two issues ing the corruption and all- - the Adani-Modi nexus

caste census and expanded reservation, the focus on OBC representation and caste census is a welorganisation and become an integral part of its politigress raised this issue, in champion Bageshwar Baba (Dhirendra Shastri). Similarly the issue of Adani-Modi nexus does not just represent institutionalized farmers' movement successfully challenged this cal campaign against the Modi-Adani nexus will with the growing unity of farmers and workers for In the wake of its a reorientation of India's economic policy towards

rights of India's real pro-

Another major weak bent BJP government led Congress, which has never ness of the Congress been a known votary of campaign in these elections was the complete absence of any will or plan to harness the potential of the INDIA alliance. come new direction, but On the contrary, we saw how far has the message a totally unwarranted war percolated to the entire of words between the Congress and Samajwadi Party in Madhya Pradesh. cal articulation? While the In Telangana, the Concentral leaders of Con- gress has effectively channelised the accumulated Sabha terms, the Congress Madhya Pradesh Kamal anti-incumbency against actually improves its tally Nath was busy seeking the the BRS government into from its 2019 strength of 6 blessings of Hindu Rashtra a significant victory for to 28 and BJP tally actually the Congress, but we must remember that the BJP too has succeeded in doubling have certainly not settled its vote share from 7% to the outcome of 2024 in 13.9% and the seat tally the BJP's favour and if we corruption, it represents from the lone seat in the draw proper lessons it is the most brazen face of outgoing Assembly to eight still perfectly possible to corporate aggression. The seats. Any serious attempt dislodge the BJP from at seat adjustment with the Left, SP, the newly formed arrogant corporate power Bhartiya Adivasi Party and get its act together withand any effective politi- at harnessing the INDIA out any further delay and potential in the campaign launch an energetic mass could have made sig- campaign on the burning have to forge organic ties nificant differences in all states and even further ise the people towards a improved the Congress tally in Telangana.

There has often been people's welfare and the a North-South divide in India's electoral outcomes, most notably we had wit-

nessed a sharp contrast in the post-Emergency 1977 election when the Congress was wiped out from North India even as it did fairly well in the southern states. The doors being shut on the BJP in the south certainly marks a major blow to the BJP's ambitions to dominate India for decades, but the decisive defeat of the party in 2024 will have to be shaped north of the Vindhvas. In Mizoram, the ZPM has swept the polls dislodging the NDA-affiliated MNF from power, but here too the BIP has increased its tally from 1 to 2 while the Congress tally has gone down from 5 to 1.

The concluding round of 2023 elections has certainly been a big moralebooster for the BJP, and the Modi regime has already started talking of scoring a 'hat trick' in 2024. This is nothing but psychological warfare. The fact is if the Assembly results in the four states of Madhya Pradesh, Chhattisgarh, Rajasthan and Telangana are seen in Lok goes down from 65 to 46. The Assembly elections power in 2024. The onus is of course on INDIA to issues of the day to galvandecisive victory in 2024. (IPA Service)

** The writer is the general secretary of CPI(ML) Liberation

MICRONUTRIENT STATUS AND **METABOLIC HEALTH: THE LINK**

HELENA EZZELDIN

acronutrients are a primary focus area while planning a diet. However, they are not the whole story. The human body must consume a balanced diet with micronutrients – vitamins, minerals, amino acids, fatty acids, enzymes, and coenzymes In addition, micronutrients play a multi-faceted role in your health, from strengthening your bones to enhancing the immune system.

Vitamins, minerals, and other specialized micronutrients are essential for preserving one's health. Micronutrients maintain your cells' health and the proper operation of biological processes. Maintaining optimal cellular nourishment with micronutrients is necessary to generate energy, control stress, balance mood, sleep, and other vital functions.

It is challenging to plan the proper intake of macro and micronutrients in our daily lives. Also, with metabolic illnesses like diabetes, heart issues, cancer, etc., increasing, it becomes crucial to pay attention to food intake. One way of doing it is by subscribing to HealthifyPRO 2.0. It has various features like weight analysis, blood glucose level monitoring, metabolic panel testing, and personalized consultation with a coach. As a result, you learn to create optimum meal plans and healthy lifestyle habits that keep you metabolically healthy by modifying your diet plans.

Micronutrients, specifically several B vitamins, vitamin C, iron, magnesium, and zinc, are linked to cognitive and psychological symptoms like exhaustion on a molecular and cellular level, according to substantial biochemical and clinical data. They are rich in various dietary sources (naturally occurring or fortified nutrients) and supplements. In addition, cells also produce certain micronutrients through internal synthesis.

Micronutrients play a crucial role in maintaining overall growth and development. But unfortunately, most people are unaware of its and more significance and tend to ignore its part in the daily diet. Each source of micronutrients has potential drawbacks when attempting to eat optimally. For instance, some kinds of supplementary nutrients are less effective than others, and malabsorption and inadequate microbial synthesis of micronutrients can be

Micronutrients: An overview

In general, vitamins and minerals are micronutrients. Proteins, Effects of Micronutrients Deficiency loss, dandruff and others. lipids, and carbohydrates are

When you eat a nutritious diet, you intake adequate minerals and vitamins as each vitamin and mineral has a unique purpose in your body. Hence optimum health status requires an appropriate intake of all

minerals are essential for growth, Here's how the deficiency of micro-



opment, and many other critical processes. In addition, according to studies and reports, some micronutrients may also help to prevent and treat chronic diseases depending on

Micronutrients and Metabolic Health: The Connection

Macronutrients carbohydrates, protein, and fat are essential for the metabolic fitness of an individual. However, while these macronutrients play a significant role in how the body makes energy and fights disease, they by no means work in isolation.

They are coupled with micronutrients such as antioxidants, vita- Constant Hunger mins, minerals, trace metals, and others to work in conjunction to keep vour immune system strong. Micronutrients play a crucial part in helping the cells to carry out their standard process and to let the body function at its peak at the cellular

Most nutrients play a significant role in the chain reactions that control every aspect of your body's metabolism and involve proteins, enzymes, and hormones. The system will break down as a whole even if one of the linkages is weak or absent. They can function as catalysts for crucial chemical processes. constituents of essential proteins,

Given the wide range of micronu- Hair Thinning trients, following a nutritious and balanced diet is vital to prevent scurvy, blindness, rickets, weak bones, and other congenital disabilities. According to a study, obesity and Type 2 diabetes can also impact the micronutrient level. In addition, research links insulin resistance to micronutrient deficiencies, particularly those in calcium, magnesium,

Consumption of micronutrients examples of macronutrients. Comin a particular ratio is critical to Depression and Lack of Motivation pared to macronutrients, your body carry out their specific activities Since the body can rarely generate might have adverse side effects if vitamins and minerals, humans consumed excessively or too little. must get their micronutrients from A balanced diet will allow people to consume enough micronutrients for most healthy adults. However, some groups are more prone to dietary deficits than others.

Each nutrient's indications, symptoms, and long-term impacts vary. Still, they can harm your body's ability to function prop-Studies suggest that vitamins and erly and maintain optimal health.

Since vitamins are essential for producing energy and are involved in overall processes, insufficient levels of vitamins can slow the process down and increase the likelihood of developing fatigue or weak-

Even after eating, you might not feel energized or active because the body won't be able to fuel the cells. Such vitamin deficiencies accompanied by fatigue happen due to poor diet choices, such as those high in sugar and saturated fats.

Satiety depends on the vitamins we consume and whether or not the stomach is full. The ability to control hunger and satiety depends on various amino acids and minerals, including B vitamins. If your diet is on track and you're eating healthy foods, you may have noticed that you don't feel hungry between

One reason indicates the importance of concentrating on nutrition rather than calories when attempting to lose weight. You are more inclined to overeat to feel fulfilled due to lacking specific vitamins and amino acids, eventually resulting in weight gain.

Hair loss is another negative side effect of not providing your metabolism with the proper micronutrients. For example, suppose you experience excessive hair loss or thinning when you brush or shower could be a sign of a deficit vitamin level. Micronutrients are necessary for hair growth, and if there is any deficiency, the health of the hair and nails will be at risk. As

With a balanced diet, you will feel increase the risk of neurotransmit- minerals that strengthen bones.

can cause mood swings, anxiety, despair, and a loss of enthusiasm for

like an engine. Thus it is not possible to perform at its best level if you don't provide it with the necessary fuel

Urge to Eat Even When Not Hungry As mentioned above, vitamins

have a role in appetite and fullness. Still, it's not just about whether you feel hungry or not. Even though you've recently had a meal, cravings for certain meals (or simply any food) are more likely to occur when you're micronutrient defi-

Cravings are a surefire sign that you need to increase your vitamin and mineral consumption. Iodine, zinc, selenium, and tyrosine, an amino acid, play an essential role in thyroid function. While chromium, inositol, and alpha-lipoic acid are for optimal insulin activity.

It's crucial to start consuming the correct vitamins and minerals and boost your activity level if you vant to accelerate your metabolism. If you have dietary needs that make it challenging to meet all your nutritional requirements, combine a balanced, healthy diet with necessary supplements. Additionally, increasing your activity level by getting up to move around frequently and walking briskly for at least 20 minutes will improve your metabolic

Essential Micronutrients for Healthy Metabolism

Depending on heredity and lifestyle, all of us have unique micronutrient needs. Therefore, consult your nutritionist for advice on the recommended daily intake of each micronutrient.

Below are some crucial micronutrients and the ways to acquire a result, you experience severe hair them to prevent the onset of various metabolic-related diseases.

Vitamin D

requires fewer micronutrients. in your body. A vitamin or mineral motivated and want to take active min D when consumed or created amount of beef or crab. An ounce steps toward your goals. Unconthrough sun exposure before kidney of pumpkin seeds or cashews can trollable mood swings and a lack of enzymes convert it to calcitriol, the satisfy roughly 15–25% of your daily motivation aren't always personaliactive form. The calcitriol controls ty traits. Numerous brain functions how the skeleton can utilize the depend on vitamins and minerals, nutrients and the metabolism of calso deficiencies in these nutrients cium and phosphate, the two main

Sunlight exposure accounts for 50 to 90% of vitamin D consumption, activities you once found enjoyable. as the name indicates "sunshine Remember that your body functions vitamin." Vitamin D3, one of the menting, or sprouting food. immune system health, brain devel- nutrients can affect your metabolic mainly through chemical reactions two primary forms of the vitamin,

shine strikes the skin or absorbed via eating meat, or taken as a supplement. The other primary type of vitamin D, vitamin D2, is typically consumed as a supplement or synthetic food additive. According to research, some vitamin D is better absorbed in higher-fat diets.

Three ounces of trout or salmon will get you close to the needed amount of vitamins. On the other hand, half a cup of UV-grown mushrooms has almost half the recommended vitamin D. Furthermore, a tablespoon of cod liver oil has a high level of vitamin D. Hence, please consult your coach if your usual diet is deficient in vitamin D.

Vitamin D doesn't function metabolically by itself. Studies suggest that magnesium is necessary for Vitamin D metabolism. A metaanalysis with six trials and around 25,000 patients shows a strong link between magnesium insufficiency and metabolic syndrome. The researchers found that a person's overall risk of developing metabolic syndrome fell by 17% for every daily increase of 100 mg of magnesium.

Ways to Get Magnesium

Pumpkin seeds, which contain 156 milligrams of magnesium per ounce, are one of the best food sources of the mineral. Chia seeds include 95 milligrams per ounce, while other healthy sources of magnesium include almonds, spinach, cashews, and peanuts. Additionally, black beans, edamame, soy milk, and peanut butter all contain it.

The magnesium most readily absorbed by the body when taken as supplements include magnesium aspartate, magnesium citrate, magnesium lactate, and magnesium chloride. Also, remember that magnesium supplements can conflict with some antibiotics and osteopo-

The body requires zinc in more than 300 metabolic pathways. Numerous enzymes responsible for synthesizing carbohydrates, lipids. proteins, insulin signaling, and vitamin D activation depend on zinc. It is crucial in assisting the immune system and is also associated with diabetes and insulin resistance. Furthermore, an unbalanced zinc level may increase a person's risk for high blood sugar and obesity.

Zinc Sources

The body cannot store zinc; hence, you must obtain it through your diet. Nearly seven times zinc's recommended level is present in three ounces of oysters. About half of the necessary zinc intake for men and almost the entire daily intake The liver breaks down vita- for women are present in an equal calorie needs if you're a vegetarian.

> Just remember that some seeds, nuts, legumes, and whole grains contain phytic acid, phosphorus that binds to zinc and hinders absorption. It indicates that plant-based meals are less abundant sources of zinc than animal foods. However, phytic acid levels decreased using easy techniques like soaking, fer-

BRIEFLY HEALTH NEWS

Black or white? Study reveals the best way to drink tea for a longer life

he love for tea and coffee is a profound one – those that want a cup at the start of the day, in the evening, or at the end know how much they need the refreshing beverage throughout the day. Little do they realise how it could be key to living a longer and healthier life.

How does black tea contribute to longevity?

A new study recently decoded how drinking tea in a particular way and in specific quantities could add years to life. According to a study published in the Annals of Internal Medicine journal, people aged 40 to 69 were analysed for their diet, lifestyle habits and tea intake - 85 per cent admitted to being tea drinkers, while 89 per cent had black tea drinking two to five cups a day.

Researchers discovered that people who drank more than two cups of black tea a day had a lower risk of dying from heart stroke or stroke - their cumulative risk of mortality dipped by 12 per cent upon drinking three cups of black tea in a day. Additionally, adding milk or sugar did not

Black tea - A nutrient profile

And as far are the health benefits of black tea are concerned, experts say that the inflammation-curbing effects of the drink could help reduce the risk of diabetes, stroke, and heart disease. Additionally, this beverage is rich in phytonutrients, polyphenols, catechins, and antioxidants that have anti-inflammatory effects on the body. On the nutrition front, one cup of black tea contains 2.4 calories and small traces of carbohydrates, fibre, proteins, and fats. Inflammation is significantly affected by dietary and lifestyle choices – what one eats, and drinks in a day. Although it is the body's natural response to the external invasion, chronic and excessive inflammation could be associated with heightened disease risk.

Beware! Chemo brain can cause anxiety, depression, panic attacks in cancer patients

ancer not only takes a physical toll on a person's body but there are mental health effects as well. The extensive cancer treatments that include chemotherapy, radiotherapy, and hormone therapy take a toll, causing cognitive impairment known as Chemo brain. Many times, cancer patients experience:

Memory lapses and forgetting obvious things, Concentration troubles or feeling spaced out, Problems in multitasking, Not being able to learn anything new, Super disorganised or slow in thinking and processing things, Not able to complete sentences. According to doctors, chemo brain is a temporary phase that lasts a short time but can have long-term repercussions.

What causes chemo brain?

When a cancer patient undergoes chemotherapy or any related treatments, there are a lot of changes that happen in the body, like losing appetite, hair falling, feeling weak. marks on the body, etc. These changes cause a drastic effect on a person's thinking and confidence, leading to chemo brain. Doctors say a lot of patients also end up in stress and depression when things worsen. A few main causes of chemo brain can be classified as:

Tumors, that can cause anxiety and stress, Cancer medicines or drugs that have steroids, Other co-comorbidities like high blood pressure or diabetes, Fatigue or tiredness, Older age, After effects of surgery when mobility is low, Depending on others, Hormonal changes, Nutritional

How to treat chemo brain?

Doctors believe that if the short-term effects of chemo brain stay for a longer time, they can culminate into other mental health issues like panic attacks, anxiety, bipolar disorder, etc. Hence, it is imperative to get treated by the Cognitive rehabilitation: It is another part of the cancer

to make the patient normal after the treatment is over. These include performing and memory-gaining tasks and activities that help in strengthening cognitive abilities. Therapies: Contacting a mental health professional or

psychologist in case of a decline in mental health to take therapy for boosting confidence after the cancer treat-Exercise: It is very important to exercise to improve think-

ing and the ability to focus. Activities like jogging, running, swimming, rock climbing, pet walking, etc. can improve attention and concentration levels. Meditation and mental exercises: Meditation and breath-

ing exercises through yoga help in regulating brain function by increasing focus and awareness.

DO EGGS PROMOTE A HEALTHY METABOLISM?

ggs are one of the healthiest food sources, rich in protein and unique option.

Daily Diet Tips for Egg
Consumption and unique antioxidants that effectively improve countless health eggs. markers. In addition, they also have a large number of vitamins and minerals that support various body functions, from bone development to brain power. Despite frequent contradicting news reports, it is evident from studies that eggs support good health.

Like many protein sources, eggs help the body perform essential tasks. However, consuming eggs with different foods like processed meats or toast can be a poor dietary choice. Hence you should include eggs in a well-designed diet plan. Subscribing to HealthifyPRO 2.0 will help you to manage your calorie intake and guide you to consume your metabolic health.

Discussions about nutrition often centre on macronutrients like proteins, lipids, and carbohydrates and micronutrients like vitamins and minerals. Also, they are crucial for healthy metabolic function. However, the most recent empirical studies support the idea that eating eggs alone is not bad for your heart or any other metabolic process. Overall, an ideal and custommade egg meal in your daily diet will improve your healthy metabolism and holistic well-being.

Your nutritious breakfast should include

Compared to eating pancakes, syrup, juice, or sausage for breakfast, a hardboiled egg on top of a healthy salad with fresh smoked salmon will have a very different nutrient profile. The best way to eat eggs should be as part of a low-glycemic meal. In addition, make sure you pair it with foods free of refined sugar and carbohydrates that could raise vour insulin and blood sugar levels.

Pick your cooking medium carefully.

Frying eggs impact the meal's nutritional value due to the oil quality. Therefore, opt for olive oil, avocado oil, and coconut oil. You get them in natunutrient-dense foods that will enhance ral forms. They undergo less chemical processing than other counterparts like heavily processed seed oils like canola or sunflower oils that contain harmful linoleic acids. If you choose to use ghee or butter try to limit the quantity and use the ones made from grass-fed cow

Choose soft-boiled or poached.

the egg whites but essentially keeping the volk uncooked retains the maximum nutritional value. This technique also enables cooking to boost the protein's bioavailability and destroy any hazardous microorganisms.



friendly agricultural methods. The Contribution of Eggs to

Higher-quality, nutrient-dense eggs

are from chickens kept on pastures,

promoting more environmentally

Metabolism

Egg yolks are one of the typical foods with the most significant dietary cholesterol level, with an average large egg According to several studies, boiling containing 186 mg. Due to their high cholesterol content, the American Heart Association's nutritional recommendations from the 1960s recommended people limit their consumption of eggs. However, more recent research ate egg consumption does not increase

a person's risk of weight gain or heart

A study shows that cholesterol ratios, such as triglycerides-to-HDL, maybe a more accurate indicator of health risks than LDL cholesterol alone. Additionally, only 25% of the cholesterol level is related to nutrition; the liver and intestines produce the remaining 75%. Even though cholesterol is not a popular healthy option among most people, the body needs it to generate bile acids, vitamin D, testosterone, and oestrogen. It also helps to form cell membranes.

The 2015 revision of the Dietary Guidelines for Americans by the U.S. Department of Health & Human Services removed the earlier advice to restrict dietary cholesterol consumption to 300 mg daily. Instead, it included eggs in its consistently demonstrates that moder- list of suggested healthy meals. In other words, most individuals must not avoid

eggs because of their cholesterol levels.

Micronutrients

Macronutrients like carbs, lipids, and proteins, and micronutrients like vitamins and minerals are crucial for proper metabolic health. Eggs are among the foods with the widest variety in vitamin content.

Vitamins are extraordinarily abundant in eggs. Except for vitamin C, every vitamin is present in eggs. However, they are distributed differently between the volk and the white.

Eggs contain abundant amounts of and B12. In addition, egg whites contain high concentrations of vitamin B in significant proportions. As per research, 10-30% of the daily required quantity of several of these vitamins is present in just two eggs. Vitamins A, D, E, and K are examples of fat-soluble nutrients.

Eggs are a rich source of phosphorus, calcium, and potassium, as well as copper, iron, magnesium, manganese, selenium, and zinc. The proportion of selenium and iodine inside an egg is significantly impacted by what a hen consumes, just like liposoluble vitamins.

Eggs are the second-best source of frequently linked to the B vitamin family. Approximately 27% of the daily required amount of the vitamin is present in one hard-boiled egg. Its

structural integrity is necessary for all living cells. In addition, it is a source of methyl groups, essential for several cellular metabolism processes. Choline deficiency can lead to muscle and liver damage and non-alcoholic fatty liver

A 2020 investigation into the possibility of a connection between eating eggs and diabetes suggests that choline may be at play. The researchers hypothesised that some problems might be due to an inflammatory reaction to the choline in egg yolks.

Most content in eggs is water (about 76%). Protein is the next most prevalent component. Eggs are the best source of high-quality proteins for humans after breast milk.

Protein makes up around 12.6% of an egg, and the yolk comprises roughly 5% more protein by weight than the white. The most prevalent protein in egg whites, which have over 150 proteins, is ovalbumin (54 % of the total).

A single big egg can offer up to 6.3 grams of the recommended daily amount of protein. It is 0.8 grams per kilogram of body weight (roughly 56 g for a typical 70 kg (or 154 lb) human). Eating protein-rich meals like eggs choline, a water-soluble substance helps individuals feel satiated for longer, in addition to maintenance of muscle strength and bone health.

••••• CMYK •••••

NC pays glorious tribute to Sher-e-Kashmir Sheikh Mohd Abdullah on his 118th birth anniversary

JAMMU, DEC 5

to Sheikh Muhammad night. Abdullah on his 118th

On the occasion, Ajay Sadhotra, Additional Genfor the people of Jammu eral Secretary of JKNC, and Kashmir. Under the Rattan Lal Gupta, Provin- leadership of Dr. Farooq cial President, Surinder Abdullah and Omar Chourdhary Central Sec- Abdullah, the National retary, Abdul Gani Malik Conference has consisformer minister and tently strived to safeguard Zonal President Udham- the rights and aspirations pur Reasi, Bimla Luthra, of the people, unwaver-Sheikh Bashir Ahmed, ing in its commitment to the people of Jammu and ing Jammu and Kashmir as Abdul Gani Malik Zonal ety, and it is our duty to Satwant Dogra and other restore dignity, integrity, Kashmir in a manner no peaceful, progressive and President Udhampur empower them in every Jatinder Kumar, Chan- under the chairmanship party workers paid trib- and fundamental rights, other individual could a politically stable part of Reasi threw light on variutes to the Baba-e-Qoum, he added. Sher-e-Kashmir Sheikh Muhammad Abdullah. his address, discussed The homage giving func- various aspects of Sheikh Sheikh Abdullah will be tion started with Quran Abdullah's life and high- to strengthen the amity said that National Con- people, especially those not just a political slogan Imtiyaz Ahmed, Ishtiaq District President Shafayat Khwani which was orgalighted his contribution among the Hindus, Musference is a secular party

of leaders of his times in generations. the sub-continent. "We

Land Reforms Act, which empowered the farmers J&K National Conference by making them masters today paid floral tributes of their own destiny over-

birth anniversary during and injustice, the former a function held at Sher-e- minister asserted that Kashmir Bhawan Jammu. the National Conference stands as a beacon of hope

Rattan Lal Gupta, in said. a towering among tallest source of inspiration for Sheikh Abdullah.

while recalling the land- ised the aspirations of pledged to work for steer- to the legendary leader, integral part of our soci-

In the face of misrule

The best tribute to ership. nized by G.H Malik Senior to improve the conditions lims and the Sikhs, Gupta and only it will fulfill the for the weak and the said. He also urged the Speaking on the occa- downtrodden sections party cadre to take a of Jammu and Kashmir. He sion, Ajay Sadhotra said of society. He added that pledge to uphold and pre- appealed to the people of sustaining secular ethos Sheikh Abdullah's secu- serve the legacy of broth- Jammu and Kashmir to Party has always been at future of the state. is the best and befitting lar and progressive out- erhood and communal strengthen the hands of the forefront of the strugtribute to Sheikh Sahib, look will continue to be a harmony bequeathed by Dr Farooq Abdullah and gle for gender equality,

Throughout his char- Central Secretary paid are proud inheritors ismatic political career, floral tributes to Sheikh Jammu and Kashmir. of this legacy," he said, Sheikh Abdullah symbol- Mohammad Abdullah and

Sheikh Bashir Ahmed aspirations of the people Omar Abdullah for the and it remains committed Surinder Choudhary equitable development to ensuring that women in and brighter future of Jammu and Kashmir are

even dream of, Gupta the country by strength- ous facets of Sher-e-Kashening JKNC and its lead- mir's life and recalled his he said. sacrifice and contribution to ameliorate the lot of belonging to weaker and down-trodden segments

> address, stated that the empowered in every way While paying homage possible. "Women are an

politics, or the economy,"

women's empowerment is NC's ideology. She added that women have a pivotal as well as in shaping the Malik, Harminder Singh,

Others who paid rich

Kerni, Rajeshwar Singh,

S. Prithpal Singh tributes to Sheikh Moham- utes were paid to Sheikh similar programmes were mad Abdullah included Mohammad Abdullah also organized by the Qazi Jalal Ud Din, Master across the Jammu prov- District Committee mem-Noor Hussain, Bushan ince. Various functions bers at Reasi, Kathua and Lal Bhat, Deepinder were organized to com- Billwar respectively to Kour, Pardeep Bali, Ayub memorate his legacy and pay homage to Sheikh

Rana, Riyaz Hakala, Hassi-

na Begum, Zarina Begum,

Begum, Ch. Rehmat a similar program was Ali, Ghar Singh, Ankush held under the chairman-Abrol, Nar Singh, Harsh- ship of District President vardhan, Zeeshan Rana, Tanvir Kichloo; in Doda, Waris Gill, Chander a similar programme was Mohan Sharma, Raghvir organized under the chair-Singh Manhas, Naresh manship of Provincial Vice Bittu, Sudagar Chand President Khalid Najeeb Gupta, Rashida Begum, Suhrawardi; in Banihal Pinky Khalsa, S. Tejinder / Ramban, a similar pro-Singh, S. Sandeep Singh, gramme was organized Rakesh Sharma, Mohin- under the chairmanship der Singh, Rakesh Singh of District President Sajjad Raka, Rita Gupta, Farooq Saheen; in Udhampur a Mughal, S. Nirmal Singh, similar programme was Dr. Vikas Sharma, Sand- organized under the esh Shan, Som Raj Taroch, chairmanship of District Puspa Dogra, S. Gurnam President Sunil Verma; Singh, Ashwani Charak, in Poonch, a similar pro-Dharminder Sharma, gramme was organized der Udhay Singh, Amir of Ajaz Jan Provincial -Ud-Din Kasana, Amirsh President JKNC Youth: Sharma, Nitish Gowsa- in Rajouri, a similar pro-She emphasized that mi, Zamir Quershi, Sahil gramme was organized under the chairmanship of but a core principle of the Ahmed, Asha Mehra, M. K Khan and DDC Chairperson Liaquat Ali; In Kalakote, a similar programme Bimla Luthra, in her role to play in democracy Kousar Malik, Zahangir was organized under the chairmanship of District President Ashok Sharma Meanwhile, rich trib- and Yashu Vardhan Singh; Malik, Satwant Dogra, Dr. honor his contributions Mohammad Abdullah.

IIM Jammu Management Development Programme for PNB Metlife India ends on a grand note

JAMMU DEC 5

permanent campus at Jagti. IIM Jammu. The event showcased the

na, Business Head, PNB Metlife, Shri Anjan Jyoti B.S. Sahay, Director, IIM try. Talukdar, Associate Direc- Jammu, mentioned that tor and L&D Channel Head, the valediction of the first demics, IIM Jammu stated pants with essential skills in PNB Metlife, Ms. Rashmi batch of PNB MetLife MDP that IIM Jammu is com-Verma, Associate General is a testament to the com- mitted to providing edu-Manager, Learning and mitment and diligence of cation that goes beyond innovation, and commu-

er-Content Development on creating a position of exemplifies our dedica- from participants and pro-Learning & Development, Professor of Practice in tion to creating programs gram directors, highlight-The Indian Institute of PNB Metlife and other the Institute for Industry Management Jammu (IIM officials of both the orga- leaders along with send-Jammu) marked the vale- nizations. The Program ing faculty of IIM Jammu but also foster a deeper riculum. The participants dictory ceremony of the Directors for this training for industry interaction understanding of industry Management Development program were Dr. Ashish leading to a unique two-Programme (MDP) for PNB Kumar, Dr. Manu Bansal, way blend of academia that valedictory session MetLife India Insurance Dr. Pratik Maheshwari, and and industry. He mendoes not mean the closure during the course. This was Company Limited at its Dr. Niti Shekhar, faculty, tioned IIM Jammu remains but it the start of the new Dr. Ashish Kumar, Pro- provide industry-relevant on the need to have peer culmination of a transfor- gram Director, presented education, empowering competition, collaborating mative five-month program the program report fol- professionals to navigate for knowledge accumula- Maheshwari, Program designed to enhance mana- lowed by learnings from the complexities of the tion, sharing, and taking Director and Co-Chairpergerial acumen among Life the program put forward business landscape. We the key takeaways from the son, Executive Education by Shri Mohit Bahugana, believe that the skills and session for their journey and Consultancy, (EE &C), The event was graced Business Head, PNB Metlife knowledge acquired during ahead. Lastly, he extended IIM Jammu. The success of by Prof. B.S. Sahay, Direcalong with complementing this MDP will not only benalis congratulations to the this MDP further solidifies tor, IIM Jammu, Prof. Jabir the unique program put efit the individuals but also Ali, Dean Academics, IIM forward by the best brains contribute to the growth Jammu, Shri Mohit Bahuga- from IIMs and PNB Metlife. and success of the rapidly In his address, Prof. growing insurance indus-

Prof. Jabir Ali, Dean Aca-

that not only equip professionals with essential skills dynamics. He mentioned practical knowledge and steadfast in its mission to journey and emphasized transformative journey.

the faculty of IIM Jammu, aimed to equip particientrepreneurship, finance, strategy, design thinking, Development, PNB Metlife, the participants. During traditional boundaries. nication. The valedictory

Dr. Kriti Khurana, Manag- his address, he reiterated The MDP for PNB MetLife ceremony featured insights ing the value gained from the comprehensive curexpressed gratitude for the strategic insights provided followed by certificate distribution.

The vote of thanks was proposed by Dr Pratik participants on their suc- IIM Jammu's commitment cessful completion of this to fostering industry-relevant learning experiences. The program, led by The institute continues to play a pivotal role in shaping the next generation of leaders in various sectors. The entire program was coordinated by Executive Education and Consultan-

cy (EE &C), IIM Jammu.

Ritika mocks opposition for blaming EVMs for defeat in Assembly polls

JI NEWS SERVICE

JAMMU, DEC 5

Chief Spokesperson BJP Mahila Morcha J&KUT Ritika Trehan today asserted that the BIP has emerged as the first choice of the people of country and the fall of opposition is a certainty in the coming general election. In a handout issued here, Ritika mocked some opposition leaders raising questions on EVMs as BJP emerged victorious in three Hindi heartland states - Rajasthan, Madhya Pradesh and shortcomings.

opposition and said they and in Punjab once, the election," she asserted. blame EVMs whenever Samajwadi Party (SP) got She said, "The opposithey fail to win elections. an absolute majority (in tion will keep crying over "There is nothing new. Uttar Pradesh) in 2012, the EVMs and Prime Minister it may be, when they got an absolute majority back with 400 (Lok Sabha)



win, they are fine with (in Uttar Pradesh) in 2007 seats next year."

and the Congress won Telangana."

Ritika said "EVMs have been there for the last 18-19 years. They (opposition) do not raise these questions when they win elections. Do they not trust people? I think after repeated defeats, it is ridiculous that the opposition still raises this," she said.

She said, "It was known that they would blame the EVMs. Their brains have stopped working. Their corruption and appease-Chhattisgarh in the recent the EVMs, but when they by people, so they are round of Assembly polls, lose, they blame it on the saying such immature saying they are looking for EVMs," she said. She said things," she said. "The excuses to hide their own with these EVMs, the Aam country has rejected the Aadmi Party (AAP) won opposition. In the future, Ritika slammed the elections in Delhi thrice the BJP will win every The opposition, whoever Bahujan Samaj Party (BSP) Narendra Modiji will come

HDFC Bank, Reserve Bank Innovation Hub launch i-Innovate

JI NEWS SERVICE JAMMU, DECEMBER 5

to champion FinTechs contribute with expertise ferently abled persons. focussing on differently in innovating for this segabled persons. This initiament of the population, Branch Banking Head, tive is singularly focussed as well as provide special- HDFC Bank said, "Nearly on leveraging Assistive ised support in incubation, three-quarters of persons Technology (AT) to not acceleration and nurturing with disabilities reside in only enhance, but also startups in this space. revolutionise the financial inclusion for differently abled persons.

tan StartUp Grants pro- fying key market gaps and ity for persons with spe-

RBIH, a wholly-owned graphic, i-Innovate aims es. HDFC Bank is collabosubsidiary of the Reserve to implement a range rating with RBIH to iden-Bank of India (RBI), spear- of programmes aimed tify gaps in the adoption heads efforts to cultivate at nurturing innovation of financial service and an environment condu- and inclusivity within the innovate inclusive finan- this project, HDFC Bank cive to innovation across financial sector for differ- cial products that enable the financial sector. HDFC ently abled persons. This economic independence Bank, under its CSR brand partnership will embark and empower persons Parivartan, supports start- on an extensive journey with special needs. We are ing, striving to ensure that ups working in the social to study today's financial a Bank for all, and believe financial empowerment is space through its Parivar- landscape, focus on identi- that financial inclusiv-

the Reserve Bank Inno- tion of assistive technology vation Hub have come and finance. Additionally, In a pioneering move together to leverage social various initiatives such towards fostering finan- innovation and entrepre- as innovation challenges, cial inclusion, HDFC Bank neurship to bridge existing hackathons, acceleration today announced its part- gaps and enhance financial programmes, and awards nership with the Reserve accessibility for differently will be rolled out to active-Bank Innovation Hub abled persons. Further, ly support and recognise (RBIH) to introduce i-Inno- AssisTech Foundation startups dedicated to cations, Marketing and vate, a nationwide initia- (ATF) has been roped in building solutions for the tive specifically designed as a supporting partner to financial inclusion of dif-

Smita Bhagat, Retail rural parts of the country. With more than 2.2% Persons with special needs of the population fall- in our country lack access ing under this demo- to formal financial servic-

gramme. HDFC Bank and challenges at the intersec- cial needs is not a niche agenda; it is a catalyst for nationwide economic growth and innovation. Our goal is clear - to build a banking system that is as diverse as India itself."

Shalini Sahay, Head - Corporate Communi-Partnerships, RBIH said, "This partnership is a significant step towards innovation and inclusivity in finance. Through iInnovate, we commit to bring forth groundbreaking solutions at the intersection of assistive technology and finance."

The official launch of i-Innovate took place on December 3, 2023, on the International Day of Persons with Disabilities. With the insights gained from and RBIH are committed to setting new benchmarks for accessibility in bankattainable for all, irrespective of physical ability.

BJP committed to social justice, equitable socio-economic devp: Kavinder

JI NEWS SERVICE JAMMU, DEC 5

Kavinder Gupta, former Dy. CM and senior BJP leader accompanied by Shailja Gupta, J&K BJP working committee member, listened to the public grievances at BJP headquarters, Trikuta Nagar, Jammu.

J&K BJP All Cell Incharge Rakesh Mahajan Salma Sheikh were also present on the occasion.

While conducting grievance redressal at BJP headquarters, Jammu, Kavinder Gupta, former Deputy Chief Minister, said that with the responsiveness and commitment to the masses, senior party leaders are daily attending the public at the party head-



and Mahila Morcha leader tice and equitable socio- added that Union Governeconomic development. ment led by Prime Min-The party has committed ister Narendra Modi and itself to the development the Bharatiya Janata Party of all the sections of the are committed to provide society and particularly policies or reservations areas as well as their indithose classes which were safequarding the interests neglected earlier due to of every single community the skewed policies of the and uplifting the 'earlier past Congress led govern- left out' social classes.

parties are hell bent to schemes has given special is committed to social jus- their own petty gains. He SCs, women in Jammu & ters to many of them.

Kashmir and has special care to provide benefit to all while not snatching advantage from anyone.

Shailja Gupta, remained present and diarized the issues presented. She said that senior party leaders listen to the issues of public daily at the party headquarter and many people visit the party leaders to present their issues.

Numerous individuals and deputations from different parts of Jammu & Kashmir visited the party office to represent the issues of their respective vidual concerns before the

senior party leaders. Listening patiently to the various issues repre-Kavinder Gupta further sented by the deputations, Kavinder Gupta said said that the BJP, through senior BJP leaders telethat certain opposition various policies and phonically talked to the concerned departmental Kavinder Gupta said destroy the social hor- focus to uplift the classes officials for resolving the that Bharatiya Janata Party mony in the society for like OBCs, Paharis, STs, issues and also issued let-

Tata Motors launches all-new Intra V70 pickup, Intra V20 Gold pickup and Ace HT+

Tata Motors, India's choose the most optimal and first mile transporta- 2.0 programme ensures largest commercial vehicle for their require- tion in logistics manage- a holistic and hassle-free vehicle manufacturer, ment. Bookings for these ment can't be empha-vehicle ownership expeannounced the launch vehicles are now open all sised enough. Hence, rience, reinforcing Tata telematics system and now comes with higher of the all-new Intra V70, Tata Motors CV dealer- every vehicle is designed Intra V20 Gold and Ace ships, across the country. to provide a robust and ment to customer satis-HT+, in line with its com- Launching these vehi- reliable cargo transport faction. mitment to make first cles, Mr. Girish Wagh, solution along with the and last mile transporta- Executive Director, Tata assurance of greater new vehicles is being tion more efficient. These Motors, said "In addition commercial benefits to amplified with a purposenew vehicles are engi- to providing optimal individual customers as ful marketing campaign neered to carry higher solutions for a variety of well as fleet owners, both to expand customer outpayloads over longer applications, our small proudly servicing the reach, increase top-ofdistances with better commercial vehicles and buoyant needs of India's economics. Offering best pickups are known to growing economy." in class features, these provide livelihoods and vehicles can be used improve quality of life and reliable vehicles, for a variety of applica- of our customers. The Tata Motors customers tions, delivering higher vehicles we are launching also enjoy a range of and influencer engageprofits and productiv- today have been devel- benefits and complete ment, along with rich ity, both in urban and oped basis specific inputs peace of mind with the rural India. Tata Motors and demand from a large widest array of valuealso launched improved segment of actual users. added services. Support versions of its popular They are engineered to from India's largest ser-Intra V50 and Ace Diesel optimise fuel efficiency vice network, benefits vehicles, reengineered and carry higher pay- of the new-age telemat- best-in-class efficiency to lower fuel consump- loads over longer dis- ics system Fleet Edge ownership. With these urbanisation, booming agement, convenience

Motor's strong commit-

The launch of these

the-mind awareness and brand recall. This impact-In addition to robust ful campaign leverages digital technologies, including social media presence in conventional marketing and advertising mediums.

Tata Intra V70: Highest payload capacity and

The Intra new-gen pickup landscape with Motors offers the widest in consumption and rise contracts, easy availabil- highest payload capacity,

range of small commer- of the hub-and-spoke ity of spares for highest large loading area, high cial vehicles and pickups, model, the significance of uptime and a compreground clearance and enabling customers to efficient and effective last hensive Sampoorna Seva powerful drivetrain. It is powered by the trusted 1.5-litre diesel engine, commercial vehicle, with comes with Fleet Edge over 20 lakh customers, the longest load body of 9.7 feet. Its cabin is a turbocharged diesel designed to offer car-like engine with a longer load

> driving experience. enhanced payload capability of 1200kg

India's first and only bi-fuel pickup, conceptualized for an anxietyfree commute, leverages the efficiency and profitability of CNG with all-terrain capability and comes with Fleet Edge telematics system for effi-With enhanced payload capacity of 1,200kg and designed to deliver unin-

JI NEWS SERVICE

Police Technical Training

Institute (PTTI) Vijaypur,

organized one day work-

shop on Management of

Anxiety and Stress at work

place in the Institute for

staff and trainees. On

the occasion Dr. Rajinder

Kumar, Psychiatrist deliv-

ered an impressive lecture

on the topic and explained

about different types of

anxiety and stress, symp-

toms, sources and its

effects. He also discussed

the ways to manage stress

to live healthy and stress

free life to improve work

VIJAYPUR, DEC 5

choice for highest profit potential in its category

India's most successful power and efficiency of comfort and fatigue-free body and increased payload capacity of 900kg. Tata Intra V20 Gold Its reliable aggregates bi-fuel: Unparalleled offer lower maintenance range of over 800km and costs and higher earnings. It represents a twofold advantage - the operating economics of Tata Ace with power and performance similar to pickups.

Additionally, Tata Intra V50 now offers customer friendly technology on emissions, providing low cost of ownership to cient fleet management. customers. And the Ace Diesel is meticulously enhanced to seamlessly three CNG tanks for go- adapt to a diverse range tion with reduced cost of tances. Fuelled by rapid for efficient fleet man-pickup redefines the anywhere capability, it is of duty cycles, ensuring optimal performance and new launches, Tata e-commerce, increase of annual maintenance enhanced drivability, terrupted operations and delivering peace of mind to the customers.

Workshop on Management of Anxiety and Stress

at Work place organized at PTTI Vijaypur

Khatana stresses for establishment of Fodder Corp of India

JI NEWS SERVICE

JAMMU, DEC 5

Bharatiya Janata Party MP Er. Gulam Ali Khatana todav stressed upon Govt of India to of fodder. The agricultural creating employment opportors, are crucial components use of eco-friendly technolo-

devoid of adequate fodder, he said. MP Khatana further said that dedicated Fodder Corporation would play a pivotal role in addressing this issue by promoting sustainset up Fodder Corporation of able agricultural practices. India on the analogy of Food It could incentivize farmers Corporation of India so that to adopt alternative methods problem of environment pol- for managing crop residues, lution due to stubble burning such as converting them into and scarcity of fodder is also fodder for livestock. By estabtackled with. Speaking during lishing efficient collection a special mention in the Rajya centers and processing units, Sabha here today, establish- the corporation can streaming a Fodder Corporation of line the conversion of crop India, modeled after the suc- residues into nutrient-rich cessful Food Corporation of fodder, reducing the reliance India, is imperative to combat on environmentally harmful the escalating menace of practices like stubble burnenvironmental degrada- ing. Moreover, the Fodder tion, the adverse effects of Corporation can act as a catastubble burning and scarcity lyst for rural development by and animal husbandry sec-tunities and promoting the of India's economy, faces a gies. By integrating modern pressing challenge with the farming techniques and protraditional practice of burning viding training to farmers, stubble/crop residues, scarci- the corporation can enhance ty of fodder, high prices and agricultural productivity animal dying due to hunger, while mitigating the environcontributing significantly to mental impact of traditional air pollution and animals practices, he said.

BJP, Natmanch jointly felicitate 37th Nat'l Game Medallist of Roll Ball at Jammu

JI NEWS SERVICE JAMMU, DEC 5

Braham Jyot Satti (Incharge BJP OBC Morcha Jammu Kashmir) and Dr Tarun Sharma (Chairman , Natmanch) felicitated Antra Mahajan, Khushi Gupta, Ashima Gupta , Bavanshi Verma who won bronze medal in 37 national games (Goa) in Roll ball.

Er Palvi Sharma (International Karate Player), Ankush Gupta , Pawan Sharma and others were present on the occasion.

In the program dignitaries honoured Athletes by presenting them Appreciation certificate and Momento.

Speaking on the occaing medals. sion Braham Jyot Conbetter future ahead.

achievement and said that lists and their coaches their trainees very soon. sports pillars and if any this proud moment for all who have won medals for He said our PM Naren-sportsperson needs any jammuties that our little Jammu Kashmir in Nation- dra Modi is also sports kind of help he/she can



gratulated Antra Mahajan all sports achievers and family. Khushi Gupta , Ashima said they are our pride children are represent- algames and said when an lover person. Modi ji is contact us any time.

ing at Jammu Kashmir at athlete shines and become national levels and clinch- successful, it is result of hardwork of that athlete He also appreciated as well as his coach and

Gupta, Bavanshi Verma because they highlighted Narendra Modi is working departments. and their coach for this the name of Jammu Kash- alot in the field of sports big achievement and wish mir globally because of and construction work of and youth to join sports them all for bright and their commendable per- many sports Stadiums is and make carrier in sports formances at international going on and very soon it will make physical and He appreciated whole and national events. He these stadiums will be mentally strong and said sports fraternity for this congratulated all medal- hand over to coaches and

also organizing felicitation ceremonies for Meritorious sports . He is providing sports facilities in urban as well as remote areas across nation and as a result India is shining in the field of sports and even talent of Jammu Kashmir is excelling at International/ National events. He congratulated all medal winners who won medals for Jammu Kashmir recently and he extend greetings to their coach who make them a sports star from a civilian.

He said along with them many athletes have brought laurels to Jammu Kashmir by clinching various medals at international and national events of different sports disciplines and many of them are giving their services He said our dynamic PM in various government

He urges all students BJP always stands with our

efficiency. While interacting with staff and trainees, Dr. Rajinder Kumar should avoid memoriz- He advised to keep away told that stress is the main ing past miss-happenings from negative thoughts (CTI), Inspr. Ashish Dharcause of maximum dis- repeatedly as such state and involve in healthy mat, Insp. Shehbaj Khan eases and in order remain of mind may lead to stress discussions with family and others were present mentally fit and agile one and ultimately depression. members and friends. He on the occasion.

Shri Shiv Kumar, IPS for organizing workshop on the subject matter. Shri Shiv Kumar, IPS, Principal PTTI Vijaypur also paid his sincere gratitude to Dr. Rajinder Kumar for sparing his valuable time to interact with staff and trainees and guiding them about managing day-today stress.

also thanked Principal

Shri Khushwant Singh, Dy. SP Admn., Shri Kuldeep Raj Dy. SP Tech/ Indoor, Shri Asif Iqbal, Sr.PO, Dr. Vijay Thapa, Dr. Abdul Qayoom, Insp. Javed Hussain (RI), Insp. Surinder Singh (CDI), Insp. Anil Kumar, Insp. Pawan Kumar, Inspr. Vivek Kalsotra, Inspr. Himanshu Dutta

JKNC Distt unit Udhmapur pays tributes to Sheikh Mohammad Abdullah on birth anniversary

JI NEWS SERVICE UDHAMPUR, DEC 5

J&K National Conference, Udhampur Unit, today paid tributes to Sher-e-Kashmir Sheikh Mohammad Abdullah on his 118th birth anniversary in a func-

tion held at Udhampur today. The function was orga-

nized under the leadership of Sunil Verma, District President JKNC Udhampur in which Capt Pavitar Singh, General Secretary JKNC Udhampur, S Gurmeet Singh josh Vice President, Savitri Devi Women wing President Udhampur, Provincial Vice President District-Akash Verma, Ch Abdul Ghani, Chhanna Ram Sethi, Vir Singh, BIshan Dass Sharma, Sham Lal Sharma, Riyaz Ahmed Faqir, Madan Lal and other party workers were present.

Speaking on the occasion, Sunil Verma said that e-Kashmir symbolized socialism, humanism,



Sher-e-Kashmir will be to society, irrespective of strengthen amity among caste, creed or religion and Hindus, Muslims and Sikhs.

He said the slogan of mad Abdullah is continuously reverberating the ety and different regions valleys, planes and moun- of J&K and Ladakh," he tains of the State. This is added. central to the glorious fabric of the state," he said.

Kashmir, he had attained a national standing with doing. "The best tribute to oppressed sections of the and legitimate rights."

strived for the sustainance of secular and pluralistic values. He nurtured and 'Hindu, Muslim, Sikh Iti- strengthened this charachaad' preached and practeristic and cemented the and In-charge Udhampur ticed by Sheikh Moham- bonds of love between various sections of the soci-

The senior NC leader said "On this day, Let join "Although rooted in hands and take pledge to work for strengthening the bonds of unity, integrity, his name becoming syn- brotherhood, peace, progthroughout his charismat- onymous in the minds ress, and prosperity of the ic political career, Sher- of countrymen with the people of J&K, besides protecting the values of secuthe aspirations of Jammu pluralism, and democracy. larism, socialism in order and Kashmir people as He was a popular leader to maintain communal no single individual could and a social reformer who harmony and uphold the have even dreamed of fought for the rights of the democratic, constitutional

BJP denying democratic rights to people of J&K: BSP

JI NEWS SERVICE JAMMU, DEC 5

Bahujan Samaj Party (BSP) J&K UT General Secretary Rajesh Gupta has accused BJP of avoiding Assembly elections in J&K and continuing with direct Central rule.

Gupta flayed BJP and accused Election Commission of India (ECI) for delaying elections.

"For more than four years, there has been proxy rule by the BJP," he said adding that BJP in collaboration with ECI is denying democratic rights to the people of J&K.

The BSP leader said that one more lie of BJP has been exposed as two senior BJP leaders B.L Santosh and Tarun Chug had claimed that Assembly elections will be held in J&K in April-May 2023.

Gupta said "It is irony that the voice of people of Jammu who are known for their secular and nationalist credentials has always been suppressed and discriminated. '

Sher-e-Kashmir laid strong foundation of brotherhood in J&K: Sadhotra

JI NEWS SERVICE JAMMU, DEC 5

In connection with the celebration of the 118th birth anniversary of Sher-e-Kashmir Jenab Sheikh Abdullah, the National Conference Central Zone (Jammu, Samba & Kathua) distributed eatables and other items among the speciallyabled children, here today. Former Minister and NC Additional General Secretary, Ajay Kumar Sadhotra was the chief guest on the occasion whereas NC Provincial Joint Secretary, Ankush Abrol presided organized by Coordinator mir. Jammu District Urban and birth anniversary of Sheikh butions made by him in the said. Sahib with the specially- socio-economic developabled children. Terming ment of the people of J&K," Sher-e-Kashmir as tower- he mentioned.

ing personality, he lauded



which laid the strong foun- phy mutual brotherhood over. The programme was dation of Jammu & Kash- and peaceful co-existence of all the people in Jammu "He played an impor- & Kashmir. His philosophy Secretary Central Zone tant role in the integration is still relevant and will JKNC, Dr Vikas Sharma. of Muslim majority J&K remain so in future as well. Sadhotra expressed happiwith the India and made it He was the visionary leader included, Sandesh Shan, ness that he got the oppor- the crown of our country. who gave right of land own- Dr Rajesh Singh, Dr NK tunity to celebrate the Nobody can forget contri- ership to the poor tiller," he

need to carry forward the Abhishek Uppal, Bhushan, agenda of inclusive devel- Munari Singh, Rohit and "Sheikh Abdullah laid opment of Sheikh Abdul-

the vision of Sheikh Sahib emphasis on the philoso- lah with special focus on the upliftment of poor and deprived classes besides special care for the specially-abled people.

Among those who were present on the occasion Sharma, Vikshay Vashist, Mohd. Umar, Ashish He emphasized upon the Sharma, Ram Singh,

NEWS

Ramesh Mukhiya

JI NEWS SERVICE

tive Director, NHPC,

CVPPPL on 05/12/2023.

JAMMU, DEC 5

takes over as managing

director of CVPPPL

Team 'NATEX K2K 2023-24' enthralls audiences at Airforce Station Jammu during its expedition journey

JI NEWS SERVICE

JAMMU: 05 DEC 2023

The Indian Army Microlight flying Expedition 'NATEX K2K 2023-24' commenced their challenging expedition journey from Army Adventure Nodal Centre (Microlight & PHG), Military College of Telecommunication Engineering (MCTE), Mhow (MP), their home base 20 Nov 2023. The expedition Team reached Udhampur (Jammu & Kashmir) on O1 December 2023, where a 'Flag Off' by Army Commander was conducted as part of a 'Curtain raiser Event'.

the Silver Jubilee of Kargil and team work. They amazement of the crowd. Vijay Diwas & the Centenary of the Bombay Sappers and came to Jammu where their expedition as per War Memorial in honour they conducted an action plan to go to the southern of our brave soldiers who packed Aero Show for most waypoint at Kanyalaid down their lives in young and large audience kumari before overflying service of the Nation, as including school children the fabled Ram Setu and also to spread the spirit at the Air Force Station continue along the westof adventure in the Indian Jammu, which is also ern coast to reach Pune Army and the youth of the celebrating it's Diamond and complete the expe-

tion is parvatasesaagaratition, Col Mankanwal Jeet dition will also add to ranga. The team is proudly Chawla, Lt Col Aby TM, Lt the Platinum Jubilee celhoisting the national flag Col Jitender Siwach and ebrations of the National along with the Indian Hav A Saravanan with their Defence Academy, Khada-



commenced the phase 2 Jubilee. The pilots of the dition at BEG & Centre. The motto of expedi- Army Adventure Expedi- While at Pune the expe-Army Flag and other ban- young Co-pilots carried kwasla.

ners, high above in the out precision manoeuvres This expedition has skies from Kashmir to including formation flying been organised under the Kanyakumari, spreading and display of flags & banaegis of Army Adventure the spirit of adventure, ners and some adrenaline Wing to Commemorate courage, camaraderie rushing low flying to the

They will now continue opment could be given to the people at their doorstep. Addressing the people about the welfare schemes of the Central Government, Billawaria said that the Bharatiya Janata Party worked on the agenda of Sabka Saath, Sabka Vikas, Sabka Vish-

Billawaria kick starts work of laying paver tiles, drains at ward-56, Gangyal

JAMMU, DEC 5

Continuing the campaign to provide better development as well as basic facilities to the people, Former Deputy Mayor Jammu and Bharatiya Janata Party (BJP) senior leader Baldev Singh Billawaria kick started the construction work of laying of paver tiles and drains at Ward 56 Gangyal in RS Pura-Jammu South constituency. The work will be executed by the Jammu Municipal Corporation (JMC). Speaking on the occasion, Former Deputy Mayor Jammu and BJP senior leader Baldev Singh Billawaria said that during his tenure as Deputy Mayor of Jammu, he had got these development works to fulfill the demands of the people and today the same development works are being started. "I am happy that I am getting the privilege to kick start the development works that I had planned", he added. He said that during his tenure, he tried to get development works done in every ward of Jammu city so that devel-

states is a guarantee of up in areas soon so that the public's faith in Modi's the main objective of the BJP party is to get development work done equally in esty, hence women power, people from poor fami-Modi. He also stated that BJP is the only party which has taken overall developthis was the main reason and government schemes hat-trick in the election Narendra Bhai Modi. He

best possible infra is proguarantee. He said that vided to the masses. Local people praised Former Deputy Mayor and senior leader BJP Baldev Singh every field with full hon- Billawaria for carrying out development works youth power, farmers and in the area and said that he is always ready for lies have expressed confi- public welfare works. The dence in the leadership of people of the area also Prime Minister Narendra assured full support to BJP in the upcoming elections. Mandal President Ranjit Singh, Harbans Choudwas and Sabka Prayas and ment as the primary task hary, Jugal Kishore, Surjit Kumar, Rakesh Sangral, that under the leadership have reached out to every Sunil Sharma, Mulkh Rai, of Prime Minister Naren- household under the lead- Om Nath, Rajinder Singh dra Modi, BJP getting a ership of Prime Minister, (Poppy), Punjab Singh, Vinod Sharma, Hardeep results of four states with said that there are many Singh and other dignitarhuge majority in three works that are to be taken ies were present.





Ramesh Mukhiya, Execuhas assumed the charge of Managing Director, He is an alumni of Jadavpur University, Kolkata and completed his Graduation in Civil Engineering in 1990. He started his career as Probationary Executive at Rangit Power Station, Sikkim in 1991 and played an active

role in the commission- Regional Head, he was ing of Rangit Power Sta- instrumental in taking tion in the year 2000. He critical decisions which was also instrumental in have paved way for commissioning of Teesta- smooth functioning of V Power Station in the Project as well as Power year 2008, Teesta Low Stations.

Dam-III Power Station in Given the vast expethe year 2013. Moreover, rience of 32 years and during his tenure at Teesta his prowess in different Low Dam-IV HE Project, spheres of Hydro Power he was instrumental in Development including getting all the Statutory construction of HRT with Clearances of the project TBM, Dam works, Power and start the construction House Works & Arbitration of Major Works, his Sh. Ramesh Mukhiya experience would be had been Head of Proj- of great advantage for ect for Teesta-IV Project CVPPPL in timely con-(500MW) and Pakal Dul struction of Pakal Dul, HE Project (1000 MW) Kiru & Kwar HE Projects and also held additional & also in Kirthai-II Projcharge of Regional Office, ect where balance inves-Banikhet as Executive tigation works are under Director. As Project and progress.

One Day Workshop on Aero Modelling conducted at SMVDU



JI NEWS SERVICE

tical session on flying Haq, Assistant Profes- workshop.

handmade models of sor from the School of aircraft. Students of the Mechanical Engineering. AET Club have shown a Chief Guest, Professor One Day Workshop on keen interest in learning Pragati Kumar, Vice Chan-Aero Modelling con- about making models and cellor, SMVDU advised ducted by the School of flying models. Students of students to venture into Mechanical Engineer- the AET club are getting the field of Drone and ing and Automation and exposure to the latest UAV having vast job Emerging Technology technologies in the fields potentials in the fields of Club at Shri Mata Vaishno of Automation, robotics, agricultural, security and Devi University. Mr. Yad- 3D printing, aero-model- defence applications. Dr. vinder Singh Kokkhar, ling etc under the mentor- Varun Dutta, Secretary of CEO, Khokhar Hobby ship of faculty mentors, the Workshop facilitated Tech. Bhatinda, Punjab Dr. Balbir Singh, Assoc. the smooth conduct of the took a theoretical session Professor, Dr. Yatheshth workshop and expressed on the theory of flight Anand, Assistant Profes- a vote of thanks in the and conducted a prac- sor and Dr. Mir Irfan Ul concluding session of the

Viksit Bharat Sankalp Yatra draws large crowds in Jammu's city-centre amid growing enthusiasm

JI NEWS SERVICE

As Viksit Bharat Sankalp Yatra (VBSY) continues To expand it's footprints in Jammu city, more and more people are participating in it with each passing day. Today, the yatra entered thr city centre areas of DC Office Chowk and Indira Chowk. As the

ment services at people's pants.

updated.

doorsteps, the specially designed IEC (Informa-

tion, Education, Comword spread about its munication) van created entry, people came in their awareness about various 2023. Its aim is to cover over droves to avail services like schemes and initiatives of 2.55 lakh Gram Panchayfree health check up, open- the Government of India ats and over 3,600 urban ing of India Post Payments to better people's lives in local bodies by January 25, Bank accounts, loans up to the country, especially in 2024, touching every dis-10,000 under PM SVANi- Jammu and Kashmir. On trict of the country. The dhi scheme for streets ven- the occasion, Viksit Bharat objective is to reach out to dors. A large number of Sankalp pledge to make public to create awareness people also benefited from India a developed and selfon-the-spot facility to get reliant nation by the year either new aadhaar cards 2047 was administered to tation, essential financial issued or existing ones the participants. Calendars services, electricity, access issued by the Government to LPG cylinders, housing As part of the unique of India were distributed initiative to bring Govern- free of cost to the partici-

Viksit Bharat Sankalp Yatra was launched by Prime Minister, Shri Narendra Modi on November 15, and attain saturation of welfare schemes on sanifor the poor, food security, proper nutrition and reliable healthcare.

Disillusioned after polls, key INDIA Bloc members to abstain from crucial meeting: Kavinder

JI NEWS SERVICE JAMMU, DEC 5

activities.

Senior BJP leader and Minister, Kavinder economies of the world. Gupta has said that disillusioned after the recent reports about Mamata poll outcome, several key Banerjee, Nitish Kumar constituents of INDIA and now Akhilesh Yadav Bloc have decided to part abstaining from crucial ways as they conveyed meeting of INDIA Bloc, publicly not to attend the Kavinder said that memcrucial meeting sched- bers of this amalgam uled for tomorrow.

that the only agenda of disinclination. the opposition parties is to oust Prime Minister said that this is the begin-Narendra Modi as their ning of end of the aforeamalgam viz INDIA Bloc said group as sooner is a rudderless entity than later more of these with no other vision or will join the tirade and mission to ensure wel- will say goodbye to this fare of the people of the 'misadventure'. He said

country. of policy or plan to steer during 2014 and 2019 has trary the Bharatiya Janata third term of PM Modi in addresses the issues surfacing as the world country are confronting other nations of same and above all, PM Modi's stature.

vision to make India's economy a vibrant one touching 5 trillion target and enabling it to join former Deputy Chief the elite club of top three

Referring to the have by now gauged In a statement issued very well the fate of this to media fraternity, the venture and that is the BJP stalwart maintained reason behind showing

The senior BJP leader that whatever was prom-"The biggest drawback ised by the BJP in elecof INDIA Bloc is its lack tion campaigning trails the country to attain been fulfilled and party progress and that is one leadership is clear about of the main reasons of future course as peopledebacle of Congress friendly and futuristic in Rajasthan, MP and policies of the party have Chhattisgarh", Kavinder already given final shape said, adding, on the con- and the beginning of the Party's ideology solely 2024 will ensure India which the people of the power standing along

Awareness program by systematics voter's education & electoral participation (SVEEP)

JI NEWS SERVICE JAMMU, DEC 5

A session was conducted by a team of Systematic Voter's Education & **Electoral Participation** (SVEEP) to create awareness programme that acquainted the students about voting and electoral process under ECI.

The team comprised of Mr Ashok Kumar, Mr Sandeep Chaudhary & Mr Subhash Singh. Mr Ashok Kumar led the session followed by Mr Sandeep Chaudhary explaining ency. The students were detailed. apprised of the process of

the technical terms like creation (form 6), voter's Chander. The session was ECI, New Voter's Service card for an NRI (form culminated by a pledge Portal, Voter's Helpline, 6A), correction of voter's led by the Head Boy of Polling Station - its number card (form 8) and shifting the School Master Gaurav & Assembly Constitu- of vote (form 8A) were K Gautam. Principal Mrs

evant to the voter's card Vice-Principal Dr Rakesh and motivating speech.

Geeta Devi, APS Akhnoor The session was thanked the team for the registration as a new voter attended by 250 stu-conduct of the awareness in online as well as offline dents of class XI & XII & programme and ended the mode. Different forms rel- 15 teachers along with the session with a marvelous

PHQ's Welfare measures DGP sanctions special welfare relief of Rupees 88 lakh

JI NEWS SERVICE

passed away while in service, the Director General of has sanctioned rupees 88 police personnel under different orders issued by

Police Headquarters. been sanctioned in favour and their spouses.

of deceased Police Personnel, HC Wali Mohammd, HC Sheikh Bashir Ahmad, HC Continuing with its endeav- (Tel) Tariq Ahmad and Conour to provide financial stable Waseem Amin. The assistance to the families of relief has been sanctioned the police personnel who out of the Central Police Welfare fund.

Police Headquarters Police, J&K Shri R. R. Swain has many welfare schemes operational for the welfare lakh as special welfare relief of its personnel and their for NoK of four deceased families including schemes for the wards of Police personnel and SPOs, schemes for the NoK of martyrs, Special welfare relief of their wards and for the rupees 22 lakh each has retired Police personnel









Phone: 0191-2952208, 9419262774 Email Id: principalgdcsidhra@gmail.com Prof (Dr.) B.B Anand

Website: www.gdcsidhra.ir No: GDCS/2023/

INVITATION FOR EXPRESSION OF INTEREST (EOI)

SUPPLY OF BOOKS TO LIBRARY GDC SIDHRA

Due to non response the last date for receiving the sealed Expression of Interest (EOI) which was earlier published in Greater Jammu dated 18-11-2023 regarding the supply of books to the library of GDC Sidhra from the vendors/suppliers/distributors who are registered with the Bookseller's Federation (National/State) for supplying of books to the library for the year 2023-24 is hereby extended for 7 days from the date of

This document is also available on college website: <u>www.gdcsidhra.in</u>

PRINCIPAL **GDC SIDHRA**

DIP/J-12112/23 Date: 5-12-23

CBJ charge sheets Couple for cheating on pretext of arranging a JDA plot

JI NEWS SERVICE JAMMU, DEC 5

Economic Offences Wing - Crime Branch Jammu produced 214 page chargesheet in case FIR No. 63/2023 U/S 420, 120-B RPC P/S Crime Branch Jammu in the Court of law for judicial dertermination against accused - Husbandwife duo - viz 1) Jameel Anjum S/o Nasir Ahmed and 2) Sana Mir W/o Jameel Anjum both residents of H.No.45 Naraian Mohalla Jammu for hatching criminal conspiracy and

lodged by Tripta Charak advance amount. I/C Lecturer DIET Jammu, alleging that accused



personal loan sanctioned of investigation material in 04 more criminal cases.

from the bank and later evidences were gathered cheating the complainant paid Rs. 3.47 Lakh interfrom which it came to fore - Tripta Charak D/o Lt. Sh. est towards the bank. The that the accused Jameel Kartar Singh Charak R/o accused also induced the Anjum S/o Nasir Ahmed H.No.133, Afghana Mohal- complainant that he was and Sana Mir W/o Jameel la Jammu on the promise Public Relation Officer of Anjum connived and took of arranging allotment of a Cabinet Minister, in Octo- an amount of Rs. 6 lakh JDA plot after swindling ber, 2013. However, the from the complainant on an amount of Rs. 6 Lakhs accused neither arranged the pretext of providing a piece of JDA plot for her JDA plot. On the basis of The case originates nor refunded the money statements of complainfrom a written complaint taken from her as an ant, witnesses, Bank account statements, and On receipt of the com- other material records, plaint, a preliminary documents obtained from Jameel Anjum took an enquiry was initiated the concerned departamount of Rs. 6.00 lacs and during the course of ments, it has been proved from the complainant enquiry the allegations lev- that accused with malafide through cheques on the elled were prima-facie sub- and dishonest intention pretext to arrange allot- stantiated, leading to the have cheated the comment of a piece of JDA land registration of formal case plainant on the pretext (plot) situated at Channi under relevant sections of of providing JDA plot. Rama Jammu for which law for in-depth investiga- The culprit is a habitual complainant had to get the tion. During the course offender and is involved

Health Deptt organizes ABHA registration camp at New Era Public School, Doda

DODA, DEC 05:

In order to cover all the eligible beneficiaries under Ayushman Bharat Digital Mission (ABDM), a special camp in connection with ABHA was organized at New Era Public School Doda by Health Department Doda.

The camp was held on the directions of worthy **Block Medical Officer Ghat** Dr Ab Gafoor Ahmed, which aims to cover all the citizens under Ayushman Bharat Digital Mission.

Speaking on the occasion, the health staff asked the people to avail the benefits of such camps as the purpose of these camps is to provide services to the common people at their door steps. They said that Aadhar Card is the most significant identity document of a person in India and a gateway to avail any kind of benefit under the schemes rolled out by the Government.

They also threw light on the benefit of ABHA (Ayushman Bharat Health Account) Card which previously known as Health and store their medical information digitally in one place. ABHA health card benefits users by letting them enjoy healthcare services, including registration, appointment schedstoring electronic medical the camp from the health maintained.

JI NEWS SERVICE JAMMU, DEC 5





records. The Health ID department, who genermultiple health schemes and insurance plans, providing various benefits. Therefore, a Health ID card is one-stop identification ID. "It helps individuals to for all healthcare-related access healthcare benefits activities. It makes it easier for individuals to access and manage their overall wellness," they said.

Ms Shariqa Anjum (CHO/ MLHP), Ms Monika Devi (FMPHW) and Ms Rinku safer and efficient digital uling with a doctor, and Devi (FMPHW) attended health records shall be

Brigadier P.S.Cheema SM, VSM

and motivates NCC cadets

card can also be linked to ated around 50 ABHA Ids on the spot and generated mass awareness on the Principal of the school,

Nishad Ahmed Tak who was also present on the occasion thanked the BMO Ghat and the health team for organizing such a camp in their school, The team comprising which would surely benefit the beneficiaries in the time to come, in which

Army organizes Cross Country Championship at Vilgam



JI NEWS SERVICE

HANDWARA, DEC 5

As part of countrywide celebrations of Kargil Vijay Diwas, Rajat Jayanti Mahotsav to com- 2nd, Rs 1000 for 3rd and memorate 25 years of Rs 300 consolation prize Operation Vijay, a Cross for next 7 places were Country Championship was organised at Vilgam Army Camp for the girls of Ramhal, Kupwara, Magam, Taratpora and Zachaldara Blocks.

designed for a distance respectively. Such sport of 5 km for the age events organised by group of 13 - 16 years. Army Camps promotes The event was partici- physical activity amongst pated by a total of 122 the youth and are widely girls with full spirit and appreciated.

enthusiasm. To further motivate the students and instill the competitive spirit amongst the girls, a Cash prize of Rs 5000 for 1st, Rs 3000 for given. Ms Seerat Ahad, Ms Romisa Habib & Ms Sadiya Bashir of Gotingo Boys High School proved themselves to be better than others and secure The competition was 1st, 2nd & 3rd position

Kargil Vijay Diwas: Cross Country Championship organized at Army Camp, Villgam



As part of countrywide celebrations of Kargil Championship was organ-occasion. ised at Vilgam Army Camp pora and Zachaldara Boys High School proved

ticipated by a total of 122 promotes physical activ-

tive spirit amongst the girls, a Cash prize of Rs 5000 for 1st, followed by Vijay Diwas, Rajat Jayanti the Rs 3000 for 2nd, & Rs Mahotsav to commemo- 1000 for 3rd and Rs 300 rate 25 years of Operation consolation prize for next Vijay, a Cross Country 7 places were given on the Ms Seerat Ahad, Ms

motivate the students

and instill the competi-

for the girls of Ramhal, Romisa Habib & Ms Kupwara, Magam, Tarat- Sadiya Bashir of Gotingo themselves to be better The competition was than others and secure

Such sport events The event was par- organised by Army Camps girls with full spirit and ity amongst the youth and

Visits GCW Gandhinagar - inspires

JI NEWS SERVICE KUPWARA DEC 5

Blocks.

designed for a distance of 1st, 2nd & 3rd position 5 km for the age group of respectively. 13 - 16 years.

enthusiasm. To further are widely appreciated.

Hunnerpreet and Divjot Kour of DPS Jammu shine in Inter-School sports tournament



JI NEWS SERVICE JAMMU, DEC 5

Hunnerpreet Kour (VII- President-RCT, Sh. M.K K) and Divjot Kour (VIII- Ajatshatru Singh Ji, dis-I), both students of Delhi tinguished PVC-Kuwarani Public School Jammu Dr. Ritu Singh Ji, Hon'ble brought laurels to the Director-Sh. S.S Sodhi Ji institution and their par- along with Principal-DPS ents by winning 1st posi- Jammu, Ms. Ruchi Chabra tions, gold medals and a and staff congratulated glittering trophy in Singles the winners, their parents & Doubles, respectively in and coach, Mr. Amar Jyoti Inter-School Badminton Sharma for their brilliant Tournament organized at performances in the event. K.C Sports Complex from They also extended their

in U-14 girls category. The esteemed Management DPS Jammu, Hon'ble 20-26 November, 2023. best wishes to them for all Both the girls participated their future endeavours.

KVK Kishtwar celebrates World Soil Day at Balgran



JI NEWS SERVICE

Block Drabshalla under farm women of the Pan- health. the guidance of Dr SK chayat participated in the Gupta Director Extension programme. SKUAST Jammu. The pro-

Binoon, Ajay Chander based fertilizers in the gramme in the panchayat.

agement were held.

gramme was conducted Dr Narinder Paul made Noor Mohammad, Dewan by Dr Narinder Paul the participants aware Chand, Surject Kumar, Head KVK Kishtwar in about the importance Mohammad Latief, Babli collaboration with Ampy of balanced nutrition in Devi, Swami Raj, Moham-Sigh, Agriculture Exten-crops for maintaining mad Shaffi, Fateh Mohamsion Officer Zone Binoon healthy soils ecosystem, mad. At the end of the Subdivision Paddar. The the ways and means of programme organic soil theme of programme was soil health management amendments and vegeta-Soil and water: A Source and called for balanced ble seed were distributed of life. On the occasion, plant nutrient use for soil among the participants. a farmers' training pro- health management prac- The programme ended gramme on balanced tices.

nutrients use and a kissan gosthi on soil health man- upon the farmers to incor- sarpanch Balgran who Ampy Singh, AEO Zone card recommendation for conducting the pro-

JAEO, Jwalapur, Ghulam crop to maintain proper Mohammad Sarpanch soil health. Ajay Chander Balgran, Karim Baksh called upon the partici-KVK Kishtwar today cel- Member Panchayat Bal- pants for enriching the ebrated world soil day gran and more than 50 organic matter content at Panchayat Balgran progressive Farmers and of the soil for better soil Others present during

the programme were During the programme Ghulam Mohammad, with vote of thanks by Ampy Singh stressed Ghulam Mohammad, porate the soil health lauded the efforts of KVK

Group Commander NCC Jammu Group Brigadier Paramjeet Singh Cheema SM ,VSM paid his maiden visit in the campus of GCW Gandhinagar along with Col.Muneesh Jasrotia, Commanding Officer 2J&K Girls Bn.NCC Jammu on 4th of December, 2023. This visit is set to be a momentous occasion for the NCC cadets, as they will have the unique opportunity to interact with and be motivated by an esteemed military Prof. Minu Mahajan, the

Principal of the college extended a warm welcome to the distinguished guests along with Lt. Suman Bala ANO, 2J&K Girls Bn NCC and C/T Dr.kusum.

It was followed by an and ANO that how NCC adds into the personalthe Institution and future goals to be achieved.

During the interac-



interaction with Principal tive session with the interacted with the achiev-NCC cadets, Brigadier ers whom NCC provided P.S.Cheema SM, VSM pro- wings to soar high. ity of cadets, facilities in vided valuable guidance teamwork in NCC. He also of Souvenir.

The visit concluded on leadership, discipline, with the formal Vote of and the importance of thanks and presentation

suspected persons namely

Gurdeep Saini inaugurates devp work in Village Chak Nanak

JI NEWS SERVICE

RS PURA, DECEMBER 5

Gurdeep Saini, Sarpanch Panahayat Gandli and General Secretary of All Jammu Kashmir Panchayat Conference, today inaugurated the development work of construction of

Rs 3 lakhs. fillment of a long-pending He highlighted that many



a nallah and allied works the village. He also stated in the Panchayat under near CSC Center at Village that as per his commit-government schemes in Chak Nanak, Ward No 5, ment, near 10 develop- the past, and he will con-Panchayat Gandli in RS ment works are expected tinue to strive for the ini-Pura. The development to be started in this week tiation of more projects in project is estimated to cost itself. The Sarpanch furthe future. He expressed ther emphasized his com- his gratitude to the Modi Speaking on the occamitment to ensuring that government at the Center sion, Gurdeep Saini said the people of the Panchay- for extending the benefits Darshan Singh, Panch that the inauguration of at receive the benefits of of government schemes to this project marks the ful- all government schemes. the Panchayat level.

demand of the people of projects have been started that the union territory others.

of Jammu and Kashmir has experienced unparalleled development during the tenure of Prime Minister Narendra Modi. He passionately appealed to the people of Jammu and Kashmir to extend their unwavering support to Prime Minister Modi's endeavors, ensuring the continued progress and equitable development of their beloved region.

Other dignitaries present at the inauguration ceremony included Chairman Adalati Committee Anju Bala, Lambardar Chhor Singh, Vijay Singh, Gurdeep Saini asserted Harjinder Singh, and

Theft case solved, cash **Rs 3,16,000 and stolen** items recovered

JI NEWS SERVICE JAMMU, DEC 5

PS Gangyal regarding theft of cash and camera from a paint factory in the area under the jurisdiction of PS No. 111/23 u/s 457/380/34 IPC was registered in PS Gangyal and investigation started. On this special

Bablu mandal s/o Joginder Mandal R/o Ekchari, Distt A complaint was lodged at Bhagalpur, Bihar A/p Digiana Jammu Azad S/o Shivam Mahato R/o Narela Delhi A/p near Trikuta palace, Trikuta nagar Jammu Rohit Gangyal. On this case FIR kumar s/o Rajesh Tanti R/o Ekchari, distt Bagalpur, Bihar A/p Shiva chowk, Trikuta nagar Jammu. On questioning accused conpolice teams of PS Gangyal fessed their involvement led by SDPO South Sachit in the above case and on Sharma assisted by SHO PS their disclosure stolen cash Gangyal Inspr Jaswinder Rs 3,16,000 and a camera Singh did strenuous efforts was recovered from their and finally rounded three possession.

District-Level Armed Forces Flag Day Committee Meeting held at Udhampur



JI NEWS SERVICE

UDHAMPUR, DECEMBER 5

meeting of the District-level Armed Forces Flag Day

of concerned departments donation boxes in every armed forces.

attended the meeting.

Deputy Commissioner Forces Flag Day, urging Udhampur, Saloni Rai the activation of govern-

government office across The DC underscored the district. Emphasizing the significance of Armed the need for widespread participation, she called upon civil society memtoday chaired a crucial ment departments and bers, students, youth educational institutions clubs, and volunteers in the collection of dona- to actively contribute to Committee in her office tions. She emphasized the Armed Forces Flag Day at importance of expressing the district and sub-divi-Additional Deputy gratitude to India's mili- sion levels. DC directed Commissioner Joginder tary personnel and hon- officers to ensure the con-Singh Jasrotia, Addl. SP oring those who made tribution of Flag Day from Anwar-Ul-Haq, DTO Alok the ultimate sacrifice for all employees of District Gupta, Zila Sainik Welfare the nation. The Deputy Udhampur, recognizing Officer, Tehsildar Head Commissioner urged all it as a collective effort to Quarter and other officers departments to install honor and support the

DC Doda reviews preparedness for Panchayat Secretary Recruitment Exam

JI NEWS SERVICE DODA. DECEMBER 5

Deputy Commissioner Doda Harvinder Singh, led a meeting in the Conference Hall of DC Office Complex to evaluate the preparations for the upcoming OMR-based recruitment exam for Panchayat Secre-

tary posts being conducted by the J&K Service Selec-

The meeting, attend-QAYOOM, Additional ers, and district officers, delved into crucial aspects

tion Board.

Discussions encom-Magistrates, supervisory the exam.

of the examination.

The DC stressed the importance of training stances. Transportation of staff and providing neces- examination materials and

less examination process. ed by SSP Doda Abdul Furthermore, the deployment of female police Deputy Commissioner personnel and security Ravi Kumar Bharti, observ- arrangements for storing sensitive material was tasked to the police depart-

Instructing officers deployment at examistaff, examination observ- nation centers, the DC ers, and videography of emphasized the need for backup arrangements to tackle unforeseen circum-

38 examination centers, expecting around 9000 aspirants. The meeting for a smooth and peaceful

sary facilities for a seam- logistics planning were cific directives to various also key points of discus- departments, including a sion. The examination, ban on mobile phones and scheduled for December electronic devices inside 10, 2023, from 12 noon to examination centers. The 2 pm, will take place across PDD department was directed to ensure proper power supply during the examination hours, while concluded with directives the Jal Shakti department passed the deployment of to ensure ample staff to concerned departments was tasked with arranging to finalize all necessary adequate water supply at arrangements, highlight- all examination centers. ing the importance of The ARTO Doda received coordination and cohesion instructions to ensure proper vehicle arrangements required for con-The DC issued spe-ducting the examination.

Viksit Bharat Sankalp Yatra reaches six **Panchayats** of Samba JI NEWS SERVICE

SAMBA, DECEMBER 5

The Viksit Bharat Sankalp Yatra (VBSY), a nationwide campaign to empower and enlighten the rural masses, visited six Panchayats of District Samba today. The Yatra was welcomed by the enthusiastic locals, who participated in different activities and programs conducted by the government officials and nodal officers. The Yatra also showcased the achievements and benefits of the government schemes and initiatives, and inspired the people to join the vision of Viksit Bharat. The IEC Van for Viksit Bharat Sankalp Yatra covered a total of six Panchayats of three blocks of the district, including Panchayats Deon and Purmandal of Block Purmandal, Panchayats Trindi and Khanpur of Block Ramgarh, and Panchayats Sodam and Kard of Block Sumb.

IEC van disseminated the information about various flagship government schemes, such as Pradhan Mantri Awas Yojana, Pradhan Mantri Ujjwala Yojana, Pradhan Mantri Jan Dhan Yojana, Pradhan Mantri Fasal Bima Yojana, and others. Besides, a Session on agricultural activities, such as soil health card, organic farming, microirrigation, and crop diversification was also held. Free medical camps and check-ups, where people received health advice, medicines, and COVID-19 vaccination were conduct-

ed during the event. Further the Distribution of Golden Cards and KCC cards to beneficiaries, who can avail the benefits of Ayushman Bharat and Kisan Credit Card schemes was done. The important aspect of the event was the Sankalp pledge, where people vowed to work for the development and progress of the nation and their villages.

DHEW Shopian organises Awareness programme under Beti Bachao Beti Padhao



JI NEWS SERVICE SHOPIAN, DECEMBER 5

Mission Shakti today organised an awareness programme regarding 'Beti Bachao Beti Padhao',

ers, sarpanches, panchs, perous life.

social activists and local women of the village.

DHEW officials deliv-The District Hub for ered awareness on wom-Empowerment of Women en's role in society and (DHEW) Shopian under encouraged the Women to fight against all the odds of the society.

The speakers and community leaders shared an initiative towards their insights and stories empowerment of girls to motivate the young girls through education at and encouraged them to Government Higher Sec- pursue their dreams by ondary School Ramnagri venturing into different career fields. The speak-The programme was ersemphasised that every attended by Teachers, stugirl deserves a fair chance dents, AWWs, Asha work- at education and a pros-

DC distributes Sewing Machines, Raw Material among SHG members at Udhampur



JI NEWS SERVICE UDHAMPUR, DECEMBER 5

Deputy Commissioner, Udhampur Saloni Rai, who is also the Chair-

person of WCDC-IWMP, today distributed sewing machines and raw materials among Women Self Help Group Members here in the Mini Conference Hall of the DC Office

Rajni Sharma (President), Miss Pooja Devi (Secretary), and other (PO IWMP), Dr. Nasir Hafiz members of the Self-Help (DLTE), Raj Kishore (AAO), Group of Panchayat Bredi- Bimal Kumar, Purnima, an received the assistance Anita (WDT), and Rekha under the livelihood com- (DEO) were also present.

ponent of WDC-PMKSY 2.0. During the interaction with the Self-Help Group members, the Chairperson gave valuable advice on self-employment and attaining sustainable livelihoods. Pertinent to mention here that these women were unemployed till now and with the creation of New SHGS they get job opportunities and it will make them selfreliant.

Dr. Manmeet Kumar

Kathua: 10 dumpers seized for illegal transportation of minor minerals

examination.

JI NEWS SERVICE

KATHUA, DECEMBER 5

To crackdown against illegal mining activities, a team of the Mining department led by District Mineral Officer (DMO) Kathua Rajinder Singh Rana initiated action against 10 loaded dumpers at Kathua here today.

During an operation, the team visited multiple crushers where minerals are dispatched to Punjab. The team seized all vehicles which were later handed over to police till realization of penalty from them. During seizure, it was also found that all the dumpers were carrying expired e-challans of the crusher units with them which were also verified on the spot from the official portal of the depart-

no crusher unit is allowed mining activities.

cles during night hours in heavy excavators have the district and instructions have already been the department from Ujh, issued to work during day time but due to no entry in and other areas in the dis-Punjab, the vehicles wait

e-challans expire. District Mineral Officer als also informed that the action has been initiated as per the MMDR Act of 1957 and SRO-105 of 2016 wherein powers have been delegated to officers for controlling illegal The DMO informed that transportation and illegal one should be spared,

Over 300 vehicles and mining.

already been seized by Tarnah, Sahar Khad, Ravi trict for their involvement for a long time and their in illegal mining and illegal transportation of miner-

Deputy Commissioner Kathua Dr. Rakesh Minhas has instructed the Geology and Mining department to keep check on vehicles involved in transportation of mining material and no if found guilty of illegal

World Soil Day 2023: KVK Samba hosts farmers' awareness program

KRISHI VIGYAN KENDRA SAMBA

JI NEWS SERVICE

SAMBA, DECEMBER 5

Samba Krishi Vigyan Kendra of Sher-e-Kashmir University of Agricultural Sciences & Technology Jammu celebrated "World Soil Day 2023" witnessing participation of more than 200 farmers. The theme for World Soil Day 2023 is "Soil and Water: A Source of Life".

under the leadership of promote soil health. He Professor S. K. Gupta millet, little millet, foxtail nook and corner of the Soil Day, 2023. Director Extension, millet, barnyard millets district. He also stressed ria, Chief scientist & Head, health and fertility. KVK Samba.

The event was held forestry techniques to Khajuria.

Vice-Chancellor, SKUAST- importance of millet crops of KVK Samba for reach-Further, he empha- and human well-being by community. N.S Jamwal, Director sized upon the advan- addressing the growing Command Area Devel- tages of growing millet challenges in soil manage-

enhancement of farmers application in compari-The Chief Guest, in his income under the leader- son to conventional meth-Professor. B.N. Tripathi, gave an insight into the address, lauded the efforts ship of Prof. Sanjay Kha- ods etc. besides reduction juria and also highlighted of human exposure to haz-Jammu, instructions of like pearl millet, sorghum ing out to each and every the importance of World

SKUAST-J and the super- in our daily diet and their to raise awareness of the KVK Samba demonstrated conducted on the occavision of Dr. Sanjay Khaju-role in maintaining the soil importance of maintain- an Agriculture drone for sion. ing healthy ecosystems the benefit of the farming

ardous chemicals.

Scientist, Horticulture the farmers about the soil Interacting with the KVK Samba elaborated participants, Prof. Kha- upon the adoption of variopment Jammu was the crops in kandi region and ment, fighting soil-salini- juria briefed them about ous Horticulture practices ager made the farmers Chief Guest, while Balwan their suitability in rain fed zation, and increasing soil the use of drone in agri- for improving the soil fer- aware about the various Singh, Vice Chairman DDC areas of Samba district. awareness to improve soil culture as it has many tility. Dr. Saurav Gupta, Samba was the Guest of He appraised the farm-health. He also told the distinct advantages such Scientist, Entomology, improving the soil health. Honour, and Dr. Sanjay ing community about the farmers that such aware- as high field capacity and KVK Samba sensitized the Khajuria presided over the health benefits of these ness programmes shall be efficiency, less turnaround participants about the ill made successful with crops and their demand the regular feature for the time and other field oper-effects of injudicious use active participation of The Chief Scientist & thereof. As the GOI, is cel- farming community at vil- ational delays, wastage of pesticides and deterio- Sh. Bharat Bhushan, Ste-Head, KVK, in his wel- ebrating 2023 as "Inter- lage level to make them reduction of pesticide rating health of soil. The nographer (S.Scale) and come address, empha- national Year of Millets", aware of the balanced use and fertilizers due to high farmers were also advised Sh. Tejinder Singh. The sized upon the impor- so the efforts of the KVK of fertilizers to increase degree of atomization, to use natural farming proceedings of the protance of soil in agricul- to promote the farming productivity and main- water saving due to ultra- practices, adoption of gramme was carried out tural productivity and of the millets can be well tain soil health. Balwan low volume spraying tech- organic farming and other by Dr. Saurav Gupta and expressed concern over understood. More than Singh, Vice Chairman DDC nology in comparison to measures of soil conserva- Dr. Shalini K. whereas, the the rising soil erosion in 50 ha area was covered Samba also appreciated traditional spraying meth-tion. He further informed end vote of thanks was the district. He advised under the millets in District the team of KVK Samba ods, reduction in cost of that World Soil Day is celextended by Dr. Neerja the farmers to use agro trict Samba, disclosed Dr. for their tireless efforts for spraying and fertilizer ebrated throughout the Sharma.

for people to understand that our food security depends on healthy soil.' Dr. Vijay Kumar Sharma Scientist (Animal Scienc-

es) discussed the role of

globe and 'it is important

organic waste produced from cattle and poultry sector and its positive and beneficial impact on maintaining the fertility of the soil. Further he emphasized on the utilization of the organic manure for crop production. Dr. Shalini emphasized the importance of soil in agricultural pro-A demonstration on ductivity. She stressed During the programme, Natural Farming was also upon that farmers should use organic farming techniques to promote soil Dr. Neerja Sharma, Sr. health. She also briefed sampling techniques. Dr. Amit Mahajan Farm Managronomical practices for

The programme was

Arrangements for ensuing JKSSB examinations finalized at Shopian



JI NEWS SERVICE SHOPIAN, DECEMBER 5

Mini-Secretariat, here any centre. to finalize arrangements for the ensuing JKSSB drinking water, heating, OMR based examination electricity, transport; of Panchayat Secretar- manpower, videogra-

of the examination. and other concerned.

Exhorting officers to work in close coordination, the DC emphasized The Deputy Commis- on making foolproof sioner (DC), Shopian, arrangements at all Faz Lul Haseeb today centres and instructed convened a meeting concerned to ensure at Conference Hall of there is no lacunae at

The arrangements for phy, etc at all centres of Stressing on making the district were also disadequate arrange- cussed in the meeting. ments for free, fair and The meeting was also transparent conduct attended by Additional of examination at all Deputy Commissioner, examination centres, Shopian, Dr. Zakir Husthe DC sensitized all the sain Faaz; Dy.DEO, Jahofficers about their roles angir Ahmad; Tehsildar and responsibilities to Shopian, faculty memensure smooth conduct bers of GDC, Lecturers